

SANDOWN NORTH ELEMENTARY SCHOOL

March 2019

From the desk of Mrs. Stafford, Principal

I hope everyone had wonderful winter breaks. We eased our way back with our third Blizzard Bag Day on Monday. Back on February 2nd, Punxsutawney Phil did not see his shadow; therefore, the assumption is that spring will come early this year! ☺ March is not starting out that way so we shall see!

For those of you, who volunteer to make copies, please note that we have moved our volunteer room. Over vacation, we moved the copy machines and laminator to the large conference room directly across from the main office. The former volunteer room will now be our conference room. You will love the new space. I would like to thank our custodians, Mr. Paszko and Mr. Buckley for working hard to get everything moved, floors cleaned and walls painted. Thank you to our PTA staff representative, Mrs. Chaput, for coming in to help organize the new volunteer room as well.

Last month our school wide roll out was "Self-Control". We discussed how self-control is the ability to control both your body and emotions, especially in difficult situations. Examples of self-control we shared included:

- Waiting your turn
- Remembering to raise your hand rather than call out in class.
- Having a calm body and quiet voice on the bus
- Remembering to pause and think before speaking out

Students earned STAR tickets for such responses as having positive reactions to situations, keeping personal space and waiting patiently for their turn. Self-regulation/self-control is a skill we have been working on all year throughout the school. Some of you may have noticed that we have body break stations in different locations in the school. Students have been wonderfully appropriate with these stations, asking teachers for permission to use them at appropriate times, being responsible using them and trustworthy by returning to class promptly after visiting a station. In addition, teachers have various "tools" within the classrooms to help students with self-regulation. It is important we remember that as adults there are "tools" many of us use to help us with self-regulation such as stress balls, using a fidget such as a pen or pencil, listening to music while doing work, exercising or meditating. Helping students recognize and learn what helps them to self-regulate in socially appropriate ways, is an important skill we believe should be taught, modeled and encouraged at both school and home.

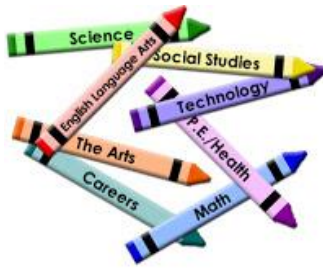
The last week before our winter break, there were several fun events. On Tuesday, February 19th, we had our Invention Convention. Mrs. Bruce, our Enrichment Teacher, did a fabulous job organizing this. Last year we had 65 participants and this year we had 85! The inventions were so impressive. After school that day, some of our 1st and 2nd graders enjoyed participating in Jump Rope for Heart. Thank you to Mrs. Decristofaro for organizing this each year. On Wednesday, February 20th, our Sandown North community was treated to smoothies. Thank you to some of our Wellness committee members, Mrs. Decristofaro, Mrs. LaFleur, Mrs. Rose and Mrs. Chaput for their help organizing this. A special thank you to our Smoothie Maker parents, Mrs. Salafia, Mrs. Hutchinson and Mrs. Hallahan. The smoothies were delicious! Our week ended with a Healthy Hearts Day. Students took part in activities, both in and out of the classroom, focused on healthy hearts. A big thank you to staff members who provided school wide, movement activities. Mrs. Castano led students in Body Pump exercises, Ms. Buchwald did yoga and Mrs. McKeen got us all dancing and moving with fun Zumba routines. It was a wonderful way to end our week just before our vacation.

In the past month, I have scheduled two dates for Coffee & Conversation with me, our assistant principal, Ms. Desrochers and Mrs. Houlihan, school counselor. The first was cancelled as I was out sick and the second was scheduled for March 4th, which was our Blizzard Bag Day. I would like to offer a third date, Monday, March 18th, following Monday Morning Meeting, 9:30-10:30. At this meeting we will be giving an update on our school year so far and discussing social media and resources for parents. I'm attaching the link to a google invitation/survey. It asks you to provide your name and email if you are able to attend. If you are not able to come on March 18th but would be interested in having this offered during an evening time, it gives you the opportunity to express your willingness to attend an evening meeting. You may also suggest future topics of interest. <https://goo.gl/forms/cWKYC2FA6wke3EQA3> I am hoping many of you will be able to attend on March 18th!



Ryan Cairns Grade 2 and Brooke Salafia Grade 3 participating in Jumprope for Heart on February 19, 2019.





CURRICULUM CORNER

Christine Desrochers, Assistant Principal and Curriculum Coordinator



Your child did it! Your child learned all her multiplication tables. Or he/she was chosen Student of the Week for their good behavior. Setting goals and reaching them is one of the best ways to motivate children. Sometimes, just reaching the goal is enough. However, other times, an accomplishment calls for a celebration.

So when your child sets and reaches a tough goal, try one of these fun ideas:

1. Take a picture. Get a picture of your child holding his/her report card, Snap a shot of her in front of her science fair project. Or ask your child to draw a picture of his/her accomplishment. Frame it and put it by your child's bed. That way, every time they wake up, they see an image of themselves as an achiever.
2. Plan a special surprise. On one side of a piece of paper, write down a goal your child wants to achieve. On the other side of the paper, write down a small reward - such as having a friend over for a sleepover.
3. Make a victory dinner. Set a "fancy" table. Cook your child's favorite foods. Decorate the table. Have a special family dinner to celebrate your child's success.



UPCOMING Events

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/>

March 7 – School Board Meeting, SAU, 7:30 pm

March 11 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

March 18 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

March 18 – Coffee and Conversation with the Principal, 9:30-10:30, Use this link to sign up or choose another date:
<https://goo.gl/forms/eaSnSapCYnMZA8T2>

March 19 – Spring Picture Day

March 20 – Grades Four and Five Chorus Concert, PAC, 7:00 pm

March 21 – School Board Meeting, SAU, 7:30 pm

March 22 – Spring Fling Auction, Sandown North Gym, 6-8pm

March 25 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

March 25 – Grade Five Band Rehearsal, PAC, 7:00 pm

March 26 – Grade Five Band Concert, PAC, 7:00 pm

March 28 – No School, Professional Development Day

April 1 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

April 4 – School Board Meeting, SAU, 7:30 pm

April 8 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

April 9 – Elementary Beginner Instrumental Rehearsal, PAC, 7:00 pm

April 10 – Elementary Beginner Instrumental Concert, PAC, 7:00 pm

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





March 2019 Music News

In general music, students have enjoyed doing singing games and movement activities. A favorite for the upper grades is the chase game, "Our Old Sow." All grade levels are working on music literacy skills, which includes decoding rhythm and tonals patterns and reading notation. Third grade students are putting these skills to practical use as they learn to play the recorder.

After a February lull, the performance calendar picks up in March and April. Here is what is ahead:

- Sunday, March 10 at 2:55 PM, SNHU Arena: Chorus sings at the Manchester Monarchs game
- Wednesday, March 20 at 7:00 PM, PAC: Gr. 4, 5, and Advisories Chorus Concert
- Friday, March 22 at 6:30 PM, Sandown North cafeteria: Mini-concert by string and band students at Spring Fling
- Tuesday, March 26 at 7:00 PM, PAC: Grades 5--7 Band Concert
 - Monday, March 25: dress rehearsal for Grade 5 Band from 7:00-8:00 PM at the PAC
- Saturday, March 30 from 9:00 AM-4:00 PM, Mountain View Middle School, Goffstown: 2nd year string students at NHASTA Stringfest
- Wednesday, April 10 at 7:00 PM, PAC: Elementary Beginning Band and Strings Concert
 - Tuesday, April 9: dress rehearsal for Beginning Strings and Band from 7:00-8:00 PM at the PAC
- Tuesday, April 16 at 7:00 PM, PAC: Honors Band, Chorus, and Orchestra Concert

Please feel free to contact Mr. Mainella or me if you have any questions about your child's progress in music class or lessons.

Musically yours,

Alison Yankowskas

Alison.Yankowskas@timberlane.net

John.Mainella@timberlane.net



Technology News

Our fourth and fifth grade virtual campgrounds are shaping up nicely. Classes are using spreadsheets to record jobs and manufacturing data and students are setting up campsites with classmates. Students are gathering treasure through their learning goal work. They will begin buying and selling virtual merchandise to provision their camps very soon.



Nurse Notes

PLEASE SEND YOUR CHILDREN INTO SCHOOL WITH APPROPRIATE WINTER AND OUTDOOR CLOTHES.

Too many children are coming to school without winter coats, snow pants, boots, hats & mittens. Children go outside unless it is raining or wind chill below 20 degrees. They need to be dressed properly not only for the temperature, but also to protect them from getting wet on the playground. The health office has minimal supply of extra clothes. Please send in extra set of clothes to keep in their classroom in case they get wet.

If your child has borrowed any clothes from the health office, please wash and return them ASAP.

Maureen Healy, RN, BSN.

School Nurse, ext. 7519





UPCOMING PTA EVENTS:

***Spring Fling Silent Auction** will be held March 22 6pm-8pm at Sandown North. Come join in on the fun! Some items being auctioned include Principal for a day, Assistant Principal for a day, Storyland passes, ski passes, Launch Trampoline Park and both a boys and girls bike, and many, many more!).

There will also be a spring planting craft (first come first serve, as materials are limited).

You do not want to miss this event. If you are interested in helping during the event or donating food items, please follow the sign up genius link:

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

***Annual Pancake Breakfast** April 13th 8am-11am at the Sandown Town Hall more information will be sent out in express folders coming soon. If you are interested in helping with this event, please contact Pam Pitman at Pitmanfarm@comcast.net

***Ladies Choice Dance** May 17 6pm-8pm at Sandown North more information will be sent home in express folders coming soon. If you are interested in helping with this event or donating food items please contact Lucinda Quinney lmquinney79@gmail.com or follow the sign up genius link:

<https://www.signupgenius.com/go/30E0D4FA9A92CA3FA7-50s>

****WE ARE LOOKING FOR TWO POSITIONS TO BE FILLED FOR THE 2019-2020 SCHOOL YEAR:**

-TREASURER

-PTA PRESIDENT

AS ALWAYS THANK YOU FOR ALL THAT YOU DO TO HELP!



Next meeting: March 13th at 6pm Sandown North

INVENTION CONVENTION

Congratulations to all the students who participated in the 2019 Invention Convention! Our grade level winners and special award winners are listed below:

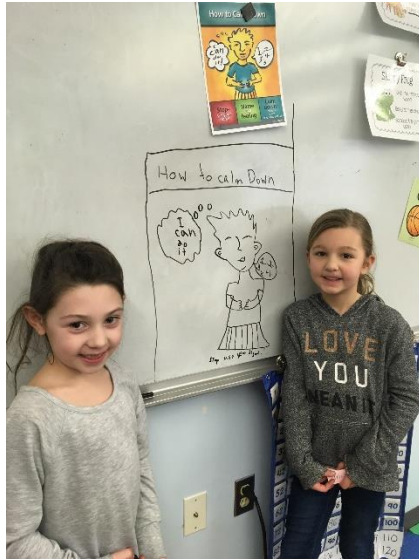
Student	Award	Invention
Ryan Trepaney	First Grade High Score	Temp Perfect Furniture
Austen Brodeur	First Grade Runner Up	Light Up Jacket
Avery Allaire	Second Grade High Score	Helpir Hand
Harper Whalen	Second Grade High Score	Helpir Hand
Eliana Lohnes	Second Grade Runner Up	Dog Toy Thrower
Lilly Shell	Third Grade High Score	Plant Waterer
Stella Laffaye	Third Grade High Score	Plant Waterer
Lily Loik	Third Grade Runner Up	Super Cape
Lyla Conte	Third Grade Runner Up	Super Cape
Nick Vaccarezza	Fourth Grade High Score	Snow Dozer
Dylan Trepaney	Fourth Grade Runner Up	Geeka\$h
Ella Hill	Fifth Grade High Score	Road Repellent
Grace Gerhard	Fifth Grade Runner Up	The Handler
Hadley Decourcey	Fifth Grade Runner Up	The Handler
Kenny Goodwin	Kitchen Gadget	Coldawave
Lyla Belmont	Household Device	Mailing Messenger
James Aprahamian	Pet Care	Dog-O-Brella
Chloe Hannon	Environmental	Environmentally Friendly Bag
Kamryn Bloomfield	Environmental	Environmentally Friendly Bag
Evan Bencivenga	Toys/Games/Hobbies	Wall Buddy
Devin O'Brien	Multipurpose Device	Extendable Multipurpose Board
Bella Hudgins	Viewer's Choice	Mittens for Kittens





Welcome Back!

I hope everyone's Winter Break was relaxing and we are all coming back to school recharged and ready to go ☺ I am transitioning to working on the final Problem Solving Second Step unit with all of the classrooms. Refer to the chart below to see what I am working on with your child's grade level!



Two first graders, Addison & Aubrie from Mrs. Robinson's class who re-created my How to Calm Down poster during one of their indoor recesses! Way to go girls ☺



I am excited to share with you some of the January Kindness Award winners!! SO PROUD OF THESE STUDENTS ☺

We will be announcing February's winners at an upcoming Monday Morning Meeting in March!

Strategy to Try at Home:

Cupcake Breathing



- Take a deep breath in and smell the frosting.
- Blow out the candle.

Action Calendar:

Action for Happiness Daily Challenges

1. Listen to how you speak to yourself. Try to use kind words.
2. No plans day. Slow down and let spontaneity take over.
3. Appreciate your hands and all the things they enable you to do.
4. Stop to watch the sky or clouds for ten minutes today.
5. When someone is speaking, take a full breath before you reply.

Source: actionforhappiness.org

Second Step Website:

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

Problem Solving Unit 4:

Students learn a process for solving problems with others in a positive way.

Grade 1	PROBLEM SOLVING <ul style="list-style-type: none">Lesson 17/18: Solving Problems parts 1 & 2
Grade 2	PROBLEM SOLVING <ul style="list-style-type: none">Lesson 17/18: Solving Problems parts 1 & 2Lesson 19: Taking Responsibility
Grade 3	EMOTION MANAGEMENT <ul style="list-style-type: none">Lesson 16: Managing Hurt Feelings PROBLEM SOLVING <ul style="list-style-type: none">Lesson 17/18: Solving Problems parts 1 & 2Lesson 19: Solving Classroom Problems
Grade 4	PROBLEM SOLVING <ul style="list-style-type: none">Lesson 16/17: Solving Problems Parts 1 & 2
Grade 5	EMOTION MANAGEMENT <ul style="list-style-type: none">Lesson 15: Avoiding assumptions PROBLEM SOLVING <ul style="list-style-type: none">Lesson 16/17: Solving Problems Parts 1 & 2

Samantha Houlihan

School Counselor

Extension 7543

Samantha.Hickey@Timberlane.net





Thank you to all who are making the Box Tops for Education a success at our school. Last months class winner was Mrs Conte's class. Thank you for submitting over 140 Box Tops in the month of January!

There are still some great prizes to earn from now until the end of the year. Clip and Save those Box Tops!!

Please send in your Box Tops and help your child's class earn a fun prize.

Please remember

☐ **Make sure to label all sheets and bags with your child's name and teacher**

So that your child's class gets credit towards winning the monthly prize

☐ **Collection sheets may have more Box Tops attached to it than asked for**

☐ **Tape or Glue only please (No Staples)**

☐ **Bonus Box Tops must be in a seperately labeled bag**

☐ **PLEASE DO NOT SUBMIT EXPIRED BOX TOPS**

Thank you to all who participate in our Box Tops program. It is an easy and great way to earn cash for our school.

~ Melissa Hill

March 7, 2019

Dear Parent:

As your school dining services provider, we are aware of the importance of promoting healthy eating habits from a young age. With this in mind, we are pleased to inform you about our Elementary Chef Trek Program. This is a unique nutrition education program, developed by Whitsons Culinary Group, to introduce crisp flavorful fruits and vegetables to young palettes and create life-long, healthy eating habits.

Elementary Chef Trek Program Goals:

- To promote healthy eating habits.
- To introduce your child to new and exciting healthy Foods.
- To make eating a fun and rewarding experience.



School Nutrition

Prepared Meals

Residential Dining

Healthcare Dining

Emergency Dining

As the main component of this program, Whitsons' Executive Chef Rich Sandmann will visit your child's school March 13th, 2019 to conduct a food tasting and to familiarize your students with different healthy foods in a kid-friendly way. The tasting will include Very Berry Smoothie, showcasing our Produce of the month, BERRIES and its diversity. Below is a list of ingredients for your review ingredients for your review.

- Blueberries
- Strawberries
- Organic Vanilla Yogurt
- Honey
-

This program also includes tools such as our Guest Chef banner to draw attention to the event, activity sheets highlighting the foods showcased in the tasting and posters featuring our Nutrition Safari® characters.

We are very excited to bring our Elementary Chef Trek Program to your school and are confident that we will help your students discover a world of wholesome, delicious food choices that will sustain them through a healthy, active life. If you would like to learn more about Whitsons, or if you have any questions about our Elementary Chef Trek Program, please feel free to email fratielloj@whitsons.com

Sincerely,
John Fratiello



Welcome to our Lunch Cafe at...

Timberlane Sandown North Elementary

March
2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

HARVEST of the MONTH

MEATLESS MONDAY

proudly supports clean,
sustainable agriculture! We also focus
on ingredients that are locally
sourced, all-natural, organic and
non-GMO whenever possible.

WHITSON'S
School Nutrition



Vacation

4 Chicken Nuggets
Whole Wheat Dinner Roll
Or Grilled Cheese
Sandwich
Crispy Potato Puffs
Caesar Salad
Mixed Fruit
Fresh Apple

MEATLESS MONDAY

5 Soft Tacos
Brown Rice
Or Chicken Cheese
Quesadilla
Fresh Apple
Side Garden Salad
Cucumber Coins
Pineapple Cup

6 Homemade Pasta &
Meatballs
With Garlic Bread
Or Cheeseburger
Green Beans
Caesar Salad
Fresh Orange
Fresh Banana

7 Homemade Shepherd's
Pie
Or Crispy Chicken
Sandwich
Fresh Apple
Garden Salad
Pineapple Cup
Sweet Corn
Confetti Garbanzo Bean
Salad

8 Cheese Pizza
Or Fruity Parfait
Applesauce
Fresh Baby Carrots
Caesar Salad
Fresh Orange

Whole Grain Pancakes
with Ham
Or Grilled Cheese
Sandwich
Crispy Potato Puffs
Caesar Salad
Pineapple Cup
Fresh Apple

12 Nachos Grande
Or Turkey and Cheese
Melt
Mixed Fruit
Sweet Corn
Strawberry Cup
Side Garden Salad

13 Homemade Mac &
Cheese
With Garlic Bread
Or Bacon Cheeseburger
Fresh Baby Carrots
Caesar Salad
Fresh Banana
Strawberry Cup

**Chef Visit at
Sandown North**

14 Chicken Bowl with Gravy
And Whole Wheat Dinner
Roll
Or Crispy Chicken
Sandwich
Fluffy Mashed Potatoes
Fresh Orange
With Cranberry Sauce

15 Cheese Pizza
Or Ham & Cheese Wrap
Fresh Baby Carrots
Caesar Salad
Fresh Orange
Sliced Peaches
Confetti Garbanzo Bean
Salad

18 Chicken and Waffles
Or Grilled Cheese
Sandwich
Garden Salad
Fresh Baby Carrots
Applesauce
Fresh Orange

19 Soft Tacos
With Brown Rice
Or Chicken Club Sandwich
Fresh Apple
Side Garden Salad
Sliced Peaches
Cucumber Coins

20 Pasta & Meat Sauce
Garlic Bread
Or Cheeseburger
Green Beans
Caesar Salad
Strawberry Cup
Fresh Banana

21 Baked Potato Bar
Or Crispy Chicken
Sandwich
Fresh Apple
Garden Salad
Pineapple Cup
Ranch Flavored Hummus
Red Pepper Strips

Pretzel Fun Lunch

22 Cheese Pizza
Or Turkey BLT Wrap
Applesauce
Fresh Baby Carrots
Caesar Salad
Fresh Orange

25 Ham, Egg and Cheese
Sandwich
Or Grilled Cheese
Sandwich
Garden Salad
Applesauce
Crispy Potato Puffs
Fresh Orange
David's Chocolate Chip
Cookie

26 Nachos Grande
Or Turkey and Cheese
Melt
Mixed Fruit
Sweet Corn
Side Garden Salad
Fresh Apple

27 Turkey Hot Dog on Bun
Or Cheeseburger
Garden Salad
Baked Beans
Fresh Banana
Applesauce

28 Staff Development
Day

No School

29 Cheese Pizza
Or Ham & Cheese Wrap
Fresh Baby Carrots
Caesar Salad
Fresh Orange
Sliced Peaches



Join us in celebrating National Nutrition
Month® throughout March, as we focus on
the importance of making informed food
choices, developing sound
eating, and physical activity
habits.



Food Service Substitutes Needed

Whitsons.com

VEGETARIAN

MADE WITH NATURAL INGREDIENTS

PORK

MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, 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.

Lunch Prices:
\$2.50
Reduced Lunch .40
Low Fat Milk .50
100% Juice .50

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