



SANDOWN NORTH ELEMENTARY SCHOOL

February 2020

From the desk of Mrs. Stafford, Principal

As the month of January ended, I heard that it was one of the warmest January months on record. Yesterday, February 2, Punxsutawney Phil did not see his shadow. If you believe the meaning of Groundhog Day, this means that we will have an early spring! As a lifelong New Englander, I am skeptical! :) As many of you know, we have been experiencing many illnesses. Please know, the health of our staff and students is always a priority. Our nurse, Mrs. Healy, is monitoring illnesses closely. Please be sure to read her newsletter contribution for important information and recommendations. I need to thank our custodians, Mr. Zig, Mr. Paul and Mr. Josh for being diligent in their cleaning and sanitizing. It will certainly be helpful to have a week off at the end of the month. I would like to remind you that students do go outside each day, as long as the temperature is above 20 degrees. The opportunity for fresh air is important; therefore, please remind your children to dress appropriately for the weather.

This year, our 100th day in school falls on February 10! This is always an exciting day and I love seeing how some of our classrooms choose to celebrate this day. The school year is flying by and I look forward to seeing all the great learning happening in our building. February is a short but busy month! There are a few special activities planned. This Friday night we have our Jedi Dance from 6-8pm. Thank you to our PTA for running this event. Special thanks to Michele Kontos for chairing; what I am sure will be a wonderful night! I know the boys and their guests will enjoy it. If you are able to help or donate something for the dance, please contact Michele at mm2go@aol.com or at Signup Genius: [Jedi Dance](#)

Monday, February 10th, there will be no Monday Morning Meeting. During this time, staff and students will be treated to a special assembly put on by the Newmarket Hot Shots. This group visits our school every few years and always does a wonderful job sharing their jump rope routines that incorporate jump roping skills and exercising to music. The assembly is always held before our Jump Rope for Heart event, organized by our PE teacher, Mrs. DeCristofaro. Students in grades 1-3, who choose to participate, will attend the Jump Rope for Heart event in the gym on Tuesday, February 18, from 3-5pm. On Friday, February 21, we will have a school wide Healthy Heart Day. Throughout the day, students will be doing special activities and have the opportunity to participate in some healthy heart activities including whole body exercising, yoga and Zumba. We have been having our Healthy Heart Day for the past several years, just before the winter break. It is a nice way to end our last week of school in February together.

Our most recent roll out has been around kindness. This is something we are always working on as a school community and during this roll out time, we are paying extra attention to how this looks

throughout our school. As you know, our theme this year is Community Heroes and teaching kindness truly takes a community. We talk with our students that we all have a choice to be kind. One of the greatest things about kindness is the positive, long-term impact it has on our social/emotional wellbeing. The research is clear; being kind is good for our health! It also, of course feels good to be the recipient of kindness. Personally, I have been trying to listen to and read more positive stories, whether on the radio, TV, social media, in books or newspapers. It makes me feel a greater sense of security and wellbeing. Periodically, I like to share parenting articles of interest. Recently, an essay that addresses this idea of kindness and how it impacts our children was shared with me. It is from a wonderful parenting magazine, Parent NH and may be accessed here, [Helping kids handle the tough lessons in our history](#)

Mrs. Guanci and I have enjoyed our monthly Facebook Storytimes. This month, Mrs. Guanci will be reading a story on Sunday, Feb. 9 at 7pm. I will be reading a story the following Sunday, February 16 at 7pm. Be sure to follow Sandown North's Facebook page and you will receive an alert when we are "going live"! February 17th, following Monday Morning Meeting, we will be having our second Coffee & Conversations of the year. Mrs. Guanci and I will be updating parents on happenings at school and will also be having a conversation around family engagement. We know that it is always in students' best interest when we all work together. Please click on the link if you plan to join us for some refreshments and conversation or if you have ideas of topics for future discussions. [Coffee & Conversation](#)

We are the village!

The Sandown North Drama Club Presents:



The performance is Thursday, March 19 at 5:30 pm at the Performing Arts Center in Plaistow.

We hope to see you there!

The Classroom Corner

This month has been filled with lots of exciting and engaging activities within our classrooms. Here is a quick snapshot of some of lessons and fun occurring at Sandown North.



GRADE ONE- SPANISH: In Spanish, the students have been working with Senorita Buchwald on learning the names for shapes and body parts. To help students play with the language, Senorita B did a fun activity with the students where they had to create a shape monster, “monstruo,” as she announced different shapes for the body parts. Excelente trabajo, estudiantes!

GRADE THREE- A VISIT FROM THE MILKMEN:

During the high school’s exam week, student volunteers from the Milkmen, along with their fearless leader in all things improvisational, Mr. Castano, visited with Mrs. Janvrin’s classroom to collaborate in improv activities together. Mr. Castano shared that in order for improv to work, students needed to accept one another and their ideas. All of the students, including Mrs. Janvrin and Mrs. Robinson, took part in many improv games together. One of the highlights for us included the “On the Bus” improv game where each person had to take on a certain person with an eccentric characteristic that the others stepping onto the bus would then mirror. The amount of laughter, creativity, and strength our staff and students showed to put themselves out there was truly amazing.

A huge thank you to the Milkmen students and Mr. Castano who volunteered their free time to come in and work with us!



GRADE FOUR- In Grade Four, students are learning about equivalent fractions using multiplication and division. In Mrs. Siuda’s class, to help students grasp the concepts, the students were given mini rectangles to create equivalent fractions on their own. Students were then shown one tool they could utilize, a fraction strip, while being taught other strategies to solve as well. Fourth grader Stella Laffaye utilized her “Designated Teacher” reward and led the class in a math problem. Afterwards, the students played a Kahoot! game to further solidify the concepts.

Full STEAM Ahead!

ENRICHMENT: Mrs. Bruce’s fifth Grade Enrichment students have been utilizing their creativity and research to put together proposals on how our staff and students can reduce our carbon footprint. On Wednesday, January 26, these students presented their ideas to Mrs.

Stafford, Mrs. Ross, Mr. Bentley-Melle and myself. The students targeted items like oil and heating, paper and paper towel usage, as well as plastic bottles and recycling. Each student presentation contained data that they had researched and/or collected, along with their rationale as to why this project should take place and how it could be best addressed. After hearing all of the feedback from the presentations, the students are now combining their efforts to create three potential school wide campaigns to reduce our carbon footprint. Excellent job to all involved!



TECHNOLOGY: Fourth Grade students in Mr. Bentley-Melle's classes have been putting their coding skills to work this month. The students designed programs around popular songs. They filmed and edited Bee-Bots performing their programs. Here is a sample by Chase Kulicki and Vinny Salafia: <https://www.wevideo.com/view/1535619365>.

Mr. Bentley-Melle is also helping students deepen their skills and embrace Social Emotional Learning through his classroom website, which is divided up into three sections: Connect, Move, and Create. Students are greeted with the phrase, "I notice that I want to..." and then click on the option that best suits their needs. Each of these sections provide students with activity suggestions and ideas to pursue topics of interest, as well as targeting what each individual student may need. Each of these tabs, in addition to having learning activity suggestions, also contains positive quotes and messages related to each topic.



ART: Students in Mrs. Lenihan's art classes have been busy creating their clay projects. Each grade level has a type of clay project they are creating. Students are shown how to work with the clay, then proceed to work through each step of the process of creating their projects. As Mrs. Lenihan says, "Clay day in art always makes everyone smile!" All projects will be painted and then fired in the kiln.



Upcoming EVENTS

February 3- Monday Morning Meeting, 8:50 am

February 5 – Drama Club, 3:15-5:00 pm

February 6 – TRSD Deliberative Session, 7:00 pm, PAC

February 7 – PTA Mother/Son Jedi Dance, 6:00-8:00pm, Sandown North

February 10 –All School Assembly (students only)

February 11 – No School, Professional Development Day

February 12 – Drama Club, 3:15-5:00 pm

February 12 – PTA Meeting, 7:00 pm, Sandown North

February 17 – Monday Morning Meeting, 8:50 am

February 17 – Coffee and Conversation, 9:15 am

February 18 – Jump rope for Heart, Grades 1-3, 3:00-5:00 pm, Sandown North Gym

February 19 – Drama Club, 3:15-5:00 pm

February 20 – School Board Meeting, 7:00 pm, SAU

February 21 – Healthy Heart Day

February 24-February 28 – No School, Winter Break

March 4 – Drama Club, 3:15-5:00 pm

March 9 – Monday Morning Meeting, 8:50 am

March 11 – Drama Club, 3:15 – 5:00 pm

March 11 – PTA Meeting, 7:00 pm, Sandown Central

March 16 – Monday Morning Meeting, 3:15-5:00 pm

March 16 – Advisories Chorus Concert, Grades 4 and 5, 7:00 pm, PAC

March 19 – Sandown North Drama Club Performance, 5:30 pm, PAC

March 20 – Second Annual Staff vs. Fifth grade Basketball game (Staff and Students only)



Attendance Information

Please notify the school prior to the start of the school day (8:40 am) if your child will be absent or tardy. You may call the attendance line at 603-887-8503 or use the Pick Up Patrol website. All unconfirmed absences will be verified to ensure the safety of the students. If absences cannot be verified a wellness check will be conducted by the Sandown Police Department.

Dismissal Changes

Please contact the school office with all dismissal changes by note or Pick Up Patrol prior to 2 pm. Please contact the office by phone for any unplanned last minute changes, or emergency dismissals only.

Technology News

Our technology students are busy learning, designing, and building. For insight into their activities, ask them to share a look at their learning.com progress, as well as their activities in Technology Town and Google Drive. Please let me know if you could use assistance accessing any of their technology creativity and learning resources from home.

-Mr. Melle

Justin.bentley-melle@timberlane.net



PTA Events

***February 7th Boys Choice Dance 6pm-8pm.** This year the theme is STAR WARS. Boys can bring a special person of their choosing for dancing and fun. Music will be provided by DJ Cliff West and photography by Stasio's Photography. We are still in need of help. Please sign up on the link below if you are able to donate your time or to donate any of the items we are in need of for the dance.

<https://www.signupgenius.com/go/30E054AA9A72FA7F58-jedis>



***March 20th Second Annual Spring FLING Silent Auction 6pm-8p.** For the most up to date information on the donations for the auction, please check out our facebook page, Sandown NH PTA. We are in the process of collecting items for themed raffle baskets. We have assigned each grade a different theme and are collecting items until March 13.

Sandown Central: Arts and Crafts

3rd grade: Family Movie Night

1st grade: Baking with Kids

4th grade: Fitness Fun

2nd grade: Family Game Night

5th grade: Outdoor Fun

Please follow the link below if you are able to donate your time or a baked good to this event

<https://www.signupgenius.com/go/30E0D4FA9A92CA3FA7-spring1>

Just a reminder that PTA cannot run events if we do not have the volunteers to help! We really need your help and support to make these events happen.

Thank you!

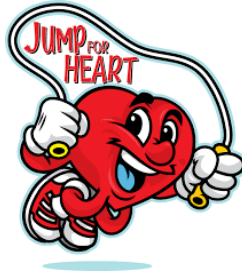
Lucinda Quinney

PTA President

****There has been a change in location for our next two meetings****

February 12th 6pm SANDOWN NORTH

March 11th 6pm SANDOWN CENTRAL



Jump Rope for Heart

On February 18, Sandown North will be hosting the Jump Rope for Heart Fundraising Event. It will be held from 3:00-5:00 pm at the Sandown North Gym.

Through Jump Rope for Heart, kids learn jump rope skills, have fun, learn how to stay healthy, and make a difference in the lives of others!

Parents are encouraged to join us by jumping with a team or helping as a chaperone.

A team of 4-6 students will take turns jumping rope during the event warm up. Each child jumps for no longer than two minutes before handing the rope to the next team member. Jumpers will rotate in sequence, as a team, to try to jump continuously during the warm up event.

After warm up, participants may jump using a single rope on their own, jump single rope with a partner, 2 ropes doing partner skills, and with the help of volunteers, Double Dutch ropes.

Each team member collects sponsored donations or pledges for their participation.

Permission slips are required to participate.

This afterschool Event is for Grades 1-3 only. Grades 4 and 5 will participate in a similar event during PE class, as well as having the choice of doing Basketball Hoops for Heart.

Thank you for your support.

Kim DeCristofaro

Physical Education/Health Teacher

Jump Rope for Heart/Hoops for Heart Coordinator



**American
Heart
Association®**



***It Takes Heart
to be a Hero!***



Music News

On January 7, Sandown North held its annual Winter Concert at the Performing Arts Center. The concert included music from our strings, band and chorus. All students did a wonderful job. Thank you to all the parents and staff for the support.





Health Office News

FLU SEASON ALERT

Flu season is in full swing. We are having increasing numbers of flu cases diagnosed in our community. **PLEASE KEEP YOUR CHILDREN HOME IF THEY SHOW ANY SIGNS OF SYMPTOMS OF BEING SICK.**

Flu Symptoms & Diagnosis

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It is important to note that not everyone with flu will have a fever.*

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

Healthy Habits to Help Prevent Flu



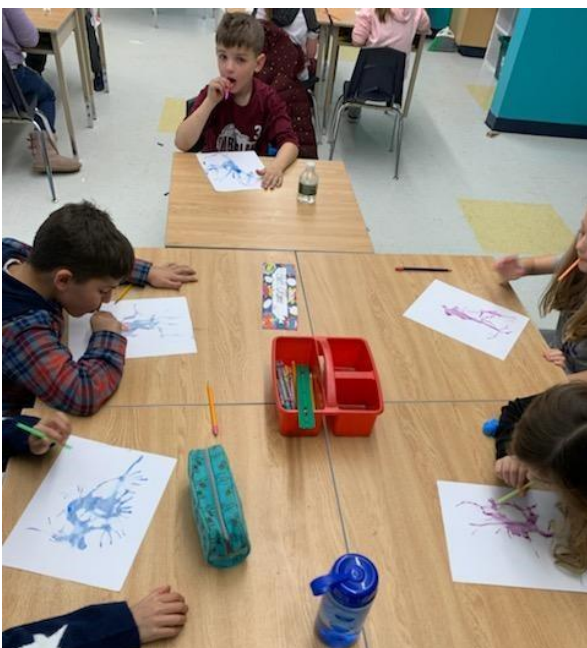
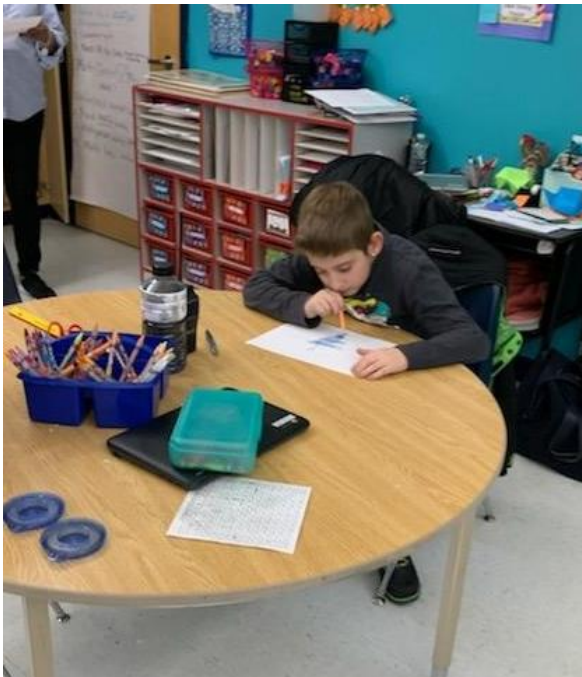
The single best way to prevent seasonal flu is to get vaccinated

- **Getting The seasonal flu vaccine** protects against the influenza viruses that research indicates will be most common during the upcoming season.
- **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.
- **Clean your hands.**
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits.**
Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

<https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>



SEL Classroom Lesson Snapshots



Mrs. St. Hilaire's classroom practicing their mindfulness with deep breathing and paint! ☺

More Winter Mindful Moments

Let It Go!



Squeeze and let go; tensing different muscles in the body for about five seconds and then slowly releasing them.

What's Cooking?



Explore the sense of smell by inviting your child to help you cook dinner, noticing all of the various smells present!

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



Sandown North Shoe Drive



Mrs. DiBenedetto and Mrs. B. Chauvette are running the Chicago Marathon in October 2020. To help them reach their fundraising goals we are collecting gently used shoes.

**Their goal is to collect 7,500 pairs of shoes, and
The Sandown North Community Heroes want to help!**

Please send in your gently used shoes.

We can use shoes of all types and in all sizes!

Boots, sneakers, sandals, Crocs, dress shoes etc. but
no shoes with holes, please.

Deadline for donations is Tuesday, February 18.

Grades will be competing to see who can collect the most shoes! Donations can be put in the grade level bucket in front of the library.

If you have questions, contact

Mrs. DiBenedetto or Mrs. Bruce

melissa.dibenedetto@timberlane.net

kathryn.bruce@timberlane.net



Welcome to our Lunch Cafe at... **Timberlane Atkinson Academy Elementary**

**February
2020**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nugget & Mozzarella Stick Combo  With Whole Wheat Dinner Roll Or Grilled Cheese Sandwich  Garden Salad Sliced Peaches Sweet Potato Fries Fresh Orange	4 Nachos Grande Or Turkey & Cheese Sandwich Mixed Fruit Sweet Corn Side Garden Salad Fresh Orange	5 Homemade Mac & Cheese  Or Cheeseburger Baked Beans Broccoli Florets Diced Pear Cup Kiwi David's Chocolate Chip Cookie	6 Meatball Hero  Or Crispy Chicken Sandwich Garden Salad Fresh Apple Fresh Baby Carrots Sweet Potato Fries Diced Pear Cup	7 Cheese Pizza  Or Fruity Parfait   Fresh Baby Carrots Side Salad Mixed Fruit Fresh Apple
10 Grilled Cheese Sandwich  Or Crispy Chicken Sandwich Garden Salad Fresh Apple Tomato Soup Diced Pear Cup	11 No School Staff Development Day	12 Pasta & Meat Sauce   Or Bacon Cheeseburger Baked Beans Broccoli Florets Applesauce Fresh Banana Pretzel Fun Lunch	13 Roasted Turkey with Gravy  Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Garden Salad Applesauce Fresh Orange With Cranberry Sauce Garlic Cheese Biscuit	14 Cheese Pizza  Or Whole Grain Fish Sticks With Whole Wheat Dinner Roll Fresh Baby Carrots Side Salad Sliced Peaches Strawberries with whip cream Happy Valentines Day
17 Whole Grain French Toast  With Crispy Pork Sausage Links Or Grilled Cheese Sandwich  Garden Salad Crispy Potato Puffs Strawberries Fresh Orange	18 Soft Tacos  Brown Rice Or Tuna Salad Sandwich  Sweet Corn Mixed Fruit Side Garden Salad Fresh Orange	19 Turkey Hot Dog on Bun Or Cheeseburger Cucumber Coins Baked Beans Sliced Peaches Sweet Potato Fries Paradise Punch 100% Juice	20 Baked Chicken Whole Wheat Dinner Roll Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Fresh Apple Garden Salad Diced Pear Cup Cranberry Sauce	21 Cheese Pizza  Or Turkey & Cheese Sandwich Caesar Salad Fresh Baby Carrots Fresh Orange Sliced Peaches
				
VACATION				
25	26	27	28	



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.

Reduced Lunch .40
Low Fat Milk .50
100% Juice .50

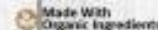
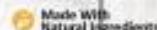
Help Wanted

Food Service Worker
Contact John Fratiello
fratielloj@whitsons.com

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

Sunbutter & Jelly Sandwich

All Lunches include:



*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.