



SANDOWN NORTH ELEMENTARY SCHOOL

May 2019

From the desk of Mrs. Stafford, Principal

As we return from our April break, I am amazed at how quickly the year has been passing by. Although we have 7 weeks of school left, there is much learning to be accomplished. Last year, the district rolled out a new report card for elementary students which is competency based. This means that as the year progresses, students are working towards meeting end of year competencies in each of the subject areas. We know this is a new way of reporting out to parents regarding their students' progress. There is information on our school website and of course your child's teacher, Ms Desrochers, our Assistant Principal/Curriculum Coordinator and I are available to answer any questions.

Speaking of our school website, you may have noticed it has a new look. I encourage you to check it out, <http://www.timberlane.net/sn/>. More information regarding our curriculum, new report card and competency based reporting may be found by clicking on the "Parents" tab. This will bring you to the "Parent Portal" on the TRSD website. Click on "New Report Card Information K-6" for a listing of relevant documents. One of the most helpful links is the one listed under the "Staff Directory" tab. Click on the "Staff Directory" tab and click on the "Question? – Who to Ask" option. The information will direct you to the appropriate staff member to have your questions or concerns addressed.

In this week's Express, I am sending home a Parent Information Form. A copy is also included in the newsletter. This is for parents with students in grades K-4. These sheets provide me with important information as we begin building our class lists for the 2019-2020 school year. We value your input as we begin the process of classroom placement. Many factors are considered when placing your child, and your input is a valued piece. The purpose of this form is not to request a specific teacher. Please take the time to complete and return by **Friday, May 17th**.

Several grade levels have field trips coming up. I so appreciate the number of you who went through the process of becoming a Designated Volunteer. As you know, this was the first year we were required to do this. As the process may take several weeks to complete, the deadline for submitting your application was April 15th. If you have not submitted your application but would still like to be a Designated Volunteer, you may still submit the application but please know final approval may not be complete for several weeks. : Go to: www.applitrack.com/timberlane/onlineapp . On the left side under "Vacancies", click on the "volunteer" link. It will list the 7 schools. Scroll to the bottom of the page, "Sandown North School Volunteer" and click the red "apply" button. I am thankful for your patience as we worked through this new process.

On May 15th from 6-7, we will be having a parent meeting for parents of incoming first graders. This evening will provide parents with an opportunity to hear about our school and in particular get a peek inside the day in the life of a Sandown North First Grader. In addition to the parents meeting and hearing from our first grade teachers, they will also hear from our Literacy Specialist, Nurse and School Counselor. This is always an exciting time as we begin to welcome new families to our school community. If you know of any Sandown residents with incoming first graders please encourage them to attend. We are getting the word out through social media as well as through Sandown Central and local private kindergartens. The information is also included in this newsletter.

Happy Spring!



**Unexpected kindness
is the most powerful,
least costly, and most
underrated agent of
human change.**



- Bob Kerrey

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/>

Curriculum Corner

Christine Desrochers, Assistant Principal and Curriculum Coordinator

NHSAS Testing:

As May approaches, it is time for students to use their tools to show what they know in both reading and math. It is imperative that all students are in school during these assessments and report on time in order to create a productive testing environment for all students.

Grade levels will be testing during the following weeks:

Grade 5 Week of May 6th

Grade 4 Week of May 13th

Grade 3 Week of May 20th

What your child is learning on a daily basis builds the foundation for being able to demonstrate high achievement on tests. The following thoughts will help you in preparing your child for being ready each day.

The Night Before:

Help your child get to bed on time. Research shows that being well-rested helps students do better.

Help children resolve immediate arguments before going to bed. Keep your routine as normal as possible.

Mention the test to show you're interested, but don't dwell on it.

Plan ahead to avoid conflicts on the morning of the test.

The Morning of the Test:

Get up early to avoid rushing. Be sure to have your child at school on time.

Have your child eat a good breakfast but not a heavy one. Research shows that students do better if they have breakfast before they take tests.

Have your child dress in something comfortable.

Be positive about the test. Explain that doing your best is what counts.



EVENTS

Mark Your Calendar

May 2 – School Board Meeting, SAU, 7:00 pm

May 6 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

May 6-10 – Book Fair, Sandown North Library, 9-3 pm

May 8 – Grades 4 and 5 Orchestra Concert, PAC, 7 pm

May 9 – PTA Meeting, Sandown North, 6:00 pm

May 9 – Arts Night, 6-7:30 pm

May 13 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

May 15 – Incoming First Grade Information Night (parents/guardians only), Sandown North Cafeteria, 6-7:00 pm

May 16 – School Board Meeting, SAU, 7:00 pm

May 17 – Second Grade Field Trip, SEE Science Center

May 17 – Ladies Choice Dance, Sandown North Gym, 6-8:00 pm

May 20 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

May 24 – Memorial Day Sing A long, 9:00 am (Staff and Students Only)

May 24 – Early Release, 1:00 pm

May 27 – No School, Memorial Day

May 29 – Elementary Instrument Trials, PAC, 5-7:00 pm



Sandown North Elementary School

Incoming First Grade

Information Night

For Parents and Guardians

Wednesday, May 15th

6-7 pm

Invitation to Current Fifth Grade Parents

Timberlane Regional Middle School invites all fifth grade parents to attend an information session on Thursday, May 30th at 6 pm in the TRMS Gymnasium. There will be an opportunity to meet the administration, learn about the curriculum and block scheduling and tips for a smooth transition.

MOVING  **UP TO**
MIDDLE SCHOOL



Get ready to STOMP, CHOMP, and READ

Scholastic's Spring Dino-Mite Book Fair

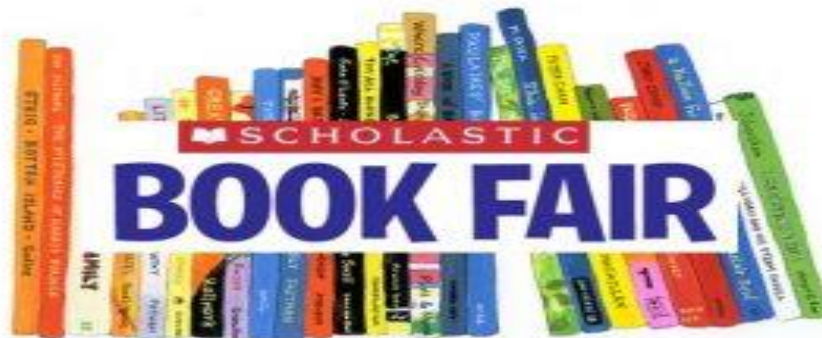
Sandown North Library

Monday May 6th- Friday May 10th

Preview flyers were sent home in Express Folders.

Look for the notice attached to the flyer for the date your child will be visiting the fair with his/her class.

WE WILL ALSO BE OPEN DURING ARTS NIGHT ON MAY 9TH!



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





May 2019 Music News

Congratulations to our Sandown North students who participated in the NH Stringfest on Saturday, March 30 at Mountain View Middle School, Goffstown: Emilienne Acerra, Lyla Belmont, Julia Johnson, and Phineas Ryder.

April concerts included *superb* performances by our students in beginning band and strings, as well as those in the elementary honor ensembles. Upcoming May events are:

- Tuesday, May 7 from 7:00-8:00 PM at the PAC: dress rehearsal for 2nd and 3rd year strings
- Wednesday, May 8 at 7:00 PM at the PAC: 4-8 strings concert
- Thursday, May 9 at Sandown North: Arts Night from 6:00-7:30 PM
 - ☐ Grade 3 recorders perform at 6:00 PM
 - ☐ Chorus performs at 6:45 PM

The music department will send out flyers this month about sign-ups for instrument study. Students currently in grades 2, 3, and 4 may elect to play a stringed instrument (violin, viola, cello); those in grades 3 and 4 may also consider a band instrument.

Please feel free to contact me or Mr. Mainella 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



We had a great time at the annual **Pancake Breakfast**. A big thank you to everyone who volunteered and helped to make this event a success.

The **Teacher/Staff Appreciation Luncheon** is May 7th, along with the luncheon there are other treats planned for the week. Please keep an eye out in this weeks express folder for more information. We are still looking for donations and volunteers. If you are able to help or have questions please contact Krystin Friling krystinp9@gmail.com

The **Ladies Choice Dance** is May 17th 6pm-8pm. The theme this year is a 1950's SockHop. We are still looking for volunteers to set up, during the event and for clean up. If you are able to help please follow the signup genius link below or contact Lucinda Quinney Lmquinney79@gmail.com

<https://www.signupgenius.com/go/30e0d4fa9a92ca3fa7-50s>

Our next meeting is on May 8th at 6pm at Sandown North. We will be voting in board members at this meeting. We are still looking for a Treasurer for the upcoming 2019-20 school year.

MAKER SPACE

Students in grades 1-5 participated in a day-long event with a variety of workshops designed to inspire the “maker” in all of us! Activities and topics included improv theater, engineering design challenges, magnetic levitation trains, Ozobots, claymation, water color painting, and soft goods design. We had presenters from Timberlane High School, Techsploration and Top Secret Science and Math. The day ended with a school wide assembly about simple machines hosted by Tom Wahle of Techsploration.



Health Office News

SEASONAL ALLERGY TIME

It is that time a year again when students are having seasonal allergy symptoms. These symptoms make it hard for the students to concentrate and function in their daily activities at school and home.

Please consult with their pediatrician if your child has known seasonal allergies, or you are noticing new symptoms. It is important that students receive their prescribed allergy medications each day before they come to school.

If your child needs any medications at school for treatment of their allergies, please make sure you bring it to health office with a doctor's order. Parents need to bring in all medications and sign permission slips. Please DO NOT send in any medications to school with your child.

<https://www.chop.edu/news/health-tip/seasonal-allergies-keeping-symptoms-check>

SYMPTOMS

- Stuffy/runny nose
- Congestion
- Sneezing
- Itchy eyes and nose
- Sore throat
- Chronic cough
- dark circles under the eyes

These symptoms can then result in

- Fatigue
- Poor concentration
- Lack of sleep
- Ear and sinus infections
- Behavior issues



How to minimize symptoms

- Washing hands and face after playing outside
- Have student take bath or shower at bedtime to help clean off allergens.
- Keep windows closed at home, school, and cars. Use air conditioning to help keep cool and circulate air.
- Do not hang clothes outside to dry where pollen can get on clothes.

Treatment options

- Over the counter allergy medications.
 1. Oral antihistamines & Decongestants.
 2. Eye drops
 3. Nasal sprays
- Prescription medications
 1. Inhalers/nebulizers
 2. Oral antihistamines & decongestants
 3. Eye drops
 4. Nasal sprays
 5. Antibiotics for infections

**** All treatments should be discussed with Pediatrician.**

PARENT INFORMATION FORM

Spring 2019

Please note the purpose of this form is **not to request a specific teacher.**

We value your input as we begin the process of classroom placement. Please take the time to complete and return by **Friday, May 17th**. We consider many factors when placing your child, and your input is a valued piece.

Student _____

Parent _____

Current Grade _____

Current Teacher _____

What went really well for my child this year: _____

Challenges for my child this year were: _____

Mrs. Stafford, I want you to know that... _____

Welcome to our Lunch Cafe at...

Timberlane Sandown North Elementary

May
2019

MEATLESS MONDAY

Monday

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on products that are locally sourced, organic and never possible.

MEATLESS MONDAY

WHITSON'S
Local Nutrition



Wednesday

1. Homemade Pasta & Meatballs
With Garlic Bread
Or Cheeseburger
Green Beans
Fresh Banana
Watermelon Slices

Thursday

2. Homemade Shepherd's Pie
With Whole Wheat Dinner Roll
Or Crispy Chicken Sandwich
Fresh Apple
Confetti Garbanzo Bean Salad
Garden Salad
Strawberries

Friday

3. Cheese Pizza
Or Fish Patty Melt Sandwich
Fresh Baby Carrots
Side Salad
Mixed Fruit
Fresh Apple

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

7. Soft Tacos
Or Cheese Quesadilla
Fresh Apple
Sliced Peaches
Side Garden Salad
Cucumber Coins

8. Pasta & Meat Sauce
Garlic Bread
Or Cheeseburger
Green Beans
Strawberry Cup
Fresh Banana
David's Chocolate Chip Cookie

9. Meatball Hero
Or Crispy Chicken Sandwich
Fresh Apple
Strawberries
Garden Salad
Sweet Potato Fries
Ranch Flavored Hummus
Red Pepper Strips
Pretzel Fun Lunch

10. Cheese Pizza
Or Fruity Parfait
Applesauce
Fresh Baby Carrots
Side Salad
Fresh Orange

13. Pancakes with Ham
Or Grilled Cheese Sandwich
Crispy Potato Puffs
Fresh Apple
Strawberries

14. Nachos Grande
Or Ham & Cheese Sandwich
Mixed Fruit
Sweet Corn
Side Garden Salad
Fresh Orange

15. Homemade Mac & Cheese
With Garlic Bread
Or Bacon Cheeseburger
Broccoli Florets
Ranch Flavored Hummus
Fresh Banana
Kiwi

16. Roasted Turkey with Gravy
With Whole Wheat Dinner Roll
Or Crispy Chicken Sandwich
Fluffy Mashed Potatoes
Fresh Orange
With Cranberry Sauce
David's Chocolate Chip Cookie

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

20. Ham & Cheese Bagel Melt
Or Grilled Cheese Sandwich
Garden Salad
Applesauce
Crispy Potato Puffs
Fresh Orange

21. General Tso's Chicken
With Brown Rice
Or Ham & Cheese Sandwich
Mixed Fruit
Broccoli
Side Garden Salad
Fresh Orange

22. Turkey Hot Dog on Bun
Or Cheeseburger
Baked Beans
Fresh Banana
Homemade Lite Veggie Pasta Salad
Watermelon Slices

23. Chicken Parmesan Over Pasta
Or Crispy Chicken Sandwich
Fresh Apple
Strawberries
Garden Salad
Ranch Flavored Hummus
Red Pepper Strips

24. Cheese Pizza
Or Italian Combo Sandwich
Fresh Baby Carrots
Side Salad
Mixed Fruit
Fresh Orange

27
Memorial Day
No School

28. Soft Tacos
Brown Rice
Or Cheese Quesadilla
Fresh Apple
Sweet Corn
Side Garden Salad
Sliced Peaches
David's Chocolate Chip Cookie

29. Pasta with Sauce
With Mozzarella Sticks
Or Cheeseburger
Green Beans
Caesar Salad
Strawberry Cup
Fresh Banana

30. Whole Grain French Toast
With Ham
Or Crispy Chicken Sandwich
Fresh Apple
Crispy Potato Puffs
Confetti Garbanzo Bean Salad
Garden Salad
Strawberries

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



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



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

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.