

BMS/CMS 2020-2021

Newsletter #8
October 26th-30th



NEW ITEMS

HOLIDAY GIVING CAMPAIGNS FOR 2020 - ALL GRADES BOTH MIDDLE SCHOOLS!

1. [Gift Cards - Westport Human Services \(link\)](#): Gift cards must be delivered by Monday, November 30th; please click the link for details.
2. [CMS/BMS Can Wars! \(link\)](#)
 - **Event:** CMS/BMS Can Wars! Is a holiday food drive for Westport's [Homes with Hope](#)
 - **Date and time:** Saturday, November 14th, 9:00-3:00 p.m.
 - **Location:** BMS parking lots (drive-thru/drop-off)
 - **Procedure:** Please drive to your grade level's food donation drop-off zone; there will be one zone for each grade level 6, 7, and 8. Please look for the signage when you arrive at BMS.
 - **Competition:** This is a friendly competition between grade levels. To determine the winning grade level, PTA volunteers will be weighing the incoming food donations. The winning grade level will be announced on Monday, November 16th; the winning grade level gets a Pajama Spirit Day at BMS (2 days to cover both cohorts)
 - [Parent Volunteers Needed \(link\)](#): We are in need of additional parents to help run this event; please use this link to sign up!
 - **Safety Message:** While on the BMS campus, out of an abundance of caution and in concert with our mitigating measures, we ask that everyone both inside cars (driver and passengers) and outside of cars (volunteers) to wear protective safety masks that cover the nose and mouth at all times.

Cold Weather is Here -- Please Be Prepared!

Maybe you've heard the Scandinavian adage, "There's no such thing as bad weather, only bad clothes." Cold and wet weather is here and will continue throughout the New England winter. Our goal is to bring our students outside for their mandatory mask break and recess as long as the temperature is above freezing and it's not heavily precipitating.

BMS and CMS students need to be prepared to be outside, for limited time, in light rain/drizzle, cold temperatures and windy conditions. When conditions outside are too harsh, our library media center is prepared to accommodate our students at a moment's notice. We trust that our school community understands the importance of bringing our students outside for a mask break and will act accordingly so our students are well-prepared for winter weather.

Diversity, Equity and Inclusion

In partnership with our PTAs, BMS and CMS formed a Diversity, Equity and Inclusion Committee composed of teachers, administrators and parent representatives. In the opening meeting, the agenda included a discussion regarding the [PTA's district-level statement on diversity, equity and inclusion](#), a debriefing on the [School Library Journal's annual Summit: Culture Shift](#), and the upcoming professional development for all CMS and BMS teachers, which will take place on Election Day 11/03/2020: [Equity and Diversity in Education Virtual](#)

Conference. Here are some examples of the sessions BMS and CMS teachers are registered for at this online conference:

- Symbolism and Implicit Bias in Education: Representational Justice
- Looking In The Mirror: Seeing Bias and Racism Within Ourselves
- Microaggression: What is it, Am I doing it, and How to Spot it
- Constructing the Culturally Responsive Citizen: Moving From DigCit (digital citizenship)
- Cultivating the Culturally Responsive Citizen

NEW: Science Olympiad New Member Night!

Date and time: Wednesday, November 11th at 7:00 p.m.

How to attend this online Zoom meeting: Please contact Mrs. Kathryn Nicholas (knicholas@westportps.org) and copy your home school's advisor. The BMS Science Olympiad advisor is Dr. Daniel Cortright (dcortright@westportps.org); the CMS Science Olympiad advisor is Mr. Keenen Grace (kgrace@westportps.org).

QUIZ

Science Olympiad is:

- A. An in-depth look at science
- B. A competition against teams from around the U.S.A.
- C. A way to learn something you are really interested in
- D. Fun!
- E. All of the above.

The correct answer is E!

The award-winning BMS and CMS Science Olympiad teams are preparing for the 2020-2021 season. This year will be exciting in new ways as all preparations and competitions will be done virtually. We do love a new challenge! The faculty advisors are eager to welcome new students, who are interested in the challenges and opportunities associated with the Science Olympiad. Events include Fossils, Heredity, Circuit Lab, Dynamic Planet, Disease Detectives, and many more. You do not need to have prior knowledge to participate; all you will need to succeed is a positive mindset, attitude, and genuine enthusiasm for learning and tinkering.

Reopening CMS!

Please tune in to the [Board of Education on Monday November 2nd at 7 pm](#) for important and timely updates regarding the opening of CMS including specific timelines with dates and events for students, staff and parents.

NWEA Testing - Make Up and Test Completion Sessions

This week, students took the reading portion of the NWEA. There are students that require additional time and students that have to make up this test. Make-up and completion sessions will be through distance learning Encore block (i.e. students will complete and make up this test at home). Students will receive an email with instructions and Zoom links; these sessions will be held next week.

NEXT WEEK'S SCHEDULE: November 2nd-6th

| | | |
|-----------------|--------------------------|---|
| Monday, 11/2 | E Day | Cohort A |
| Tuesday, 11/3 | NO SCHOOL - ELECTION DAY | |
| Wednesday, 11/4 | A DAY | Distance Learning for all students following the Wednesday time schedule; the school day ends for all students at 12:30 p.m |
| Thursday, 11/5 | C DAY | Cohort A |
| Friday, 11/6 | D DAY | Cohort B |

Happy Friday Everyone!



Getting ready for a productive day at BMS.



Hybrid STEM Lab



Starting the day in our media center



ARCHIVE

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REMINDER: CELL PHONE POLICY FOR STUDENTS

- Cell phones are not permitted to be used or visible during the school day between the hours of 8:00-2:45 p.m.
- Students may not use bluetooth earbuds/headphones in school without teacher authorization.
- If a parent/guardian needs to contact their child, please contact the BMS main office at 203-341-1500.

REMINDER: When Students Feel Sick...

- Students feeling sick are to report to the BMS Health Office;
- Students may not bypass the health office by texting their parent/guardian for pick-up from school.

REPEAT Announcement: Outdoor Recess/PE in Fall/Winter

We will continue bringing our students outside for their recess/mask break during our lunch waves and for PE instruction. All students and families are expected to monitor the local weather forecast and conditions from home, and then **arrive at school dressed appropriately for cold temperatures, mild inclement weather and windy conditions**, i.e. cold weather coats, warm hats, scarfs, etc.

In case of heavy rain or extreme cold, for recess, we have socially-distanced indoor space in the library media center (LMC), however this is not a mask break since this is indoors. Note, in addition to using the LMC, the larger lunch waves also use satellite classrooms to maintain social distancing during recess.

STUDENT EXPECTATIONS FOR INDOOR RECESS (in LMC and Classrooms):

- Students must choose a seat and stay seated;
- Students may not move chairs or furniture; the furniture has been carefully placed to maintain social distancing;
- Students must keep their protective masks on (primary mitigating strategy);
- Students may not use cell phones;
- Students may read, complete school work, use their school-assigned Chromebook and can log into the LMC's Destiny system to find books, ebooks, etc.

Update: Physical Education & Health Education Departments

Students continue to enjoy outdoor physical education. They are able to remove their face coverings during this time while they continue to social distance. Please keep in mind that students will be outdoors for PE as often as possible. Here are some helpful tips as the weather changes:

- A change of socks and shoes may be helpful as the grass is often wet, especially in the morning.
- Dress in layers and wear clothing that will be warm and comfortable.

The middle school health curriculum is focused on social and emotional learning (SEL). Students in 6th grade have been writing SMART goals after developing self awareness of their personal strengths and weaknesses in their physical, social and mental health. In 7th grade students have been analyzing external influences and learning to pay more attention to their internal values and beliefs in order to help them make good decisions that can lead to improved self esteem and confidence. Our 8th graders have been studying stress management. They have been learning about the effects of stress and practicing mindfulness based stress reduction techniques that can be used anywhere.

Student Chromebook Important Chrome-OS Update

ATTENTION ALL CMS/BMS STUDENTS: To address some of the sound quality issues with Zoom, we are asking all students to update their school-assigned Chromebook operating system by following these easy steps: [Chromebook Operating System Update Instructions](#)

NOTE: In some cases students will be required to update and restart twice

VETERANS DAY ANNOUNCEMENT & INVITATION

We will continue with our proud tradition of honoring the veterans in our school community, however the program for our 8th graders will take place online this year; we are making arrangements for our students to meet with veterans live via Zoom for presentations and discussions.

At this time, we are reaching out to all veterans in our CMS/BMS school community (moms, dads, aunts/uncles, cousins, etc.): If you are a veteran, or have a veteran in your family, and have interest in participating in our online Veterans Day event (through Zoom), please RSVP to Courtney Ruggiero cruggiero@westportps.org so she can add your name to our list of guest veterans and answer questions you may have. [To participate, veterans will need to... \(LINK\)](#)

REMINDER: Protective Face Coverings Mandatory in School (i.e. face mask)

Face coverings, which can be cloth or paper, must cover the nose and mouth. Masks should be at least 2 layers and fit snugly and comfortably; it should not be too thick as to make it difficult to breathe.

NOTE: Masks with a “filter outlet” can spread respiratory droplets and are not be permitted in school.

[BMS/CMS Clubs and Activities Booklet 2020-2021 \(link\)](#)

Please note, while we are excited to offer an array of clubs and activities, we do have a number of clubs temporarily on hold; we will activate clubs on an ongoing basis and alert our students and families accordingly.

RULER Presentation

As you learned in last week’s note from Dr. Rosen and Ms. Szabo, Yale’s Center for Emotional Intelligence will host a webinar for members of the RULER communities on 10/20 @ 7pm. A recording will be sent to all who register after the session; space is limited to 1,000 attendees. [Register Here.](#)

Schoology Service Interruptions

This week on Wednesday morning we experienced a period of intermittent service interruptions with Schoology, which resulted in some students unable to join their morning classes. For up to the minute Schoology status updates, please use this link at any time: [SCHOLOGY STATUS UPDATES](#)

Physical Education Update

Students have been enjoying physical education (PE) outside on our athletic fields, with the exception of rainy days. While participating in PE, students remove their face coverings during and continue to social distance. In September, students engaged in opportunities to get to know each other and engage in various ice-breaker and team building activities to help them gain comfort with each other and our setting. As October begins, students will be studying the Borg perceived exertion scale and its relationship to developing cardiovascular fitness.

Reminders:

- 1) Students will be outdoors as often as possible. As the weather gets colder, please be sure that your child brings extra layers and dress in clothing that will keep them warm and comfortable.
- 2) When a student's PE class falls on a Wednesday, the class is held virtually via Zoom. Students are required to attend and will find their Zoom class by going to their PE teacher's Schoology page.

[Westport Schools COVID-19 Dashboard \(active link\)](#)

As Westport schools plan to reopen, the guidance and considerations outlined on this [website](#) are grounded in the following guiding principles:

- Safeguarding the health and safety of students and staff;
- Returning to in person schooling is a priority;
- Monitoring the school, students, and staff and, when necessary, potentially canceling classes in the future to appropriately contain COVID-19 spread;
- Emphasizing equity, access, and support for all students, especially cohorts with specific educational and developmental needs;
- Reopen with instructional models and schedules that allow for a seamless transition to alternative approaches (e.g. hybrid, distance learning models) in the event the spread and prevalence of COVID19 reemerges;
- Fostering effective two-way communication with families, educators, and staff; and
- Ensuring plans conform with federal, state and local mandates.

Reminder: School Bus Courtesy Riders are Not Permitted

This is a reminder that BMS/CMS students are not permitted to courtesy ride on other buses or vans. Students are permitted to ride their district-assigned school bus or van; students may not ride on other buses/vans for visits to friends houses, etc.

BMS/CMS Daily Schedule Rotation

[CMS/BMS DAILY SCHEDULE ROTATION CALENDAR 2020-2021](#)

Also, as a reminder, Cohort A students attend in-school at BMS/CMS Mondays and Thursdays, Cohort B students attend in-school at BMS/CMS Tuesdays and Fridays, Wednesdays are distance learning for all students.

ANNOUNCEMENT: BMS/CMS BACK TO SCHOOL NIGHT 2020-2021

[BMS/CMS BACK TO SCHOOL NIGHT 2020-2021 WEBSITE](#)

On **Tuesday, Sept. 29th at 7:00 p.m.**, all families will receive an email with a link to our virtual back to school night; unfortunately, we are unable to invite our parents and guardians to visit the middle school for a traditional back to school night. Our teachers created video presentations, which have been curated on one website for easy navigation. If needed, please be sure you're receiving emails from our school and district by reviewing your email settings in the PowerSchool parent portal. Please login to check your settings; contact the parent help desk for assistance at 203-341-1214.

Fire and Lockdown Drills

At this time, we've completed 2 fire drills, one with each cohort of students. On Thursday October 8th and Friday October 9th, students and staff will participate in lockdown drills that have been modified for our hybrid model; each student cohort will participate in one of these lockdown drills. For the lockdown drills, students will wear their protective face masks and will not move from their desks to maintain social distancing. Teachers will provide students with additional instructions that will apply in the case of an actual emergency.

Attendance

If your child is sick and unable to attend school, whether it be in-person or distance-online, please contact the Attendance HotLine at 203-341-1599.

Why are some students' webcams shut off?

As we work to improve the online live stream quality and experience for students, to help mitigate some of the issues causing freezing audio/video, some students have been asked to turn-off their webcams. The goal is for all students to have their webcams on all the time, however we are not quite there yet; thank you for your patience.

No Bumping Cohort School Days

In the BMS/CMS Hybrid Model 2020-2021, Cohort A students attend school Mondays and Thursdays, Cohort B students attend school Tuesdays and Fridays; Wednesdays are distance learning for all students. This arrangement is true for the remainder of the school year; this does not change when there is a holiday or cancellation of school (i.e. snow day). Important to note: This approach is in contrast to the model at Staples High School. At Staples High School, when there is a school holiday, the cohort is bumped to the next school day. Reasons for this difference are rooted in scheduling and child supervision.

Mandatory Mask Break/Recess for All Students

All students go outside every school day for a mandatory mask break/recess. Students are to dress appropriately for cooler weather associated with Fall and then Winter. We will be going outside in most weather conditions except for thunderstorms and extremely cold temperatures; in these cases we will keep students indoors and socially distanced.

Protective Face Masks

When supplying your child with a protective face mask for attending school, please adhere to the updated [CDC guidelines \(linked\)](#):

| DO choose masks that | | DO NOT choose masks that | Special Situations: Children |
|---|---|---|--|
|  | Have two or more layers of washable, breathable fabric |  |  If you are able, find a mask that is made for children |
|  | Completely cover your nose and mouth |  |  If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin |
|  | Fit snugly against the sides of your face and don't have gaps |  |  Do NOT put on children younger than 2 years old |

| Caution: Gaiters & Face Shields | Special Situations: Glasses |
|--|--|
|  Evaluation is on-going but effectiveness is unknown at this time |  If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging |
|  Evaluation is on-going but effectiveness is unknown at this time | |

Sick Child (non Covid related)

Question: If my child is sick (non Covid related) and can't come into school on their scheduled cohort day, can they login to their live streamed classrooms?

Answer: If your child cannot come into school on their scheduled day because they are sick/ill (non Covid related), they are permitted to login to their classroom live streams, however, please use caution and best judgement. While we do not want to push our students too much when they may require rest and recuperation, we also do not want to actively prevent access. Parents and siblings are not permitted to attend an online class in the place of their student; only our middle schoolers may attend online.

School Bus Courtesy Riders

This is a reminder that BMS/CMS students are not permitted to courtesy ride on other buses or vans. This means that students are only permitted to ride their district-assigned school bus or van; students may not ride on other buses/vans for playdates, visits, tutoring, etc.

No Visitors Inside BMS

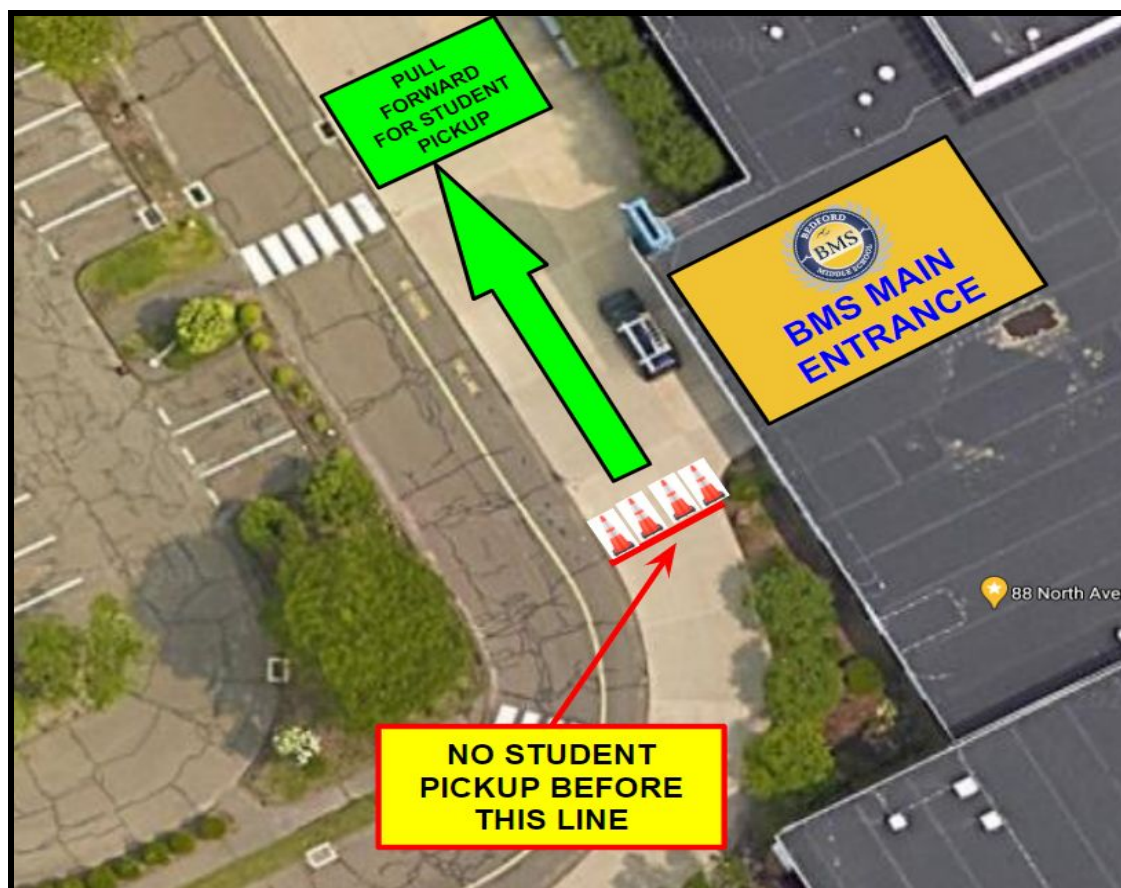
At this time, parents, guardians, and siblings are not permitted to enter BMS at any time before, during or after school. Parents, guardians and siblings may visit the main entrance and use the intercom to communicate with the main office staff for pickup of items per arrangement, drop-off of required documents, etc. In all cases, items are left on the "Pick Up/Drop Off" cart located adjacent to the intercom at the main entrance.

Reaching Your Child's Teachers or Counselor

The most efficient way to reach your child's teachers or school counselor is through email. Some conversations are not appropriate for email exchange; in this case, please email the teacher or counselor with

a request to set up a date and time for a brief phone call to occur (calls may be voice-only, or through Zoom/Google Meets; your child's teacher or counselor will let you know what will work best).

ALERT Student Pickup at Dismissal - PLEASE PULL FORWARD!



What About Substitute Teachers?

At BMS/CMS, we have two “building substitute teachers” who report daily, and are deployed throughout all grades and areas of learning. We also have “daily substitute teachers” who report to our school intermittently as vacancies arise. While our substitute teachers are familiar with our students, staff, safety procedures and health protocols, they do not live stream instruction when covering a classroom. When teachers are absent from their classroom, the teacher will post the assignment, task and instructions to their Schoology page, which students will access using their Chromebooks in school and at home.

School-Issued Chromebook Issues?

If your child is experiencing substantial and prolonged audio/video issues when accessing the live streamed instruction while at home through Zoom, we're here to help. Please contact our Library Media Specialists for assistance; if they cannot help you directly, they are well-positioned to direct you to the folks who can.

CMS Library Media Specialist John Horrigan: jhorrigan@westportps.org

BMS Library Media Specialist Kelly Zatorsky: kzatorsky@westportps.org

Need More Tech Help?

If you're not receiving emails or notifications from BMS/CMS or Westport Schools, or you want to take a look at your child's course grades and just can't seem to figure out PowerSchool, please look for the helpful resources posted here: [DISTANCE LEARNING & HYBRID TECH HELP](#)

Parent Tech Help Desk Phone: 203-341-1214 Parent Tech Help Desk eMail: parenthelpdesk@westportps.org

More Zoom Help?

- [Zoom Livestream: How to login for students](#) (DOCUMENT W/LINKS)
- [Student Livestream: How to access your livestream class](#) (VIDEO)

Special Note on Student Pickup

1. For early pickup from school, please send your child into school with a signed note indicating the time of the early pickup and reason.
2. Students are to bring this note to the main office when they arrive in the morning; the main office will provide the student with a pass for early dismissal.
3. When you arrive at BMS to pick up your child, please use the main entrance intercom to alert the main office that you have arrived to pick up your child.
4. The main office staff will escort the student to the door; students should never exit the building without first notifying the main office.

VISIT THE BMS LIBRARY MEDIA CENTER SITE

So many amazing titles! Please visit the [BMS LMC website](#) for more details. We have the ebooks and audiobooks available in Sora.

VISIT THE BMS NEWSPAPER URSUS.NEWS (LINKED)

Comments on articles are encouraged, and if you have a letter to the editor or an op-ed, we'd be glad to consider publishing your thoughts.

PARENT TECH HELP

Please contact the parenthelpdesk@westportps.org or 203-341-1214 for technical issues with accessing district resources or district supplied Chromebooks.

Here are helpful directions for student Chromebooks: [Connecting at Home](#) and [Printing at Home](#)

- [SCHOOLGY FOR PARENTS \(video tutorial\): Basics on Using Schoology and PowerSchool](#)
- [PARENT & STUDENTS: DISTANCE LEARNING AND HYBRID TECH HELP](#)
- [VIDEO: STUDENT ACCESS TO LIVE STREAM INSTRUCTION](#)
- [How to Access Your Live stream Class from Home During Hybrid or Long Distance Learning](#)
- [CMS/BMS DAILY SCHEDULE ROTATION CALENDAR 2020-2021](#)
- [Westport: Reopening Our Schools Information and Resources for Families](#)
- [BMS Students Online Learning Resources Organized by Subject Area](#)
- [BMS Library Media Center Presents: READING FROM HOME \(for students and parents\)](#)

- [Schoology: Calendar Tips \(for students\)](#)
- [Schoology: How to View All of Your Courses \(for students\)](#)
- [BMS Homepage](#)
- [Schoology](#)
- [PowerSchool](#)
- [CMS/BMS HYBRID & DISTANCE LEARNING MODELS FOR 2020-2021: ORIENTATIONS, GUIDANCE, INSTRUCTION, HEALTH AND SAFETY, AND MEETINGS](#)
- [CMS/BMS HYBRID & DISTANCE LEARNING MODELS FOR 2020-2021: ORIENTATIONS, GUIDANCE, INSTRUCTION, HEALTH AND SAFETY, AND MEETINGS](#)

Safe School Climate Policy

The Safe School Climate Policy states that each and every school community member should be treated with dignity, should have the opportunity to learn, work, interact, and socialize in physically, emotionally and intellectually safe respectful and positive school environments as well as the opportunity to experience high quality relationships. We work together with staff, students and community members to promote conditions designed to create, maintain, and nurture a positive school climate. The Bullying Intervention and Prevention Policy states that we are responsible for creating and maintaining an educational environment that is physically, emotionally and intellectually safe and thus free from bullying, teen dating violence, harassment and discrimination. In accordance with state law and the Board's Safe School Climate Plan, the Board expressly prohibits any form of bullying behavior on school grounds, at a school-sponsored or school-related activity, function or program, whether on or off school grounds, at a school bus stop, on a school bus or other vehicle owned, leased or used by a local or regional board of education, or through the use of an electronic device or an electronic mobile device owned, leased or used by the Board of Education.

We will be reviewing all of this information in school with all students attending CMS/BMS. Please review these policies and discuss them with your children.

LINKS:

- [Bullying Intervention and Prevention Policy](#)
- [Safe School Climate Plan](#)
- [Westport Guiding Principles](#)
- [Safe School Climate \(slides with voiceover\)](#)

COMMUNITY OUTREACH AND SUPPORT

Many of our Bedford families have been seeking ways to reach out and help members of our community who experience food insecurity. Here are three ways you can help support our community and Homes with Hope Westport:

1. Drop off non-perishable food and/or toiletry donations as usual at the center, but with no contact. Families can leave the food/toiletries at the door. Link to needed items: [Food/Toiletry List](#)
2. Send food/toiletries via Amazon and have it delivered to the center. [Food/Toiletry List](#)
3. Donate funds via the "donate" link on their website. <https://www.hwhct.org/>

Acts of compassion and kindness may help reduce stress, boost immune systems, and help reduce negative emotions such as anger, anxiety, and depression. Furthermore, reaching out and helping others may also increase one's sense of self esteem and emotional wellbeing. Thank you for supporting our community!

Prior Newsletters

[BMS/CMS Newsletter #1 Week of Sept 8th-11th](#)

[BMS/CMS Newsletter #2 Week of Sept 14th-18th](#)

[BMS/CMS Newsletter #3 Week of Sept 21st-25th](#)

[BMS/CMS Newsletter #4 Week of Sept 29th-Oct 2nd](#)

[BMS/CMS Newsletter #5 Week Oct 5th-9th](#)

[BMS/CMS Newsletter #6 Week of Oct 12th-16th](#)

[BMS/CMS Newsletter #7 Week of Oct 19th-23rd](#)