

SANDOWN NORTH

SANDOWN, NEW HAMPSHIRE



SANDOWN NORTH ELEMENTARY SCHOOL

February 2022

From the desk of Mrs. Stafford, Principal

Dear Families,

As you know, we have been experiencing a lot of illnesses. Please know, the health of our staff and students is always a priority. Our nurse, Mrs. Healy-Simmons, is monitoring illnesses closely and working directly with district administration and the NH Department of Health and Human Services to follow the state's recommendations. Many, many thanks go out to her for her daily diligence in working with students, families and staff to help each of us stay well and follow protocols. It will certainly be helpful to have a week off at the end of the month. (Please

note winter vacation falls late this year and is actually mostly in March! The dates we have no school are February 28 - March 4th.) I would also like to remind you that students do go outside each day as long as the "feel like" temperature is above 20 degrees. The opportunity for fresh air is important; therefore, please remind your children to dress appropriately for the weather. Now that we have more snow, students need to remember to bring in snow pants, boots, hats and gloves if they want to be able to play in the snow.

This year, our 100th day in school currently falls on February 9th! This is always an exciting day and I love seeing how some of our classrooms choose to celebrate this day. The school year is already more than half over and I look forward to seeing all the great learning happening in our building. February is a short but busy month! The TRSD Deliberative session will be held on Thursday, February 10th, at 7 pm in the Performing Arts Center (PAC). Every voter has an opportunity to have a say in our district warrant articles at this meeting. Please consider attending this important meeting.

Our Star Council recently rolled out their first initiative, "Walking in the Hallway" and we are pleased to say we have noticed an improvement. Our new recognition bulletin board is titled, "Our Star Students are Piling Up!" It is stacking up with snowflakes with student names that have demonstrated great hallway etiquette. A highlight in February will be the meeting of our second group of Star Council participants, consisting of some of our 4th and 5th graders. Initially, they will work together with the first group, to help the school recognize and celebrate kindness. The Star Council will help to coordinate students and staff writing letters or drawing pictures to send to others to brighten their day. Each classroom will have a "Kindness mailbox" on their door where these special letters can be dropped off. During the week prior to vacation we will have fun with 2-22-22 Day, which also happens to be a **Tuesday**. :) ! Members of our school community may choose to participate in a

WE
CAN
DO
HARD
THINGS

variety of ways: Famous Duos, Twin Day, Tutu days....use your imagination! I am excited to see all of the creative ways we can recognize this special date.

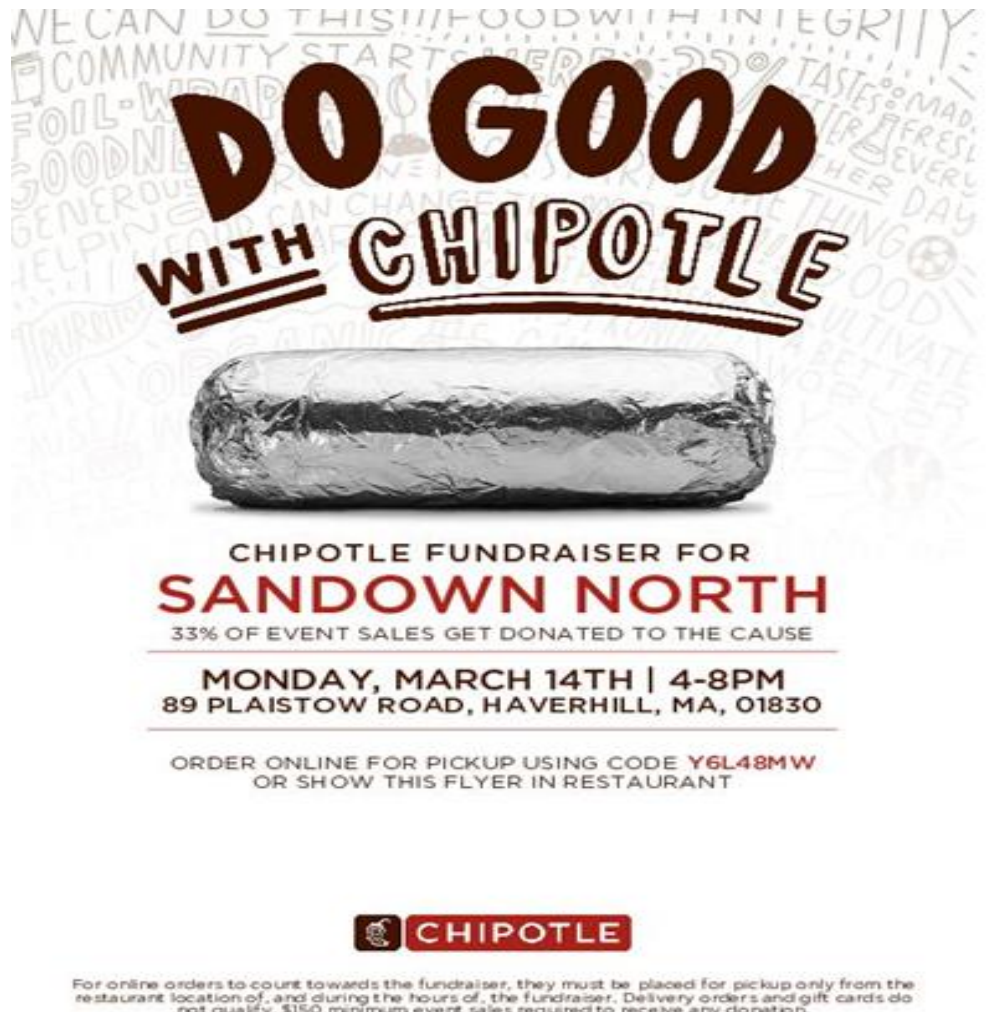
Another special recognition in the month of February is School Counselor Appreciation Week, February 7-11th. Mrs. Houlihan has been the counselor at Sandown North for 7 years. She always goes above and beyond to support not only our students and staff, but our Sandown families as well. The last few years have been particularly challenging and Mrs. Houlihan has been providing lots of ideas to try and help us understand and work through our fears and anxieties, as well as teach our students about kindness, diversity, and collaborate with school staff and families to help our students with social/emotional and academic growth. Thank you Mrs. Houlihan, you are truly a Sandown North Star!

Mrs. Guanci, and I will be hosting another Coffee and Conversation on Monday, February 21st 10-11 am, which will be via zoom. If you would like to attend, please add your name here: [C&C Sign Up](#). A zoom link will be sent the morning of Feb. 21st, prior to the meeting. Also, tune in to Facebook Live story times with me and Mrs. Guanci next Sunday, February 6th at 6:30pm and Sunday, February 20th at 6:30pm.

Stay healthy and warm!
Nancy Stafford, Principal

Chipotle Fundraiser Rescheduled!

This year a team of staff formed a new committee on Social Emotional Learning, centered on Outdoor Wellness. Their mission statement states that *we envision a community that supports students in developing self and social awareness, by adding more movement, and outdoor exploration of healthy senses through daily activities.* Their goal is to add more outdoor movement stations, murals for imaginative play, additional activities etc. We will be holding a fundraiser at Chipotle in Plaistow to help support updating the playground and an outdoor classroom space. 33% of Chipotle's sales from will go toward the Sandown North Outdoor Wellness fund. If you can, please enjoy some delicious food and support our efforts, whether you choose to eat in or do take out. Please pass this information onto anyone you think would love to help or eat Mexican food!




The flyer features a background of faint, overlapping text including phrases like "WE CAN DO THIS!!", "FOOD WITH INTEGRITY", "COMMUNITY STARTS HERE", "FOIL-WRAP", "GOODNESS", "GENEROUS", "HELPING", "SANDOWN NORTH", "TASTES MADE", "EVERY", "DAY", "ULTIMATE", and "SUSTAINABLE". The main title "DO GOOD WITH CHIPOTLE" is prominently displayed in a large, bold, brown font. Below the title is a high-quality image of a wrapped burrito. The text "CHIPOTLE FUNDRAISER FOR SANDOWN NORTH" is written in a bold, red font, followed by "33% OF EVENT SALES GET DONATED TO THE CAUSE" in a smaller, black font. The event details "MONDAY, MARCH 14TH | 4-8PM" and "89 PLAISTOW ROAD, HAVERHILL, MA, 01830" are listed in a bold, black font. At the bottom, the text "ORDER ONLINE FOR PICKUP USING CODE Y6L48MW OR SHOW THIS FLYER IN RESTAURANT" is written in a smaller, black font. The Chipotle logo, consisting of a red square with a white sombrero icon and the word "CHIPOTLE" in white, is positioned at the bottom center.

**DO GOOD
WITH CHIPOTLE**

**CHIPOTLE FUNDRAISER FOR
SANDOWN NORTH**
33% OF EVENT SALES GET DONATED TO THE CAUSE

MONDAY, MARCH 14TH | 4-8PM
89 PLAISTOW ROAD, HAVERHILL, MA, 01830

ORDER ONLINE FOR PICKUP USING CODE **Y6L48MW**
OR SHOW THIS FLYER IN RESTAURANT

 **CHIPOTLE**

For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Upcoming Events

February 3 – School Board Meeting, PAC, 7pm
February 6 – Facebook Live Story Time, 6:30pm
February 7 – Sandown PTA Meeting, Virtual, 6pm
February 9 – 100th Day of School
February 10 - Timberlane Deliberative Session, PAC, 7pm
February 17 – School Board Meeting, PAC, 7pm
February 28 - March 4 – No School, Winter Break
March 7 – Sandown PTA Meeting, Sandown Central. 6pm
March 14 – Chipotle Fundraiser
March 17 – School Board Meeting, PAC, 7pm
March 20- Facebook Live Story Time, 6:30 pm
March 30 – No School, Professional Development Day

REMINDER

- Parent pick up is going much quicker now. For safety reasons, we need students to be able to get in the backseat from the driver's side of the car rather than walking them around to the passenger's side.
- Please send your child to school with a water bottle. Although our water fountains are not on, the water bottle fillers are available. Students are able to bring a water bottle to school and are able to access the water fillers as needed throughout the day
- Masks are required on the school bus and while indoors at school. We ask that you pack an extra mask in your student's backpack.

Attendance Policy

We ask that you contact the school prior to the start of the school day (8:40 am) if your child will not be attending school. To provide for the security of your child, 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 you may report the absence 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 before reporting to the classroom. If you need help setting up your Pick Up Patrol account, please call the office for assistance.



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.
- Keep in mind that complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home. If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

February Technology News



Our fifth graders are wrapping up our digital citizenship website. Their contributions on the results, criteria, and essential questions, expectations, and examples pages have been insightful and illustrative of their solid understanding of this important concept. In the words of our students, they “can use technology to respectfully and responsibly communicate, create, and learn.” These skills will serve them well as they continue to expand their skills.

PTA News



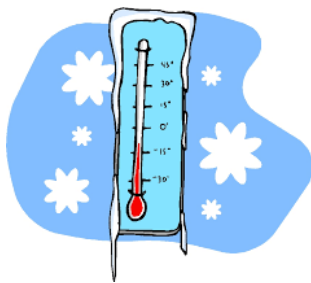
Volunteers Needed: We are looking for volunteers to take on leadership roles with the PTA for next school year. We will be in need of a President, Vice President and Secretary. If you are interested, please contact me at kgondolfo@gmail.com.

PTA Meetings: We meet the first Monday of every month, alternating between Sandown Central and Sandown North. However, our next meeting will be Monday, February 7 at 6 pm via Zoom. Click on this link and join us!

<https://us04web.zoom.us/j/2824005047?pwd=SVdMcGJvNnRoaThaVIREdGhvUGZ4dz09>

Meeting ID: 282 400 5047

Passcode: 990304



Winter Recess

Even in the cold winter months, we believe outdoor recess is an important and valuable part of the student's day. With that in mind, we ask that you please send your child to school properly

dressed to participate in outdoor recess. Students will go outside for recess each day, with the exception of rain, a “feels like”

temperature below 20 degrees, or at the discretion of administration. Winter coats, hats, gloves, scarves and long pants are most appropriate on these cold days. We also ask that your student have both indoor and outdoor footwear with them. If your student would like to play in the snow during recess, they must have a pair of snow pants and boots.



HEALTH OFFICE NEWS

Students and Staff members should remain home when sick or have any of the following cold or allergy like symptoms.

- Headache
- Muscle and body aches
- Fatigue
- Sore throat, runny nose, congestion, cough
- Fever
- Loss of taste or smell
- Nausea, vomiting, and/or diarrhea.

It is advised that you contact your healthcare provider and inquire about COVID testing if your child has any of the above symptoms.



Home Covid 19 Antigen Testing

If a rapid covid antigen test is done at home, please be mindful of the following:

- It should be a FDA approved kit.
- Please take a picture of the testing results. Label it with the student's name and the date the test was done. Forward a copy to the health office for the student's record.
- If testing results are negative, it is recommended that it is repeated in 24 hrs. If a student continues to have symptoms, and has had 2 negative rapid testing results, please consult with your physician to inquire about PCR testing.
- All results and symptom updates should be reported to the school nurse before the student returns to school.

All positive Covid, Flu, Strep or other communicable conditions should be reported directly to the school nurse.

maureen.healysimmons@timberlane.net

603-887-8505 Ext 7519

Quarantine Guidelines

- [STUDENT & STAFF SCREENING ALGORITHM](#)
- [Isolation and Quarantine Guidelines](#)

It is a very confusing time with a lot of changing information and guidelines. Please contact your school nurse to confirm all quarantine dates before sending your student back to school.



Covid 19 Vaccinations

If your child has completed their covid vaccinations, please forward a copy of the card to the school nurse to add to your student's immunization records.

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ONLINE REGISTRATION OPEN @ www.SBSANH.com



Baseball Boys & Girls: Must be 4 years old by
4/30/2022

Must not turn 16 before 5/1/2022

Girls Softball: Must be 6 years old by 12/31/2021

Must not turn 17 before 1/1/2022



- ◆ This is a recreational league for children to learn the sport of baseball/softball.
- ◆ All new players (those who have never played in any of the SBSA leagues) will need to bring an original birth certificate for verification to the first practice (photocopies not accepted).
- ◆ Registration fees vary from \$50-\$175. Refer to back of flyer for details.
- ◆ To register and for additional information, please visit: www.SBSANH.com.
- ◆ We need your help! There are critical gaps in our leadership and the need for volunteers has never been greater. Please let us know how you can volunteer.
- ◆ Registration closes February 15th, 2022 for all levels, except T-ball and Rookie which will remain open until March 31, 2022. In order to guarantee placement on a team, you must register before the closing of registrations. Any registrations received after closing, will be considered on a first come, first serve basis.

For more information regarding SBSA please visit website at: www.SBSANH.com or email:
SBSANH@gmail.com

These materials are neither sponsored nor endorsed by the Timberlane Regional School District, the Timberlane Regional School Board, the Superintendent or this school.



Sandown North Elementary School

February 2022





Welcome to our Breakfast Cafe

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Timberlane Sandown North Elementary

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	2 Mini Cinnamon Rolls Mixed Fruit 100% Orange Juice Blend	3 Sausage and Egg Sandwich Mixed Fruit 100% Orange Juice Blend	4 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
7 Fluffy Whole Grain Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	8 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	9 Mini Cinnamon Rolls Mixed Fruit 100% Orange Juice Blend	10 Sausage and Egg Sandwich Mixed Fruit 100% Orange Juice Blend	11 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
14 Fluffy Whole Grain Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	15 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	16 Mini Cinnamon Rolls Mixed Fruit 100% Orange Juice Blend	17 Sausage and Egg Sandwich Mixed Fruit 100% Orange Juice Blend	18 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
21 Fluffy Whole Grain Waffles Mixed Fruit Fresh Apple 100% Orange Juice Blend	22 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	23 Mini Cinnamon Rolls Mixed Fruit 100% Orange Juice Blend	24 Sausage and Egg Sandwich Mixed Fruit 100% Orange Juice Blend	25 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
28 February Break				



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD Meal Planner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!

Breakfast Prices

Regular: Free
Reduced: \$0

Breakfast is served in the cafe

Available Daily

Whole grain bagels w/ butter or low fat cream cheese

Assorted Cereals with Crackers

All served with choice of fat free or low fat milk, assorted juices and fresh fruits



*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.



Sandown North Elementary School

February 2022




Welcome to our Lunch Cafe

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Timberlane Sandown North Elementary

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 General Tso's Chicken  Brown Rice Steamed Broccoli Caesar Salad Diced Pear Cup Fresh Apple Fortune Cookie Happy Chinese New Year!	2 Baked Chicken Breast Crispy Potato Puffs Dinner Rolls Fresh Apple Baby Carrots Caesar Salad Fresh Orange National Tator Tot Day	3 Crispy Chicken Sandwich Mixed Fruit Side Garden Salad Fresh Apple Cucumber Coins	4 Cheese Pizza   Baby Carrots Fresh Apple Side Salad Sliced Peaches
7 Cheesy Stuffed Bread Sticks  Tomato Sauce Dip Mixed Fruit Side Garden Salad Fresh Apple Oven Baked Fries MEATLESS MONDAY	8 Soft Tacos Brown Rice Corn Garden Salad Diced Pear Cup Fresh Apple	9 Chicken Nuggets Mixed Fruit Side Garden Salad Fresh Apple Oven Baked Fries	10 Crispy Chicken Sandwich Mixed Fruit Side Garden Salad Fresh Apple Confetti Garbanzo Bean Salad	11 Cheese Pizza   Baby Carrots Fresh Apple Side Salad Sliced Peaches
14 Homemade Mac & Cheese   Broccoli Bites Fresh Apple Caesar Salad Fresh Orange Strawberries & Cream MEATLESS MONDAY	15 Bacon Cheeseburger  Caesar Salad Fresh Apple Applesauce Homemade Lite Veggie Pasta Salad	16 Pasta with Meat Sauce   Fresh Apple Caesar Salad Fresh Orange Cucumber Coins	17 Crispy Chicken Sandwich Baby Carrots Mixed Fruit Fresh Orange Baked Beans	18 Cheese Pizza   Baby Carrots Fresh Apple Side Salad Sliced Peaches
21 Cinnamon French Toast  Crispy Potato Puffs Mixed Fruit Side Garden Salad Fresh Apple MEATLESS MONDAY	22 Nachos Grande Corn Garden Salad Diced Pear Cup Fresh Apple	23 Cheesy Stuffed Bread Sticks  Tomato Sauce Dip Mixed Fruit Side Garden Salad Fresh Apple Oven Baked Fries	24 Crispy Chicken Sandwich Baby Carrots Mixed Fruit Fresh Orange Baked Beans	25 Cheese Pizza   Baby Carrots Fresh Apple Side Salad Sliced Peaches
February Vacation	<div style="display: flex; align-items: center;">   </div> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p>			



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at 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 Mayra Maldonado
maldonadom@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

All Lunches include:

Skim, 1%, Low Fat Chocolate Or Strawberry Milk

Vegetables/ Variety of Fresh & Cupped Fruits

Assorted Condiments available Daily

 Vegetarian
 Made With Natural Ingredients
 Pork
 Smart Choice
 Made With Organic Ingredients

*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 when available. This institution is an equal opportunity provider.