



## SANDOWN NORTH ELEMENTARY SCHOOL

November 2019

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

Happy fall everyone! Between the gorgeous foliage and warm weather, it has been a beautiful one! October passed quickly and was a busy month. I would like to thank our Sandown Fire Department for visiting our school for a special fire safety awareness assembly on October 7<sup>th</sup>. This is an important presentation provided for our students each year to help remind them of fire safety at school and at home. Our Sandown Fire Fighters are certainly important community heroes!



During the month of October, we also collected items for our Socktober, sock donations. Thank you to all who donated. The socks will be donated to a local homeless shelter. Thank you also, to everyone who donated items for our Fall Friend Scarecrows. Staff and students had fun creating these Fall Friends. This activity was our celebration event for our first roll out and was done in conjunction with the Sandown Public Library which organizes the Fall Friends Scarecrows Event throughout the town. I hope you had an opportunity to see the display out front. This was also part of our Cleaner Greener project. For the past few years, each school in the district has participated in Cleaner Greener. We take pride in our school grounds and do a particular project to help beautify the area. In the past, we have spread mulch, raked leaves and planted bulbs and flowers. This year, we created our Fall Friends, which involved collecting a lot of leaves to use for the stuffing! A picture of some of our scarecrows created by our third graders even made the WMUR's U Local Photo of the Day last week!



I would like to thank parent volunteers, Mrs. Vetter, Mrs. Scarlet, Mrs. Hallahan and Mrs. Colby for helping us out during picture day. The photographers took school pictures outside. It was a perfect day for these outside shots and the foliage was at its peak. These parents kept things moving, getting classes in and out in a timely way and making sure we all looked picture perfect! I would also like to thank Mrs. Hallisey. She organized all of the scheduling for this day, worked closely with the photographers from Coffee Pond as well as with teachers and parents. The day went very smoothly thanks to the work of our parent volunteers and Mrs. Hallisey. The photographers made a point to let us know how much they appreciated the work of these folks in making their time here run efficiently and smoothly. I look forward to seeing the pictures!

Speaking of volunteers, On November 1<sup>st</sup> I attended the annual New Hampshire Partners In Education (NHPIE) breakfast with our PTA President, Lucinda Quinney, and Volunteer Coordinator, Kristen Gondolfo. This breakfast is a celebration and recognition of school volunteer efforts. I am pleased to share that once again, our school is a Blue Ribbon winner based on the number of volunteer hours. In addition, Sgt. Aurie Roy, who recently retired from the Sandown Police Department, was nominated for the Gold Circle award this year. This award celebrates school and community partnerships. Our school community has greatly benefited from the work Sgt. Roy has done with our students. Over the years, she has been our Dare Officer and worked closely with our 5<sup>th</sup> grade students. We were thrilled to have Sgt. Roy, Chief Gordon and Sgt. Artimovich attend the NHPIE breakfast with us as well.



Last week, our STEM/Enrichment teacher, Mrs. Bruce, invited engineering students from UNH to our school. The STEMBassadors are a group of engineering students from UNH who travel to schools around the state sharing engineering design challenges with students. At North they visited with our fourth and fifth grade students. Fourth graders were challenged to design a theme park ride using provided materials that met criteria of being fun, fast, and safe. Fifth graders were challenged to design packaging that would protect an iPhone if it were dropped from a delivery drone. An egg was used in place of an iPhone. They also had a budget of \$50 for materials, and they needed to work within that budget. Both the Sandown North students and the UNH students had a wonderful time creating together!





We ended the month of October with our annual Halloween Parade. As a parent of three adult children, and living on a street that gets no Trick or Treaters, I love this benefit of working with elementary age students. I still get to see all of the creative costumes and the excitement of the children who love having the opportunity to dress up.



Be sure to check out our activities calendar for the month of November. Some exciting events occurring this month include our 4<sup>th</sup> graders' tour of the NH State House and some author visits with authors Marty Kelly and Rob Buyea, organized by Mrs. Ross. The monthly PTA meeting will be held at Sandown North on Wednesday, November 13<sup>th</sup> at 6pm. We would love to have you join us! There are many ways to be involved in our PTA. This group does so much for our school and appreciates any time and support parents can give. I would also encourage you to attend an important volunteer orientation on Monday, November 18<sup>th</sup>, following MMM. Mrs. Gondolfo, our Volunteer Coordinator, and I will be going over the various ways you may volunteer and how to become a Designated Volunteer. Please join us for a cup of coffee and some pastries and learn more about volunteering in our school community.

We end our month celebrating Thanksgiving. I am thankful to work with a group of educators who are hardworking, dedicated, caring and fun! I am also grateful for the daily support from each of you and for the opportunity to work collaboratively! I wish you all a wonderful Thanksgiving holiday!



# The Classroom Corner

Sandown North staff and students have been busy this month taking part in a wide variety of activities. At the beginning of the month, our first grade classes took part in "Apple Day." Students in first grade made homemade apple sauce and later got to indulge in eating it! The whole day integrated apples into their learning which included measuring and observing the characteristics of apples to conducting science experiments with the apples. On Halloween, students in Mrs. McDonough's class continued this similar exploration with pumpkins. Students measured and weighed pumpkins and discovered that pumpkins float! Students also estimated and counted the seeds in the pumpkins.



Some of our first and fourth grade classes have also begun a reading and writing buddies collaboration with one another. The fourth grade students have been wonderful, supportive mentors to our first graders and they are all thoroughly enjoying the experience.



In Mrs. Janvrin's class, students recently tackled an integrated ELA and STEM challenge. In class, students have been reading the book, *Hatchet* by Gary Paulsen. The main character, Brian, must find a way to survive in the wilderness and all the forces of nature that oppose him. In conjunction, our third graders are also studying natural habitats in

science. Students were given the task to collect only items in nature and create a shelter for Brian that would withstand wind, rain, and animals.

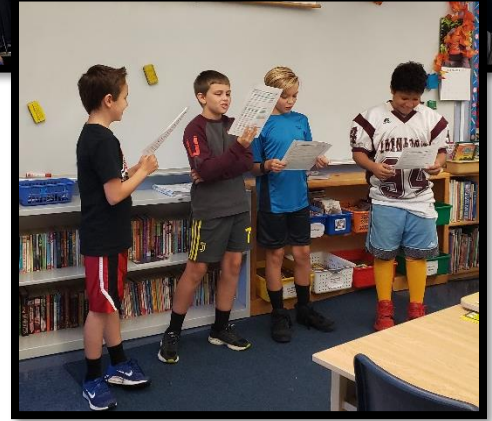
In Mrs. Castano's fourth grade class, "Mystery Readers" are invited in to read to the class. Last week, Miss Adrienne, the youth librarian from Sandown Public Library visit us. She read to the kids and we did a pumpkin volcano with her. She was amazing!





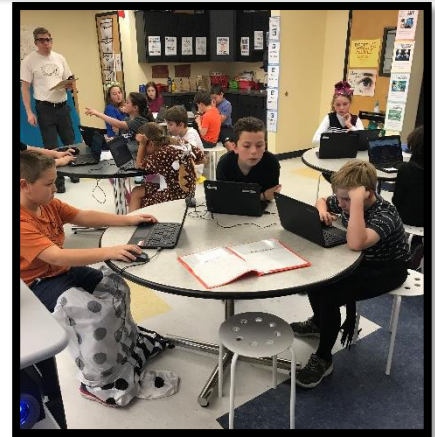
In Ms. Worthen's class, students recently took part in a reader's theater project. Groups performed several small plays about monsters who used their imagination to play. A larger group also performed a reader's theater about Christopher Columbus before he became famous.

Two students in the class shared their excitement about the project, "It was really fun. I liked that we kept practicing a lot and it was funny how people took on their parts," said Bella. "It was nice to work in small groups," said Colleen.



### Full STEAM ahead!

Our enrichment and technology teachers, Mrs. Bruce and Mr. Bentley-Melle, have been partnering up to provide extended opportunities for our 5<sup>th</sup> graders to explore different STEM challenges this year. Currently, the students are working on a challenge to create and design a cardboard arcade game. This past week, students used a computer program called 3D Slash to create 3D images of the games they are designing. Great work to all involved!



In Art, Grade 3 students utilized math skills as they learned about the word symmetry and applied problem solving to create a fun Halloween or Fall symbol that illustrated symmetry.



### Authors to visit Sandown North!

On Thursday, November 7<sup>th</sup> Marty Kelley will be here visiting with our 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> graders. On Tuesday, November 12<sup>th</sup>, Rob Buyea will be visiting with 5<sup>th</sup> grade. We are so excited to meet them both- thank you to our school's Media Specialist, Mrs. Ross, for organizing these special opportunities for our students!



November 4 – Monday Morning Meeting, Sandown North Cafeteria, 8:50 am

November 6 – Drama Club, SN, 3:15-5:00pm

November 7 – 4<sup>th</sup> grade field trip to State Capital

November 7 – Author visit, Marty Kelly, Grades 1-3

November 7 – School Board Meeting, SAU, 7:00 pm

November 11 – No School, Veteran's Day

November 12 – Author visit and Writer's Workshop with Rob Buyea, Grade 5

November 13 – Drama Club, SN, 3:15-5:00pm

November 13 – PTA Meeting, SN, 6:00 pm

November 18 – Monday Morning Meeting, Sandown North Cafeteria, 8:50 am

November 18 – Volunteer orientation 9:15am, library

November 20 – Drama Club, SN, 3:15-5:00pm

November 21 – School Board Meeting, SAU, 7:00 pm

November 25 – Monday Morning Meeting, Sandown North Cafeteria, 8:50 am

November 27 – No School, Thanksgiving Recess

November 28 – No School, Thanksgiving Recess

November 29 – No School, Thanksgiving Recess

December 3 – Picture Retakes, 9:00-10:30 am

December 4 – Drama Club, SN, 3:15-5:00 pm

December 5 – School Board Meeting, SAU, 7:00 pm



### 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. Re-Registration





### November 2019 Music News

Students in all grades have been learning new folk dances in their general music classes. Younger students are introduced to basic movement elements such as sashay (similar to a shuffle in sports training), do-si-do, and partner turns (right hand, left hand, two-hand). Older students apply these elements to new dances and work to synchronize with one another and the music. One of the newer dances for the upper grades and me is Bridge of Athlone.

5th grade band and string students are once again using Smart Music as a learning tool. This online program, provided to our students by the district, is similar to a video game in which the player tries to improve his or her score. Chorus rehearsals began in early October. All Sandown North ensembles--strings, band, chorus--will perform in the annual winter concert on Tuesday, January 7, 2020 at 7:00 PM at the PAC.

Some of our band, string, and chorus students are participating in honors ensembles at the PAC on either Monday or Tuesday evenings. These students were invited to join because of their strong work habits at school and home, high level of musicianship, and commitment to their school ensemble. The honors groups will present its first concert on Tuesday, December 10 at 7:00 PM at the PAC.

As always, please contact me or Mr. Mainella if you have any questions about your child's progress in music. Thank you for your support!

Musically yours,

Mrs. Alison Yankowskas

[Alison.Yankowskas@timberlane.net](mailto:Alison.Yankowskas@timberlane.net)

Mr. John Mainella

[John.Mainella@timberlane.net](mailto:John.Mainella@timberlane.net)





## Technology News

It's full STEAM ahead at Sandown North! Our fifth graders have been working with the LAUNCH process ([thelaunchcycle.com](http://thelaunchcycle.com)) to design games for their cardboard arcade. LAUNCH: Listen, Ask, Understand, Navigate, Create Highlight, launch and repeat. Fourth grade students are programming Bee Bots to dance their favorite music. Students in grades one, two, and three are taking editing digital photos to use in landscape collages. They would love to show you their work in their Google Drive and Technology Town Google Class.



## PTA News

November Events:

**Festival of Trees:** This year we are having a Festival of Trees, November 30th-December 1st. It is open to the public. Visitors may buy raffle tickets for the trees or other decorations and prizes are also donated. We are still looking for businesses (even families or organizations, if interested) to donate to this event. If you think you are interested in making a donation to our event please notify us as soon as possible. Contact Kristin McCartney at [kmccartneypta@gmail.com](mailto:kmccartneypta@gmail.com) with any questions.

**Santa Sale:** Our 2nd Annual Santa Sale will be December 7th at the Sandown Town Hall. More information on this event will be going home in your child's express folder this month.

The November PTA meeting will be held at Sandown North at 6: pm. All are welcome.

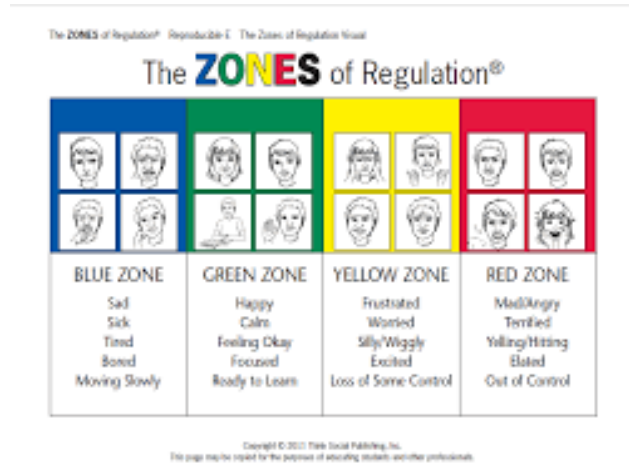
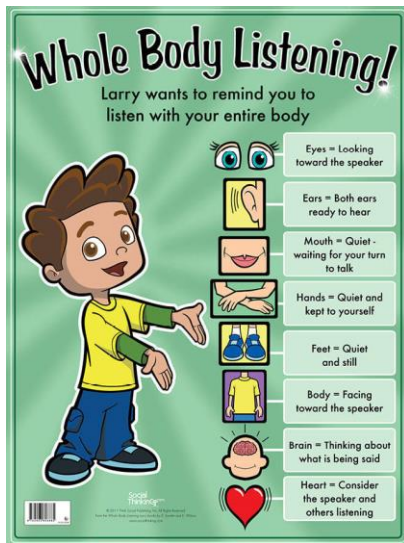
Our Volunteer Coordinator, Kristen Gondolfo & our Principal, Nancy Stafford, will also be holding an orientation meeting for volunteers on Monday, Nov. 18<sup>th</sup>, at 9:15AM, following Monday Morning Meeting. Please join them for coffee and some snacks and to learn how to be involved.

As always, thank you for all your donations and volunteering!



Hello!

I am continuing to work with the fabulous students at Sandown North on Mindfulness (Grades 1-5), Whole Body Listening (Mainly Grades 1-2), and Goal Setting (Grades 3-5). Next month we will be focusing on the Zones of Regulation.



## SEL Classroom Lesson Snapshots



Mrs. DiBenedetto & Mrs. McDonough's Classrooms with their finished Mr. & Mrs. Potato Heads they created while learning about Whole Body Listening!



Mrs. Bollhorst's class focusing on their leaves during their fall mindfulness activity.

### Fall Mindful Moments



*fall mindfulness activity*

Hold a cup of warm apple cider in your hands. Feel the warmth in your palms. Feel it spread through your arms. Take a deep breath in through your nose, smelling the scent of the cider. Notice your feelings as you smell the cider. Are these feelings tied to a memory?

COUNSELOR Kent



*fall mindfulness activity*

Hold a fresh apple in your hand. Notice its weight and texture. Turn all of your attention to your apple. Take a slow, focused bite. Notice the crisp sound. Notice the texture. Notice the taste. Notice the flavors emerge on your tongue as you enjoy your apple.

### Strategy to Try at Home

**Deep Breathing Pumpkin**

TRACE THE RIDGES OF THE PUMPKIN.  
TRACE UP & BREATHE IN.  
TRACE DOWN & BREATHE OUT.



THE OT TOOLBOX.COM

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](mailto:Samantha.Houlihan@Timberlane.net)**





# Qué te pasa calabaza?

**Nada, nada limonada**

What's New in Spanish Class

## Our Learning

Noviembre

### First Grade

- Months and Seasons
- Clothes we wear in each month/season
- Shapes
- Days of the week

### Second Grade

- Months and Seasons
- Clothes we wear in each month/season
- Activities we do after school
- Food we eat

### Third Grade

- Months and Seasons
- Clothes we wear in each month/season
- Activities we do after school/ are going to do
- Food we like to eat

### Fourth Grade

- Cost of items we buy
- Clothes we wear in each month/season
- Clothes descriptions
- Stores we will shop at and what we want to buy
- Time

### Fifth Grade

- Weather and Temperature of different places
- Cost and Descriptions of Clothing
- Comparisons of different clothing items
- Comparisons using time
- Verbs and their conjugations for I, You and He/she/it

## We are Finishing Up our "All about School" Unit.

Ask your child about what they have learned.

**First Graders** can tell you the name of a few school objects. They can tell you their name, their favorite color, the weather and the day of the week.

**Second Graders** can tell you the weather and season. They will be able to tell you a few classroom objects as well as the colors of those objects. They can also tell you if they like or dislike something.

**Third Graders** can tell you what they have in their backpack as well as when they have certain classes! Third graders can also tell you their name and their age in Spanish.

**Fourth Graders** can describe what they have in their backpack. They can tell you their teachers' names and what classes they teach. They can also tell you about themselves including what their name is, and how old they are.

**Fifth Graders** can describe what they have in their backpack and what others have in their backpack. They can describe school supplies using colors and sizes. Fifth Graders can say their/ others name, age and where they/ others live. Fifth Graders can also tell how they are feeling.

# Health Office News



## Thanksgiving is National Family Health History Day

### Celebrate this Thanksgiving by Discussing your Family's Health History

As you gather with family over this holiday season, it is a great time to discuss your families health history and discuss health issues that affect family members. In this country, we know that family health history is an important part of routine medical care. It's so important, the U.S. Surgeon General has declared Thanksgiving as National Family History Day since 2004. By learning and documenting your own family health history, you are taking the first step in helping to ensure a longer, healthier future together.

Please take a look at the websites below. These links offer educational opportunities for health care providers and the public in raising awareness of the importance and value of knowing one's family health history.

<http://www.cdc.gov/Features/FamilyHealthHistory>

<http://www.hhs.gov/familyhistory>

**Share this information with your loved ones. Knowing your risks today can lead to a healthier tomorrow.**

## November is also "National Healthy Skin Month"

The outdoor temperatures are getting colder, so it is a good time to review some tips on keeping our skin healthy this winter.

Avoid long hot showers-	Use hand cream several times a day –
Wear sunscreen with an antioxidant daily	Wear lip balm
<b>Please remember to send in warm clothes with your students to protect their skin in the cold temperatures. Hat, mittens, boots, warm coats and snow pants as needed</b>	

# Welcome to our Lunch Cafe at...

Timberlane Danville Elementary

November 2019

Monday

Tuesday

Wednesday

Thursday

Friday

## HARVEST of the MONTH

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



1	Cheese Pizza 🍕 Or Fruity Parfait 🍓 Fresh Baby Carrots Side Salad Mixed Fruit Fresh Apple
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4	Chicken and Waffles 🍗 Or Grilled Cheese Sandwich 🥞 Garden Salad Fresh Baby Carrots Applesauce Fresh Orange
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5	Soft Tacos Or Cheese Quesadilla Fresh Apple Sliced Peaches Side Garden Salad Cucumber Coins
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6	Pasta & Meat Sauce 🍝 Or Cheeseburger Green Beans Strawberry Cup Fresh Banana  Pretzel Fun Lunch
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7	Meatball Hero 🍝 Or Crispy Chicken Sandwich Garden Salad Fresh Apple Strawberries Ranch Flavored Hummus Red Pepper Strips Sweet Potato Fries
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8	Cheese Pizza 🍕 Or Turkey & Cheese Sandwich Applesauce Fresh Baby Carrots Side Salad Fresh Orange
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11	
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12	Nachos Grande Or Turkey & Cheese Sandwich Mixed Fruit Sweet Corn Side Garden Salad Fresh Orange
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13	Homemade Mac & Cheese 🍝 Or Bacon Cheeseburger Broccoli Florets Fresh Banana Kiwi Baked Beans Cheddar Cheese Biscuit Chef Rich Visits Pollard Elementary School
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14	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
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15	Cheese Pizza 🍕 Or Very Berry Smoothie 🍓 Caesar Salad Fresh Baby Carrots Fresh Orange Sliced Peaches
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18	Whole Grain French Toast 🍞 Crispy Pork Sausage Links Or Grilled Cheese Sandwich 🥞 Crispy Potato Puffs Fresh Apple Strawberries
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19	General Tso's Chicken 🍗 With Brown Rice Or Tuna Salad Sandwich Mixed Fruit Broccoli Side Garden Salad Fresh Orange
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20	Turkey Hot Dog on Bun Or Cheeseburger Cucumber Coins Baked Beans Fresh Banana  Pretzel Fun Lunch
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21	Spicy Chicken Tenders Fluffy Mashed Potatoes Or Crispy Chicken Sandwich Fresh Apple Strawberries Garden Salad Confetti Garbanzo Bean Salad
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22	Cheese Pizza 🍕 Or Buffalo Chicken Salad with Dinner Rolls Fresh Baby Carrots Side Salad Mixed Fruit Fresh Orange
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25	Chicken Nugget & Mozzarella Stick Combo 🍗 Whole Wheat Dinner Roll Or Grilled Cheese Sandwich 🥞 Garden Salad Tomato Soup Applesauce Fresh Orange
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26	Chicken with Gravy 🍗 With Fluffy Mashed Potatoes Whole Wheat Dinner Roll Or Turkey Hot Dog on Bun Fresh Apple Sliced Peaches Side Garden Salad Cucumber Coins Brownie Cookie
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29	
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We are Simply Rooted® in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options.



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

### Help Wanted

Food Service Worker  
Contact John Fratello  
jfratello@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 🍓 MADE WITH ORGANIC INGREDIENTS

\*Consuming raw or undercooked 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.