



# TLC at SANDOWN CENTRAL NEWSLETTER

FALL  
2024



## Administrator's Message

Hello to all Sandown Central Families,

We are just over 50 school days into the 24-25 school year and in less than 50 calendar days we will be in the New Year. Where has the time gone? We appreciate your support over these past months as we have worked to establish arrival and departure routines.

At a recently attended conference the presenter said, "The benefit is in the struggle". Those six words resonated with me. As a parent it was difficult to stand back and watch my kids struggle with the simple things (like taking off a shirt or opening a ziploc bag for example). I knew I could easily take away their frustrations and stop the cries of "I can't do it!" by stepping in and taking over. However, I knew I had taught them some tricks to complete the simple things. They had strategies to use, but using a strategy for the first, second or even third time is a struggle. Stepping in to rid them of their struggle would only strengthen my abilities...and I am not the one who needs the practice of opening the ziploc bag. So I would stand back, take deep calming breaths and remind them that sometimes things are hard and that's okay. And then, just when I thought the struggle would never end...success! They made it through to the other side where they felt joy and a sense of accomplishment; they were proud of themselves. There is benefit in struggle.

Sometimes we just need to get things done and it's necessary for us to just do them. Yet, as we begin to wear heavy jackets, set tables for dinner, wrap presents, etc. let's keep an eye out for a struggle or two we can support our children through.

Please enjoy this fall newsletter put together by the staff at Central. We hope you will find the information useful. If there are topics you would like us to cover in future newsletters please reach out to Cheryl Goodman, [cheryl.goodman@timberlane.net](mailto:cheryl.goodman@timberlane.net).

Yours in education,

Kim Rivers, M.Ed.  
Early Childhood Coordinator, TRSD  
Building Administrator, Sandown Central School





## FALL 2024

### OT/PT Corner

by Ms. Kim (PT) and Ms. Courtney (OT)

In school, PT & OT work on strength, balance, coordination, body awareness, fine and gross motor skills and postural control. During our "play" we often use a variety of tools "toys" to help kids learn these skills.

Thinking ahead to the holidays, we have compiled a list of toys best suited to help build both gross and fine motor skills for 3-5 year olds. In this age range, kids are learning how to become more independent with their self-help skills, climbing, exploring and using their imagination.

For toys that help to strengthen fine motor skills, here are some ideas:

- Pretend play with kitchen/work bench to work on opening/closing containers, using utensils, bringing both hands together
- Blocks, magnetic tiles, legos help to use the small muscles in hands to place, pull apart and build with a variety of materials
- Arts & crafts - such as creating artwork with markers, crayons, paint and playdoh
- Pegs & puzzles help to work on hand-eye coordination and problem solving skills

For toys that help to strengthen gross motor skills, here are some ideas:

- Ride on toys - scooter, Cozy coupes, balance bikes
- Ball play - catch, throw and kick with any size or type of ball
- Fort building materials - sheets, pillows, blanket, cushions to create hideaways and forts for imaginative play
- Obstacle course - find stepping stones, hurdles, hula hoops, tunnels, soft climbing structures can help kids move their bodies through various challenges!

### Speech and Language

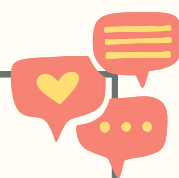
by: Ms Heather and Ms. Ally

Are you in need of holiday gift ideas that will keep your children engaged and encourage communication skills development? Research has found that play with electronic toys results in adults modeling fewer words and less vocabulary, as well as kids verbalizing less, compared to play with simpler toys and books (Sosa, 2015). The best toys are simple (no batteries required!) and open-ended, which allows kids to use their imaginations and practice thinking flexibly, as their simple block can "become" a train, and then a house, and then a phone, and on!

While independent play is a good skill to have, it is also important for adults to interact with their children during play. Talk about what is happening, ask open ended questions, make comments, demonstrate how to use toys in multiple ways, etc. While reading a book out loud, stop and talk about what just happened; make predictions about what may come next; talk about how a character may be feeling.

In addition to books, we suggest simple open-ended toys including:

- Building toys (blocks, marble tower, magnet-tiles)
- Pretend play (dolls, stuffed animals, dress up items)
- Arts and crafts supplies (Play-Doh, paint markers, stickers)
- Puzzles and board games
- Motor toys (scooter, Cozy Coupe, trampoline)





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### From Nurse Megan

If your child is sick, please keep them home. If you have any questions about our current procedures, please contact Nurse Megan Adams at ext. 5815 or [megan.adams@timberlane.net](mailto:megan.adams@timberlane.net). She is always happy to help you navigate any health issues.

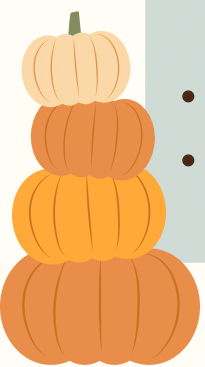
As the weather is cooling down, please send your child to school wearing weather appropriate clothing and sneakers. Please send them with a coat/jacket, and hats and gloves.

Please refrain from sending in homemade food items for celebrations. We encourage non-food items such as pencils or fidget toys in place of food items to align with our wellness policy. If you would like to contribute food for a celebration, please check with your child's teacher first. We kindly ask that you only send in store-bought items in their original sealed containers. Additionally, it is crucial to check the labels to ensure that they do not contain tree nuts or have not been made in a facility that processes tree nuts.



### Upcoming Dates

- 11/26 Picture Retakes
- 11/27-11/29 – NO SCHOOL, Thanksgiving Holiday
- 12/11 Early Release Wednesday
- 12/23 – 1/1 NO SCHOOL Winter Break



### Safety Reminders

**SAFETY  
FIRST**

The safety of our students and staff is extremely important. We practice drills monthly to teach children how to respond to situations. For example, in September and October, we focus on fire drills and practice several of them the first few weeks of school. In November, we will practice a drill called Reverse Evacuation. This drill is used primarily if there is an animal on the playground when children are on the equipment and we need to get inside the building quickly.

NH Department of Education  
Office of  
Nutrition Programs  
& Services

Completing an application takes less than 10 minutes and application information remains private and confidential. Only one application per household is needed.

**IT'S MORE THAN A MEAL APPLICATION.**

Meal Applications may be downloaded from your school's website or obtained from the district's food service director.

For assistance with application process or with any questions contact our School Social Worker, Leah Poulin at [leah.poulin@timberlane.net](mailto:leah.poulin@timberlane.net) or 603-887-3648 ext. 5837

**DON'T DELAY! COMPLETE AND SUBMIT AN APPLICATION TODAY!**

**FILLING OUT THE SCHOOL MEAL APPLICATION MAY HELP PROVIDE:**

- After School Academic & Enrichment Programs.
- Free/reduced meal for the first 30 school days for next school year.
- State and Federal funding for school budgets.
- Fund computers and technology - at home and for your school.
- Fee waivers for college applications and admissions tests. *\*parent/guardian consent required to disclose information.*
- Resources for classrooms, teachers, and children.

Distributed by NHED, Office of Nutrition Programs and Services June 2024.  
This institution is an equal opportunity provider.

### Social Work Corner

by. Mrs. Leah Poulin  
School Social Worker

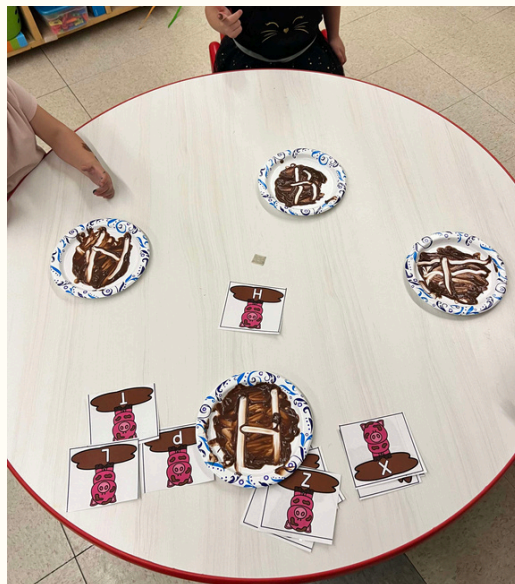
Mrs. Poulin supports students and families at both Sandown North and TLC at Sandown Central and spends half of her time in each building. She provides individual and group counseling and acts as the link between home, school, and community resources. Leah can be reached at 603-887-3648 ext. 5837 or at [leah.poulin@timberlane.net](mailto:leah.poulin@timberlane.net).





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Preschool

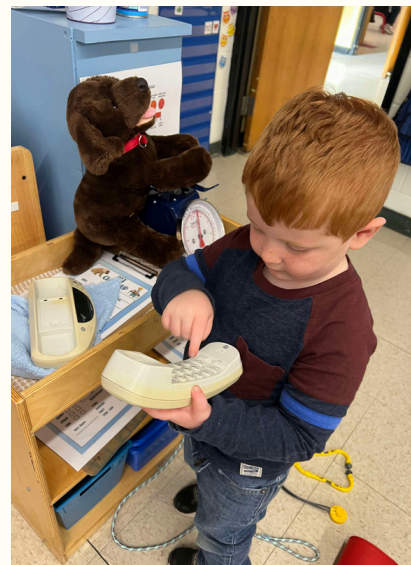






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## Pre-Kindergarten



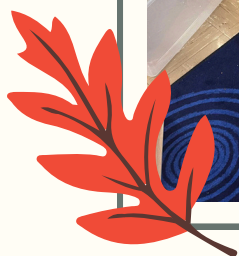
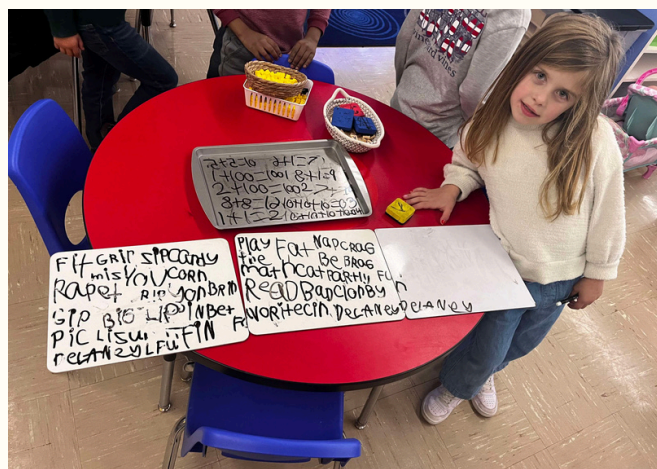




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## Kindergarten







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## Kindergarten



Outdoor math-  
pattern making



using 2-d shapes to  
make hexagons...  
rhombus in blue  
and green triangles



lego sign





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# Timberlane Regional Schools SAU 106 Child Find



Monday, January 13, 2025  
11:00 am – 2:00 pm  
Sandown Central School

- The purpose of the screening is to identify children who may require special education services.
- Screenings may be conducted in the areas of communication skills, motor skills, social skills, adaptive skills, cognitive skills, vision, and hearing.
- Appointments are required.
- For residents of Atkinson, Danville, Plaistow, and Sandown.

For ages  
2.5 – 6

Please call Karen Radjavitch, Child Find Coordinator, at 603-887-3648 x5812 with questions or to make an appointment.



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## Family Play Groups

The Family Play Group welcomes caregivers and their children ages 2.5 – 4.11 years old from Atkinson, Danville, Sandown and Plaistow communities. 6-week sessions available. This program is FREE, but space is limited, registration is required; scan the QR code or call to register. The family play groups are a fun and engaging time for parents and caregivers to interact and build skills with their children.

### TLC at Sandown Central



**Tuesdays 12:00 – 1:30 PM or Thursdays 12:00 – 1:30PM**



NEXT WINTER SESSIONS REGISTRATION OPENS Dec. 10!

- Session 5 Tuesdays Jan. 14th – Feb. 18th
- Session 6 Thursdays Jan. 16th – Feb. 20th

**FREE, limited space, registration required**

**Activities Include:**

- Arts and Crafts
- Language Development
- Gross Motor/Fine Motor Development
- Positive Parenting Strategies



**Contact Us:**

TLC at Sandown Central  
(603) 887-3648



scan to register





scan here to  
register for the  
event



## FALL 2024

### SANDOWN CENTRAL HOLIDAY SPIRIT WEEK

DECEMBER 16TH - 20TH

MONDAY	 <b>CANDY-CANE DAY</b>  WEAR RED AND WHITE OR STRIPED APPAREL
TUESDAY	 <b>HOLIDAY HEADWEAR</b>   
WEDNESDAY	<b>UGLY SWEATER DAY</b> 
THURSDAY	 <b>GRINCH DAY</b>  WEAR GRINCH OR GREEN APPAREL 
FRIDAY	 <b>HOLIDAY PAJAMAS</b> 

### merry CHRISTMAS FLASHLIGHT CANDY CANE

DECEMBER 9

6 - 7:30 PM

HUNT

\$10 PER CHILD  
(CASH OR  
CHECK-TRHS)



BEFORE THE HUNT, FESTIVITIES IN  
CAFE! PLAY GAMES, SING CHORALS  
MAKE CRAFTS, MEET SANTA,  
RAFFLES!

ANY QUESTIONS/CONCERNS PLEASE CONTACT  
JENNIFER LIBBY AT JENNIFER.LIBBY@TIMBERLANE.NET

FILL OUT GOOGLE FORM FOR  
EACH CHILD ATTENDING!!  
(ALL AGES WELCOME)



Sandown  
**PTA**

everychild.one voice.

Sandown North Elementary  
TLC at Sandown Central

<https://sites.google.com/view/sandownpta>