

BIS Buzz

The Weekly Brownstone Newsletter 2/26/21

BE KIND

BE RESPONSIBLE

BE POSITIVE

BE SAFE



Update from Mrs. Hine:

Dear Brownstone Families,

This has been a wonderful full week of school here at Brownstone and we have enjoyed the warmer weather so we can spend some more time outside enjoying the sunshine.

Today we have participated in the CCMC PJ Day fundraiser. Mrs. Palma, Paige Jensen, Abigail France and Isabel Grzegorek worked hard to organize PJ day and we are appreciative of their efforts. Below you can see the organizers counting the money as well as many students participating in this fundraiser! See Mrs. Palma's section for more details!





Next week is Read Across America Week. To celebrate, each morning we will have guest readers who have pre-recorded themselves reading a favorite book. Additionally, we will read together as a whole school on Tuesday for 40

minutes. We are asking students to wear clothing that has words on it Tuesday to highlight the importance of reading.

Attached you will find a flier about a 5k run/walk. This is being organized by Portland High School senior Cody Daggett and the monies raised will be used to fund a scholarship in memory of Debra Olbrias, beloved Brownstone teacher. Please check out the flier and sign up if you are interested. Thank you to Cody for your hard work to make this happen despite the challenges of COVID!!

I wish you and your family a wonderful weekend and I look forward to welcoming your child back to school on Monday.

Allison Hine

Please reach out to me with any questions. I can be reached at ahine@portlandct.us or at (860)342-6765.

Attachments:

[A Run to Remember- To Honor Deb Olbrias](#)

[COVID Screener](#)

News from Mrs. McDonough, BIS Social Worker

For as many benefits the internet and social media bring to our lives, there can also be costs - fraud, loss of privacy, wasted time and dangers to our children among them. We encourage you to keep track of the apps your children use and sites they visit. Have frequent and open conversations about their digital footprints. Check their browser history. Anonymous chatting sites are especially dangerous, leading kids to think that people they “talk” to and play games with on-line are their “friends.” Access to highly disturbing and inappropriate content is a click away, often with very innocent sounding names. Although it is hard to imagine, there are very simple ways for our kids to hide apps that they know we would not approve, right in plain sight on their phones. Utilize

parental controls. Although not perfect, they provide a measure of security. For more detailed information, please take a look at these articles:

<https://internetsafety101.org/agebasedguidelines> <https://us.norton.com/internetsecurity-kids-safety-parents-best-practices-to-social-media-security.html>

If you or your child is having difficulty coping with the challenges of living in these changing times, and need some extra support, please feel free to reach out to me at smcdonough@portlandct.us or 860-342-6765, ext. 1615.

PTO:

Next Meeting is March 8th at 6:30. [CLICK HERE](#) to join the meeting through Google Meets.

Dates to Remember:

Friday, March 12th - PD Day for Staff - No School for Students

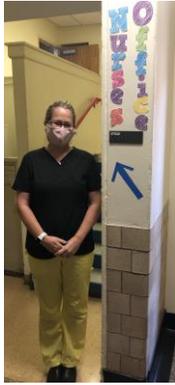
Saturday, March 13th - Turn Clocks AHEAD 1 Hour at Bedtime

Wednesday, March 17th - 2 Hour Delayed Opening

Wednesday, March 17th - St. Patrick's Day

Friday, March 19th - Report Cards Will Be Going Home With Students

Saturday, March 20th - 1st Day of Spring



News From Nurse Palma:

All 6th Graders (Including PVLA 6th graders): Need to have a mandatory physical completed this year per the State of CT. Emails went home to families who need to provide a physical for their child. We are down to 40% of 6th graders needing a physical turned in to the school. Thank you to those who turned in or contacted me regarding their child's physical. Accepted physicals must be completed after January 1 of your child's Fifth grade year. Please contact me if your child has an upcoming appointment. Physical forms can be found online at the link listed below. Physicals can be handed in at school, mailed, dropped off, faxed to 860-342-6766, or emailed to jpalma@portlandct.us https://portal.ct.gov/-/media/SDE/School-Nursing/Forms/HAR3_2018.pdf?la=en

PJ Day: PJ Day was a successful and fun day. This is a student run fundraiser at BIS and Brownstone School raised: 695.10. We had prizes for the top classes and Mrs. Distin's class raised the most money in the 5th grade raising \$116.00 and Mrs. Verrastro's class raised the most money in the 6th grade raising \$63.75. Those classes won tie dyed CCMC bracelets.

A BIG thank you to my PJ committee: Paige Jensen, Abigail France and Isabel Grzegorek. These girls worked hard over the past few weeks making posters, creating and performing announcements, emailing teachers and adding up the money. I would also like to thank Mrs. France for always supplying BIS with posters and fun prizes for our students.

Health and Wellness: According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. Hands-only CPR has shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. Call 911 if you see a teen or adult suddenly collapse and then push hard and fast in the center of the chest to the beat of a familiar song (Staying Alive-Bee Gees) that has 100 to 120 beats per minute. To learn more and get some song ideas, visit www.heart.org/handsonlycpr | https://cpr.heart.org/-/media/cpr-files/courses-and-kits/hands-only-cpr/handsonly-cpr-faqs-ucm_494175.pdf?la=en#:~:text=Anyone%20can%20learn%20Hands%2DOnly,song%2

0%E2%80%9CStayin'%20Alive.%E2%80%9D You can find a CPR class near you at www.heart.org/findacourse

Travel advisory: If you are traveling out of state, please keep in mind that CT has a travel advisory and let the school know if your child is traveling to an Affected State. An Affected Traveler is a person entering into the State of Connecticut who has spent twenty-four (24) hours or longer in an Affected State or an Affected Country. This does not include individuals visiting for less than twenty-four (24) hours. There is a mandatory self-quarantine for a period of ten (10) days from the time of your last contact with such Affected State or Affected Country. If you spend more than 24 hours visiting family in a state that is on the travel advisory, you need to quarantine for ten days or get a negative COVID-19 test. Please see the below link for what type of COVID-19 tests are accepted, timing of COVID-19 testing and for more FAQ's. <https://portal.ct.gov/Coronavirus/travel>

COVID Vaccination information: Chatham Health has asked for this information to be shared. CVS Pharmacies in Colchester and Windsor Locks will be offering COVID-19 vaccine in their stores beginning February 3rd. Please see their website for eligibility. Appointments can be scheduled via the CVS webpage: <https://www.cvs.com/immunizations/covid-19-vaccine?icid=cv-home-hero1-banner-1-link2-coronavirus-vaccine>

CVS PHARMACY 119 S. MAIN ST. COLCHESTER CT 06415

CVS PHARMACY 90 MAIN STREET WINDSOR LOCKS CT 06096

COVID-19 Screening Tool: Attached you will find the Health Screening Tool document. We ask that you utilize this tool with your child each day before school. Remember it is best to keep your child home if they are not feeling well. COVID-19 can be hard to spot. Especially in kids, it often shows up as very mild (or no) symptoms. In other words, there is a chance that your child's runny nose is a clue they have the virus. You'll need to take extra precautions right now. We are in this together to keep our community safe. Contact your child's pediatrician with any concerns or you can also call CCMC's 24-hour Pediatric COVID-19 Hotline at 1-833-226-2362 to speak to one of their clinicians. They're available to help, any day, any time.

Friday Joke: What do snowmen call their offspring? Answer: Chill-dren!!!
