

HEATH BROOK SCHOOL

PRINCIPAL UPDATE: MAY 5, 2020



Choose joy

A NOTE FROM PRINCIPAL CENANOVIC:

Hi All,

The sun is shining, the weather is warming and hope your spirits feel lifted!

As we move into this new week, here are some things to note:

- Under the guidance of DESE (Department of Elementary and Secondary Education), remote learning will begin to incorporate the teaching of identified core standards across grades and subject areas in order to prepare students for a successful transition to the next grade level.
- You will be receiving communication from Tewksbury Public Schools this week regarding the details of the Quarter 3 Report Cards, Special Education Progress Reports and some initial thinking for Quarter 4. ***(Please note that emails from the district are sometimes sent from Maria Cutelis or Gail Johnson, who are administrative assistants in the office of the superintendent).***

- Please practice getting onto your student's Aspen account, where student report cards will be posted this Friday, May 8th (directions to follow). If you need assistance with your login information, please email Mrs. Mercier, our secretary, at kmercier@tewksbury.k12.ma.us.
- A gentle reminder - Even though the weather is improving, our school buildings and the school grounds are closed until June 29, 2020, per MA Governor Baker's order.

Below you will find some resources, videos and podcasts to support your family and keep perspective during this unique time in our lives. Take a moment to fill out our Parent Placement Input survey, check out "A Grateful Day" video to help reframe the value of a day, click on the podcast by Lynn Lyons to learn more about regressive behaviors in toddlers to teens and don't forget to look at the "Action for Happiness" Calendar for Meaningful May! I hope you and your family continue to stay well!

Best wishes,
Felicia

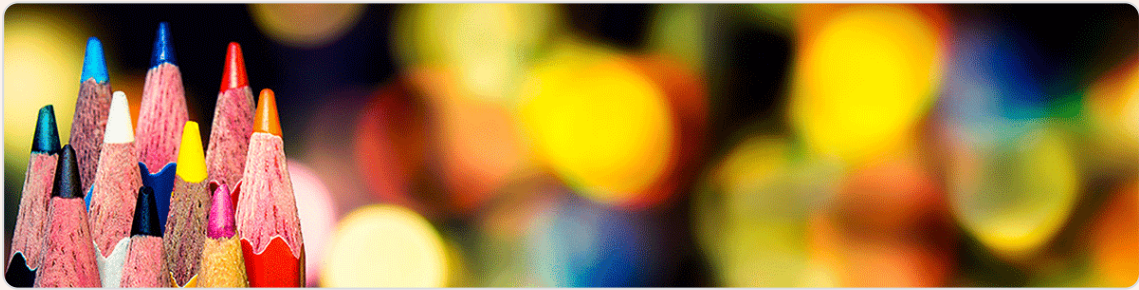
WISHING YOU A HAPPY BIRTHDAY!

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



- Alice A. - 5/2
- Kevin B. - 5/2
- Avery C. - 5/2
- Bella K. - 5/4
- Eva N. - 5/5

PARENT PLACEMENT INPUT FORM (INCOMING GRADE K, 1, 2 STUDENTS)



Heath Brook School 2020-2021 Parent Input Form

Parent and guardian input is always an important consideration when we create learning groups for the next school year. This continues to be especially important this spring. Thank you for sharing the knowledge of your child that you have. It matters to us.

* Required

A Grateful Day with Brother David Steindl-Rast - Gratefulness.org



REGRESSIVE BEHAVIOR FROM TODDLERS TO TEENS - WHAT'S NORMAL?

Regressive Behavior appears at all stages of development at many different ages. Learn why child regression happens and how to respond to it as a parent and why you might be seeing it more commonly now.



**EPISODE 5
REGRESSIVE BEHAVIOR FROM
TODDLERS TO TEENS: WHAT'S NORMAL**

**A MOM'S RETREAT
WITH LYNN LYONS, LICSW**

[CLICK HERE TO LISTEN TO PODCAST WITH LYNN LYONS](#)

**REMEMBER.... WE ALL NEED HELP
SOMETIMES**

IF YOU'RE FEELING OVERWHELMED, IT'S OKAY TO ASK FOR HELP

We All Need Help Sometimes

TALK TO SOMEONE WHO CAN HELP! CALL 211 NOW

Family Resource Center
Connect with your local Family Resource Center: www.frctm.org

Massachusetts 211
FREE - CONFIDENTIAL - 24/7 - MULTILINGUAL
www.mass211.org
A program of the United Way and The Commonwealth of Massachusetts

Help for families: [CLICK HERE](#)

WE ALL NEED HELP SOMETIMES

Lots of families are feeling stressed, anxious and overwhelmed right now.

Young children are very sensitive to their caregivers' stress and may not be able to talk about their worries and fears. During COVID-19, your young child may be showing signs of stress that you haven't seen before. These behaviors may be a normal reaction to stressful events or a sign that your child could use some extra support. Some common reactions might be:

- More crying
- Having a hard time staying still
- Eating more or less than usual
- Complaining of tummy aches
- Changes in sleep habits or nightmares
- Clinging to their caregivers
- Fears of being alone
- Showing frustration, anger or other 'big feelings' more often
- Acting younger than their age

WORRIED ABOUT YOUR YOUNG CHILD? CALL YOUR CHILD'S DOCTOR FOR HELP.

OTHER WAYS TO GET HELP:

Massachusetts 211
Your local Family Resource Center: www.frctm.org

Family Resource Center
Your local Family Resource Center: www.frctm.org

Network of Care
Massachusetts
www.mass211.org
A program of the United Way and The Commonwealth of Massachusetts

Signs of stress in young children: [CLICK HERE](#)

WE ALL NEED HELP SOMETIMES

Lots of people are feeling stressed, anxious, or depressed right now.

Children express their emotions in many ways. During COVID-19, your child or teen may be showing signs of stress that you haven't seen before. These behaviors may be a normal reaction to a stressful event, or your child may need some extra help. They may be:

- Moody or easily upset
- Sad
- Worried or fearful
- Not following the rules
- Sleeping too much or not enough
- Complaining of headaches or stomachaches
- Showing other behaviors that are new and have you worried

WORRIED ABOUT YOUR CHILD? CALL YOUR CHILD'S DOCTOR FOR HELP.

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CONNECT
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SEARCH
Network of Care
Massachusetts
www.mass211.org
A program of the United Way and The Commonwealth of Massachusetts

Signs of stress in children and teens: [CLICK HERE](#)

TPS REMOTE LEARNING SITE

TEWKSBURY PUBLIC SCHOOLS

TPS REMOTE LEARNING PLAN

[CLICK HERE](#)

~ ACTION FOR HAPPINESS CALENDAR: MEANINGFUL MAY ~



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind



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