



POLLARD PEN

120 Main Street, Plaistow, NH 03865
Phone: (603) 382-7146 Fax: (603) 382-2782

Our School Motto: **WHAT YOU DO TODAY MAKES A DIFFERENCE TOMORROW.**

◆◆September 16, 2011◆◆

principal thoughts



Dear Pollard Families:

I am always happy to say "Welcome Back" to our students, families and staff as well as a "Welcome" to all of our new friends that are joining us for the first time. I would also like to give a special welcome to Michele Vance, our new Assistant Principal, Lisa Ambrosio, our new TLC Secretary and Jen Cairns, a new TLC teacher. Our first few weeks have gone very smoothly! I would like to thank everyone that attended our Meet the Teacher Night on August 29th. It was a great success. I heard many wonderful things from our students, staff and parents. We are back in full swing here at Pollard and off to a great school year.

During this past summer both I and many teachers have been busy learning new ways to reach and teach all of our students, regardless of ability. Our school's SINI (School In Need of Improvement) team worked hard to reflect on how our first year has gone and what changes we would like to bring to Pollard this year to help increase our students' academic success in the areas of reading and math. We will be posting our new and revised plan on our web site shortly but if you have any questions please do not hesitate to contact me.

Recently EEE & H1N1 (formerly known as the Swine Flu) have started to creep back into the news. I understand that this is a concern for many parents so I have spoken with Denise Horrack from the Town of Plaistow to make sure we are doing all that we should here at Pollard. She assures me that Plaistow is testing and no mosquitoes have been found carrying the virus as of yet in our area. She also asked that I encourage parents to make sure that their children wear long sleeves and pants when they are outside, especially after dusk. We only have a short window to be cautious. Once we have a hard frost we should be all set.

Important Dates to Remember

September 22

Picture Day

October 7

Progress Reports

October 10

No School
Columbus Day

October 19

Family Dinner
@ Penguin Place
5:00

October 19

PTA Meeting
7:00

October 25

Early Release
1:10 Dismissal

October 28

Halloween Parade

I would like to remind you that we would like all children and adults to stay home when they are sick. We know and understand that most parents are working outside of the home but we think that we all need to try to keep the germs out of school as best as possible. Please remember to let us know why your child is being called out sick when you call the absent line. (382-7146 x-) If the nurse calls to have you come pick up your child because they are sick please try your best to get here as soon as possible.

Thank you for your help in this matter.

Please remember that school begins promptly at 8:40 AM and you children will go home on their regularly assigned buses at 3:10 PM each afternoon.

Welcome and let's have a great year!

Michelle Gaydos

Principal

Parents Right to Know

In response to regulations set by the New Hampshire Department of Education and the United States Department of Education, we are required to notify you of our staff's highly qualified status. All teachers, Title I tutors, and support staff at Pollard School meet these requirements and are highly qualified to teach. We are also required to inform you that parents have the right to request information regarding their child's performance level in the classroom or from Title I. Any parent of an English language proficient student has the right to withdraw his/ her child from English language instruction. If you have any questions about the above regulations, please contact Michele Vance.

Hello from Mrs. Vance, our Assistant Principal



Dear Pollard Families,

As Pollard school's new Assistant Principal; I want to share with all of you how overjoyed I am to become part of such a dedicated staff. It is obvious to me that this is an amazing community of parents, students, and staff. I look forward to getting to know all of you and growing as a learning community. The Pollard staff is so appreciative of parent involvement and presence; a team approach to education is empowering!!

My family and I have been living in New Hampshire for the past ten years; prior to that we lived in Anchorage, Alaska. I want to share with you that I am a mother of two active, beautiful children. My son is thirteen and my daughter is eight. We have one little fuzzy pet guinea pig named Spice. My husband and I have shared the last fifteen years together enjoying camping, fishing, and traveling.

My educational journey began as an Active Duty Air Force member. I was fortunate enough to be stationed in New Mexico, Japan, and Alaska. While living in Alaska I completed my bachelors in Elementary Education. After separating from the Air Force I began my teaching career which lasted for the next thirteen years. During that time I have been blessed to have taught kindergarten, first grade, multi-age 3/4th grade, fourth and fifth grade. I completed my master's degree this past spring at Rivier College in Educational Administration.

The 2011 - 2012 school year promises to be productive and exciting. We have a School in Need of Improvement (SINI) plan established and will be working hard to monitor student progress and provide enriching, engaging, rigorous and fun classrooms.

I am looking forward to be a leader of learning at Pollard School. I welcome you to drop by my office to introduce yourself if you are in the building. I hope to see you all at the upcoming PTA information night on September 14th at 7pm.

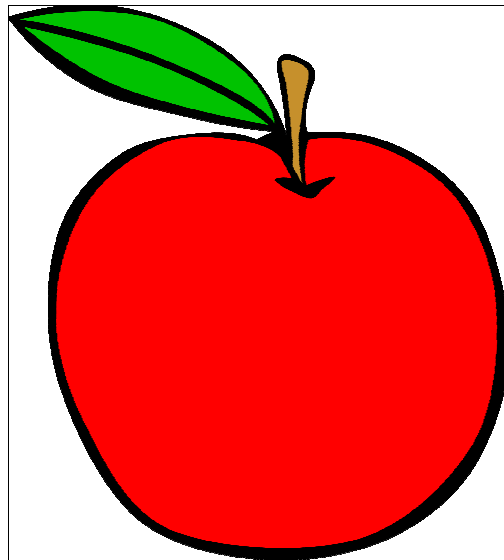
Sincerely,

Michele Vance, Assistant Principal

Notes

The Pollard community is in full swing. Recently the children earned quarters to purchase a special gift for Mr. Bob Crossman (our friend and custodian) who retired recently. Mr. Bob loved the gift of: 3 rounds of golf, a bucket of balls, a golf hat, golf tees and candy.

A Thank-You to “Lou” @ Goudreault’s Farm for helping us fill our window boxes. Her expertise as well as a generous discount helped make our school look great to start off the new year!!



Welcome Band Members!

I would like to welcome all the Pollard Band members to a new year, with new notes, new songs, new friends and new things to learn!



Parents please help the band members:

- ♪ Bring their band equipment (instrument, music book & pencil) on band day
- ♪ Find a location and appropriate time to play songs at home!
- ♪ Listen and SMILE as band members are playing for you at home! (Don't worry...it will sound better as time goes on!)

I travel throughout the District so am not always at Pollard to receive phone messages so... feel free to email me at

Deborah.Lincoln@timberlane.net.

Many thanks for your
Mrs. Lincoln, Pollard Band



support!



BOOKMARKS



Occasional Notes from the Library

Pollard School Library has been a busy place these first few weeks of school with students visiting for circulation and classes coming for information literacy lessons. Kindergartners have already made their first library visit and have met Mother Goose. First graders are quickly becoming independent library users as they practice library routines. Second graders are learning to think like "Goldisocks" in the library to help them make "just right" independent reading choices. Third grade children have been talking about "good fit" books and reading some excerpts from transitional chapter books. Fourth grade students went on a scavenger hunt to demonstrate how quickly they could locate print and electronic resources in the library. Finally, fifth grade students have been asking, "Can It Be For Me?", learning some using quick strategies to inform book choice.

The fall season always brings a crop of newly minted books. Melissa Sweet has written and illustrated a biography about Tony Sarg, the man who first designed the balloons for the Macy's Thanksgiving Day parade. The rich mixed-media illustrations show readers a slice of American history. This title will make a great pre-parade read in November. I am excited to see that Matt Phelan has created another graphic novel for intermediate readers. He tells three true stories of around-the-world travelers: Thomas Stevens, who traveled by bicycle, Joshua Slocum, who traveled aboard a 36-foot sloop, and Nellie Bly who traveled by both train and ship. Through festive design elements of borders and frames, the character of the travelers come through to the reader. An added bonus: Phelan includes maps, epilogues, and a bibliography of related resources for readers who want to explore his subjects further. This would make a great introduction to the study of the biography genre. For those of you who have "Wimpy Kid" fans at home - and I know many - if not most - of you do - mark the date: Diary of a Wimpy Kid: Cabin Fever will be released on November 15th.

Mark Your Literary Calendars Pollard School already has plans firmly in place for our 2011-2012 author visit. We will welcome author Amy Krouse Rosenthal on December 7th. Amy is the author of several picture books, including **Yes Day!** and **Cookies: Bite Size Life Lessons**. Visit Amy's website <http://www.whoisamy.com/> to learn more about her work.



Dear Parent/Guardian,

Recently the Timberlane Regional School District revised the Wellness Policy for the district. Pollard School is excited to begin implementing and promoting these new healthy lifestyle choices to our students and staff at the start of the 2011-2012 school year.

The Wellness Policy encourages proper nutrition for students by following the nutritional standards based upon the standards established by the USDA and New Hampshire Healthy School Coalition/Best Practice. These nutritional guidelines apply to all foods available to students on school grounds during the school day, including but not limited to, the school lunch and breakfast programs, foods and beverages sold in vending machines/ school stores and as part of classroom lessons/activities, parties, celebrations or fundraising efforts.

This policy will effect our classroom celebrations for birthdays and holiday celebrations. The policy states "schools should limit celebrations that involve food during the school day. Each party should include no more than one food or beverage that does not meet the nutritional standards..." For example baked sweets are still allowed for birthday celebrations but they may not be accompanied by a "sugary" juice box, soda or another item not nutritionally appropriate. Also students should only bring treats in for the students in their class. They will no longer be allowed to bring a treat to another classroom for staff or students. In regards to holiday celebrations only one item that does not meet nutritional standards will be allowed. The teachers and room parents will be given a list of appropriate items for room celebrations at the beginning of the school year. The room parent will assign certain items that comply with the new standards and we ask you bring in only what is assigned.

We at Pollard School will be encouraging that students continue these healthy practices in what is brought from home for snack and lunches.

Please keep the attached list for some suggestions for healthy alternatives for snacks and lunches.

We thank you for your cooperation and support with this important new policy. Together we can help teach our children how to make healthy choices that will positively impact them for years to come.

Suggested Foods for Healthy Lunches and Snacks

Vegetables and Fruits

Fresh fruits such as apples, bananas,
Pears, berries, kiwi, grapes, melon, pineapple

Raw vegetables such as celery or carrot sticks, baby
carrots, broccoli or cauliflower florets, cherry tomatoes,
pepper strips

Fresh fruit or vegetable salads with low-fat dressing

Unsweetened applesauce

Canned fruits in natural juice such as pineapple rings,
sliced peaches or pears

Dried fruits such as raisins, dates, apricots, and plums
Hummus or salsa

Dairy Products

Fat free or low fat flavored or plain yogurt

Fat free or low fat cottage cheese

String cheese

Natural cheese such as cheddar and Swiss

American cheese

Low fat pudding

Meat, Beans, Nuts and seeds

**(please be aware if your child is in a nut sensitive
classroom before sending in any nut products)**

2-3 oz. portion of chicken, fish, ham, beef, or pork

Tuna snack pack

Grains

whole grain muffins

whole grain or multi-grain bagels

Baked chips

Rice cakes

Pretzels

Animal crackers

Air-popped or low fat popcorn

Low-fat crackers

Low fat granola bars

Low sugar cereals

Oatmeal

Trail mix

Combination Foods

Fresh vegetables or fruits with low-fat dip or salad
Dressing

Hummus or bean dip with whole wheat pita bread

Low-fat cheese and crackers



*** This list was taken by a compiled list from the NH Healthy School Coalition as some suggestions



A brand new year is starting at Pollard School and the PTA would like to welcome you and your family!

The Pollard PTA offers many events during the school year including: Fundraisers, Applebee's Pancake Breakfast, Star Gazing, Bingo for Books, Box Tops for Education Contest and our Silent Auction & Family Fun Night.

The money raised at these events goes back to the school, students and staff. This past year we were able to provide over 49 games/activities to the classrooms, supply every first grade student with an Everyday Math Deck for home, outfit our cross country team in Pollard T-shirts, give fifth grade students agenda books, style the Kindergarten students in Pollard gear, donate scholarship money to Timberlane graduates and more!

None of these activities would be possible without the help and support of the Pollard Families.

Please consider joining us at our **September 14th** meeting to see how you can help make Pollard a better place!

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382-1435

Kate Sherman-DeRoche-Treasurer

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