

SANDOWN NORTH

SANDOWN, NEW HAMPSHIRE



SANDOWN NORTH ELEMENTARY SCHOOL

WE
CAN
DO
HARD
THINGS

May 2022

From the desk of Mrs. Stafford, Principal

Dear families and friends of Sandown North!

As we head into the last several weeks of school, we have a lot to look forward to as we begin to normalize our routines for the first time in two years. The Sandown PTA is planning **two** fun events to bring students and families together again. On May 20th they are sponsoring a Family Fun Night at Sandown Central. Then, on Saturday May 21st, back by popular demand, they are having two dances. (See details on page 6). We are excited that our gym will be buzzing with the sounds of families enjoying time together in our school again! Next year they hope to

continue to revive these old favorites and new activities, but they need help! Please consider joining and helping where you can. They have many leadership positions vacant for next year. The next PTA meeting will be held on May 2 at 6 pm at Sandown Central. If you plan on volunteering, just a reminder that you need to complete the Designated Volunteer application. Call our front office if you have any questions.

Our PTA and parents are always so supportive of our teachers and staff and spoil us in May. May 2 - 6th is Teacher Appreciation Week and the PTA has turned it into a month-long celebration, providing a special treat each Friday - donuts, chocolate, lunch and coffee! What could be better than that? Thank you PTA for your generosity. I am also incredibly thankful for our educators. We have the best staff at Sandown North. They collaborate and work together as a team to do what's best for our students and always conduct themselves with professionalism, taking pride in their work and caring deeply about your child's education and well-being. They care about each other and lift one another up during trying times and always manage to find their good humor, laughter and smiles. They are a phenomenal team.

May is also state testing month for our 3rd, 4th, and 5th graders. Special thanks to Mrs. Guanci for her scheduling and support. There is a surprising amount of coordination, scheduling, and technical support that goes into organizing it. Thanks to teachers and special educators for their flexibility and support for our students. Information about testing days was sent home via email. It is important for students to arrive at school on those days, on time, well-rested and with some healthy snacks.

Recently I emailed a survey to our parents of 1st through 4th graders for your feedback on the past year and what would serve your child best next year. Please complete the google [Grades 1-4 Parent Survey](#) by May 6th. We will be working on next year's class placements in the coming weeks and your input is valuable to us. Finally, we will also be having another Coffee and Conversation with the

Principals on Thursday, June 2nd from 9-10 am under the tent out front. We love having the opportunity to meet with you face to face to provide information and talk with you about your ideas and concerns. Look for an upcoming email to sign up to attend.

Stay tuned for other end of year events and fifth grade transition activities!

Happy Spring,

Nancy Stafford, Principal



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 the Pick Up Patrol website. 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.



Fifth Grade Field Day

Sandown North will be hosting a Fifth Grade Field Day on Tuesday, June 7 at Sandlots. (Rain date is Thursday June 9).

We are looking for parent volunteers to help with this event. Volunteers will need to arrive by 9am.

Please note: ALL parents that wish to be able to volunteer for **ANY** event need to “apply” on the district website, complete an application form, and will need to have background and reference checks. All previous approvals are outdated at this point and are no longer valid. If you have any questions about volunteering, please contact Erin Hallisey at erin.hallisey@timberlane.net

Thank you,

Nancy Stafford and Kim DeCristofaro

Upcoming Events

- May 2 – Sandown PTA Meeting, Sandown Central, 6pm
- May 5 – School Board Meeting, PAC, 7pm
- May 9 – Grade 4 and 5 Orchestra Rehearsal, PAC, 6:30 pm
- May 10 – Incoming First Grade Parent Night, 6-7 pm, Sandown North
- May 10 – Grade 4 and 5 Orchestra Concert, PAC, 7pm
- May 16 – Arts Night, Sandown North, 5pm (see page 7)
- May 19 – School Board Meeting, PAC, 7pm
- May 20 – PTA Family Block Party, Sandown Central, 5-8pm
- May 21 – PTA’s Glow Dance, Sandown North (see page 6)
- May 27 – Early Dismissal, 1pm
- May 30 – No School, In Observance of Memorial Day
- June 1 – Elementary Instrument Trials, PAC, 5-7pm
- June 2 – Coffee and Conversation, Sandown North Tent, 9am
- June 2 – School Board Meeting, SAU Board Room, 7pm
- June 2 – District Beginner Instrument Concert, PAC, 7pm
- June 4 – Elementary Instrument Trials, PAC, 8-10am
- June 6 – Elementary Instrument Trials, PAC, 5-7pm
- June 6 – PTA Meeting, Sandown North, 6pm



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

DID YOU KNOW?

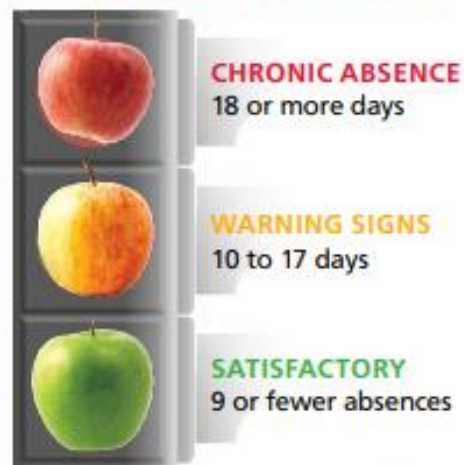
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- 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!



Events:

Teacher Appreciation: The PTA will be celebrating Teacher Appreciation every Friday in the month of May. We are looking for volunteers and donations. Donation items needed include: coffee k-cups, individually packaged snacks and chocolate, gift cards or monetary donations for a luncheon. Labeled donations can be sent into school with your child. If you are interested in helping out, please

reach out to Heidi Chaput at Heidi.chaput@timberlane.net or use this sign up: <https://www.signupgenius.com/go/10c0945a4ab2ea2f49-teacher>.



May 20 – Sandown PTA Block Party at Sandown Central from 5-8pm. Food, music, games and more. If you would like to volunteer, please contact Kristen Gondolfo at kgondolfo@gmail.com

May 21 – The PTA Glow Dance for Preschool through fifth grade will be held at Sandown North. Grades Preschool to 2nd grade will be held from 3:30-5pm. Grades 3 to 5th will be held at 6-8pm. Please see the sign up genius below to donate and or volunteer.

<https://www.signupgenius.com/go/30E0D45AAAE2BA4F85-glow>

Please note: All parents who wish to volunteer must be complete the Designated Volunteer application process. All previous approved Designated Volunteers are outdated and no longer valid. The application can be found on the Timberlane website or by contacting Erin Hallisey at Erin.Hallisey@timberlane.net

Leaders 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: Our next meeting will be held on Monday, May 2 at Sandown Central. It will begin at 6pm.



Thank you,

Kristen Gondolfo, Sandown PTA President

The Sandown PTA invites you to join us for a

GLOW dance

Sandown North and Sandown Central students are invited to choose a special adult in their lives and join us for an evening of glow sticks and dancing! There will be a bake sale with light refreshments for purchase. If you are interested in volunteering or have any questions, please email family@davidlane@gmail.com or jessperry2@gmail.com

WHEN: Saturday, May 21st, 2022

TIME: Pre-K - 2nd Grade.....3:30 - 5:00pm
3rd Grade - 5th Grade.....6:00pm - 8:00pm

WHERE: Sandown North Gymnasium

COST: \$5 per person / max \$20 per family
(please reach out to your building principal if donated tickets are needed)



Please return the slip below with cash or check payment. Tickets can also be purchased at the door.
Please make checks payable to Sandown PTA.



Student Name: _____ Grade: _____

Adult Name: _____

I would like to donate individually packaged snacks or drinks towards the bake sale!
I will bring _____

Please circle which time you will be attending:

Pre-K - 2nd Grade
3:30pm - 5:00pm

3rd Grade - 5th Grade
6:00pm - 8:00pm



Our distinguished student artists are eagerly preparing to showcase their year-long efforts at the annual Art Show. Due to the pandemic we have been unable to have an event to share the talents of our students for two years. The Spring Art Show is a year in review of the



many art concepts, and art history-based lessons that students have been exposed to. The students have created beautiful pieces of artwork that will be hung up on display in the hallways of Sandown North School. This special evening is a way to invite our community into our schools to showcase the students' creative work. Please join us to celebrate the Arts on Monday, May 16th at Sandown North Elementary School. It will run similar to our Open House to alleviate crowds with 2 sessions. Please follow the schedule below. If your last name starts with:

A-L 5-5:45pm

M-Z 6-6:45pm

I look forward to seeing you on May 16th. Thank you for supporting the Arts!

Mrs. Allison Lenihan

The mission of the Timberlane K-12 Visual Art department is to provide the highest quality art education possible to all of our students. We feel strongly that art is a vital component of every child's core education and is aligned with both the State and National Visual Arts Standards. Upon high school graduation, we believe that students will possess the gift of visual literacy and will be articulate participants in a global and culturally diverse society.



May Technology News

During each technology class, students practice recently acquired skills and test newly introduced processes in the context of guided lessons. The purpose of these lessons is to help students expand their access technology tools. Upon completion of guided practice, students engage in what we call BEST Time. BEST Time supports student directed creativity and learning. During this time students Build, Experiment, Study, and Teams-up with the support of curated resources. Student initiatives can take place online or off. It is inspiring to watch students learn to work toward self-initiated objectives.



MAY HEALTH NEWS



As we welcome spring and warmer weather, here are a few reminders to stay healthy.

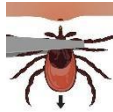
- Please make sure your child brings a water bottle every day to school
- Please apply sunscreen and bug spray on your child before they come to school. Its tick and mosquito season- Be prepared.

- **CDC Web Links for Tick information**

<https://www.cdc.gov/ticks/index.html>



PREVENT BITES



REMOVE TICKS



CHECK SYMPTOMS

<https://www.cdc.gov/ticks/avoid/index.html>

https://www.cdc.gov/ticks/removing_a_tick.html

<https://www.cdc.gov/ticks/symptoms.html>

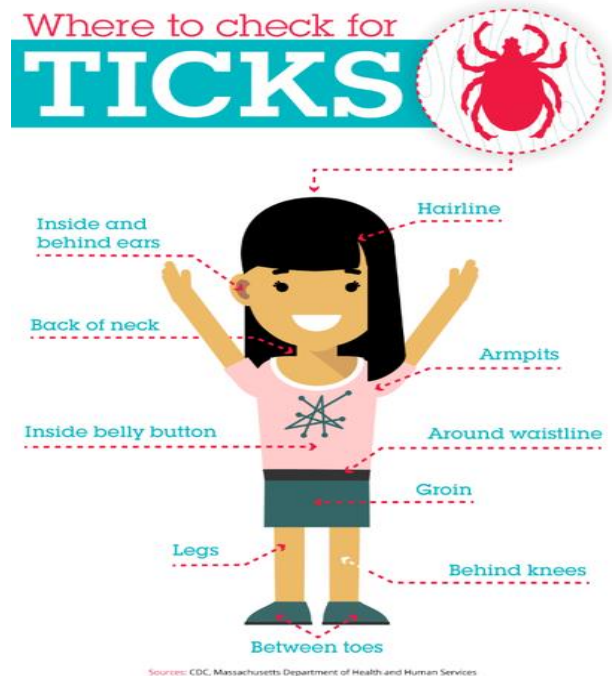
Preventing tick bites

https://www.cdc.gov/ticks/avoid/on_people.html

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

- **Before You Go Outdoors**
 1. **Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals.
 2. **Treat clothing and gear** with products containing 0.5% permethrin
 3. **Use of Insect repellants**
 4. **Avoid Contact with Ticks**
Avoid wooded and brushy areas with high grass and leaf litter.

Walk in the center of trails.
- **After You Come Indoors**
 1. **Check your clothing for ticks. Examine gear and pets.**
 2. **Shower soon after being outdoors**
 3. **Check your body for ticks after being outdoors.**





Maureen Healy-Simmons, RN, BSN.

PH- 603-887-8505 Ext 7519

Fax-603-887-8511

Maureen.healysimmons@timberlane.net

COVID

Reminder that COVID cases are still in our community. Please test for Covid with any cold/allergy symptoms and remain home if not feeling well. The school nurse should be contacted directly to report any Covid positive cases in your household and to forward testing results. Any questions regarding quarantining and absences should be directed to the school nurse.

TRSD [STUDENT & STAFF SCREENING ALGORITHM](#)

TRSD [Isolation and Quarantine Guidelines](#)

Breakfast

Sandown North Elementary
School – May 2022



Welcome to our Breakfast Cafe

Timberlane Sandown North Elementary

May 2022

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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Homemade Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	3 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	4 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	5 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	6 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
9 Homemade Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	10 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	11 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	12 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	13 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
16 Homemade Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	17 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	18 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	19 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	20 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
23 Homemade Waffles Mixed Fruit Fresh Apple 100% Apple Grape Juice	24 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	25 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	26 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	27 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
30	31 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice			

Whitson's 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.

Breakfast Prices

Regular: Free
Reduced: \$0

Breakfast is served in the cafe

Available Daily

Whole grain bagels w/ low fat cream cheese, organic lowfat yogurt

Assorted Cereals with Crackers

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

V Vegetarian
 M Made With Natural Ingredients
 If you have any questions, please call the service director at 781-326-1100.

*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

May 2022



Welcome to our Lunch Cafe

Timberlane Sandown North Elementary

May 2022

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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Oven Baked Fries Side Garden Salad Fresh Apple Mixed Fruit Baby Carrots David's Chocolate Chip Cookie	3 Beef Hot Dog on Bun Baked Beans Fresh Apple Mixed Fruit Baby Carrots Side Garden Salad	4 Crispy Chicken Sandwich Confetti Garbanzo Bean Salad Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange	5 Soft Tacos Brown Rice Corn Baby Carrots Garden Salad Side Garden Salad Diced Pear Cup Fresh Apple	6 Cheese Pizza Side Garden Salad Fresh Apple Side Salad Sliced Peaches Sriracha Garbanzo Beans
9 Homemade Mac & Cheese Homemade Garlic Bread Side Garden Salad Baby Carrots Fresh Apple Fresh Orange	10 Chicken and Waffles Oven Baked Fries Baby Carrots Side Garden Salad Diced Pear Cup Fresh Apple	11 Cheeseburger Side Garden Salad Mixed Fruit Baby Carrots Fresh Apple	12 Crispy Chicken Sandwich Confetti Garbanzo Bean Salad Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange	13 Cheese Pizza Side Garden Salad Fresh Apple Side Salad Sliced Peaches
16 Mozzarella Sticks Sweet Potato Fries Mixed Fruit Side Garden Salad Fresh Apple MEATLESS MONDAY	17 Nachos Grande Sauteed Corn & Black Bean Salsa Applesauce Side Garden Salad Baby Carrots Mixed Fruit	18 Homemade Pasta & Meat Sauce Homemade Garlic Bread Side Garden Salad Mixed Fruit Fresh Apple	19 Crispy Chicken Sandwich Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange Caesar Salad Oven Baked Fries	20 Cheese Pizza Side Garden Salad Baby Carrots Fresh Apple Side Salad Sliced Peaches
23 Cinnamon French Toast Mixed Fruit Side Garden Salad Fresh Apple Crispy Potato Puffs MEATLESS MONDAY	24 General Tso's Chicken Brown Rice Corn Baby Carrots Garden Salad Diced Pear Cup Fresh Apple	25 Pasta with Meat Sauce Fresh Apple Side Garden Salad Caesar Salad Fresh Orange Sriracha Garbanzo Beans	26 Crispy Chicken Sandwich Side Garden Salad Baby Carrots Mixed Fruit Fresh Orange Caesar Salad	27 Cheese Pizza Side Garden Salad Baby Carrots Fresh Apple Side Salad Sliced Peaches
30 MEMORIAL DAY 	31 Crispy Tacos Brown Rice Sweet Corn Mixed Fruit Side Garden Salad Fresh Apple	<h3>HARVEST of the MONTH</h3> <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, not posted when available. This institution is an equal opportunity provider.