



Birchwood Bulletin



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Principal

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Birchwood Bulletin of Dates

Wednesday, March 3rd

Early Release Day: Students
dismissed at 10:30 - Grades K-12

Friday, March 19th

End of Elementary 2nd Marking Period

Monday, March 29th -

Tuesday, April 6th

Spring recess - No School

Wednesday, April 7th

School re-opens

Dr. Seuss Week: Birchwood will be celebrating Dr. Seuss Week to engage children in reading and to encourage them to read. Below are listed the Dr. Seuss books we have asked our elementary classes to read with their classes. We also emailed a flier home describing the special activities for the week.

Monday-3/1 Fox in Socks-
Wear your favorite pair of socks

Tuesday-3/2 Green Eggs and Ham-Wear something green
Wednesday-3/3 Wacky Wednesday-wear something backwards, wacky or mismatched

Thursday-3/4 The Cat in the Hat-Wear stripes or your favorite hat

Friday-3/5 The Sleep Book-
Wear your comfy clothes

Technology Reminder: Our students are taking their devices back and forth to school. Please remind them that they should be charging their devices at home so that they use them when they arrive at school. We can charge them for a short time but that will not hold the charge for the entire day.

March 2021

I hope everyone had an enjoyable and restful Mid-Winter Recess. It is hard to believe that March is here and it will be Spring before we know it. In March, we will begin our annual review process where we will develop an Individual Educational Program (IEP) for your child for the 2021-20212 school year. We hope that you find the annual review a collaborative process where together we can develop a unique program to meet your child's needs. If you are unable to make your scheduled appointment, please contact Randi as soon as possible. We feel that the annual review process is important in developing a plan for your child that meets his/her needs and which also reflects your concerns and opinions so your presence at these meetings is essential. I encourage you to reach out to your child's homeroom teacher and therapist to discuss any specific concerns you may have or questions you would like to have answered prior to our meeting. For the parents of our high school students, you can also reach out to Matt Backs, our guidance counselor discuss your child's course of study.

National Social Worker Month

During the month of March, we celebrate National Professional Social Worker Month, which highlights the essential contributions social workers make in our communities. At Birchwood, we would like to recognize our two social workers who help support and guide our students and their families on a daily basis! Susan Buchweitz, Birchwood's Clinic Supervisor, provides not only her abundant clinical expertise, but her unending patience, advocacy and care to our students and their families. We are most grateful and honored to recognize Susan's dedication to enhancing the lives of our entire Birchwood family. We are also pleased to recognize Lisa Slater, Birchwood's Student Assistance Counselor, who is also a valuable member of our clinical staff. Lisa provides counseling to our students, and she also keeps us apprised of community resources that our students and their families may benefit from. Susan and Lisa help make Birchwood the accepting and nurturing environment that we always aim to provide to our students. Thank you, Susan and Lisa!

Birchwood Summer Program

We are busy preparing for the Birchwood summer program. At your child's annual review will discuss the specifics of the program and what you and your child can expect. I assure you that Birchwood's summer school will once again provide your child with the right balance of academic rigor, socialization opportunities and enriching experiences. It is our expectation that the summer program will be in person. We have not heard anything to the contrary so we are planning accordingly. At your earliest convenience, please email Randi at rsaltzman@ccsd.edu and let us know if you plan on sending your child to the Birchwood summer program this year. Dates: 7/1-8/11 Hours: 8:30-2:30 (same as school year)

Trending Topics: Marching into Mindfulness

As we enter March, spring awaits us just around the corner! This year, let's make sure we stop to smell the flowers! The practice of mindfulness allows us to pause within the present moment to consciously notice the budding flowers, the birds chirping and the beauty that surrounds us. Mindfulness promotes reconnecting with not only nature, but also ourselves and our family. Practicing mindfulness can encompass simply slowing down to take a few short breaths or, on a deeper level, fully identifying and acknowledging our present emotional state with patience and acceptance (*without* judgment). Similarly, when our children present as irritable, restless or upset, we can help them label their present emotions. Assisting our children with mindfully noticing their feelings requires us to *not* distract their negative emotions, but instead, acknowledge and accept them before problem-solving. This ongoing self-awareness and self-acceptance may further promote our children's empathy for others, overall focus and even assist their perseverance and resilience during difficult times. Breathing is simply a wonderful tool for children to refocus themselves and learn to self-soothe. A fun breathing activity to implement at home is transform your child's stuffed animal into a "breathing buddy." Your child can simply lie down and place their "breathing buddy" on their stomach. As they inhale and exhale, their breathing buddy will move along with your child's breath. Slowing down and turning inward is the core of practicing a mindful life. Mindfulness should be a welcomed and simple way to introduce calm and peace during this beautiful time of year.