

February 23, 2020

Good evening Families,

I hope everyone enjoyed some rest during the February break and ready to return for an important stretch to close out winter. Here are two quick items for the week! Welcome back!

**Term 2 comes to a close on March 16; with only 3 weeks left in the term, it will be helpful for you to go on Schoology** with your child and look over what is coming due. Many students will have projects coming due soon. If you have any questions about your child's progress, please email your child's teachers and/or reach out to the guidance counselor.

**Some shout-outs to your children! Fitness projects on display just before vacation!**

If your child is taking Physical Education in 6, 7, or 8th grade, ask them about the fitness project they completed just prior to going on February break. **Ms. Chmielinski, Mr. Drinan, Mr. Gerson** all have been working with students on developing the life skills of learning how to keep fit through a variety of different exercises. Students created exercise videos while others performed live in front of their peers and the teachers. The project required them to design a routine in a group that lasted 3 minutes and involved both cardio and muscular endurance activities. I learned so much from observing many of these projects as students integrated several exercises like planks, wall-sits, push-ups, jump-rope, biking and rowing exercises, weight lifting and much more. It would be great a family activity to do the routine with them and get them to talk about all the different ways you can keep fit and try to be active in the target heart rate for 20 minutes everyday!

**MCAS 2020: Please avoid scheduling appointments or vacation on the test dates.**

**6th grade:**

ELA- April 9, 13 (periods 1-3)

Math- May 12, 13 (periods 1-2)

**7th grade:**

ELA- April 7, 8 (periods 1-3)

Math- May 18, 19 (periods 1-2)

**8th grade:**

ELA- April 14, 15 (periods 1-3)

Math- May 7,8 (periods 1-2)

STE- May 14, 15 (periods 1-2)

**After-School Enrichment and Athletics February Club Offerings:**

- [Click here for the complete flyer](#) of the current February club offerings.