

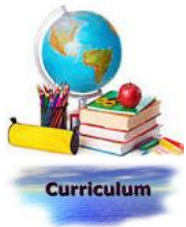


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## Danville Hawkes Soar for Success !

### Newsletter - December 2019



#### Assistant Principal News

December has been quite a busy month! Between the PTA Holiday Store, Book Fair, the Timberlane STEAM Night, and the Danville Dads Movie Night, our Danville families have certainly been busy. I hope that you have all had a chance to spend some quality time with your families or plan to during our holiday break.

As we know, winter weather is here and students continue to play outside at recess during the winter months. It is important to all staff that our Danville students continue to have fun during the winter months. Here are a few things to remember. We do take the children out for recess unless there is a dangerously

low wind-chill. Temperatures, including wind chill, are considered before sending students out to the playground for recess. When the temperature including the wind chill factor falls below 20 degrees Fahrenheit, students are kept indoors. Please make sure your child dresses appropriately for going outside with a coat, hat, gloves or mittens, snow pants, and boots. Unfortunately, if children come unprepared they will have to stay on the black top. Please reach out to Mrs. Corcoran or Mrs. Salemi if you need support providing winter items for your child.

Have a safe, happy, and healthy holiday!

Meghan Corcoran  
Assistant Principal



### A Message from Nurse Sue:

Some things you may not know about Noroviruses (most common cause of acute gastroenteritis/diarrhea and vomiting):

1. Noroviruses are a group of related viruses. Infection with these viruses causes gastroenteritis. This leads to stomach cramping, nausea, vomiting, and diarrhea. Other, less common symptoms may include low-grade fever, chills, headache, muscle aches and a general sense of fatigue. 1 in 15 Americans will get norovirus illness each year.
2. Norovirus can spread **VERY QUICKLY** in places such as schools. It takes only a few virus particles to make someone else sick!
3. Viruses are found in the vomit and stool of infected persons, as well as food or drinking liquids that are contaminated. You can get it by touching surfaces or objects contaminated with the virus (then putting your fingers near your mouth), having direct contact with a person who is infected (caring for someone), or sharing food with them.
4. People are contagious from the moment they begin to feel sick until at least 3 days **AFTER THEY RECOVER**. Some people may be contagious even longer. The virus can stay in the stool for as long as 2 weeks after recovering.
5. If students or staff are suspected of having the norovirus (and are ill at school) they should immediately be dismissed. Surfaces should be immediately cleaned and disinfected. Wear gloves when handling any soiled clothing.

6. Clothing should be washed at the maximum available cycle length and then machine dried.
7. Staff should not prepare meals for others until 3 days post recovery.
8. Wash any fruits and vegetables before preparing and eating them. Cook any seafood thoroughly before eating them.
9. **WASH YOUR HANDS OFTEN!**

Stay well,  
Sue Goodman~



### Counselor's Corner

Hello Danville Families!

I want to focus this newsletter article on Anxiety. I tell kids every day, that I personally feel that anxiety is the biggest pain in the brain emotion that we have. Anxiety wants **CERTAINTY** and **COMFORT** and we cannot guarantee these 100% throughout our day. It can cause our bodies to have reactions that are uncomfortable (ex. stomachaches, tight muscles, heart beating fast, headaches, etc.) and make us think wacky thoughts about what is happening. I have been supporting students by helping them **NORMALIZE** their anxious thoughts by **ACKNOWLEDGING** and **TOLERATING** discomfort. For instance, I might say, "of course you're feeling worried about your math test" or "of course you're worried about taking the bus for the first time." These are normal times that worry might show

up! Here are some tricks that I've been teaching students about how to handle their worries:

- 1) EXPECT IT - expect it to show up! Worry makes our bodies react the same way every single time. It might make you feel sick, freeze, not talk, get loud, have tight muscles, etc. Each person has a different reaction to worry and students have started to acknowledge what worry does to them.
  
- 2) EXTERNALIZE IT - I have taught students to make "worry" into a character separate from their brain. They have pretended to take their hand, put it on their head and pull it right out. They have drawn it and gave it a name. Some of their characters are SO creative!
  
- 3) EXPERIMENT - Even when feeling uncomfortable, my challenge to students is to do the OPPOSITE of what worry is telling them to do. I tell them that worry can be rude and bossy, and nobody likes to be bossed around. Worry will often say, "you CAN'T handle this." For instance, worry might tell a student, "I don't want to go on the bus today, because my best friend won't be there and I'll have no one to sit with!" The opposite/experiment part would be "My best friend won't be on the bus today, but I'll figure it out" and handle being a little uncomfortable without your best friend.

Anxiety/Worry is a tricky one! We need to have this feeling to keep us safe, but we don't need it to boss us around when we're not in immediate danger. This knowledge and teaching around anxiety, has come from Lynn Lyons a therapist

located in Concord, NH. She is a great resource to parents and often speaks for free in the community. To learn more about how to help your child handle anxious thinking, please check out: <https://www.lynnlyonsnh.com/> and/or her book *Anxious Kids, Anxious Parents*.

As always please reach out at any time!  
Elissa Salemi  
School Counselor x5310



### [All About Art!](#)

Dear Danville Friends and Family,

I would first like to say that I hope everyone enjoyed their Fundraiser items that came in. I am still waiting on a number of brass ornaments that are on backorder. As soon as they arrive I will send them home.

Danville students have been working harder than ever in the Art Room. Here's what's been happening:

The Kindergarteners have been working on their Unit on Color. They mixed the Primary Colors to create Secondary Colors using Model Magic Clay.

The First Graders have been working on their Snow Globes. They learned about the difference between a shape and a form and we practiced drawing a house from a two point perspective.

The Second Graders have started the process of building their three dimensional penguins. They are using recyclable materials and are carefully following directions to build the foundation of their craft.

The Third Graders are working on a Cylinder Study and drawing a variety of containers such as vases, mugs, pots and cookie jars. They are adding pattern and unique designs to finish them off.

The Fourth Graders are starting a unit on Weaving. They will be weaving a tree using yarn and a paper plate loom. They are painting their own landscape on the plate first before weaving.

The Fifth Graders are working on creating Slab Pots out of clay. They learned about clay vocabulary such as, score, glaze, firing and kiln. They've carved their own unique designs into their pot and some even had time to build a lid.

Please remember donating any recyclable materials or craft materials is more than welcome! I hope everyone has a happy and healthy holiday season! Thank you as always for your support of the Visual Arts!

Artfully Yours,

Mrs. Rice



### Music Note

Ms. Soha

### **Mark your calendars!**

January 15<sup>th</sup> 7pm Winter Concert  
(Band, Strings, and Chorus)

March 16<sup>th</sup> 7pm Chorus Concert  
(rehearsal at 6:30)

March 23<sup>rd</sup> and 24<sup>th</sup> Rehearsal &  
Concert for all 5<sup>th</sup> grade Band students.

April 7<sup>th</sup> and 8<sup>th</sup> Rehearsal & Concert  
for all 4<sup>th</sup> grade Band students

All events take place at the PAC (Timberlane Performing Arts Center). More information will be sent home as the dates approach.



### Physical Education

Hello Everyone!

Happy New Year! I hope that you all had a wonderful holiday season and you were able to get out and enjoy this winter weather we've had lately.

We just finished up with part one of our Fitness Unit and will be starting Basketball Skills this week!

Our 4<sup>th</sup> and 5<sup>th</sup> grade students will once again have the opportunity to get outside and enjoy the

outdoors during our Snowshoe Unit at the end of this month.

Please continue to make sure that your son or daughter brings sneakers to change into for P.E. class. This will keep our nice wooden gym floor in good shape as the winter moves along.

As always, if you have any comments or questions, feel free to email me and I will get back to you as soon as I can! I hope this note finds you happy and active!

-Patrick Ard  
Danville P.E.  
[Patrick.Ard@timberlane.net](mailto:Patrick.Ard@timberlane.net)



### Enrichment Program

#### **Help Needed for a Special Enrichment Day**

Dear Parents,

We have an exciting opportunity coming up on February 21, 2020. Our enrichment day will be called The Day of the Coast. Our theme will be ocean studies for this day. The UNH Sea Grant will be coming to present many workshops on their Day of the Coast theme. The New England Aquarium will be coming for a special “assembly” called Whale Day. This “assembly” will be interactive with many activities set up for the students. There will also be a “huge” surprise for all students.

For this event I will need 8-10 parent volunteers who will be able to commit to being at the school from 10am-3pm. This will include training by the NE Aquarium staff from 10-11:00 and then supporting NE Aquarium staff with grade level groups of students from 11:00-2:50pm. You will need to pack an easy to eat lunch (no nut products please) to eat in-between sessions.

If you are interested in helping, please email me by January 9 at [Cindy.Wood@timberlane.net](mailto:Cindy.Wood@timberlane.net). You must be a designated volunteer (you went through the district background check) to volunteer to work with students.

Please reach out to me as soon as possible if you are interested. There is a great deal of planning to do for this special enrichment day.

Thank you,

Cindy Wood  
Enrichment Specialist