



# Birchwood Bulletin



## Birchwood

### Contact Information

845-639-6480

<http://www.ccsd.edu/Birchwood.cfm>

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### Birchwood Bulletin of Dates

#### **Friday, December 4<sup>th</sup>**

End of Elementary First  
Marking Period

#### **Wednesday, December**

**23<sup>rd</sup> – Sunday, January 3<sup>rd</sup>**

Holiday Recess

No School

#### **Monday, January 4<sup>th</sup>**

School reopens-Remote  
learning

#### **Monday, January 18<sup>th</sup>**

Martin Luther King Day  
No School

#### **Friday, January 29<sup>th</sup>**

End of 2<sup>nd</sup> Quarter  
Grades 6 - 12

## December 2020

December at Birchwood is an exciting time with many opportunities for students to learn about holiday traditions and the importance of being an active member of one's community. During the month, our students and staff will participate in many charitable endeavors which will benefit those in our community who are less fortunate or may just need a helping hand. This year more than ever we need to look outside ourselves and extend a helping hand to those in need. The pandemic has had a profound effect on all aspects of our lives and the lives of everyone in our community. We will be sharing this message to our students and promoting working and supporting everyone in our community. We will also take this opportunity to teach our students about holiday traditions so that we can all gain a greater understanding of the people in our community, celebrate our diversity and become more accepting as a community. We wish all of you a happy holiday season and a healthy New Year.

### **Trending Topic: Staying Calm this Holiday Season:**

The excitement, preparation and family feasting on Thanksgiving segue into non-stop hectic rushing to get ready for our December holidays of Christmas, Chanukah and Kwanza. This year, however, for so many of us this is instead a time fraught with tension, anxiety and fear for those we love in this season of Covid-19. No matter what the age, children, teens, and adults are universally experiencing higher levels of stress and distress in their daily lives. We have spoken previously about the challenges that younger children face. Middle and high school students experience different types of stress. Many express unhappiness that they are less able to "hang out" with their friends in person. They are often better able to put into words their concern for their friends and family but can find it difficult coping with the frequent changes in their routines and the disruption and uncertainty about their regular school schedule.

Parents can help their middle and high school students manage their stress, simply by trying to stay attuned to their "emotional temperature." According to the CDC, parents can:

- Make sure their children know the facts, which can help them feel more in control of what is happening.
- Reinforce they have the ability to help stop the spread of COVID-19 by following the guidelines of mask wearing, frequent hand washing and avoiding close contact – even with their friends.
- Encourage your tweens and teens to be social from a distance and connect with friends by phone, text, video chats and social media.
- Encourage them to find ways to relax: deep breathing, stretching, meditating, regular exercising, even gaming help them to connect.

Parents face enormous stress as they juggle childcare, schoolwork supervision, jobs and a multitude of other responsibilities. It is easy to be overwhelmed with all the uncertainty in these unprecedented times. Make sure you take good care of yourselves as well! As always, let us know when we can help you!

### **Birchwood Fundraisers**

General Mills Box Tops for Education Program. The Box Tops submission box is located in the Main Office. Each time you shop using your STOP & SHOP CARD, Birchwood will earn A+ School Reward Points which convert into CASH each month. Please log on to [www.stopandshop.com/aplus](http://www.stopandshop.com/aplus) and register. Birchwood School ID#06498. When shopping at DeCicco's in New City, please mention Birchwood School when checking out at the register. At the end of each month, DeCicco's will send a check to Birchwood.

### **Olweus Corner:**

This past month in Olweus, we focused our activities on celebrating diversity, which included appreciating our shared commonalities while also honoring our unique, individual differences. Each student had the opportunity to express, and hopefully gain confidence, regarding what makes them unique and special. We utilized play-dough, self-portraits and literature to engage the students in welcoming and befriending others with differing qualities and identities. As Regina Baxter's poster reads in her classroom, "We are like a box of crayons. Each one of us is unique, and when we get together, our class is complete."

## Inclement Weather

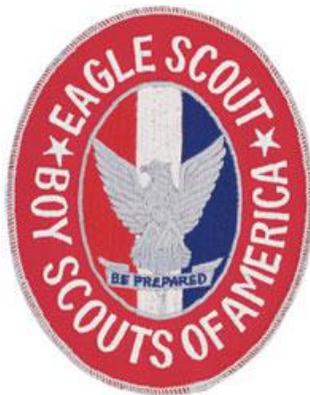
When school must be closed due to inclement weather or other emergencies, announcements are made through a variety of media:

- Parents can call Clarkstown's voice mail system: **845-639-6300**, press **9**, and then press **4** for the **Inclement Weather Mailbox**.
- Clarkstown Central School District's website, [www.ccsd.edu](http://www.ccsd.edu), click on **Parents** and then **Emergency/Cancellation Notification**.
- Phone Communication: The district's automated notification system utilizes four phone numbers that you have designated as your contact information. **Please be sure to apprise the school throughout the year of any change in your selected phone numbers so that we may keep your information profile up-to-date and accurate. If you have any questions, please contact Randi.**
- Birchwood has also added an account to the Remind 101 system. Anyone who wishes additional information about this system should contact Randi. Standard text message rates apply, as determined by your cell phone plan.
- Please review your unanticipated early release plans with your children. Examples (but not limited to) of days that we would use the unanticipated early release procedure would be if the school closes early due to the weather, an electrical outage or loss of heat. In preparation for any of these events, make sure that your emergency contact information is accurate and up to date.



### Eagle Scout Project:

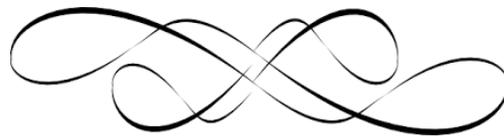
Birchwood has been the beneficiary of Nick Fantry's Eagle Scout Project. Over the course of the past year, Nick has worked with his troop and family to beautify the Birchwood campus and add a handicap accessible picnic bench. Nick and his helpers also refurbished two of our existing benches that were in need of repair. He has also planted over 100 flower bulbs on our campus. We are so proud of Nick and are thankful that he has chosen Birchwood to be the recipient of his hard work. We recognize the dedication and determination that is required to complete an Eagle Scout Project which is why only 4% of young men who join Scouting attain the rank of Eagle Scout. Nick's project will continue to benefit our school for years to come and we cannot thank him enough. Great job Nick!



# Birchwood Thanksgiving Holiday Season Schedule

**Wednesday, November 25<sup>th</sup> –  
Friday, December 11<sup>th</sup>**

**CLOSED**



**Monday, December 14<sup>th</sup>**

**In-Person (OPEN)**

