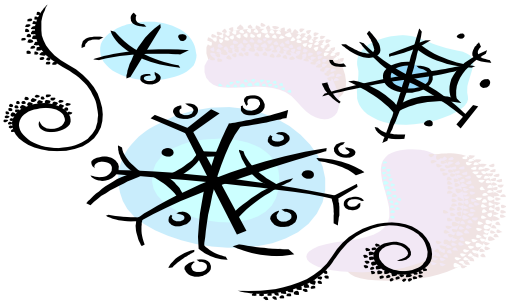




**SANDOWN NORTH  
ELEMENTARY  
SCHOOL  
NEWSLETTER  
JANUARY 2016**



*From the desk of  
Jo Ann H. Georgiam, Principal*



Happy New Year to all of you! I hope that 2015 brings you great health and much happiness. Seeing the smiles on our children's faces was the best way for us to begin the New Year. The recent cold weather brought us back to reality that it really is winter in New England. Please be sure that your child is dressed appropriately to be able to enjoy the snow when the temperature allows us to go outside. Students cannot play in the snow unless they have all of their snow gear – coat, hat, mittens, snow pants and boots.

Also, as you know, our buses usually arrive at your bus stop on time, but when the roads are slippery, they will run later. The children will report that they were cold while waiting. Please be sure that they are wearing their gloves or mittens and hats as it really is cold early in the morning. Our students will go outdoors for recess unless the weather dictates otherwise. The Timberlane nurses have a formula they use to determine if it is safe to go outdoors which includes the wind chill factor. Whenever possible, though, we do try to be outdoors as the brain and body need to be challenged for peak academic performance.

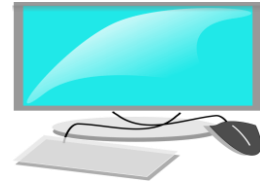
I'm sure that many of you have been reading about and hearing about the increased levels of stress in children and adolescents. I know that you are as concerned as we are. At school, we try to balance motor and movement breaks with relaxation stretches and thoughts, as different individuals need different strategies on different days. We are a fast paced society and our children are busy throughout the week. Eric Jensen, author of *Teaching with the Brain in Mind*, tells us that the findings of research studies show the specific value of developing motor skills and having motor breaks in relation to reading, stress response, writing, attention, and memory. Teachers are

cognizant of this research and build in motor breaks and teach our students stress management techniques. In the classroom, stress can be released through partner work, games, discussions, drama, and celebrations. Physical exercise can elevate mood and can improve long-term memory. Recess and Physical Education class certainly help to energize our students. Actually, our students are not alone in these needs. Our doctors remind us of the importance of exercise and relaxation so maybe it's a resolution we may all want to consider, for our own health and happiness. 😊

Just before the holiday break, Anne the Drum Lady spent the day with our students. The event applied fitness, drumming, music, and educational concepts designed to improve the health of children. The cardiovascular work-out was amazing. Great fun was had by all as they drummed on stabilized exercise balls. We thank Mrs. DeCristofaro for bringing Anne the Drum Lady to us. Our kindergarten students from Central visited the book fair that day and heard all the drumming. Mrs. Stafford read holiday stories in the morning and I did in the afternoon and heard how excited they are to come to school here. I hope we can live up to their perceptions of life at Sandown North since Anne the Drum Lady was their first introduction!

Again, I wish you a year full of happiness and little stress!!

### January 2016 Technology News



For a creative challenge, [3dtin.com](http://3dtin.com) is a fun site to try to learn and experiment with 3D model making.

For those who love problem solving and puzzles, check out [code.org](http://code.org) to learn about block coding.

[Brainpop.com/games](http://Brainpop.com/games) also offers many enjoyable thinking challenges.

To prepare for a potential snow day, be sure your child is able to navigate his/her Google Classroom account.

### Music News—January 2016



Our Sandown North musicians certainly shone in the month of December! Performances during the month of December included:

- Honors Elementary Band and Strings concert on December 15 at the PAC
- A very musical Monday Morning Meeting on December 21 that included selections by some of our string players--one, Sophia

Militello, also presented a piano solo--and Mrs. Bruce's "Biosphere Holiday Singers."

- The annual Holiday Singalong on December 23, preceded by a mini-band concert led by Mr. Mainella. As a finale, our entire school community sang John Lennon's "Happy Christmas (War is Over)" while holding battery-operated tea lights and swaying back and forth. What a beautifully expressed message of peace and hope!

But wait! There's more to enjoy in January:

- Sandown North Winter Concert: Wednesday, January 13 at 7:00 at the PAC.
- Chorus performance at the Manchester Monarchs: Sunday, January 17 at 3:00 PM at the Verizon Center, Manchester. Each ticket sold helps to support the PTA and all that they do for our students. Please check out the flyer in this newsletter for ticket information.

Many thanks for your support. Happy New Year!

Musically yours,

Mrs. Alison Yankowskas



### January Parent Communication

Update from the Universal Team – The children have been working on earning STAR tickets for playing fairly on the playground and matching voice to task in the cafeteria. The next rollout, which is on Monday, January 11<sup>th</sup>, will focus on STAR behavior in settings outside of their classrooms (i.e. library, music, art, tech, PE, small group instruction and hallways) and then transitioning back into the classroom. At home you can assist by helping your child with transitioning. For example, if your child is outside playing and comes into the house and you are talking with someone, your child waits before speaking with you. Some other examples of when your child transitions include: between playing or homework and dinner; bath and bedtime; morning routine and leaving the house for the bus.

Thanks for talking about transitioning with your child.

The Universal Team



I hope everyone had a peaceful, fun vacation. We left for vacation wearing spring jackets and have returned wearing our coats, boots, hats and mittens! We also returned to snow on the ground and more to come I'm sure. In October, you received information regarding Blizzard Bag Day procedures and students participated in a practice. Now that we have entered the winter season, I wanted to remind parents of these procedures. When inclement weather causes school to be cancelled, listen to the "No School" alert message. The message will indicate that it is a **Blizzard Bag Day**. Instructions may be accessed from our school website, [sandownnorth.com](http://sandownnorth.com). Click on the blue link on the right that says "online learning and blizzard bag information". All grades 1 and 2 students as well as students who requested it, were given Blizzard Bag folders in October. Please be sure you know where that folder is so that your child will be ready if we have a Blizzard Bag Day.

I also wanted to take this opportunity to remind parents of the bus expectations we have for our students. They are also listed in our student

handbook. As a school, we discuss these expectations with the students. It would be helpful for you to have conversations with your child as well. We want the bus ride to and from school to be a safe one for all riders. When students have a comfortable ride to and from school, it also helps to start and end their school day in a positive way. Below are the bus rules. Again, we would appreciate it if you reviewed these with your child.

- Sit in the assigned seat, facing forward
- Remain seated
- Backpacks should be on students' laps
- Toys and food need to stay in backpacks
- Use a partner voice (speak so that the person next to you can hear)

If you have any questions or concerns regarding the bus, please feel free to contact me. When the school, parents and bus company work together, we are better able to address any problems and create a positive bus experience for students.

Happy New Year!  
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