

BIS Buzz

The Weekly Brownstone Newsletter



Update from Mrs. Hine:

Dear Brownstone Families,

Conferences will be held on Monday, November 23rd from 12:30-7:15 and Tuesday, November 24th from 12:30-3:30. All conferences will be held virtually this year. On Monday, I sent you an email explaining the process to select a conference time. Please call the main office at (860) 342-6765 to select a time for your child's conference.

Our sixth grade students have been learning at home since yesterday and will continue this through next Thursday. I took the pictures below to show you what it looks like for the teachers when they are working virtually from their homes or classrooms. Using multiple computers allows them to monitor your child's work, see your child, and display the problem or assignment they are working through together. I am so appreciative of the hard work of our BIS staff as they make the virtual learning as meaningful as possible.



I wish you and your family a wonderful weekend.

Allison Hine

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

Attachments:

[COVID Screening Form](#)

Update from Mrs. McDonough, BIS Social Worker:

This week we continued weekly social-emotional lessons (SEL) in both grades. We took a deeper dive into what it means to show “Impulse Control.” We played the “No Talking Game” as a way to practice impulse control. Ask your child how he/she did with the game. It was a breeze for some students, a challenge for others!

This week definitely brought some challenges with 6th grade going into remote learning. Changes like this can cause disappointment and anxiety in both children and adults. Here is a link to an article from the Child Mind Institute on “How to Help Your Kids Handle Disappointment.” I hope you find it helpful: https://childmind.org/article/how-to-help-your-kids-handle-disappointment/?utm_source=newsletter&utm_medium=email&utm_content=How%20to%20Help%20Your%20Kids%20Handle%20Disappointment&utm_campaign=Public-Ed-Newsletter

If you have any questions or concerns or if your child is having difficulty coping with the challenges of living in these changing times, please feel free to reach out to me at smcdonough@portlandct.us or 860-342-6765, ext. 1615.

PTO:

Next meeting will be held on Monday, December 14th. at 6:30pm.

Thanks to those who purchased wreaths to support the BIS PTO!

PVLA:

Computers for PVLA students are available in the BIS Office. Please remember to bring the current device and charger to swap!

Dates to Remember:

Friday - November 20th - Report Cards Are Going Home

Monday, November 23rd - Early Dismissal for Students - Teacher/Parent Conferences

Tuesday, November 24th - Early Dismissal for Students - Teacher/Parent Conferences

Wednesday, November 25th - Thanksgiving Break - No School

Thursday - November 26th - Thanksgiving Day - No School

Friday - November 27th - Thanksgiving Break - No School

News From Nurse Palma:

Hydration: Please make sure your child is bringing a water bottle to school every day. The water fountains are not being used due to Covid-19. You can only fill water bottles, if you have one. The kids are thirsty, let's keep them hydrated.

Donations needed: Small waters. I only have a few left. I have been giving them out to children who forget their water bottles at home. Thank you in advance.

All 6th Graders: Need to have a mandatory physical completed this year per the State of CT. Letters went home to families who need to provide a physical for their child. Around 61% of 6th graders need a physical turned in to the school. Thank you for those who turned in or called regarding their child's physical. 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. I also included one in the mailing. 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: World Kindness Day is today Friday, November 13. According to the Mayo Clinic research shows that learning and practicing loving kindness can profoundly affect your attitude, outlook and even your health. Why? The act of helping others actually activates the part of your brain that makes you feel pleasure. It also releases a hormone called oxytocin that helps modulate social interactions and emotion — the higher your oxytocin levels, the more generous you may be. Here are some ideas, give someone a compliment, send a positive message to a friend, focus on gratitude, smile at a stranger, donate towels to a shelter, have a judgement free day, write a kind message and put it in your child's lunch, etc...See the below links for information on RAK (random acts of kindness). Become a Raktivist® and make kindness the norm.

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/how-sharing-kindness-can-make-you-healthier-happier/art-20390060>

<https://www.randomactsofkindness.org/world-kindness-day>

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 or call 211. They're available to help, any day, any time.

Friday Joke: Where do sick boats go to get healthy? Answer: The dock!

Our Week in Pictures:

Art class at BIS (Thank you to Mrs. Murray who took these wonderful photos!):

