



## SANDOWN NORTH ELEMENTARY SCHOOL

April 2021



### From the desk of Mrs. Stafford, Principal

*My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.*

In April we celebrate National Humor Month. We could all use a bit of humor after this past year and our goal is to spread some cheer and positivity to help fade the winter pandemic blues! We started the month off with April Fool's Joke Day. Students and staff submitted jokes and we selected students to read their jokes over the intercom throughout the day. What better way to lighten up to help cope with all the change and challenges we have faced? We had so many contributors that we will continue to share jokes throughout the month. There are many studies that show humor is a great coping tool for surviving tough times and that laughter literally makes us stronger. "According to the Mayo Clinic, laughter stimulates the body's organs by increasing oxygen intake to the heart, lungs and muscles, and triggers the release of endorphins. It also helps people handle stress by easing tension, relaxing the muscles and lowering blood pressure...the most important thing is that laughter increases immune cells and infection-fighting antibodies..." We aim to keep delivering humor all month long with other fun activities which includes spirit week right before vacation. We encourage you to read a funny story or cartoon together, watch a comedy, and ask your child to tell you their joke! Your children are really creative; we may have some future Jimmy Fallons or Ellen DeGeneres'!

One of the many great things about having more staff and students in the building is the increase of cheerful voices and laughter that we are hearing in the building. As educators, our staff knows the importance of making learning fun. Not only does this keep students engaged, but it helps to make lessons more memorable.

We are currently in the planning stages of year end activities. We are hoping to host some outdoor events under our new tent so stay tuned! The Sandown PTA has always been supportive of our student activities and our staff, particularly at the end of the school year. They have supported 5<sup>th</sup> grade yearbooks and events, as well as scholarships for high school graduating seniors. Due to the pandemic, the PTA has seen a decrease in membership. It has been more difficult to reach out to new parents and to host events to support fundraising efforts. Your donations to the PTA are greatly appreciated at this time. If you would like to know how you can help, please contact Lucinda Quinney, PTA President, at [lmquinney79@gmail.com](mailto:lmquinney79@gmail.com)

Enjoy the nice weather and your upcoming spring break April 23-30th. If you travel, you no longer need to quarantine when you return, but we do appreciate your continued diligence in keeping your child home if they or a close family member have any symptoms of covid. We are so appreciative that the staff is well on the way to being completely vaccinated. The district will be having their 2nd vaccination day on April 23rd; therefore, students start their spring break on that day.

Happy Spring!

Nancy Stafford, Principal

# Curriculum Corner

Meaghan Guanci, Assistant Principal and Curriculum Coordinator

Our third trimester is in full swing and we have had lots of wonderful lessons, activities and experiences occurring at Sandown North.

## READ ACROSS AMERICA

A huge thank you to our school's Media Specialist, Mrs. Ross, who created a month full of enriching literacy themed activities to go along with Read Across America day, March 2nd. This month-long celebration kicked off with an honorary birthday celebration of Dr. Seuss, which included each class receiving a gift from the library! On Tuesdays throughout the month, Mrs. Ross posed a "Trivia Tuesday" question to classes and the winner received a magazine or other comparable prize from the prize basket. Each Wednesday this month was Wacky Wednesday where students were tasked with a wacky task from wacky hair to backwards day! On Thursdays, Mrs. Ross' Dr. Seuss themed table housed an estimation station where students could participate in guessing how many of an object were in the estimation jar. Both Trivia Tuesdays and Estimation Thursdays have been such a big hit with our school that Mrs. Ross will be continuing these days through April! Other special activities that occurred throughout Read Across America month included an outdoor Storywalk of *Giraffes Can't Dance*, a literacy obstacle course connected to *We're Going on a Bear Hunt*, and an emoji book quiz! We are so lucky to have such a wonderful Media Specialist to create such fantastic activities for our students!



## SIGHT WORD CHALLENGE- HARD WORKER AWARDS

Congratulations to all of our first and second grade students who participated in our Sight Word Challenge! We are especially proud of our students who completed the entire month challenge and spent at least 640 minutes practicing and playing with their sight words. These students received "Hard Worker Award" certificates and participated in a celebratory pizza party with Mrs. Guanci. Great work everyone!



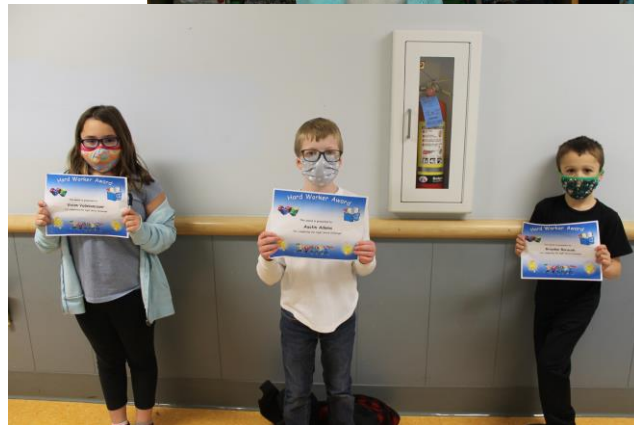
# First Graders who earned the “Hard Worker Award”:

Mila Meneses  
Aaron  
Huberdeau  
Bella Vaccarezza  
Danny Brown  
Nathan Demers  
Abby Lohnes  
Maximus Smith  
King Smith  
Asher Savery  
Marlee  
Seabourne  
Dylan Parolise  
Philip Milem  
Jackson  
Goddling  
Felicity Furdek  
Riley  
Hendrigan



## Second Graders who earned the “Hard Worker Award”:

Xavier Descoteaux  
Robbie Kenyon  
Blake Landry  
Austin Adams  
Owen O'Brien  
Claire Bisson  
Brayden Boraczek  
Vivian Vadeboncoeur  
Morgan Touchette



### STATE TESTING INFORMATION

Looking ahead to the spring, students in Grades 3-5 will be taking part in State Testing. Students in Grade 5 will be taking the State Testing Science Assessment on Tuesday, April 13th and will be taking the ELA and Mathematics Assessments during the week of May 3rd. Students in Grade 4 will be taking the ELA and Mathematics Assessments during the week of May 10th, and students in Grade 3 will be taking the ELA and Mathematics Assessments during the week of May 17th. The NH Department of Education is requiring these assessments to take place in person. Any students in Grades 3-5 who are receiving instruction in the remote only model may come into the building for testing or the exemption waiver may be requested by contacting Mrs. Guanci. All social distancing guidelines and mask wearing will be required. Additional communication with families in these grade levels will be sent out closer to your child's testing dates.





April 1 – School Board Meeting, 7 pm

April 2 - Facebook Story Live with Mrs. Guanci, 6:45 pm

April 11 – Facebook Story Live with Mrs. Stafford, 6:30 pm

April 14 – PTA Meeting, 6 pm, Zoom

April 15 – School Board Meeting, 7 pm

April 23- No School, Staff Vaccination Day

April 26-30 – Spring Break – No School

May 4 – First Grade Parent Information Night – 6 pm-7pm, Virtual (see flyer below)

May 6 – School Board Meeting, 7 pm

May 12 – PTA Meeting, 6 pm, Zoom

May 20 – School Board Meeting, 7 pm

May 28 - Early Release, 1 pm

## Attendance Policy

We ask that you contact the school prior to the start of the school day (8:40) if your child will not be attending in school or remote learning. In order to provide for the security of your child, in school absences that are not reported to the school will be followed up with a phone call from the office. If necessary, the person listed by you on your emergency card will be contacted. If the school is still unable to ascertain the whereabouts of your child, the Sandown Police Department will be contacted to conduct a wellness visit to ensure the child's safety. However, it is the parent's primary responsibility to make the call to the school. The attendance line is available 24 hours a day at 603-887-8503 or through Pick Up Patrol. Any student arriving after the 8:40 am bell must enter through the main entrance with a parent or guardian and check in at the office for a tardy pass before reporting to the classroom.



Yearbooks may be purchased online for \$15.00 by going to [www.coffeepond.com](http://www.coffeepond.com), clicking on "Order Central", then "Yearbooks". The password is SNYearbook and orders will be accepted until April 23rd. Only students in grades 1-4 need to order a yearbook. Grade 5 students will receive a copy in June, at no cost due to school and PTA fundraising efforts, and they **do not** need to order one. We will also be sending a paper form home if you would prefer to pay by check or cash and orders may be sent back to school to the Attn: of Elayne Gleason.

# Help Your Child Succeed in Elementary School: *Build the Habit of Good Attendance*

## DID YOU KNOW?

- Participation in early education programs, like preschool and Head Start, lead to better attendance in kindergarten.
- Starting in kindergarten, missing 10% of school (or just 2 days every month) can make it harder to learn to read and cause children to fall behind in school.
- Good attendance, whether class is held in person or remotely, can help children do well in school, and eventually in the workplace and in college.



## WHAT YOU CAN DO

### Communicate with the School

- Contact your child's teacher(s) and let them know how to reach you.
- Get and post your child's class schedule and log in information on the refrigerator or your child's desk.
- Practice logging in to virtual classes and make a plan for supporting learning for children. Contact the school if you need help logging in.
- Ask about the school's attendance policy.

### Make School Attendance a Priority

- Establish routines for bedtime, waking up and showing up for class.
- Identify a quiet place for your child to do school work. If you have multiple children, make a schedule. Or ask your school or community agencies if they have created places for distance learning, or if noise-canceling headsets are available for students.
- Develop back-up plans for getting your child to school or logging in to the computer if you can't be there to help. Find a family member, neighbor or older child who can help over the phone or who can help while wearing a mask and maintaining physical distance. Community-based organizations might also be able to help.
- When school is in session, avoid extended family trips and non-urgent medical appointments.
- Ask your child's teacher about attendance and tell the teacher any concerns you have.

### Help Your Child Stay Healthy and Engaged

- Monitor your child's attendance and participation; and contact the teacher to address any concerns.
- Make sure your child gets the flu vaccine and other required shots.
- Find out if your child feels safe from bullies. Make sure that school discipline policies don't lead to your child becoming disengaged or pushed out of school. If these are problems, work with your school to find a solution.
- If your child seems bored or anxious about school, talk to teachers, school counselors, or other parents for advice on how to make them feel comfortable and excited about learning.
- Ask for help when you need it. School staff, after-school program providers, and other parents or community agencies are available to help families access online learning, obtain food or housing and address other experiences that make it difficult to attend and participate.



# Grade 1 Newsletter

## Welcome Class of 2033!

The Timberlane Regional School District is committed to the development of skills in the core areas of English Language Arts, Mathematics, Science, Social Studies, and Social Emotional Learning. Our teachers administer programming based on TRSD aligned PK-12 curriculum. Highly qualified teachers employ age appropriate methodologies and activities that highlight hands-on, discovery learning and active engagement.

### Registration for the 2021-2022 school year opens February 1st!

Families new to the district or re-enrolling their student in the district, please go to <http://www.timberlane.net/> and follow the New Student Enrollment link on the right hand side.

In addition to the online registration process, **NEW families to the district must also bring to the school:**

- ✓ Qualifying Proof of Residency ----->
- ✓ Original birth certificate with raised seal
- ✓ A completed Certification of Residency form,  
(located online in the New Student Registration process)
- ✓ Immunization Records with updated vaccinations
- ✓ A Physical exam dated September 1, 2020 or later

*\*Children must be 6 years old on or before September 30<sup>th</sup>.*

#### Additional Information needed (if applicable):

- ★ Guardianship documentation is required in any circumstance in which a student does not live with his/her parent(s) (foster documentation, guardianship documentation, court placement).
- ★ Proof of custody and/or parenting plan in a divorce, separation, or non-marital situation

#### One of the following qualifies:

- \* Two current utility bills (separate utilities)
- \* A mortgage statement
- \* A purchase and sales agreement
- \* A lease with one utility bill
- \* A property tax bill
- \* A property deed
- \* Certificate of Occupancy Permit

Please note any utility must be connected to the physical location of residence, a cell phone bill does not apply.

### Registration for the 2021-2022 school year opens February 1st!

Please contact your home school for any additional information.

#### Sandown North Contacts:

Nancy Stafford, Principal

Meaghan Guanci, Assistant Principal

Sandown North

23 Stagecoach Dr.

Sandown, NH 03873

Phone: 603.887.8503

Fax: 603.887.8509

[www.sandownnorth.com](http://www.sandownnorth.com)


#### Grade 1 Parent Information Night

Tuesday, May 4th

6:00 - 7:00 p.m.

Members of the public may access this meeting by logging onto: [www.timberlane.net/zoomParentNight](http://www.timberlane.net/zoomParentNight)

Public members will be viewers (attendees) through the school presentation with the ability to raise their hand (by clicking the raise hand icon at the bottom of the Zoom window) and be unmuted to ask questions when recognized. Attendees will not be on camera.



## Qué te pasa calabaza?

**Nada, nada limonada**

What's New in Spanish Class

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### Our Learning in April

**First Grade**

- Family
- Animals

**Second Grade**

- Family
- Rooms of the house
- Hobbies

**Third Grade**


- Hobbies
- Places

**Fourth Grade**

- Conjugating the verb SER
- Talking about places we go

**Fifth Grade**

- Conjugating the verb SER
- Planning a trip



## April Technology News

In our spring term, Timberlane elementary technology shifts its focus to multimedia and emerging technology competencies. Students will learn to coordinate the use of images and language to effectively communicate content and ideas. They will adapt their skills as they see relationships and differences between programs. Students will also track and process data as they build their skills in using spreadsheets. Students continue to develop as digital citizens and computational thinkers. I am impressed by all they have accomplished, and I am enthusiastic about our work ahead.

Mr. Melle



## IT'S TIME FOR THE SANDOWN NORTH ELEMENTARY READ-A-THON!

Read-a-thon promises to be a fun, exciting journey that starts Monday, April 5, 2021. Participating will get your children excited about reading!

We know you have limited time, and also want the best education for your child. That's why we hope everyone will activate their reader's account as soon as possible. This is where you can record and view your reader's progress.

We encourage you to activate your reader's account today by clicking on <https://www.read-a-thon.com/readers/r/PjrJIN> and following the simple instructions.

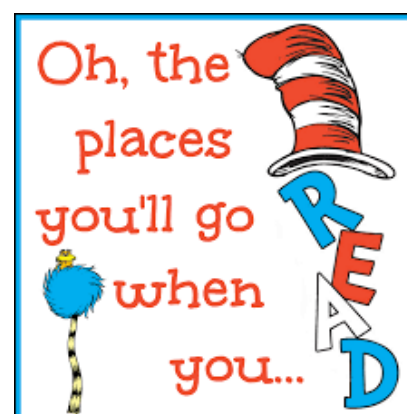
Please feel free to reach out with any questions,

Thanks so much,

Mrs. Ross

Library Media Specialist

Sandown North Elementary School







# APRIL HEALTH OFFICE NEWS



## COVID UPDATES

1. **The state of NH has opened COVID -19 Vaccinations to people 16 and older As of April 2, 2021.** If you or someone in your family qualifies, please log onto the NH COVID-19 website and register today. <https://www.nh.gov/covid19/resources-guidance/vaccination-planning.htm>
2. **Updated Travel guidance:**
  - <https://www.covidguidance.nh.gov/out-state-visitors> Domestic Travel
  - Domestic travel within the U.S. outside of New England no longer requires quarantine upon return to NH. People are recommended to still follow CDC's travel guidance, including wearing a well-fitted face mask while traveling, practicing social distancing, getting tested 3-5 days after travel (with a molecular or PCR-based test), and limiting public interactions after travel (even if not required to quarantine).
  - International Travel or Travel on a Cruise Ship: Residents of NH, as well as travelers and visitors to NH will still need to self quarantine for a period of 10 days after the last date of any international travel (except for essential travel to/from Canada) or travel on a cruise ship. For further information, please see the link cited above, or talk to the school nurse.
  - Please notify the school nurse at 603-887-8503, extention 7519 if you are planning to travel.

### Evaluating Sick Students and Staff

Students and Staff members should remain home when sick. Students or staff with **ANY** risk symptoms should stay home and are advised to seek an evaluation by a health care provider.

Students and staff with **ANY of the symptoms below** should notify the School Nurse as soon as possible. If you notify the teacher or office staff, you **MUST ALSO NOTIFY SCHOOL NURSE DIRECTLY.**

#### Low Risk Symptoms

Headache  
Muscle and body aches  
Fatigue  
breathing  
Sore throat

Congestion  
Runny nose  
Nausea

#### High Risk Symptoms

Fever  
New cough  
Shortness of breath/difficulty

We continue to monitor COVID cases in our community and school. Please do not let your guard down and continue to practice strict social distancing, mask wearing, and proper hand washing/sanitizing on a regular basis. Just because you are close friend or family, does not mean you are not at risk. You can be positive with no or minimal symptoms.

**Maureen Healy, RN, BSN.**

**PH- 603-887-8505 Ext 7519** [Maureen.healy@timberlane.net](mailto:Maureen.healy@timberlane.net)



**WE ARE IN THIS TOGETHER, SO LET'S  
WORK TOGETHER TO KEEP OUR FAMILY,  
FRIENDS, AND COMMUNITY SAFE**



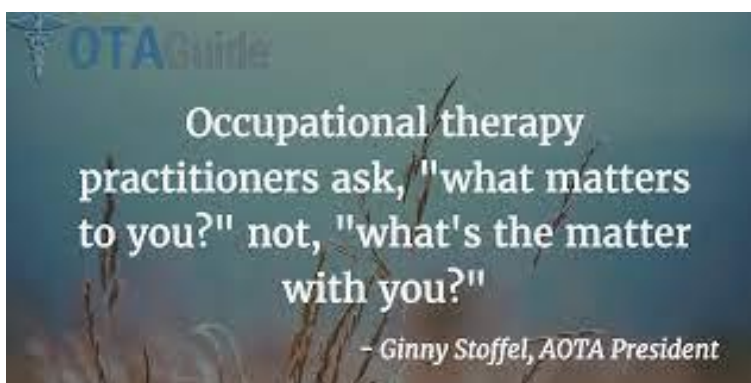
Happy April! In recognition of OT month, we wanted to introduce and bring forth a new tool that is being used to improve mental health in adults and children. EFT (Emotional Freedom Technique) is an alternative treatment for emotional and/or physical distress. It's also referred to as "tapping" or psychological acupressure. This technique is evidence based and proven that tapping the body in specific meridians can create a balance in your energy system and decrease physical and emotional pain. The attached brochure provides an overview of what this technique is and how it can be implemented into an individual's daily life.

This month, Mrs. Walters and Ms. Polito will be working with the Sandown North Elementary staff and students to educate them on how they can use this technique and how to integrate it into the classroom to promote emotional wellbeing for improved classroom and workplace performance. Have a wonderful Spring!

Mrs. Walters & Ms. Polito

Sandown North Elementary School

Occupational Therapy



"First started tapping in 2009, went to a monthly group to help deal with the loss of my father. I noticed shifts after repeated use of tapping videos such as less worry, fear, stress, nervousness and anxiety- virtually disappeared- which feels amazing and such a relief to be able to move through the world in a state of grace, peace, love, joy and happiness."

— MICHELLE RUSSELL, Ireland

"I've been using tapping in the classroom for almost 5 years now. The impact it has had is incredible. Being able to refocus my students, calm anxieties, and help manage students' emotions has changed the way I teach and the way kids learn when they are under my care. Some of my students have even been using the technique in everyday life outside the classroom. I'm so grateful to have this tool as an educator and as a human!"

— GIA NELSON, Teacher, Upland CA



## GET IN TOUCH

You can receive free information and tools by visiting:

[www.tappingsolutionfoundation.org](http://www.tappingsolutionfoundation.org)

Look for The Tapping Solution in your Apps!

Email: [info@tappingsolutionfoundation.org](mailto:info@tappingsolutionfoundation.org)



Disclaimer: The information presented here is not intended to represent that Tapping is used to diagnose, cure, treat, or prevent any medical problem or psychological disorder, nor is Tapping intended as a substitute for seeking professional healthcare advice. We strongly recommend that you seek professional advice as appropriate before making any health decision.

## HOW DOES IT WORK?

Tapping, also known as EFT (Emotional Freedom Techniques), is a powerful, holistic healing technique that has been proven to effectively resolve a range of issues.

Tapping therapy is based on the combined principles of ancient Chinese acupressure and modern psychology. Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, retrain the brain to respond in healthier ways, and restore the body's balance of energy.

The basic Tapping technique requires you to focus on the negative emotion at hand - a fear, a worry, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on each of the 9 specific meridian points of the body.

Visit us online to see videos of how to Tap.

## TRY IT!

### How a basic Tapping sequence works:

Identify the problem on which you want to focus. It can be general anxiety, or it can be a specific situation or issue which causes you to feel anxious.

In this example, we'll focus on general anxiety (you can change the word "anxiety" to match your current need).

Rate the intensity level of your anxiety on a scale of 0 to 10, with zero being the lowest level of anxiety and ten being the highest.

Compose a setup statement. Your setup statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation of yourself as a person.

Setup statement examples could be:

- "Even though I feel this anxiety, I deeply and completely accept myself."
- Or
- "Even though I'm anxious about my interview, I deeply and completely accept myself."

With your opposite hand, begin tapping on the Karate Chop point (see diagram).

Repeat the setup statement three times aloud, while simultaneously tapping the Karate Chop point.

Tap about 5 to 7 times each on the remaining eight points in the numbered diagram. As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" or "my interview" or "my financial situation" to help you mentally focus on your issue.

Once you are familiar with Tapping, you should use more specific phrases. Visit our resources online for more examples.

Take a deep breath and re-evaluate how you feel. You may have to Tap repeatedly to experience relief. Be patient with yourself and be alert to what other thoughts or feelings come up as you Tap.



## HEAL YOURSELF WITH THE POWER OF TAPPING



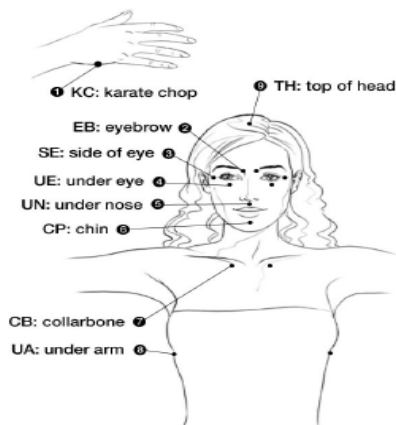
The Tapping Solution Foundation is dedicated to bringing EFT Tapping resources to people in need all over the world.

For more information please visit us at:

The Tapping Solution Foundation  
[www.tappingsolutionfoundation.org](http://www.tappingsolutionfoundation.org)

or

The Tapping Solution  
[www.thetappingsolution.com](http://www.thetappingsolution.com)



## WHO WE ARE










The Tapping Solution Foundation was created to provide trauma relief in the aftermath of the life changing events of the Sandy Hook Elementary School tragedy in 2012. The Foundation has continued to bring relief to local communities, from implementing Tapping in schools, to promoting social and emotional learning. The Foundation has also supported efforts worldwide, including bringing healing to Rwanda, and supporting work with children in Guatemala.





# Spirit Week: Week of April 19, 2021

## Themed Dress-Up Days

<p>19</p> <p><b>Magical Monday</b></p> <p>Harry Potter, Disney, royalty, unicorn, etc. Just believe!</p>   	<p>20</p> <p><b>Tie dye Tuesday</b></p>  	<p>21</p> <p><b>Wacky Wednesday</b></p>  	<p>22</p> <p>Sandown North Pride and Earth Day</p> <p>Wear blue and white and/or stars.</p> <p>Take a walk outdoors with your class!</p> 	<p>23</p> <p>No school for students</p> 
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### Sandown North Spirit Wear is now available!



Sandown North has partnered with Seaside Graphics to bring you your very own "We are the Village" spirit wear!

Click on the link below to order. Orders will be shipped directly to your house (please allow 5-10 business days for shipments). Most items have both blue and grey options, but due to COVID and supply availability some color options may not be available. Click on each item to see the front and back

of the item along with the available options. A portion of all sales will go back to the school to help fund student events.

<https://seaside-graphics.printavo.com/merch/sandownnorth/>

ALL orders must be placed through the website. Please do not send check or cash to the school.



\*\*\*Not sponsored by the Timberlane Regional School District\*\*\*

<https://breathenh.z2systems.com/np/clients/breathenh/neonPage.jsp?pagelId=7&>

## **MAY: PAMPERED CHEF FUNDRAISER**

\*Starting on May 1<sup>st</sup> you can help Sandown PTA raise money by placing a Pampered Chef order, 15% of every dollar spent will go to the PTA. Orders can be placed between May 1<sup>st</sup> and May 31<sup>st</sup> and orders will be shipped directly to you! More information to come!



GET INVOLVED!  
MAKE A DIFFERENCE!!



### **Volunteers Needed:**

\*At the end of this school year the current president and vice president will be stepping down, so we come to our community again to shamelessly beg for your help. WE ARE STILL IN NEED OF A VICE PRESIDENT. If you are interested or would like more information, we will be hosting an informational zoom meeting for our community on Wednesday 4/14, and we would love you to join us. Helping the PTA and even being a board member is NOT a huge commitment. In order to get someone in place for the 2021/2022 school year, we need that person to step in as soon as possible so the existing board can provide the assistance needed to set them up for success! Our kids deserve to have a functioning PTA. We would be happy to answer any questions you may have regarding the positions needed! Feel free to email our Vice President, Kristin McCartney at [kmccartneypta@gmail.com](mailto:kmccartneypta@gmail.com) and/or join us on zoom Wednesday 4/14 at 6pm. The zoom link is posted below, or we can email it to you if needed!

**We will be taking nominations for the board during our April meeting and voting during the month of May. If you are interested, please reach out as soon as possible.**



Our next meeting is April 14th at 6pm. We hope to see you there!

<https://us02web.zoom.us/j/88931397946?pwd=ak9QeVBrWmdkWFIPc0xqNUlKOHp4UT09>

Meeting ID: 889 3139 7946

Passcode: 485395

Lucinda Quinney

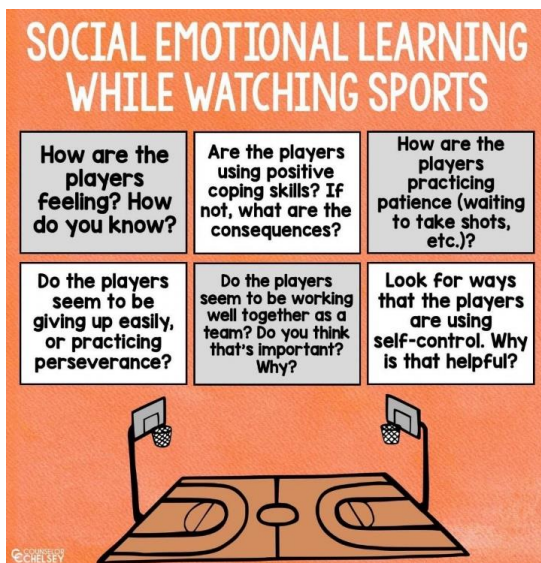
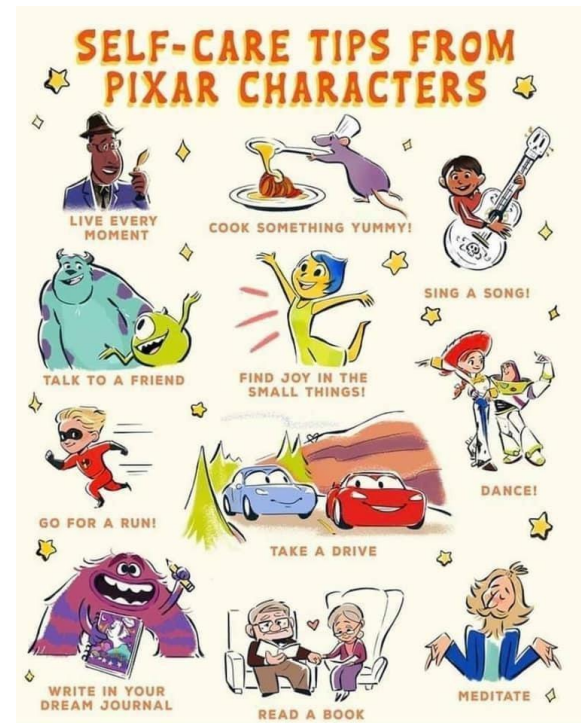
PTA President



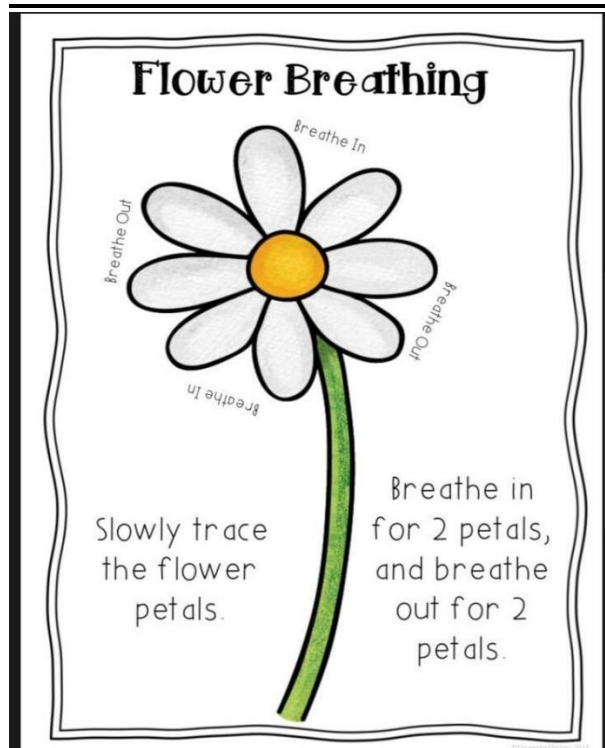
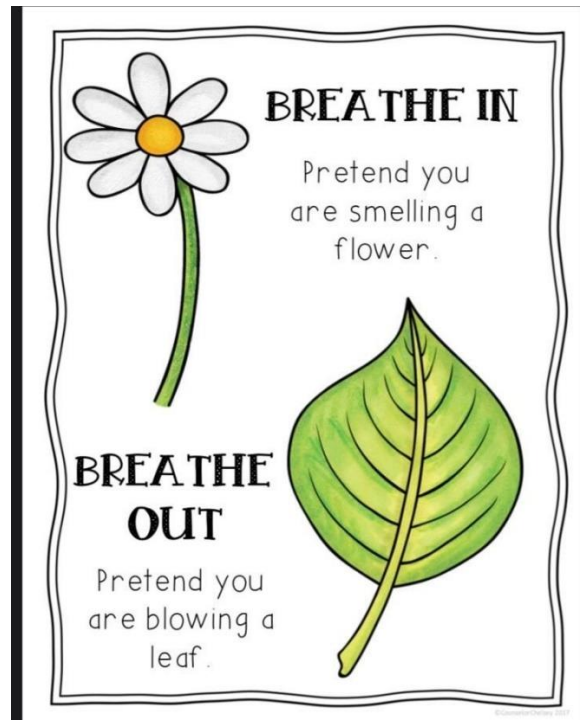


## Happy Spring!

Spring is a time for growth, movement and rejuvenation! Nature is blooming, basketball games are picking up, and we all tend to do some form of cleaning and organization. I feel like we all could use a little fresh air and relaxation after conquering this past year! I am sharing some helpful self-care and executive functioning tips, sports themed SEL, and refreshing exercises to try at home for this time of year. Looking ahead, I will be going into the 3-5<sup>th</sup> grade classrooms for the month of April to discuss bullying and the importance of being an upstander rather than a bystander.



## Mindful Moments at Home





# GARDEN YOGA FOR KIDS



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



© Childhood 101 & Kids Yoga Stories

*printable yoga poster*



# Action for Happiness Calendar: April

**Active April 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Commit to being more active this month, starting today	2. Listen to your body and be grateful for what it can do	3. Spend as much time as possible outdoors today	4. Have a day free from TV or screens and get moving instead	5. Eat healthy and natural food today and drink lots of water	6. Turn a regular activity into a playful game today	7. Do a body-scan meditation and really notice how your body feels
8. Get natural light early in the day. Dim the lights in the evening	9. Give your body a boost by laughing or making someone laugh	10. Turn your housework or chores into a fun form of exercise	11. Be active outside. Dig up weeds or plant some seeds	12. Set yourself an exercise goal or sign up to an activity challenge	13. Move as much as possible, even if you're stuck inside	14. Make sleep a priority and go to bed in good time
15. Relax your body & mind with yoga, tai chi or meditation	16. Get active by singing today (even if you think you can't sing!)	17. Go exploring around your local area and notice new things	18. Make time to run, swim, dance, cycle or stretch today	19. Have a 'no screens' night and take time to recharge yourself	20. Spend less time sitting today. Get up and move more often	21. Focus on 'eating a rainbow' of multi-coloured vegetables today
22. Regularly pause to stretch and breathe during the day	23. Enjoy moving to your favourite music. Really go for it	24. Go out and do an errand for a loved one or neighbour	25. Get active in nature. Feed the birds or go wildlife-spotting	26. Try a new online exercise, activity or dance class	27. Take an extra break in your day and walk outside for 15 minutes	28. Find a fun exercise to do while waiting for the kettle to boil
29. Meet a friend outside for a walk and a chat	30. Become an activist for a cause you really believe in					

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

The theme for April is Active- For this month the challenge is for you and your family to get outside- enjoy the sunshine and explore the outdoors! We have been cooped up for far too long! It is so important to be kind to our bodies- eating well, getting enough sleep, laughing, playing, singing, and/or exercising are all great options.

Bonus Challenge: Unplug from technology overload; keep technology use under an hour per day!

(Source: Actionforhappiness.org)

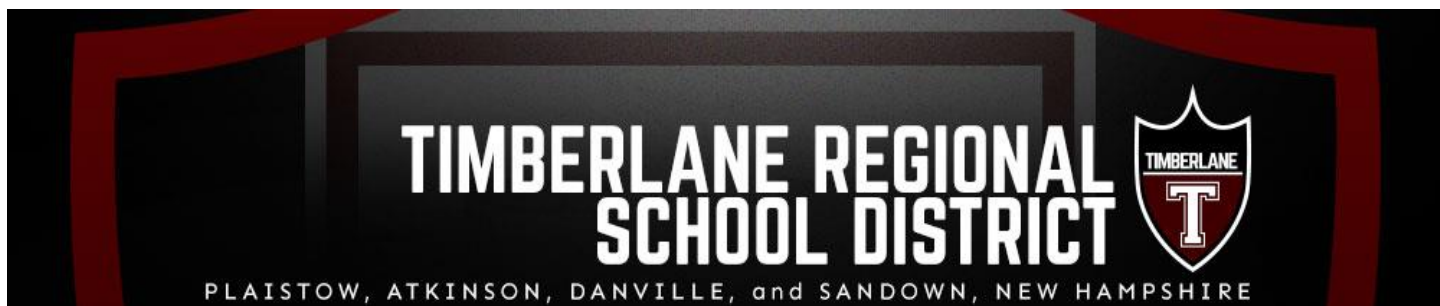
\*Please feel free to contact me with any concerns you may have about your child throughout the school year!



Best Wishes,

Samantha Houlihan

School Counselor, Extension 7543, Samantha.Houlihan@Timberlane.net



## Timberlane Regional School District Food Service programming update.

The District will be offering no charge breakfast and lunch meals (regardless of free/reduced status) to all District students under a program extended by the USDA for the 2020-2021 school year.

### 1. Hybrid Students:

- a. Meals will be available in schools on days when students are in school.
- b. Every Wednesday, the elementary school in each town will serve from 8:00am to 11:00am (see below for a listing of schools).
- c. Three breakfast meals and three lunch meals will be made available to cover days the students are learning remotely.

### 2. Remote Students:

- a. Every Wednesday, the elementary school in each town will serve from 8:00am to 11:00am (see below for a listing of schools).
- b. Five breakfast meals and five lunch meals will be made available to cover days the students are learning remotely. Distribution of Meals on Wednesdays from 8:00am to 10:15am will be at the Kitchen Door at the following Elementary Schools: -

- Atkinson Academy: 17 Academy Avenue, Atkinson, NH 03811
- Danville Elementary: 23 School Street, Danville, NH 03819
- Pollard Elementary: 120 Main Street, Plaistow, NH 03865
- Sandown North: 23 Stagecoach Drive, Sandown, NH 03873

The program is open to all District students, including High School and Middle School students. There is no need to qualify for Free or Reduced status. Parents or guardians may pick up their student's meals, students do not need to be physically present. Although this program is scheduled to run until December 31, 2020 (or when USDA funding runs out), families are encouraged to get applications in early for Free or Reduced meals qualification for the remainder of the year. Please see the 2020-2021 Household Application for Free and Reduced Price School Meals on our District Food Service page: <https://www.timberlane.net/lunch/>.

# APRIL 2021 SANDOWN NORTH ELEMENTARY SCHOOL LUNCH MENU

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



1 Turkey Hot Dog on Bun  
Or Crispy Chicken Sandwich  
Sweet Corn  
Baked Beans  
Diced Pear Cup  
Fresh Orange

2 Cheese Pizza 🌱  
Or Chicken Club Sandwich 🌱  
Baby Carrots  
Side Salad  
Sliced Peaches  
Fresh Apple

5 Whole Grain French Toast 🌱  
Ham  
Or Grilled Cheese Sandwich 🌱  
Caesar Salad  
Crispy Potato Puffs  
Fresh Apple  
Diced Pear Cup

6 Homemade Pasta & Meatballs 🌱  
With Homemade Garlic Bread  
Or Cheeseburger  
Side Salad  
Cucumber Coins  
Fresh Apple  
Sliced Peaches

7 Chicken Nuggets With Whole Wheat Dinner Roll  
Baby Carrots  
Side Garden Salad  
Fresh Orange  
Fresh Apple

Full Remote Meal Pick up  
9:00 until 10:15 at the 4 Elem

8 Crispy Chicken Sandwich  
Mixed Fruit  
Sweet Corn  
Side Garden Salad  
Fresh Apple  
Chocolate Hummus

9 Cheese Pizza 🌱  
Caesar Salad  
Celery  
Fresh Apple  
Sliced Peaches

12 Chicken Nuggets With Whole Wheat Dinner Roll  
Steamed Carrots  
Mixed Fruit  
Side Garden Salad  
Fresh Apple

13 Nachos Grande  
Caesar Salad  
Sweet Corn  
Fresh Apple  
Sliced Peaches

14 Or Bacon Cheeseburger  
Baked Beans  
Fresh Apple  
Caesar Salad  
Fresh Orange

Full Remote Meal Pick up  
9:00 until 10:15 at the 4 Elem

15 Crispy Chicken Sandwich  
Side Salad  
Baby Carrots  
Strawberry Cup  
Fresh Orange

16 Cheese Pizza 🌱  
Sliced Peaches  
Side Salad  
Broccoli Bites  
Fresh Apple  
Cookie

19 Grilled Cheese Sandwich 🌱  
Potato Puffs  
Caesar Salad  
Fresh Apple  
Applesauce

20 Cheeseburger  
Caesar Salad  
Fresh Apple  
Applesauce  
Green Beans

21 Turkey Hot Dog on Bun  
Sweet Corn  
Baked Beans  
Diced Pear Cup  
Fresh Orange

Full Remote Meal Pick up  
9:00 until 10:15 at the 4 Elem

22 Crispy Chicken Sandwich  
Sweet Corn  
Side Salad  
Fresh Apple  
Strawberry Cup

23 No School

26

27

Vacation

28

29

30



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Low Fat Milk .50  
100% Juice .50

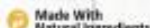
### Help Wanted

Food Service Worker  
Contact John Fratiello  
[fratielloj@whitsons.com](mailto:fratielloj@whitsons.com)

Also Available Daily  
Bagel Lunch- Wheat Bagel, String Cheese, Organic Yogurt

Healthy Choice Salad - A bed of Lettuce, Grape Tomatoes, Cucumbers, Cheese and Whole Grain Rolls

Sunbutter & Jelly Sandwich



\*Consuming raw or under-cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted on the menu board. All trademarks are the property of their respective owners. © 2021 Whitsons.