

SANDOWN NORTH

SANDOWN, NEW HAMPSHIRE



SANDOWN NORTH ELEMENTARY SCHOOL

October 2021

From the desk of Mrs. Stafford, Principal

WE
CAN
DO
HARD
THINGS

It is wonderful starting our school year having staff and students in the building five days a week. I saw a chart recently that pointed out that our 1st, 2nd and 3rd graders have yet to experience a “typical” school year. Although we wish their years of schooling had started differently, in many ways these past couple of years have taught us all the importance of flexibility, out of the box thinking and connections. I am proud to say that the staff at Sandown North have always shown these attributes. Despite the circumstances, our students benefit and continue to grow and learn because of our caring, dedicated staff and the support and love they receive from you.

We are so pleased to be bringing back some traditions and adding some new ones to our school year. This past Monday, we had our first Monday Morning Meeting (MMM). For those of you new to our school, we have had MMM for the 20 years since our school opened its doors. Most Mondays, we begin our week together at an all school assembly. A 5th grade representative from each class serves as host. The week before, they work with me and Mrs. Ross creating the script. During MMM, we recognize students and staff and our school community members have an opportunity to share a talent, a piece of artwork, a story they have written, a dance, magic trick... The meetings are brief but are a special way for us to start our week together. Last year, we kept this tradition going by recording the hosts via zoom and sharing the recording for teachers to show in the classroom on Monday mornings. This year, we are able to have our 5th grade students join us in the cafe while the hosts present the meeting via a Powerpoint presentation. Thanks to the help from Dean Zanello, District Senior Tech Specialist, we are able to livestream the meeting so that classrooms are watching it in real time. Once again, we are able to say the Pledge of Allegiance together and celebrate the variety of cool things our students are doing. We will be posting these recordings to our Sandown North Facebook page and our website.

Speaking of Facebook, if you haven't already, please be sure to “like” our page. Especially since visitors are currently not allowed in the building, this is a great opportunity for you to see pictures of what our students are up to and get a peek inside some of our classrooms. For the past few years, Mrs. Guanci and I have each been doing a Facebook Live storytime each month. Our first FB Live Storytime will be with me on Wednesday, October 13th at 6:30pm. Mrs. Guanci will be reading on Sunday, October 24th at 6:30pm. Typically, our storytimes will be on Sunday evenings, twice a month; however, we pay attention to the Patriot's schedule which sometimes means we have a midweek storytime. Go Pats!

I am a strong believer in the importance of a partnership with you. As I've done for the past 4 years, I will continue to hold our Coffee & Conversations meetings throughout the year. Last year they were via zoom. This year, we will hold our first meeting under our tent at the front of the school, weather permitting. We can easily shift to a zoom meeting if necessary. Our first meeting will be Monday, Oct. 18th at 9:30am. This will be an opportunity for you to ask questions and for us to have an informal discussion. During this meeting, Meg

Guanci and I will share our vision for the school year and would love to hear your thoughts. Please complete this super short survey, letting us know your interest in attending. [Coffee and Conversation Survey](#)

I would like to acknowledge and thank Michelle Carey, para educator and her husband Mike. Michelle was talking with him about how we were trying to raise money for a Gaga Pit. It will take us some time to raise enough money for a permanent one so he took it upon himself to build us a portable one in the meantime! You have probably heard about it from your children as they are gaga for the Gaga Pit! Below is a brief description of the game. The Carey's kindness and generosity truly exemplifies the core values of our school and the Sandown community. We are the village!

Happy Fall!

Best,
Nancy Stafford

“Gaga is a fast paced, high energy sport played in an octagonal pit. The more players the better! Dubbed a kinder gentler version of dodge ball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball. Fun and easy, everyone gets a serious workout.” (*Gagacenter.com*)





Meaghan Guanci, Assistant Principal and Curriculum Coordinator

It's been a wonderful start to the school year! Students are working hard on their classwork and beginning of year assessments and teachers are coming up with all sorts of creative, engaging activities to work on with their students. During the month of October, students will be finishing up on their final beginning of year benchmark assessment, F&P Reading Records. Staff have been looking at data from the iReady assessments, informing their instruction and next steps for the classroom. If you have any questions regarding the beginning of year assessments, please reach out to your child's classroom teacher or Mrs. Guanci.

STAR Classroom Spotlights:

This year, in order to commemorate the 20th anniversary of 9/11, many classrooms here at Sandown North took part in activities to honor the heroes and remember those lost. In Mrs. Lisa Paladino's 3rd grade class, students participated in a read aloud of *Fireboat* by Maira Kalman. The book is a true story about the John J. Harvey fireboat who played an important role in helping battling the flames on September 11th. The class learned about the John J. Harvey and many other heroes who risked their lives to help others. The students' thoughts and reactions to the text were both moving and powerful. Later in the day, students had the opportunity to further explore age appropriate collections online about 9/11.

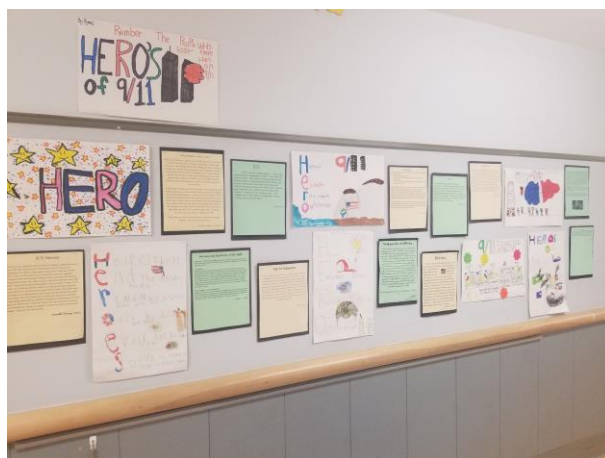
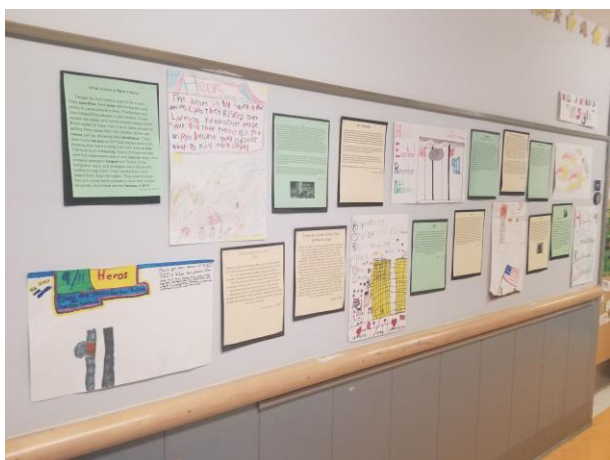


Mr. Worthen's class decided as a way to honor the 20th anniversary of 9/11 that they wanted to create a mural poster. Students focused on creating a drawing to honor those who lost their lives and the impact of 9/11 on the United States.

In the fifth grade, students engaged in a variety lessons and activities to learn and reflect upon 9/11. In Mr. Ryder Worthen's class, the students completed a KWL chart, watched age appropriate clips about 9/11, and read a story from a child's point of view about 9/11. The students also took part in a whole class discussion. Mr. Worthen shared how proud he was of his class, that they were incredibly respectful and that the primary focus of the day was on how the country unified during this tragic event. The class also focused in on the different heroes that emerged to help.



In Mrs. Melissa Siuda's 5th grade class, students learned about 9/11 and the heroes on that day. The class first created a KWL chart to determine what they knew and what they wanted to learn more about 9/11. Students then engaged in several activities to begin answering their questions. They watched a Brainpop video, read an article from NewsELA about a special flag that took an amazing journey before ending up in the 9/11 museum, and read a Storyworks article that depicted the heroic acts displayed on 9/11. Students were then tasked to write an essay using the prompt, "Why were people that day called heroes? Explain what being a hero means to you." Mrs. Siuda shared that students were so engaged with their writing that they begged her to let them write more than one paragraph because they had so much to say! Mrs. Siuda was very proud of their writing, "This was our first writing assignment of the year, and they did a fantastic job supporting each other with peer conferences! They really gave each other some good advice and help." After writing, they worked in groups to create "Hero" posters for their Wall of Heroes display.



Student essays were part of this display.

In Matthew Judge's essay, he notes, "People are called heroes because they put others' lives before themselves. They are brave and always fight for others."

Ellie Lohnes wrote in her essay about those on the harbor, "A lot of the heroes were complete strangers. Many of them were out on their boats when they saw the smoke flooding out of the towers. They took their boats back to Manhattan and let all the people they could onto their boats and carried them to safer areas."

WHAT I LEARNED ABOUT 9/11 AND WHY IS IT IMPORTANT TO LEARN ABOUT 9/11?



"To remember history and what happened that day; to honor those who died." ~ Lena Canales

"It was a really scary experience. The Twin Towers were really important; many people would go there- it finished the skyline and was an important part of the city." ~ Isabelle Chartier



"I learned it was a really traumatic experience where terrorists took over planes and crashed them into the Twin Towers, the Pentagon, and an open field. Because people on one of the planes fought against the terrorists, even though they were risking their lives, they prevented it from hitting the White House."

~ Nick Dement



"It's important to learn about 9/11 because our whole country is like a whole family. When someone passes away, it affects us all." ~ Sophie Marcotte



"We made this memorial quilt to honor those lost. It was a very sad moment that I won't forget. Many lost their lives to rescues others and rescue boats came to help. It makes me feel hopeful- people risked their lives for others to live." ~ Mryam Abdelhadi



"We memorialize 9/11 because many people risked their lives and died that day. They were very important to us." ~ Eva Azevedo

"It's something that's never going to be forgotten and an important event in American history. Many people lost their lives. We weren't born yet and need to know about it."

~ Julianna Whynot





October – 7 – School Board Meeting, PAC, 7 pm

October 11 – No School, In Observance of Columbus Day

October 13 – Story time with Mrs. Stafford, Facebook Live, 6:30 pm

October 18 – Coffee and Conversation, 9:30 am

October 18 – PTA Meeting, Sandown North, 6 pm

October 21 – Early Release, 1 pm

October 21 – School Board Meeting, PAC, 7 pm

October 24 – Story time with Mrs. Guanci, Facebook Live, 6:30 pm

November 4 – School Board Meeting, PAC, 7 pm

November 8 – PTA Meeting, Sandown Central, 6 pm

November 11 – No School, in observance of Veteran's Day

REMINDER

- Parent pick up is going much quicker now. For safety reasons, we need students to be able to get in the backseat from the driver's side of the car rather than walking them around to the passenger's side.
- Please send your child to school with a water bottle. Although our water fountains are not on, the water bottle fillers are available. Students are able to bring a water bottle to school and are able to access the water fillers as needed throughout the day
- Masks are required on the school bus and while indoors at school. We ask that you pack an extra mask in your student's backpack.

Attendance Policy

We ask that you contact the school prior to the start of the school day (8:40 am) if your child will not be attending in school. In order to provide for the security of your child, in school absences that are not reported to the school will be followed up with a phone call from the office. If necessary, the person listed by you on your emergency card will be contacted. If the school is still unable to ascertain the whereabouts of your child, the Sandown Police Department will be contacted to conduct a wellness visit to ensure the child's safety. However, it is the parent's primary responsibility to make the call to the school. The attendance line is available 24 hours a day at 603-887-8503 or through Pick Up Patrol. Any student arriving after the 8:40 am bell must enter through the main entrance with a parent or guardian and check in at the office before reporting to the classroom.



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

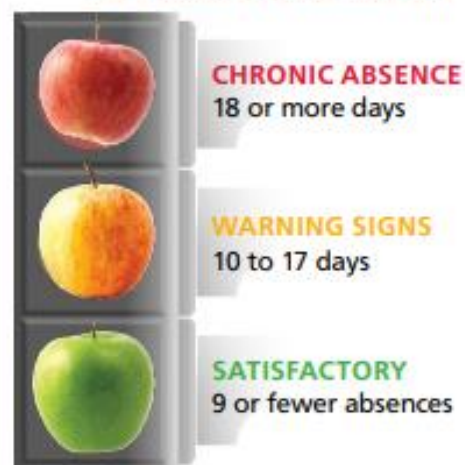
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.
- Keep in mind that complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home. If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!



October Technology News

Students are set up and learning about Technology in their Google Classroom hub. Parents have the option to sign up for Google Classroom notifications if they wish. These notifications are automated emails from Google that provide updates of Google Classroom posts, communication, and activities. I find the automated emails to be a bit confusing, while other parents find them helpful. If you've signed up in the past and would like to stop receiving them, you can select unsubscribe at the bottom of a Google Class emails at any time.

I encourage students to log in to Google Classroom with their parents to show them their accomplishments and activities. As Technology lessons are introduced, they are posted at the top of the Classwork page and completed during Technology Class. In progress competency-based grades will be posted mid-trimester based on evidence submitted through student assignments. Students usually complete assignments and receive feedback during class. If additional work is needed, students are encouraged to revisit, add to, and resubmit assignments with comments about updates any time during the year. Grades will be adjusted as students submit updates and additional assignments.

My goal is success for each student. I continue to provide guidance, support, and encouragement to help students reach district competency objectives each trimester. I will also continue to reach out to parents and classroom teachers if additional support is needed.

Please contact me if I can be of further assistance.

Regards,

Justin Bentley-Melle, Technology Education



October Music News

This past week, the band and string students were excited to begin their first lessons of the year! Mr. Mainella, who is now in his *43rd year* as a Timberlane music educator, is at

Sandown North on Wednesdays and Fridays to instruct our 4th and 5th grade band students. String students in Grades 3, 4, and 5 meet with me for their weekly lesson. Invite your child to show you what they have already learned in their first lesson! It is not too late to sign up. If you are interested, please email me or Mr. Mainella.



In general music classes this year, students will learn about a different musician each month. The goal of the Musician of the Month curriculum is to inspire all students to be life-long, active music-makers through featuring diverse musicians who act as musical role models. September's focus has been Celia Cruz, a Cuban-American singer who is known as the "Queen of Salsa" due to her contributions to Latin music in the United States. Some of her musical performances presented with class activities include *La vida es un carnaval*, *Oye Como Va* (written by Tito Puente and later covered by Santana), and *Guantanamera*. Students are also enjoying the book *Celia Cruz, Queen of Salsa* by Veronica Chambers with illustrations by Julie Maren.

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

Musically yours,

Alison Yankowskas, Music & Strings Teacher

Alison.Yankowskas@timberlane.net

John.Mainella@timberlane.net



From the Art Room...

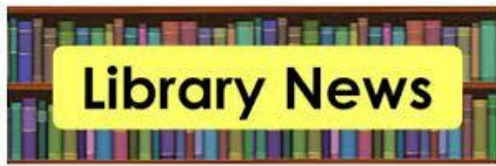
We are so happy to be back in the art room this year! Our artists have been hard at work at learning about The Elements of Art! Line, Shape and Color are a few of the elements needed to create a piece of art. Our first graders created line patterns but finished off with shape collage to turn their line art into Monsters. Our third and fourth grade artists used their eyes for observation drawing and looked for lines and shapes to help them compose a drawing of their backpacks and sneakers. I am impressed at all the hard work and effort the students are putting into their artwork!

All of the artwork created in the art room is kept in the art room until early Spring. The students will bring home their art portfolio filled with their sketchbook and masterpieces.

The art room is always looking for donations of recycled items (such as bottle caps, cups, kids magazines, fabric, buttons, etc). Also looking for zip lock bags, tinfoil, yarn, small scraps of wood, and baby wipes.

Thank you,
Mrs. Lenihan





Hello from the Library!

We are so happy to be back and have students in the library again!

Grades 2 through 5 have completed orientation and are regularly circulating books. Students in those grades can check out two books for two weeks. Ask your child what he/she is reading!



First graders are just starting orientation and library time. Twice a week they are hearing a story in the library and practicing library procedures. Soon, they will be taking books back to their classes and eventually they will take them home. First graders will be allowed one book at a time.

Starting in October grades 1-3 will be hearing the 10 Ladybug Award nominated books. Then, they will vote on their favorite. You can learn more about the NH state Ladybug Award voting and books at the state website: <https://www.nh.gov/nhsl/bookcenter/programs/ladybug.html>

We will be having a school-wide fundraiser starting late October called "Love My Library!" For those of you who were with us last year, it is similar to the Read-A-Thon. Stay tuned for more information!



Feel free to reach out to Mrs. Evans or myself with any questions about library time or books. Our extension is 7542.

Happy Reading!

Mrs. Ross

Sandown North Elementary School Librarian



Welcome Back and Welcome to the PTA. The PTA has been busy over the summer preparing for this upcoming school year. We have a lot of fun activities and events planned for this year.

Fundraisers: Thank you to everyone that supported the fall mums fundraiser. Our upcoming fundraisers include a Little Caesars Pizza fundraiser in October and a Calendar raffle in November and December. Stay tuned for more information.

Donations Needed: We are looking for gift card donations for our upcoming calendar raffle. If you and/or your business would like to make a donation, please reach out to Heidi Chaput at

Heidi.chaput@timberlane.net

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Volunteers Needed: We are always looking for Volunteers to help with PTA sponsored events, fundraising activities and special events. If you are interested, please contact me at kgondolfo@gmail.com.



PTA Meetings: We meet the second Monday of every month alternating between Sandown Central and Sandown North. Due to the Columbus Day holiday, our next meeting will be Monday, October 18 at 6 pm at Sandown North. Our full schedule can be found on our Sandown NH PTA Facebook Page.

We look forward to a fun and successful school year.

Kristen Gondolfo, PTA President

	<h1>OCTOBER HEALTH OFFICE NEWS</h1>	
<div> <h2>FALL WEATHER REMINDERS</h2> </div> <div><ol style="list-style-type: none">1. Dress in layers and be prepared for cool or wet weather2. Send your student in with change of clothes in case they get wet on playground</div>	<div> <h2>FLU SEASON</h2> </div> <div><p>DON'T FORGET TO GET YOUR FLU VACCINE</p></div>	
<div> <h2>COVID</h2> </div> <div><p>Any student or staff experiencing any of the following symptoms Should consult with their doctor for possible COVID testing.</p><ul style="list-style-type: none">• Headache• Muscle and body aches, fatigue• Sore throat, runny nose, congestion• Nausea, vomiting, diarrhea• Fever, new cough, shortness of breath, or difficulty breathing• New loss of taste or smell<p>Remember COVID symptoms can be the same as allergy and common cold symptoms. Please do not assume you or your child is negative without consulting with your physician.</p></div>	<div> <h2>TRSD MASK PROTOCOL</h2> </div> <div><p>Thank you for sending your student into school with a clean mask each day. As a reminder, masks need to fit properly and be able to stay in place to cover the nose and mouth without the student having to constantly touch the mask. Please send in a spare second mask with your student each day.</p></div>	

Additional Reasons your child should stay home

- 🤒 **Fever** - Any fever over 100 degrees during the night or morning before school. Students should be fever free for 24 hours without the use of fever reducing medications such as Tylenol or Motrin before returning to school. For fevers over 101 a call to the doctor may be necessary.
- 🦟 **Head Lice** - According to the Department of Public Health and Human Service recommendations, a student with a confirmed case of head lice may return to school after proper treatment. All cases of lice should be reported to the school nurse.
- 🧴 **Rashes** - In accordance with the Department of Health and Human Service guidelines, any student with an unusual rash, or rash with fever, should be evaluated by a physician prior to returning to school.
- 👁️ **Conjunctivitis (pink eye)** - According to the Department of Public Health and Service guidelines, students with crusty, itchy, red eyes with thick yellow drainage should be excluded from school. If a diagnosis of conjunctivitis has been made, the student may return to school after 24 hours of antibiotic treatment.
- 🗣️ **Strep throat** - In accordance with the Department of Health and Human Services guidelines, students with strep throat may return to school after 24 hours of antibiotic treatment and be free of fever.
- 🤢 **Vomiting and/or Diarrhea** - Students should remain home for any episodes of vomiting or diarrhea occurring within 24 hours of the school day.

IF YOUR CHILD IS ABSENT

Please call all absences into the attendance line.

Please include symptoms of illness. In addition, please report any contagious illnesses, hospitalizations, or injuries to the school nurse.

IF YOUR CHILD IS INJURED

Doctor's notes are required for activity restrictions related to illness or injury for physical education, wellness, recess or school related activities. Any student with an ace bandage, splint, cast, orthopedic brace, boot, crutches, etc. all require doctor's notes.

Please feel free to contact me if you have questions. Maureen Healy, RN, BSN.

PH- 603-887-8505 Ext 7519

Fax-603-887-8511

Maureen.healy@timberlane.net





Happy Fall!

I hope everyone had a relaxing summer! I cannot believe it is already October! I am excited to start going into classrooms again for my Social Emotional Learning lessons...and that football season is in full effect! Go Pats! I am working closely with teachers to choose specific lesson topics that will be beneficial for each group of students' needs. Below are some helpful tips and fall mindfulness activities for home when getting back into the school year routine:

Back to School Tips:

- Create a quiet, designated area for homework. Have them put their homework away in their backpack as soon as they are finished
- Eat dinner together and discuss everyone's day (What was the highpoint? Any tricky moments? Problem solve!)
- Enjoy the nice weather while it is still here (ex. go for a family walk after dinner)
- Have them pick out their clothes the night before.
- Re-establish a bed time routine, limiting screen time (especially at night)
- Eat a healthy breakfast

Ways to Help with Separation Anxiety during the School Year

1. Make up and practice a goodbye ritual: Hugs, high fives, secret handshake, etc.
2. Stick to a routine: Bedtime routines, predictable morning routine, coming to school on time, communicate with them their daily schedule so they know what to expect.
3. Show excitement: Instead of saying "I'm going to miss you while you're at school" say "I can't wait to hear about all the things you learn" or "It's going to be so cool to get to do _____ at school!".
4. Validate feelings: Let them know it's ok to feel sadness or worry, redirect the conversation to things they can do if they feel worried at school (talk to their teacher, take a break, make an appointment with Mrs. Houlihan ☺).
5. Model a positive goodbye: Do your ritual and give them a big smile and with confidence say "I can't wait to hear about your day!" They will pick up on your positive energy!
6. Read about it: Getting some books that talk about separation such as *The Kissing Hand* and *Llama Llama Misses Mama*.

ATTEND TODAY, ACHIEVE TOMORROW

GOOD SCHOOL ATTENDANCE MEANS...



PRESCHOOLERS
build skills and develop
good habits for showing
up on time



ELEMENTARY STUDENTS
read well by the
end of third grade



HIGH SCHOOLERS
stay on track for
graduation



COLLEGE STUDENTS
earn their degrees



WORKERS
succeed in
their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.



Fall Mindfulness Activities

(Source: Counselor Keri)

Football Touch & Trace

Run your palms over the bumpy skin and trace one finger over the laces. Then, describe the sensations you feel in your palms and fingertips.



Apple Pie Play Dough

Squeezing, smashing, and molding the dough is a wonderful sensory activity, and the smell is an added bonus. You can make your own with the recipe below:

Ingredients:

- 1 cup flour
- 1/4 cup salt
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp cream of tartar
- 1/2 tbsp oil
- 1 tsp red food coloring (optional)
- 1 cup water

Instructions:

In a large pot, combine dry ingredients

Add wet ingredients and stir well

Cool over medium heat until the dough pulls away from the sides of the pot

Let the dough cool and then play!



**Please feel free to contact me with any concerns you may have about your child throughout the school year!*

Samantha Houlihan

School Counselor, Extension 7543

Samantha.Houlihan@Timberlane.net

WELCOME BACK!

Whitsons

08/19/21



Whitsons' School Nutrition team would like to extend a warm welcome and let you know that we have exciting plans for this school year. Our goal is to serve nutritious, well-balanced meals that appeal to students and the school community. We are pleased to provide a comprehensive school dining program at Timberlane Schools that meets the National School Lunch and Breakfast Program requirements and engages students in developing a positive attitude about healthy eating.



At Whitsons, we have gone back to a time when good food was simple. We are pleased to be able to provide a nutritious school dining program and are anxious to work with each principal to make the program a success.

Here is some information that will be helpful as we begin this new school year:

SCHOOL MEALS

The National School Lunch & Breakfast Program (NSLBP) is a federally funded program providing nutritionally balanced meals to children each school day. The USDA administers the program at the federal level and

has approved the continuation of serving **free meals** to all

students at **Lunch and Breakfast** through the 2021-2022 school year. This means that all students will have access to nutritious meals at no cost to parents.

You may find our interactive menus online at www.fdmealplanner.com, which provides daily meal options and nutritional and allergen information. A Printable menu is also on your schools web site.

We will do our best to adjust to the challenges of this school year. There will be supply chain issues during the coming year and we will make every effort to communicate menu changes when at all possible.

We will open the school year with a slightly reduced menu and will be adding additional options as staffing improves and supply chain issues improve.





WELCOME BACK!

SIMPLY SAFE DINING

Students' safety is our number one priority, so we take the mealtime worry out of the back-to-school experience. In accordance with the Center for Disease Control and Department of Health, Whitsons has very strict food safety practices and procedures in place for handling food and sanitizing cafeterias, kitchens and serving areas.




















ABOUT WHITSONS

Whitsons School Nutrition serves the dining needs of public and private schools from the elementary level through high school. We provide comprehensive management services—customizing our menus and nutrition education programs to the unique needs of students, faculty, staff and administration at each school. Whitsons was founded in 1979 by Elmer and Gina Whitcomb and handed down to their seven sons and two daughters. Today, the Whitcomb family remains actively involved in the company's management and has been joined by an "extended family" of team members who share their vision and commitment to bringing the best in dining services to your schools.

We understand that young people can be selective and want food that tastes great. Whitsons' educational dining programs boast menus that are delicious and highly appealing to young people. Yet, at the same time, we provide the wholesome foods so important to nurturing the health of growing bodies at every stage of development. We work hand in hand with each district to develop menus that focus on quality and variety, while also maximizing nutritional value and ensuring adherence to national, state and local health and wellness guidelines.

If you have any suggestions for the school nutrition program, please contact Whitsons' General Manager, Mayra Maldonado at MMaldonado@whitsons.com. We are here to serve you and your students' needs and look forward to being a part of your community for many years to come.

What's for breakfast?

Monday	Tuesday	Wednesday	Thursday	Friday
 FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!				
4 Fluffy Whole Grain Waffles  100% Fruit Punch Juice Fresh Apple Mixed Fruit	5 Homemade Muffins  Mixed Fruit 100% Fruit Punch Juice	6 Mini Maple Pancakes  Mixed Fruit 100% Orange Juice Blend	7 Whole Grain French Toast Slices  Mixed Fruit 100% Orange Juice Blend	8 Or WW Breakfast Bun  Mixed Fruit 100% Apple Grape Juice
11 No School Columbus Day	12 Homemade Muffins  Mixed Fruit 100% Fruit Punch Juice	13 Mini Maple Pancakes  Mixed Fruit 100% Orange Juice Blend	14 Whole Grain French Toast Slices  Mixed Fruit 100% Orange Juice Blend	15 Or WW Breakfast Bun  Mixed Fruit 100% Apple Grape Juice
18 Fluffy Whole Grain Waffles  Mixed Fruit Fresh Apple 100% Orange Juice Blend	19 Homemade Muffins  Mixed Fruit 100% Fruit Punch Juice	20 Mini Maple Pancakes  Mixed Fruit 100% Orange Juice Blend	21 Whole Grain French Toast Slices  Mixed Fruit 100% Orange Juice Blend	22 Or WW Breakfast Bun  Mixed Fruit 100% Apple Grape Juice
25 Sausage and Egg Sandwich Mixed Fruit 100% Orange Juice Blend	26 Homemade Muffins  Mixed Fruit 100% Fruit Punch Juice	27 Mini Maple Pancakes  Mixed Fruit 100% Apple Grape Juice	28 Whole Grain French Toast Slices  Mixed Fruit 100% Orange Juice Blend	29 WW Breakfast Bun  Mixed Fruit 100% Apple Grape Juice



Whitson's is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Breakfast Prices

Regular: Free

Reduced: \$0

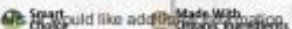
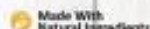
Breakfast is served in the cafe

Available Daily

Whole grain bagels w/ butter or low fat cream cheese

Assorted Cereals with Crackers

All served with choice of fat free or low fat milk, assorted juices and fresh fruits















*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. If you have any questions, please contact the service director. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.

What's for School Lunch

Sandown North Elementary School

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <p>Whitson's proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div>				
				
4 Chicken Nuggets Whole Wheat Dinner Roll Mixed Fruit Side Garden Salad Fresh Apple Crispy Potato Puffs	5 Bacon Cheeseburger  Caesar Salad Fresh Apple Applesauce Baked Beans	6 Homemade Mac & Cheese  Broccoli Bites Fresh Apple Caesar Salad Fresh Orange	7 Crispy Chicken Sandwich Mixed Fruit Side Garden Salad Fresh Apple Cucumber Coins	1 Cheese Pizza  Baby Carrots Fresh Apple Side Salad Sliced Peaches
11 Columbus Day No School	12 Turkey Hot Dog on Bun Baked Beans Caesar Salad Diced Pear Cup Fresh Apple	13 Pasta with Meat Sauce  Fresh Apple Caesar Salad Fresh Orange Green Beans	14 Crispy Chicken Sandwich Side Salad Baby Carrots Mixed Fruit Fresh Orange Oven Baked Fries	15 Cheese Pizza  Baby Carrots Fresh Apple Side Salad Sliced Peaches
18 Chicken Nuggets Whole Wheat Dinner Roll Corn Mixed Fruit Side Garden Salad Fresh Apple	19 Cheeseburger Caesar Salad Fresh Apple Applesauce Cucumber Coins	20 Homemade Pasta & Meatballs  Fresh Apple Baby Carrots Caesar Salad Fresh Orange	21 Crispy Chicken Sandwich Side Salad Mixed Fruit Fresh Apple Celery Baked Beans	22 Cheese Pizza  Baby Carrots Fresh Apple Side Salad Sliced Peaches
25 Chicken Nuggets Whole Wheat Dinner Roll Baked Beans Mixed Fruit Side Garden Salad Fresh Apple	26 Cinnamon French Toast  Caesar Salad Diced Pear Cup Fresh Apple Crispy Potato Puffs	27 Homemade Mac & Cheese  Celery Sticks Fresh Apple Caesar Salad Fresh Orange	28 Crispy Chicken Sandwich Caesar Salad Applesauce Fresh Banana Sweet Corn	29 Cheese Pizza  Baby Carrots Fresh Apple Side Salad Sliced Peaches



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Low Fat Milk .50
100% Juice .50

Help Wanted

Food Service Worker
Contact John Fratiello
fratielloj@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



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