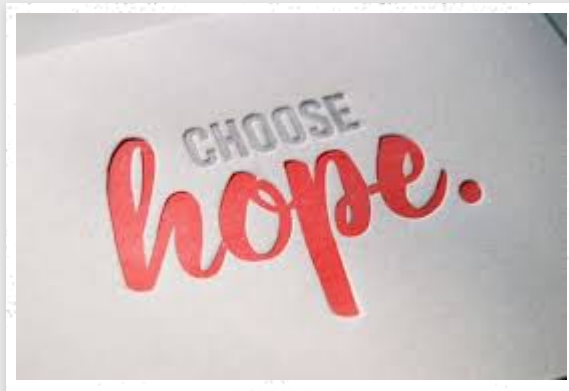


Heath Brook School

PRINCIPAL UPDATE: APRIL 26TH, 2020



A NOTE FROM PRINCIPAL CENANOVIC:

Hi All,

Last week, we found out that school will not resume this year in person. Undoubtedly, hearts broke, tears were shed and feelings of grief and loss washed over many. In the coming weeks, there will be much thought around the continuation of remote learning, as well as ways we can bring closure to the year for both our staff and our students.

As the news sunk in, I began to think about how much I miss the Heath Brook. Impromptu laughter in the hallway, sharing student challenges and successes, feeling the support of colleagues when times are tough, tender moments with the students who need us the most, celebrating with our school community at our Heath Brook Pride and Joy Shows. Most importantly, I miss all my students, staff and families.

But every crisis is an opportunity.

I have no doubt that together we will use this opportunity to rise to the challenge before us. We will use it to support our students from a distance, use technology in ways we never thought possible, take care of our families and loved ones near and far and work collaboratively to provide the best remote educational experience possible for our children. Remember, we are Tewksbury Tough!

I'm so grateful to be able to share this opportunity with you.

With hope,
Felicia

WISHING YOU A HAPPY BIRTHDAY!

The Heath Brook Staff and I would like to wish a super happy birthday to the following students:



- Aiden B 4/18
- Liam H 4/19
- Leah G 4/21
- Ethan D 4/22
- Brianna L 4/22
- Connor C 4/22
- Aisling S. 4/23
- Robert J. 4/24
- Josiah H. 4/26
- Melody W 4/26
- Brody R 4/27
- Isaac V 4/27

PARENTS, YOU ARE DOING AN AMAZING JOB!

Parenting littles, tweens or teens during these upside down times? Here's a message from Sesame Street workshop for you, parents. A reminder - as you are caring for others, take some time to take care of yourselves too!

Sesame Street: A Moment to Yourself | Parent PSA



HOW TO REDUCE THE STRESS OF HOMESCHOOLING ON EVERYONE - GREATER GOOD MAGAZINE

A school psychologist offers advice to parents on how to support their child during school closures.



[CLICK HERE TO READ ARTICLE](#)

REMEMBER....



TPS REMOTE LEARNING SITE

TEWKSBURY PUBLIC SCHOOLS

TPS REMOTE LEARNING PLAN

[CLICK HERE](#)

~ACTION FOR HAPPINESS CALENDAR: ACTIVE COPING APRIL~



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing:
the freedom to choose our attitude in any given
set of circumstances" ~ Viktor Frankl

5 Get active.
Even if you're
stuck indoors,
move & stretch

6 Contact a
neighbour or
friend and offer
to help them

7 Share what
you are feeling
and be willing to
ask for help

8 Take five
minutes to sit
still and breathe.
Repeat regularly

9 Call a loved
one to catch up
and really listen
to them

10 Get good
sleep. No screens
before bed or
when waking up

11 Notice five
things that are
beautiful in the
world around you

12 Immerse
yourself in a new
book, TV show
or podcast

13 Respond
positively to
everyone you
interact with

14 Play a game
that you enjoyed
when you were
younger

15 Make some
progress on a
project that
matters to you

16 Rediscover
your favourite
music that really
lifts your spirits

17 Learn
something new
or do something
creative

18 Find a fun
way to do an extra
15 minutes of
physical activity

19 Do three
acts of kindness
to help others,
however small

20 Make time
for self-care. Do
something kind
for yourself

21 Send a
letter or message
to someone you
can't be with

22 Find positive
stories in the news
and share these
with others

23 Have a
tech-free day.
Stop scrolling and
turn off the news

24 Put your
worries into
perspective and
try to let them go

25 Look for the
good in others
and notice their
strengths

26 Take a
small step
towards an
important goal

27 Thank three
people you're
grateful to and
tell them why

28 Make a
plan to meet up
with others again
later in the year

29 Connect with
nature. Breathe
and notice life
continuing

30 Remember
that all feelings
and situations
pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together


Keep Calm · Stay Wise · Be Kind




HEATH BROOK SCHOOL

 @HBTweets165

 165 Shawsheen Street, Tewks...

 978-640-7865

 fcananovic@tewksbury.k12.m...

 tewksbury.k12.ma.us

