



# News From The Nest

## May Newsletter

East Brookfield Elementary School

### Principal update

Happy Spring Everyone,

It's great to have everyone back and the warmer weather upon us. We are trying to get the students outside as much as possible to take advantage of the nice fresh air.

Please refer to the important date section of this newsletter to see when MCAS testing will be taking place. The state has reduced the testing this year to one day per subject, instead of the traditional two days per subject. Please make every effort to have your child in attendance during those days.



With new guidelines by the Department of Elementary and Secondary Education, we are hoping to be able to start doing some activities that we have done in the past. I will give you more information as it becomes available to me.



I hope you have a great May. We are on the home stretch of this "different" year. Hopefully, normalcy is on the horizon.

Best Regards,

Ron Tomlin  
Principal



**(ELA) MCAS TESTING (GRADES 3-6)**

**TUESDAY MAY 18<sup>TH</sup>**

**MATHEMATICS MCAS TESTING (GRADES 3-6)**

**TUESDAY MAY 25<sup>TH</sup>**

**SCIENCE MCAS TESTING (GRADE 5) THURSDAY  
MAY 27<sup>TH</sup>**

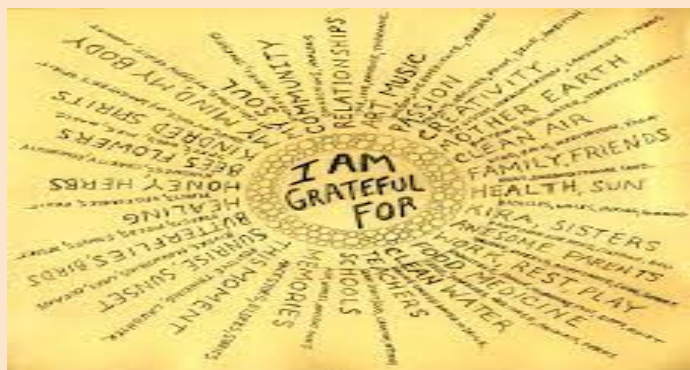
**May 3rd-May 7th: National Staff Appreciation  
Week**

**May 5th: National Nurses Day**

**May 9th: Mother's Day**

**Memorial Day Monday, May  
31, 2021 School Closed**





**Welcome to May.** This month we are practicing gratitude and acceptance of our unique qualities. Gratitude is when we appreciate and feel thankful for what we have. It is an emotion that makes people feel happier. Gratefulness is also a mood and a personality trait.



Psychologists have found that practicing gratitude boosts happiness and promotes both psychological and physical health. Studies show, by practicing gratitude we direct our attention away from uncomfortable emotions (such as jealousy/resentment), reducing our use of negative talk and towards comfortable emotions (such as joy/appreciation) and increasing

expressions of kindness. People who are grateful sleep better, have stronger immune systems, experience healthier



relationships, feel less pain and perform better academically and professionally.

Begin each day with this month's Gratitude affirmation:

**"I appreciate all the things my wonderful body allows me to do. I love and appreciate my beautiful family. I am thankful for the ability to learn, develop and grow."**

This month's challenge is to complete 25 Days of Gratitude. You can use the "25 Days of Gratitude Challenge" linked below or create your own calendar. You can make it a fun conversation starter over dinner.

<https://drive.google.com/file/d/17CZN1JHoDz9SOrhQo-5s8HHxWbrdm9ec/view?usp=sharing>

Students are encouraged to return their completed Gratitude Challenge to school.

### **Important Dates:**

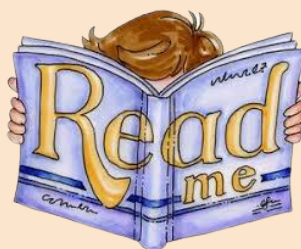
**May 3rd: National Wear Two Different Colored Shoes Day** - Students and staff recognize and appreciate their uniqueness.

**May 3rd-May 7th: National Staff Appreciation Week**- Make your teachers, paras, specialist, cafeteria ladies, custodians and secretary week by appreciating them every day for helping you grow and learn.

**May 5th: National Nurses Day** - Thank Mrs. Cashman for all she does for us and our school.

**May 9th: Mother's Day** - Show thanks and appreciation to your Mom, Step-Mom, Grandmother and other Mother figures in your life.

**May 19th: Pin a Pal Day** - Students and staff will be expressing their gratitude to a friend on "Pin a Pal Day"



### **Book suggestions this month**

\*Gracias/Thanks by Pat Mora

\*The Thankful Book by Todd Parr

\*My Heart Fills with Happiness by Monique Gray Smith

*"Gratitude paints little smiley faces on everything it touches"*

*-Richelle Goodrich*



Mrs. Hines Preschool  
on National Two  
Different Colored  
Shoes Day May  
3rd, 2021!

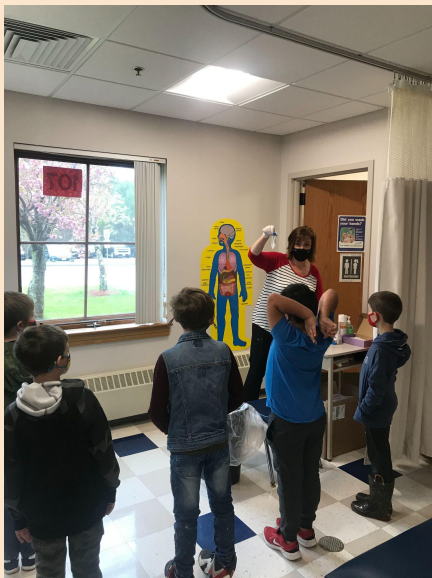
## Nurses News

Spring is finally here! While we are excited to see more sunshine and longer days, it is also the time of year that pollen begins to bloom. We know that approximately 10% of kids will react to pollen by experiencing nasal congestion, post-nasal drip or sneezing. As we prepare for the return of many public school children to in-person learning, it is important for families to consider how this allergy season will be different than any other spring in our history.



Unfortunately, this means it will be hard for school staff to look at your child and know whether their symptoms are due to allergies or illness. We ask for patience and understanding as we navigate this allergy season. If your child is sick and you aren't sure if it's allergies or a

virus, you should keep him or her home. Since the symptoms are similar with both, making sure your child does not spread a virus around school is the right thing to do. If your child has symptoms associated with COVID-19, you should call your pediatrician for advice on whether your child should be tested for COVID-19 and potentially other respiratory illnesses.



I know we are tired of hearing this, but washing hands, staying physically distant and wearing masks is so important to prevent the spread of not only the virus that causes COVID-19, but most viruses. Wearing a mask might also prevent kids from inhaling some of the larger pollen particles that can trigger allergy symptoms. It's also important to wash cloth masks after each use as the mask might carry pollen particles. Thank you, and HAPPY SPRING!



May Jokes

Why couldn't the flower ride its bike?

It lost its petals

Why did the farmer bury his money?  
To make his soil rich.



Mrs. Hingston's 3rd grade class decorated our playground with words and images that illustrate kindness!

### Main Office Staff Contacts

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