

BIS Buzz

The Weekly Brownstone Newsletter 3/11/2021



Update from Mrs. Hine:

Dear Brownstone Families,

Tomorrow teachers and staff will have a day of Professional Learning and students have the day off from school. It looks like another beautiful day tomorrow and I'm hoping kids can spend some time outside enjoying it! Tomorrow also marks the 1 year anniversary of our initial COVID school closures. Thursday, March 12th, 2020 was the last day students attended school before we moved to remote learning for the rest of the year. It is hard to believe that we have made it through an entire year of these educational shifts and changes. I continue to be amazed at the resiliency of our students and staff, and the instruction and learning that has prevailed through these challenging times. We all walk away from this with new skills and understandings that will endure. I also recognize how difficult this has been for many families and I thank you for your partnership over the past year.

On April 1st, students will be dismissed early to allow for teachers to meet with families. Teachers will reach out to schedule conferences next week if they feel a conference is necessary.

A group of our 6th grade students planned and carried out a fundraiser to benefit Kenway's Cause over the past few weeks. Piper, Anna, Madison, and Penny did an amazing job of researching the organization, creating an educational presentation, sharing the information with homerooms, and then counting the money and making announcements to the student body. This kind of project provides an authentic learning opportunity for students as they research, develop a presentation and practice public speaking. Today they wrapped up the project and announced the winners. 5th grade won a Pajama Day, and Mrs. Graf's class will enjoy a week of eating in the cafeteria. Thanks to everyone who supported this fundraiser!

The PTO voted on Monday night to pay for BIS Yearbooks for all 6th grade students this year. The Yearbook Club, under the leadership of Lindsay Kaszycki has decided to use past funds to pay for fifth graders. I appreciate this generosity in providing yearbooks for everyone, in recognition of the difficult past year.

I wish you and your family a wonderful long weekend and I look forward to welcoming your child back to school on Monday. Please don't forget to change your clocks on Saturday night- Spring ahead!

Allison Hine

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

Attachments:

[Run to Remember- Debra Olbrias Scholarship](#)

[CCC Scavenger Hunt](#)

[COVID Screening Tool](#)

Our Week in Pictures:



PTO:

Next meeting is April 5th at 6:30. Please join us!

Dates to Remember:

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

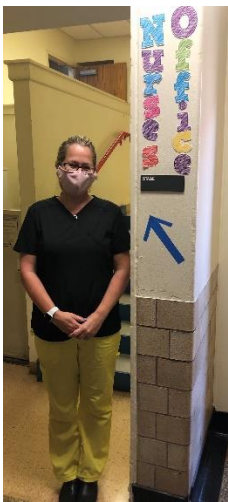
Saturday, March 13th - Turn Clocks AHEAD 1 Hour at Bedtime

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 35% 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

Health and Wellness: March is National Nutrition Month®. This campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. This week we will talk about eating as a family. According to the Academy of Nutrition and Dietetics family meals are a small investment with a big pay off. Family meals don't just mean better nutrition. Children of families who regularly eat together also are more likely to have higher intakes of fruits and vegetables and have a healthy weight. Try these easy-to-follow tips to make family meals happen more often in your home:

- **Keep it simple:** Build a small recipe collection of go-to recipes that get you in and out of your kitchen in under 30 minutes.
- **Choose ingredients that multitask:** Ingredients you can use for more than one meal. Make extra chicken and use the left over for fajitas or a salad.
- **Say “no” to takeout:** May seem like a speedy way to get dinner, but oftentimes lacks the nutrition your family needs.
- **Make it a habit:** Make sure each family member knows that everyone is to be home for dinner at a particular time. They will soon forward to this family time.
- **It's OK to ask for help:** You have little helpers! Ask kids to set the table, pour drinks or help make a salad. It will make your job easier and teaches them that taking the time and effort to eat together as a family is important.
- **Make it fun:** Add some fun and excitement with food themes. Throw a blanket in the family room and have a family picnic. Use a checkered tablecloth for italian-inspired meals or create an Asian cuisine and eat with chopsticks.

For more information on eating healthy or expanded information on the above from the Academy of Nutrition and Dietetics visit www.eatright.org

Travel advisory: Still in effect until March 19 and until we receive guidance from Chatham Health. 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-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 you call it when worms take over the world? ? Answer: Global worming!!!