



OCTOBER NEWSLETTER

Beechwood Knoll
Elementary School

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 PBIS Assembly, 8:30 <i>*Wear your Blue and White</i> Nurse Screenings	2	3	4	5	6
7 Dentist at BKS PTO, 6:30	8 Dentist at BKS	9	10	11	12	13
14 Columbus Day NO SCHOOL	15	16	17	18	19 BKS Fall Festival, 11-4:00	20
21	22	23	24 Gr 3 Weather Presentation	25	26	27
28	29 Quincy History Classroom Visit 4th Grade Nurse Screenings	30	31 Halloween BLACK AND ORANGE DAY @ BKS Pumpkin Math Gr.3 Quincy History Field Trip 4th Grade			

Principal

Janet Loftus

Assistant Principal

Nancy Barron

Secretary

Jane MacDonald

Nurse

Debbie Cerone

Guidance

Maura Hurst

School Hours:

M, W, Th, F
8:15am - 2:30pm.

Tuesday Early

Release Hours:

8:15 am. - 11:55 pm

BKS Info:

225 Fenno Street
Quincy, MA 02171

Tel:617-984-8781

Fax: 617-984-8636

*Don't forget to check out www.quincypublicschools.com/beechnwood for all BKS News and www.quincypublicschools.com for all QPS News and Updates



Halloween

Student Council will be sponsoring their 6th Annual "Operation Trick or Treat." BKS students will be invited to donate some of their Halloween candy to our military. In partnership with local Blue Star Mothers and the USO, the candy will be distributed to military and veterans this upcoming holiday season. Look for more information as Halloween gets closer.

**Just a friendly reminder: we are having a "black and orange day" on Halloween. Students should not wear their costumes to school.

PTO

Join us Monday, October 7th at 6:30 for final Fall Festival preparations and an overview of our students' MCAS Achievement.

Counselor's Corner

In recent weeks I've been reading a book that is having a great impact on how I think about kids and their developing brains. I wanted to share it with you in case this is something that interests you as well. The Whole Brain Child by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D is a practical guide to nurturing healthy brain development. Their goal is to help kids (and parents) thrive, not just survive. In easy to understand ways, the authors explain how the various parts of the brain impact a child's behavior and how we as adults can help children integrate those parts. The chapter on easing meltdowns was particularly interesting- *connect with the Right Brain, redirect with the Left Brain*. If you get a chance to read it, I'd love to know what you think.

Maura Hurst, School Counselor

HEALTH UPDATE



Smile Massachusetts: The mobile dentists will be coming to your child's school on October 7th and 8th

during school hours to provide dental care to your child if they return a signed permission form. Each child's appointment will take approximately 20-30 minutes away from the classroom.

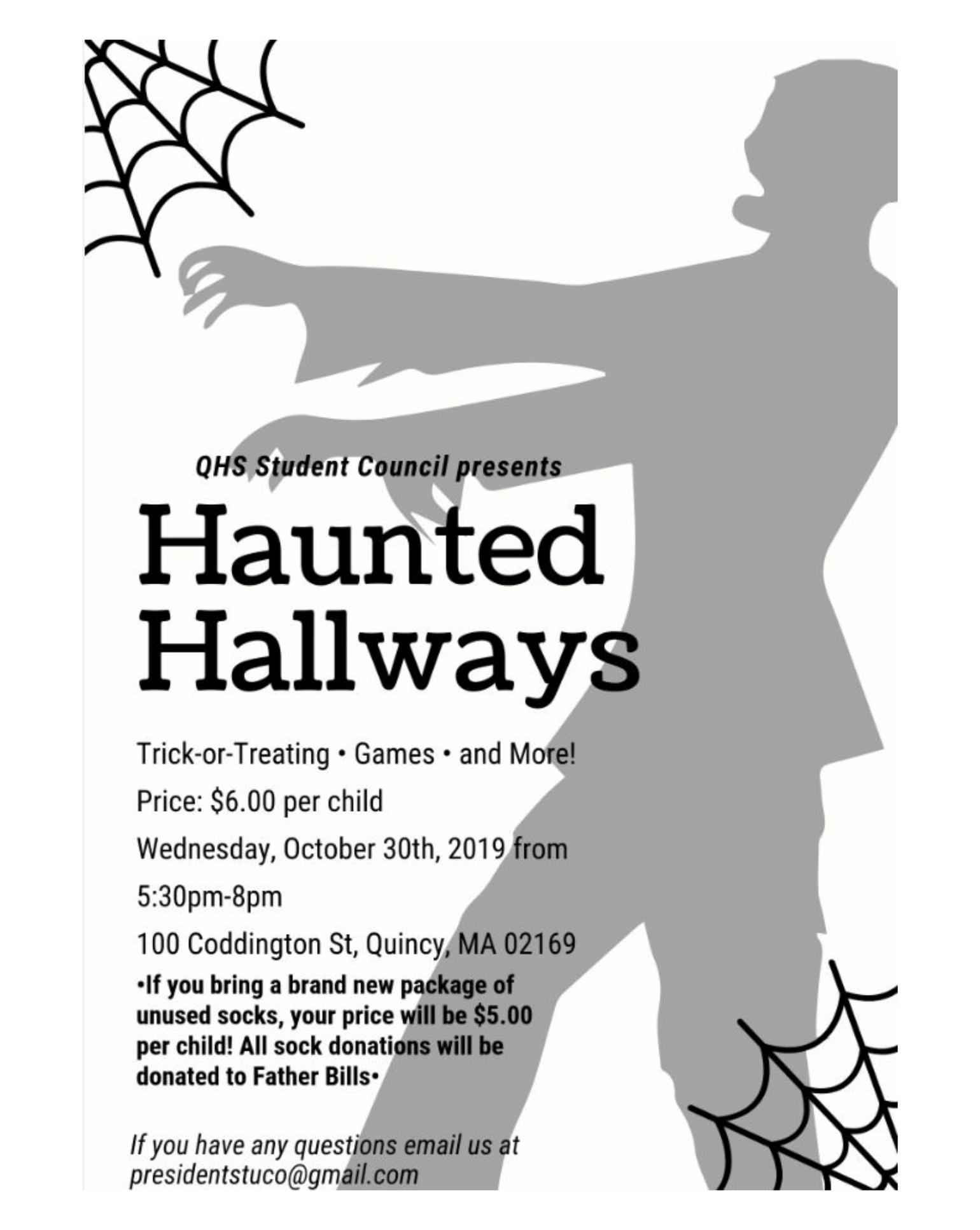
This program has been a great success in meeting the dental needs of children in our area who are not currently receiving dental care. Every child should be seen by a dentist every six months to maintain good oral health.

Smile Massachusetts uses the latest technology in portable dental equipment that allows them to bring dental services directly into our school. The dentist, hygienist and dental assistant provide a dental exam, x-rays, cleaning, fluoride treatment, and sealants, as well as other services as needed including fillings and simple extractions. After each visit, your child will be given a report card detailing the services provided.

Services are billed through Medicaid, CHIP and private insurance. There is no out of pocket cost to parents and no cost to the school.

Please take advantage of this wonderful opportunity for your child to receive quality dental care if they are not currently receiving dental care. Simply complete the permission form with your child's insurance information and return it to school. If you do not have dental coverage, you may choose the reduced fee or donated care options. Forms already went home and can still be submitted. There is also a very user friendly option to sign up online at www.myschooldentist.com that you may use instead of returning a paper copy. Please call me if I can be of any assistance. If you choose not to use the program please recycle the form. Thank you.

Deborah Cerone, MSN, RN



QHS Student Council presents

Haunted Hallways

Trick-or-Treating • Games • and More!

Price: \$6.00 per child

Wednesday, October 30th, 2019 from

5:30pm-8pm

100 Coddington St, Quincy, MA 02169

•If you bring a brand new package of unused socks, your price will be \$5.00 per child! All sock donations will be donated to Father Bills•

If you have any questions email us at presidentstuco@gmail.com

Saturday, October 19th

11AM - 4PM

RAIN DATE OCTOBER 26TH

Performances by:

BRADY ACADEMY
OF IRISH DANCE

VELOCITY DANCE
COMPANY



TONS of
Bouney Fun
From
Buzzy Bee
Jumpers

225 Fenno Street

*****RAFFLES*****

KIDS GRAND PRIZE: SONY PS4 1 TB
SECOND PRIZE: Beats Solo3 Wireless Headphones
THIRD PRIZE: Boys/Girls Bike (1 winner for each)

ADULT GRAND PRIZE: Irish Village Getaway and a \$100 AMEX Gift Card (2 night stay off season for 2. Includes 2 breakfasts and 1 dinner for 2)

SECOND PRIZE: Ipad 6th Generation with WiFi - 32GB
THIRD PRIZE: AirPods Wireless with Charging Case

ALSO, take a Chance at the Street that has "NO NAME"
\$10 a chance

Loads of Family Fun!!
DJ, Touch-a-Truck,
Pumpkin Decorating,
Sand Art, Arts & Crafts,
Games, Pony Rides,
Face Painting,
Bouney Fun,
Dunk Tank, Bake Sale, Hot
Food, Silent Auction, Sports
Memorabilia & More!!

Special Thanks to our Platinum & Gold Sponsors:

JJP
Fuji Group



Mayor Thomas P. Koch



The
FOURS
south cove
community health center
華人醫務中心

Roche Bros.

TACKEY CHAN
State Representative - 2nd Norfolk District

**SKOLER &
DIMARZIO**
ORTHODONTICS

Bayside Resort

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5 Cross Jacks 7 Skaters	2 MATH TASK CARD 1	3 5 Squat Side Kicks Speed Bag Punches (20 seconds)	4 5 Cross Jacks 7 Skaters	5 Play kickball with a family member
6 8 Cross Jacks 10 Skaters	7 7 Squat Side Kicks Speed Bag Punches (30 seconds)	8 8 Cross Jacks 10 Skaters	9 MATH TASK CARD 2	10 7 Squat Side Kicks Speed Bag Punches (30 seconds)	11 8 Cross Jacks 10 Skaters	12 Hike to the top of a mountain
13 10 Cross Jacks 12 Skaters	14 10 Squat Side Kicks Speed Bag Punches (40 seconds)	15 10 Cross Jacks 12 Skaters	16 MATH TASK CARD 3	17 10 Squat Side Kicks Speed Bag Punches (40 seconds)	18 10 Cross Jacks 12 Skaters	19 Create an obstacle course with household items
20 14 Cross Jacks 14 Skaters	21 12 Squat Side Kicks Speed Bag Punches (50 seconds)	22 14 Cross Jacks 14 Skaters	23 MATH TASK CARDS 1 & 2	24 12 Squat Side Kicks Speed Bag Punches (50 seconds)	25 14 Cross Jacks 14 Skaters	26 Set up a game of musical chairs and play with friends
27 20 Cross Jacks 18 Skaters	28 15 Squat Side Kicks Speed Bag Punches (60 seconds)	29 20 Cross Jacks 18 Skaters	30 MATH TASK CARD 3	31 15 Squat Side Kicks Speed Bag Punches (50 seconds)		

October Fitness Challenge Calendar – Use our October calendar for fitness exercise ideas, activities to do at home with family and friends, and Math themed brain breaks!

- MATH TASK CARDS – Refer to the Addition, Subtraction, & Multiplication Task Cards
- Skaters & Squat Side Kicks – Complete one rep by alternating each leg

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Descriptions for Exercises

Squat Side Kicks: Stand with your feet parallel and shoulder width apart. Bend your knees and squat to a 90 degree angle, with your hands held out in front of you. Then stand back up and lift your right leg out to the side. Step your foot back to the shoulder width position and squat again. This time you will lift your left leg to the side.

Speed Bag Punches: Raise your arms slightly below chin level and make sure your elbows are parallel to the ground. Make a fist, and alternate punching motions. You can also adjust the speed.

Cross Jacks: This is like a typical jumping jack, but instead you will alternate crossing your left foot over your right foot each time you jump. You can also choose to alternate your arms as well.

Skaters: Start with a squat, then jump sideways to the left and land on your left leg. Then bring your right leg behind your left ankle without letting it touch the ground. You can count this as one rep, or repeat with the other leg and have that count as one.