



## SANDOWN NORTH ELEMENTARY SCHOOL

December 2018

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

I hope you had a wonderful Thanksgiving. As you know, due to our snow day, we ended up having a longer break. I am hoping to have 3 continuous full weeks of school before our holiday break which begins Saturday, December 22<sup>nd</sup>. It is a magical time of year and we work to incorporate that magic into students' daily learning. Our Kindness tree is up and our Sandown North Snowman is back; therefore, it must be December!

Just before our Thanksgiving break, we practiced our most complex drill, our offsite evacuation. We began our drill by meeting in our gym for Shelter in Place. I then explained to the children that it was a drill and we would be practicing our offsite. We talked about reasons we may need to leave the building and I used the example of a skunk entering the school and spraying. The odor may be too strong for us to remain in the building. There could be other, more serious reasons, but I wanted to give them an example that made sense to younger children. Whenever we do a drill, staff members give us feedback as to what they saw and how it went, and then offer input as to how it can be made better. Our Emergency Response Team has met to go over the feedback and review our notes from the drill. The feedback helps us to see where adjustments need to be made. In the event of a true emergency, your children would be sent home from our offsite location. Our plans include a dismissal station at the offsite location. We appreciate your cooperation. I would like to thank our Emergency Response team Chairs, Kristin Houston, our occupational therapist, Kim Decristofaro, our PE teacher and Maureen Healy, our school nurse. This process took countless hours of preparation so I wanted to take this opportunity to thank them and the rest of the team for doing so much to ensure our safety. I also want to thank our staff and students. Our teachers did an incredible job making sure students felt comfortable and letting them know they were safe. Your children did an amazing job, listening and following directions.

We will be celebrating the holiday season and the children's success as STARS before the holiday break with our annual holiday sing-along. This year, we are having our first student/faculty basketball game as well, featuring some of our fifth graders and staff members with the rest of the school participating as fans!

Wishing you a joyful and peaceful holiday season!





# Upcoming Events

December 3 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

December 6 – School Board Meeting, SAU, 7:30 pm

December 10 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

December 11 – Honors Band/Orchestra/Chorus Concert, PAC, 7:00 pm

December 14 – PTA Sponsored “Drop and Shop”, Sandown North Cafeteria, 4:00 pm – 8:00 pm

December 17 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

December 20 – School Board Meeting, SAU, 7:30 pm

December 24 – January 1 Winter Break

January 7 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

January 14 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

January 15 – Sandown North Winter Concert, PAC, 7:00 pm

January 17 – School Board Meeting, SAU, 7:30 pm

January 21 – No School, MLK Day/Civil Rights Day



## Attendance Policy

### ATTENDANCE INFORMATION

The attendance line is available 24 hours a day at 603-887-8503. We ask that you contact the school prior to the start of the school day (8:40 am). In order to provide for the security of your child, absences that are not reported to the school will be followed up with a call to your home and/or place of business. If necessary, the persons listed by you on your child's emergency card will be contacted to assure the safety of your child. If the school is still unable to ascertain the whereabouts of a child after these steps, the Sandown Police Department will be contacted to conduct a wellness check at the home to ensure the child's safety. However, it is the parent's primary responsibility to make the call to the school. Any student arriving after the 8:40 a.m. bell must use the main entrance and check in by a parent or guardian at the office for a “tardy pass” before reporting to his or her classroom.

Sandown North uses the Pick Up Patrol Program for all of your attendance and dismissal needs.

<https://www.pickuppatrol.net/>

ALL DISMISSAL CHANGES MUST BE MADE BY  
2:00 PM TO ENSURE A SAFE DISMISSAL FOR ALL  
STUDENTS.





Thank you to all the came to **Bingo for Books!** It was a great success; many children went home with a lot of books 😊!

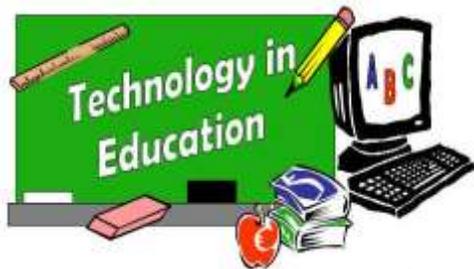
### Coming up in December:

\***Santa Sale** on the eighth from 8am-2pm. We are still looking for gently loved toys to be dropped off at Sandown North, Town Hall or the Sandown Library up until December 7. We are also looking for help with the sale and baked goods. If you would like to volunteer your time, please follow the link on the signup genius to sign up.

<https://www.signupgenius.com/go/30e0d4fa9af23a7fc1-santa>

\***Drop and Shop** on the 14th from 4-8pm. Need a kid-free night to shop, wrap gifts, or just eat a meal in peace? The Sandown PTA can help! Drop your little cherubs at the Sandown North Cafeteria/gym and let the PTA do the rest! We will provide childcare, dinner, activities and a movie! Cost is \$20/child and \$15 for each additional child. Please register ASAP to reserve your spot!

Thank you to all the parent and teacher volunteers for all your help! We cannot do it without you!



### Technology News

I was excited to attend the Timberlane Family STEAM Event on December 4<sup>th</sup>. It is always exciting to see how creativity and science are coming together to empower learners and improve our world. I enjoyed the rocketry, virtual reality, construction, and design exhibits. It was great to see so many inspired problem solvers in action!

Mr. Melle



## December Nurse Notes



### Dressing properly for School in the changing New Hampshire winter weather

**\*\*Students will go outside for recess each day with the exception of Rain, “Feel like” Temperatures below 20 degrees F, or at the discretion of school nurse and administration \*\***

#### 1. Be aware of the weather

- What will the temperature be while waiting for the bus and during the school day?
- Is there precipitation expected?
- Snow, freezing rain, wind?
- Will the weather be changing while your child is in school? Is the ground wet or snow covered?

#### 2. Dress in layers

- **Sweatshirts/ sweater and coats-** Students should have appropriate layers for in class and at recess. Sweatshirts do not provide enough warmth for outside on the cooler days, but are great for inside the classroom.
- **Socks and Boots-**Wear appropriate socks and boots. Boots should also have a good sole for grip and stability on slippery or uneven surfaces and should be **waterproof**. Please make sure students still have gym shoes for inside the school. Wearing boots inside during the day can be hot and uncomfortable, just as wet shoes from recess would be cold and uncomfortable.
- **Scarf, hat, and mittens-**Your head and neck are major sources of heat loss. A hat and a scarf are important in cold weather. If you are worried about your child wearing a scarf, try a tube scarf. A balaclava or similar cover for the head, ears and face may be best in very cold weather. Warm, water resistant mittens/gloves are also important for warmth and comfort.
- **Snow pants-** If your child would like to play in the snow during recess, they must have snow pants with them. Please make sure they have a change of pants in case they still get wet.

#### 3. Maintain your clothing

- Students need to dress properly to stay warm, dry, and comfortable. Please send your student in with an extra complete (underwear, socks, pants, shirt) set of clothes to school in case they get their clothes wet. The health office is limited on extra clothes and cannot be passing them out for recess accidents because they did not come to school properly dressed. We also do not have extra shoes, boots, coats, hats and mittens.
- If your child needs assistance for winter clothing this winter, please let us know. On occasion, we do get donations from the community.



### **December 2018 Music News**

Upcoming performances for our Sandown North musicians are:

- **Tuesday, December 11, 2018 at 7:00 PM at the PAC:** Elementary Honors Band/Orchestra/Chorus Concert
- **Tuesday, January 15, 2019 at 7:00 PM at the PAC:** Sandown North Winter Concert, featuring all band, string, and chorus students

Mr. Mainella and I will be sending home detailed notices soon to families of ensemble students.

In general, music students are preparing seasonal songs for our annual staff and student holiday sing-along. We are keeping our fingers crossed that we can hold the event this year, as last year's sing-along was canceled due to a snow day.

Best wishes to you and your family as you prepare for the holidays! As always, please contact Mr. Mainella or me if you have any questions regarding your child's progress in music.

Musically yours,

Alison Yankowskas





Hello!

I hope everyone is ready to bundle up; this cold weather is approaching quickly! I am continuing to work with each grade on the Second Step lessons specifically focusing on the emotion management unit during the winter months. In fourth grade, we are taking a short break from the Second Step lessons to learn how to be an up stander rather than a bystander when it comes to bullying. This lesson is split up between two lessons and the fourth graders are working hard on a packet that they will be able to take home at the end and discuss with you along with a parent letter. With grades 1-3, I have read the lady bug book *After the Fall*, which is a wonderful book with a spin on the classic humpty dumpty and how he persevered through some strong feelings after his famous fall. This month I am reading the book *We're All Wonders* which is the picture book version of *Wonder* and challenging the students in grades 1-3 to think of how they are wonders or how they can choose kindness.

**Emotion Management Unit 3:**

*Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.*

**Second Step Website:**  
[www.secondstep.org](http://www.secondstep.org)

**Activation Codes:**  
 First Grade: SSP1 FAMI LY71  
 Second Grade: SSP2 FAMI LY72  
 Third Grade: SSP3 FAMI LY73  
 Fourth Grade: SSP4 FAMI LY74  
 Fifth Grade: SSP5 FAMI LY75

Grade 1	EMOTION MANAGEMENT
	<ul style="list-style-type: none"> <li>Lesson 14: Calming down anger</li> <li>Lesson 15/16: Self talk for calming down and Managing Worry</li> </ul>
Grade 2	EMOTION MANAGEMENT
	<ul style="list-style-type: none"> <li>Lesson 13: Handling making mistakes</li> <li>Lesson 14: Managing anxious feelings</li> <li>Lesson 15: Managing Anger</li> </ul>
Grade 3	EMOTION MANAGEMENT
	<ul style="list-style-type: none"> <li>Lesson 14: Managing Disappointment</li> <li>Lesson 15: Managing Anger</li> <li>Lesson 16: Managing Hurt Feelings</li> </ul>
Grade 4	EMOTION MANAGEMENT
	<ul style="list-style-type: none"> <li>Lesson 11: Managing strong feelings</li> <li>Lesson 12: Calming down anger</li> <li>Lesson 13: Managing Anxiety</li> <li>Lesson 14: Avoiding Jumping to Conclusions</li> </ul>
Grade 5	EMOTION MANAGEMENT
	<ul style="list-style-type: none"> <li>Lesson 11/12: Managing Anxiety and frustration</li> <li>Lesson 13: Resisting revenge</li> <li>Lesson 15: Avoiding assumptions</li> </ul>

Warmly,  
 Samantha Houlihan  
 School Counselor, Ext. 7543  
 Samantha.Hickey@timberlane.net

**Strategy to Try at Home:**

*Spaghetti Breathing*

Ask child to lie on their backs, arms at their sides, and imagine they're stiff like uncooked spaghetti.

Say "Take a deep breath in, tensing your whole body very tightly. Now breathe out loudly and fully and imagine yourself turning into cooked spaghetti- soft and relaxed."

Repeat until they feel "cooked"!

**Action Calendar:**

*Action for Happiness Daily Challenges*

1. Make a list of new things you want to try out this month
2. When you feel you can't do something, add the word "yet"
3. Try a new way to practice self-care and be kind to yourself
4. Discover your artistic side. Design your own holiday cards!
5. Get out into nature and observe the changing season

*Source:  
 actionforhappiness.org*