

# Heath Brook School

PRINCIPAL'S UPDATE: APRIL 3RD, 2020



~PRINCIPAL C. VIDEO CHECK IN: FRIDAY  
APRIL 3RD~

[CLICK HERE FOR VIDEO!](#)

## A NOTE FROM PRINCIPAL CENANOVIC:

Happy Friday Heath Brook Families,

It's another rainy day out there, which makes being at home all day just that little bit tougher. The Heath Brook School hopes that our weekly check-ins and videos provide you a little sunshine and positivity as we navigate this new world together.

Administration, teachers and specialized support staff have been hard at work preparing for our transition to remote learning, which begins next week. This is a new experience for all of us - please know that we are here to support you in this learning partnership and are available for any questions that you may have along the way. More details on our PreK-12 remote learning plans will be coming from the district shortly.

In the meantime, please take advantage of the links and resources provided here in our memo. The Heath Brook Staff took time out this week to celebrate Autism Awareness with our Light It Up Blue video - we hope you enjoy! Check out Beth Cashman's story time video, as well as some tips for parents in providing hope for children during these uncertain times. Stay safe and well!

With hope,  
Felicia Cenanovic



## ~HEATH BROOK STAFF CELEBRATES AUTISM AWARENESS~



 **Autism Day.mp4**

[drive.google.com](https://drive.google.com)

## ~A STORY FROM OUR KITCHEN STAFF BETH CASHMAN: THE DAY THE CRAYON CAME HOME~

Beth

## SUPPORTING FAMILIES DURING COVID-19

We know parents are struggling to balance work, child care and self-care while keeping worries — both your children's and your own — under control. You don't have to do it alone. Child Mind Institute website includes a comprehensive list of resources for parents on coronavirus topics and parenting tips for giving children hope in these uncertain times. Click [HERE](#)



~FAMILY FREE TIME IDEAS~

**A**sk a parent or grandparent what their favorite song and dance was when they were your age? (And if you can, have them show you. Can you learn the dance too?)



**B**ake sugar cookies and use cookie cutters or design shapes. Pretend you are on a cooking show and have a "judge" sample your creation.

**C**ut pictures from magazines to create a themed collage. All you need is a magazine or catalog and a glue stick. Challenge yourself to use at least 25 pictures and see the results when you connect them.

**D**ye old T-shirts with food coloring & rubber bands if you don't have a kit. No old T-shirts? Ask if you can dye unmatched socks. They also make great puppets!

**E**scape into a great book. Are you the hero? Draw a picture of what look like in the book, and the setting.

**F**ind an old favorite board game and challenge your family. Do a championship round with several games (Monopoly, Yahtzee, Cards, Uno, etc). Family winner gets breakfast served in bed or gets out of doing the dishes.

**G**ather all the coins you can find and count--see what happens when you put vinegar and salt on pennies. Put all the coins in a jar to donate in the future.

**H**ave a popcorn party and family movie--then feed the birds the unpopped kernels. The birds are hungry too and fun to watch. Keep a list of all the different birds you see. (You may need to look up some).

**I**ce cubes--Find odd shaped containers in the kitchen and freeze water to create cool cubes.

**J**-Jumping Jacks--If you are watching a show, every time a commercial comes on, do 10 jumping jacks or a silly dance move.

## ~WHAT THE WORLD NEEDS NOW - A VIRTUAL ORCHESTRA~

What the World Needs Now - for Virtual Orchestra







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