

Heath Brook School

PRINCIPAL UPDATE: MAY 21ST, 2020



A NOTE FROM PRINCIPAL CENANOVIC:

Hi All,

I speak for the entire Heath Brook staff when I say...WE MISS YOU! We continue to stay connected with our students and families and deeply appreciate your partnership during remote learning.

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

- We are currently developing a plan to gather student items left behind at closing and distribute them to families safely. More information to follow shortly.
- Thank you so much for your input and feedback you provided in our classroom placement survey. Teachers are working diligently to place students in classrooms for school year 20-21 that will provide each child the opportunity to thrive and meet with success.
- 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 links, videos and articles to support your family and keep perspective during this unique time in our lives. Please enjoy our "Heath Brook Toss" video, which will be sure to make you smile! Take a moment to check out the COPING WITH COVID link, which has lots of videos from mental health experts to manage the challenges we face currently. You'll also find opportunities to sign up for behavior training sessions for parents and an article that will provide you some encouraging words you can say to kids during this time.

I hope you and your family continue to stay well!

My best,
Felicia

WISHING YOU A HAPPY BIRTHDAY!

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

- Thomas S. - 5/6
- Jude T. - 5/6
- Ethan F. - 5/7
- Ronav J. - 5/7
- Olivia S. - 5/9
- Gwenevere E. - 5/10
- Selena F. - 5/10
- Antonia G. - 5/10
- Kauan N. - 5/11
- Ayden C. - 5/13
- Clark D. - 5/15
- Sofia M. - 5/15
- Nathan S. - 5/16
- Kiera W. - 5/16
- Rourke Y. - 5/16
- Alexis C. - 5/17
- Anthony C. - 5/18
- Marlee E. - 5/18
- Lily B. - 5/19
- Adrian R. - 5/19
- Aubrie F. - 5/20
- Madalyn F. - 5/20
- Samantha R. - 5/20



~HEATH BROOK TOSS~

Heath Brook Teachers in...TP Toss!

THE HEATH BROOK
TEACHERS IN...

COPING DURING COVID

While these changes are vital for public health, it's also left many of us feeling increased stress, anxiety, depression, and other negative emotions. These videos and helpful tips are from clinical leaders and other experienced mental health pros from Open Sky and focus on tried and true strategies for coping with challenges like the ones we're currently facing.



[CLICK HERE TO ACCESS VIDEOS](#)

**DON'T FORGET - TPS VIRTUAL BEHAVIOR
TRAINING FOR PARENTS**

Tewksbury Public Schools

Virtual Behavioral Training for Parents

Wednesday, 6:00 - 7:30 pm

5/13/20 ♦ 5/20/20 ♦ 5/27/20 ♦ 6/3/20



Responding to Escalating Behavior

Escalating behavior can take on many different forms, and can have very different causes. Understanding how to respond at each phase of the behavior is key in learning how to diffuse and de-escalate an escalating behavior or situation. Please join the Behavior Team as we present 4 distinct trainings on responding to escalating behavior.

Session #1: The Escalation Cycle	Wednesday, 5/13/20 -- 6:00 - 7:30 pm
Session #2: Crisis Prevention Intervention for Families and Caregivers	Wednesday, 5/20/20 -- 6:00 - 7:30 pm
Session #3: A Framework for Behavior	Wednesday, 5/27/20 -- 6:00 - 7:30 pm
Session #4: Behavior Strategies	Wednesday, 6/3/20 -- 6:00 - 7:30 pm

Please use this link to register: [Parent Training Registration Form](#)

Candace Tharrett, Ms. Ed.
Coordinator of Behavior Services
ctharett@tewksbury.k12.ma.us

Thomas B. Benjamin, M.S., BCBA, LABA
Dewing/North Behavior Specialist/BCBA
tbenjamin@tewksbury.k12.ma.us

USE THIS LINK TO REGISTER

**THE MOST ENCOURAGING THING YOU CAN SAY
TO KIDS**



CLICK HERE TO READ

Whether it's a missed birthday party due to social distancing or a tough homework assignment that makes her feel like giving up, here are the best words you can say to your child to keep her spirits up and confidence high.

REMEMBER....WE ALL NEED HELP SOMETIMES

We All Need Help Sometimes

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

TALK TO SOMEONE WHO CAN HELP!
CALL 211 NOW

Icons representing various services: Food Bank, Housing, Mental Health, Substance Use, Family Support, and Community Resources.

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

Massachusetts 211
FREE • CONFIDENTIAL
24/7 • MULTILINGUAL
www.MASS211.ORG
A program of 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
FREE • CONFIDENTIAL
24/7 • MULTILINGUAL
www.MASS211.ORG
A program of the Commonwealth of Massachusetts

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

Network of Care
24/7 • 24/7 • 24/7
www.massachusettsnetworkofcare.org

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.

OTHER WAYS TO GET HELP

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24/7 • MULTILINGUAL
www.MASS211.ORG
A program of the Commonwealth of Massachusetts

CONNECT Family Resource Center
Your local Family Resource Center: www.frcma.org

SEARCH Network of Care
24/7 • 24/7 • 24/7
www.massachusettsnetworkofcare.org

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



HEATH BROOK SCHOOL

@HBTweets165

165 Shawsheen Street, Tewks...

978-640-7865

fcananovic@tewksbury.k12.m...

tewksbury.k12.ma.us

