

BOLTON CENTER SCHOOL

TRIENNIAL NEWSLETTER

JUNE 2020

A NOTE FROM DARRYL GIARD, PRINCIPAL

As the school year comes to a close, I would like to thank all of the parents, students, and staff for being flexible and adjusting to the demands of distance learning. Through all of this, I truly believe that the staff and students have grown exponentially in their knowledge of technology and the numerous platforms we used to facilitate distance learning. We will be in a much better position if we find ourselves in distance learning again. The BCS staff continues to plan for a number of potential school scenarios that may occur next year. As we know more information about next year, I will send that out to families.

Thank you for a successful collection and distribution of school materials during the week of June 8th. If you were unable to attend, there will be another opportunity later this summer- stay tuned.

The PTA continues to be very active and supportive of BCS. This year the PTA organized another successful walk-a-thon, planned for numerous enrichment programs to come in, and also planned to financially contribute towards some of the larger BCS initiatives. With some of those programs and contributions on hold, the PTA has stepped up to help buy prizes for the BCS summer learning program. If you would like to become involved with the PTA, please feel free to reach out to me at dgiard@boltonct.org and I will pass your information along.

Class placement and scheduling information for the 2020-2021 school year is tentatively planned to be released in early August. Teachers will be sending home their welcome back letters to students and we plan to have all of the information updated in PowerSchool. During the summer, Mrs. Szafran and Mrs. Sullivan are also organizing some learning adventures for our BCS students. If you would like to participate, all the information can be found at <https://sites.google.com/boltonct.org/bcssummeradventuresinlearning/home>

Congratulations to our 8th grade class who has worked extremely hard during their time here at Bolton Center School. Good luck next year in high school!

I want to wish you all a happy, safe, and enjoyable summer. Personally, I am looking forward to some family time and I am planning to bring flat Buster along with us on some of our adventures! Please remember to take some time to read with your children and to encourage them to read on their own.

Yours Truly,

Darryl Giard



SCHOOL NEWS

TOWN INFORMATION

Get Connected!

Bolton Bulletin: For information on what is happening in our town, sign up for The Bolton Bulletin. This is a town-wide email informational blast sent through the Town's website. It is a way to stay informed about our community.

Want to know what events and meetings are going on around Town? Want to know when garbage is delayed? When scrap metal and bulk item pick up is? Library events? Senior Center events? Registration for upcoming recreational sports teams and camps? Then sign up for the BOLTON BULLETIN. This bi-weekly newsletter will keep you up to date on important happenings in and around town. Click here to subscribe or visit www.bolton.govoffice.com and click on the "subscribe" button on the right hand side of the home page. If you have any problems or questions, please contact the Selectmen's Office.

Town of Bolton Emergency Notification System: Stay informed with the Town of Bolton's Emergency Notification system. Notifications may include items such as road closures, power outages, or severe weather updates. Everyone in your household is encouraged to sign up with their personal modes of communication. To be included in the notification system, click here to sign up or visit www.bolton.govoffice.com and click on the "subscribe" button on the right hand side of the home page.

BUSTER'S CORNER



Bark expectations were followed prior to the closing of school while students were in the classroom, and it continued throughout distance learning. Students did a wonderful job adjusting to this new situation. Whether through Seesaw, Google Classroom, Zoom, or some other interactive forum, teaching and learning continued. Assignments were completed, questions were asked, and students and teachers alike continued communicating in all different forms. Buster could not be any prouder of the transition made by everyone in the Bolton Center School community. Way to go!

A BABY IS BORN

On March 4th, faculty gathered together after school to celebrate the upcoming birth of School Psycholgist Rachel Brown and BCS Soccer Coach Jordan Brown's baby girl. In April, their healthy daughter was born and the family of two became a beautiful family of three.



A TIME TO CELEBRATE

There is so much to celebrate at this time! A huge congratulations to Amy Bahre, Pam Browning, Laurie Lopez and Barbara Thomas who have all retired. They have been such an influential and positive force at Bolton Center School and will certainly be missed.

Another tremendous congratulations to all of the students, starting from the preschoolers who are moving up to Kindergarten next year to the 8th graders who are moving on to high school, and every student in between! The BCS community is so proud of you and your accomplishments!



DISTANCE LEARNING FROM AFAR

HEALTHY ALL YEAR

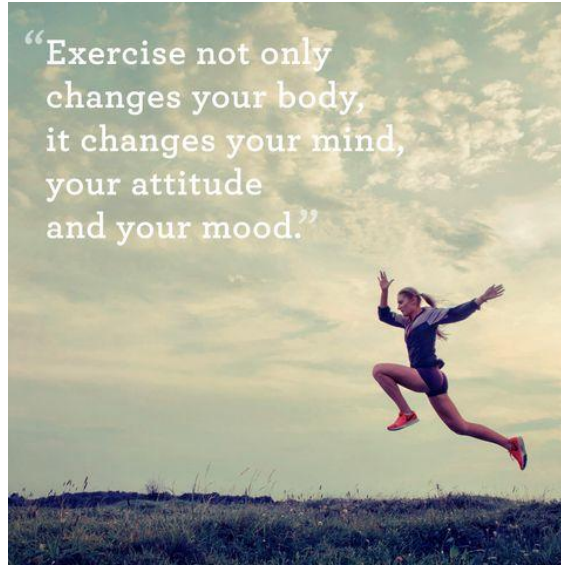
BCS Bulldogs,

We want to let all of our physical education students at BCS know that we are so proud of each and every one of you for the hard work and dedication you put in with distance learning. We know that it is not the same when we aren't together in the gymnasium at BCS, but you did not let that stop you from being active, working hard, and making healthy choices! Again, we are so proud of you! Keep up the great work and continue making those healthy choices throughout the summer!

See you soon!

Mrs. Williams and Mr. Stagis

"Exercise not only
changes your body,
it changes your mind,
your attitude
and your mood."

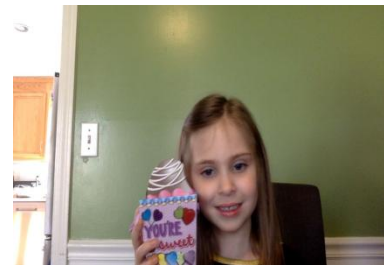


LEARNING AND PLAY IN PRESCHOOL

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood." - Mr. Rogers

I am so proud of all my little learners who have embraced distance learning and worked so hard. This is a school year we will always remember. Continue to look for every opportunity to learn this summer and PLAY, PLAY, PLAY!

Love,
Mrs. Osborne



TEACHER SHOUT-OUTS

"I call my students 'my kids' because in our year together they aren't just students on my class list. They become a part of my heart."

To our amazing first graders - we are so unbelievably proud of each of you. You finished out this year at home trying your best each and every day. We know this is not how we thought our first grade year together would go, but the fact that we got to be your teachers was the most special part! Have a wonderful summer and don't forget to read! We know you will be super star second graders!

-The first grade team

The second grade teachers are so proud of their hard working students and their wonderful distance learning! We are impressed with their great poetry writing, sea creature research, math skills, scientific inquiry, as well as their attitudes throughout this challenging time. We miss being in the classroom with our amazing students, and appreciate the support and effort you have given to ensure successful distance learning.

-The second grade team

Third grade students ROCK! They did a fantastic job with distance learning. We are super proud of them!

-The third grade team

Although this year didn't go as planned,
We still found our students to be grand.
They have worked so hard at home and at school,
Adapting to challenges is proof that our 4th graders rule!
Enjoy your summer, be safe, read, and relax!
And don't forget to practice your math facts!

We will never forget this year together and loved being your teachers in the classroom and from a distance! You and your families rock!

-The fourth grade team

5th graders:

Congratulations on officially being middle school students! Make sure you read a few good books, so you are ready for the fall. Have a great summer!

-The fifth grade team

Middle school students have risen to the challenge! From online 6 and 7 World Geography texts, Zooming and Looming, Field Trip Fridays and the like, you have excelled in learning about the world in a VERY complex time. Mrs. Browning and Mr. Lambert salute your efforts. Great job, everyone, and here's to an enjoyable summer. I will see you next year!

-Mr. Lambert

To my 7th graders:

Never would I have imagined the year to end like this. Nonetheless, I am beyond proud of your diligence and resilience throughout all of this! I look forward to seeing you all next year.

-Mrs. Bucci

To my 8th graders:

You showed incredible resilience in the face of such unprecedented times. Though you may not realize this now, to have learned such resilience at such a young age will serve you all well in your future. Although we did not get a chance to say goodbye in person, please know I wish you all the very best in your future!

-Mrs. Warner

Best wishes to my 8th grade French students moving to the high school. For all of my other students, have a great summer and I look forward to seeing you in August! Don't forget to speak French and Spanish!

-Ms. Franco

A mis clases españolas:

GRACIAS POR TRABAJAR MUCHO DURANTE
ESTE MOMENTO DE DISTANCIA. DESCANSEN
Y DISFRUTEN MUCHO DURANTE EL VERANO
PARA QUE SEAS REVIVIDA EN EL OTOÑO.
¡Y A LOS ALUMNOS DEL 8º GRADO, BUENA
SUERTE EN TODAS TUS AVENTURAS!
~SEÑORA PERCY

“Quizás todos los días
no sean buenos, pero
siempre hay algo
bueno todos los días.”



SUMMER ART FUN

With summer fast approaching, Mrs. Vouglas wanted to share some art resources to keep your child's creativity flowing. These are fun and easy online resources for all age levels:

The Artful Parent: <https://artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids/>

Deep Space Sparkle: <https://www.deepspacesparkle.com/>

Crayola: <https://www.crayola.com/kids-playzone.aspx>

Comic Maker: <https://www.makebeliefscomix.com/Comix/>

National Gallery of Art Kids: <https://www.nga.gov/education/kids.html> (this site also has a NGA Kids Art Zone for the iPad)



ALL ABOUT RESILIENCE FROM THE NURSE'S OFFICE

Building your resilience

Imagine you're going to take a raft trip down a river. Along with slow water and shallows, your map shows that you will encounter unavoidable rapids and turns. How would you make sure you can safely cross the rough waters and handle any unexpected problems that come from the challenge? Perhaps you would enlist the support of more experienced rafters as you plan your route or rely on the companionship of trusted friends along the way. Maybe you would pack an extra life jacket or consider using a stronger raft. With the right tools and supports in place, one thing is sure: You will not only make it through the challenges of your river adventure. You will also emerge a more confident and courageous rafter.

What is resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations — in part thanks to resilience. Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves "bouncing back" from these difficult experiences, it can also involve profound personal growth. While these adverse events, much like rough river waters, are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify and grow with. That's the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.

What resilience isn't...

Being resilient doesn't mean that a person won't experience difficulty or distress. People who have suffered major adversity or trauma in their lives commonly experience emotional pain and stress. In fact, the road to resilience is likely to involve considerable emotional distress. While certain factors might make some individuals more resilient than others, resilience isn't necessarily a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts and actions that anyone can learn and develop. The ability to learn resilience is one reason research has shown that resilience is ordinary, not extraordinary. One example is the response of many Americans to the Sept. 11, 2001 terrorist attacks and individuals' efforts to rebuild their lives after tragedy. Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components — connection, wellness, healthy thinking and meaning — can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather — and grow from — the difficulties, use these strategies.

Build your connections

Prioritize relationships. Connecting with empathetic and understanding people can remind you that you're not alone in the midst of difficulties. Focus on finding trustworthy and compassionate individuals who validate your feelings, which will support the skill of resilience. The pain of traumatic events can lead some people to isolate themselves, but it's important to accept help and support from those who care about you. Whether you go on a weekly date night with your spouse or plan a lunch out with a friend, try to prioritize genuinely connecting with people who care about you.

Join a group. Along with one-on-one relationships, some people find that being active in civic groups, faith-based communities, or other local organizations provides social support and can help you reclaim hope.

Foster wellness

Take care of your body. Self-care may be a popular buzzword, but it's also a legitimate practice for mental health and building resilience. That's because stress is just as much physical as it is emotional. Promoting positive lifestyle factors like proper nutrition, ample sleep, hydration and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression.

Practice mindfulness. Mindful journaling, yoga, and other spiritual practices like prayer or meditation can also help people build connections and restore hope, which can prime them to deal with situations that require resilience. When you journal, meditate, or pray, ruminate on positive aspects of your life and recall the things you're grateful for, even during personal trials.

Avoid negative outlets. It may be tempting to mask your pain with alcohol, drugs or other substances, but that's like putting a bandage on a deep wound. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether.

MORE ABOUT RESILIENCE

Find purpose

Help others. Whether you volunteer with a local homeless shelter or simply support a friend in their own time of need, you can garner a sense of purpose, foster self-worth, connect with other people and tangibly help others, all of which can empower you to grow in resilience.

Be proactive. It's helpful to acknowledge and accept your emotions during hard times, but it's also important to help you foster self-discovery by asking yourself, "What can I do about a problem in my life?" If the problems seem too big to tackle, break them down into manageable pieces. For

example, if you got laid off at work, you may not be able to convince your boss it was a mistake to let you go. But you can spend an hour each day developing your top strengths or working on your resume. Taking initiative will remind you that you can muster motivation and purpose even during stressful periods of your life, increasing the likelihood that you'll rise up during painful times again.

Move toward your goals. Develop some realistic goals and do something regularly — even if it seems like a small accomplishment — that enables you to move toward the things you want to accomplish. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?" For example, if you're struggling with the loss of a loved one and you want to move forward, you could join a grief support group in your area.

Look for opportunities for self-discovery. People often find that they have grown in some respect as a result of a struggle. For example, after a tragedy or hardship, people have reported better relationships and a greater sense of strength, even while feeling vulnerable. That can increase their sense of self-worth and heighten their appreciation for life.

Embrace healthy thoughts

Keep things in perspective. How you think can play a significant part in how you feel — and how resilient you are when faced with obstacles. Try to identify areas of irrational thinking, such as a tendency to catastrophize difficulties or assume the world is out to get you, and adopt a more balanced and realistic thinking pattern. For instance, if you feel overwhelmed by a challenge, remind yourself that what happened to you isn't an indicator of how your future will go, and that you're not helpless. You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.

Accept change. Accept that change is a part of life. Certain goals or ideals may no longer be attainable as a result of adverse situations in your life. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Maintain a hopeful outlook. It's hard to be positive when life isn't going your way. An optimistic outlook empowers you to expect that good things will happen to you. Try visualizing what you want, rather than worrying about what you fear. Along the way, note any subtle ways in which you start to feel better as you deal with difficult situations.

Learn from your past. By looking back at who or what was helpful in previous times of distress, you may discover how you can respond effectively to new difficult situations. Remind yourself of where you've been able to find strength and ask yourself what you've learned from those experiences.

Seeking help

Getting help when you need it is crucial in building your resilience. For many people, using their own resources and the kinds of strategies listed above may be enough for building their resilience. But at times, an individual might get stuck or have difficulty making progress on the road to resilience. A licensed mental health professional such as a [psychologist can assist people in developing an appropriate strategy](#) for moving forward. It is important to [get professional help](#) if you feel like you are unable to function as well as you would like or perform basic activities of daily living as a result of a traumatic or other stressful life experience. Keep in mind that different people tend to be comfortable with different styles of interaction. To get the most out of your therapeutic relationship, you should feel at ease with a mental health professional or in a support group.

The important thing is to remember you're not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life's challenges you can manage with the support of loved ones and trusted professionals.



Thank you to the American Psychological Association

<https://www.apa.org/topics/resilience>

BOLTON PUBLIC SCHOOLS DISTRICT GOALS 2015 – 2020

1. All students will apply critical thinking to the construction and critique of arguments.
2. All students will read, write, produce and speak grounded in evidence for a variety of purposes and audiences and utilize collaboration and digital literacy skills to enhance communication.
3. All students will use a variety of research tools to access, evaluate, synthesize and apply information effectively.
4. All students will see problems as opportunities, approaching twenty-first century challenges with ethical leadership, boldness, creativity, and responsible citizenship.



BOLTON PUBLIC SCHOOLS MISSION AND VISION STATEMENTS

Mission Statement

The Bolton Public Schools provide a safe, engaging and challenging environment in which all students develop essential skills and values.

Vision Statement

Educate students to become capable, ethical, healthy, responsible and thoughtful citizens.

