

BIS Buzz

The Weekly Brownstone Newsletter



Update from Mrs. Hine:

Dear Brownstone Families,

We are looking forward to Open House on Tuesday, September 29th. This will be a completely virtual event. On Monday, I will send you links to videos that introduce you to your child's teachers along with a schedule and links that will allow you to join Google Meets with your child's teachers. We have staggered the meetings to allow families with children in both grade levels to attend all of the pertinent meetings. 5th Grade Meets will take place between 5:00-6:00pm and 6th grade from 6:00-7:00pm. PVLA families will meet with teachers and other staff from 5:30- 6:30.

Please note that the School Meal Waiver has been extended for all children in Portland. I have attached the information below and encourage you to read it. This program allows all children in Portland to continue to receive free breakfasts and lunches in the coming months on the days they are in person at school as well as those days when they are learning from home.

If your child experiences any problem with their Chromebook, please have them bring it to school to Ms. Kamis. She will report the problem to the technology team and create a plan to get it fixed and to get a replacement as needed.

On Wednesday, Dr. Britton sent a survey out to all Portland families. We are looking for your feedback as we make decisions about the coming weeks of the school year. Please take a few moments to fill out the survey [LINKED HERE](#) by Sunday at 5:00pm.

Wishing you and your family the very best,

Allison Hine

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

Attachments:

[Complete Streets Airline Trail Ride](#)

[Free School Meal Waiver Extension Announced](#)

News from Mrs. McDonough:

Last week I shared information and tips for helping with organization during this time of hybrid and fully virtual learning. Here is a link to an article from the Child Mind Institute that details specific, grade-based “Strategies for Supporting Learning at Home.” <https://childmind.org/remote-learning-resources-for-families/>

If your child is having difficulty adjusting to hybrid or virtual learning, please feel free to reach out to me at smdonough@portlandct.us or 860-342-6765, ext. 1615.

PTO:

The First PTO meeting will be held on Tuesday, September 29th during our Open House event. Please check your child's schedule to see the time of the meeting and to get the link to the meeting. We hope to see you there!

Dates to Remember:

Tuesday, September 29th - Virtual Open House begins at 5pm.

SEPTEMBER/OCTOBER 2020 ATTENDANCE CALENDAR

Monday 8/31	Tuesday 9/1	Wednesday 9/2	Thursday 9/3	Friday 9/4
No School: PD Day for Teachers	Blue in school Red at home	Blue in school Red at home	At Home Learning Day for All	Blue at home Red in school
Monday 9/7	Tuesday 9/8	Wednesday 9/9	Thursday 9/10	Friday 9/11
No School: Labor Day	Blue at home Red in school	At Home Learning Day for All	Blue in school Red at home	Blue in school Red at home
Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
Blue at home Red in school	Blue at home Red in school	At Home Learning Day for All	Blue in school Red at home	Blue in school Red at home
Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25
Blue at home Red in school	Blue at home Red in school	At Home Learning Day for All	Blue in school Red at home	Blue in school Red at home
Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	Friday 10/2
Blue at home Red in school	Blue at home Red in school	At Home Learning Day for All	Blue in school Red at home	Blue in school Red at home
Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
Blue at home Red in school	Blue at home Red in school	At Home Learning Day for All	Blue in school Red at home	Blue in school Red at home

[Health Screening tool to be used each day before your child leaves for school Attached Here](#)



News from Nurse Palma:

All 6th Graders: Need to have a mandatory physical completed this year per the State of CT. I will be sending letters home to families who need to provide a physical for their child. 92% of 6th graders need a physical turned in to the school. The last mandated physical was Kindergarten, so don't be surprised by the year of your child's last physical on file. Accepted physicals must be completed after January 1 of your child's Fifth grade year. Please call 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, 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: How much caffeine is ok for adolescents? The American Academy of Pediatrics states that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents. Some of the dangers of energy drinks include:

- Dehydration (not enough water in your body).
- Heart complications (such as irregular heartbeat and heart failure).
- Anxiety (feeling nervous and jittery).
- Insomnia (unable to sleep).
- Headache

- Trouble concentrating
- Upset stomach
- Seizures
- Hallucinations

Many of these drinks also have other ingredients whose safety and effectiveness haven't been tested in children, including herbal supplements, guarana (a source of caffeine), and taurine (an amino acid thought to enhance performance and caffeine's effects).

Water is the best! See below for further information.

<https://kidshealth.org/en/parents/power-drinks.html> <https://health.clevelandclinic.org/why-energy-drinks-and-your-children-dont-mix/>

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 833.226.2362 to speak to one of their clinicians. They're available to help, any day, any time.

Friday Joke: What did the science book say to the math book? Answer: Man, you've got a lot of problems.

Our Week in Pictures:



A sixth grade student demonstrating the safety protocols we have put in place to ensure social distancing during bathroom use:



Ms. Kamis, our new Library Media Specialist, holding up bags of books that kids are checking out to read at home. She has developed safe practices that allow kids to check books out of the library, and ensure they are clean before they go back into circulation. As you will see in the pictures below, kids are reading tons of books and enjoying it! Thank you to Ms. Kamis for her work on this.

