

# NOVEMBER 2013

## Sandown North News



*From the desk of  
Jo Ann H. Georgian, Principal*

I can't believe I am actually writing **November's** newsletter! This year is going by so quickly, even though we had been indoors for several weeks. There is always a positive layer in what appears to be a negative happening. Our children have had a chance to relax in their classrooms with their friends and engage in board game play, structure building, and imaginative play type activities that they have not had many chances to do. They chatted with each other while learning how to take turns and even lose graciously at a game. Even with all that "good", we are thrilled that they are now able to move, yell, and enjoy the fresh outdoors.

....And that is just what we did on Tuesday, October 29<sup>th</sup>. The field trip to the Science Center in

Holderness is one I believe your children will carry with them as a fond memory of Sandown North forever. They were an incredible audience during the classroom learning and so respectful while hiking the trails and eating lunch. As they got off the buses in the morning the next day, they asked me if we could please do something like that again. The woman who coordinated our day at the center said simply, "These are great kids!" We know that, don't we? We were so proud and so happy to see the smiles as the "celebrities" boarded their coach buses. We are so grateful to Dr. Metzler for making this possible and to all of you who have supported our fund raising efforts. Our kindergarten and pre-kindergarten children had just as much fun engaging in the developmentally appropriate activity of bowling with each other. The staff did some pre-teaching here earlier so they were ready to go!!!

November 17<sup>th</sup> is National Education Week. All the second graders in our district have been asked to write

about how they can contribute to and promote Leadership in our school. I was so proud of their responses. They made statements and supported them with details. Laura Rothstein says: "I am a good leader at Sandown North because if someone needs help I help them or I will tell an adult. I am a good leader at Sandown North because I set a good example." Aaliyah Lynch says, "When someone needs help I stop what I am doing and help them. A leader reads to people." Nick Katsoulis offers the advice of: "If somebody falls, helps them up. If somebody is sad, cheer them up." With these recognized leadership qualities evident in our students, we know that they are more likely to make good choices in the future.

Our PTA is sponsoring a fun, creative opportunity for your children to consider: "Believe, Dream, and Inspire". Rebecca Garone is coordinating the Reflections Program for our children. Each of us has our strengths and passions and our children are no different. It is our responsibility as educators and our PTA sees it as their responsibility as parents, to encourage experimentation with all modes of learning so children can discover their abilities. Reflections allow us

to showcase the importance of arts in education. Students can express themselves creatively through film production, dance choreography, musical composition, photography, visual arts, and literature. Rebecca has sent home information but if you need more, have questions, or just want to brainstorm with her, she is happy to connect with you. The deadline for entries is December 1<sup>st</sup>, so you will want to email her soon at [mbgarone@gmail.com](mailto:mbgarone@gmail.com).

I want to be sure to keep you in the loop with the data we have regarding our students as we are all in this together but you aren't here daily to learn what we are learning. Monthly I will include a *Data and What We Are Learning About Our Students* section.

In our assessments, we have discovered that an area we need to further develop for our student is language comprehension. Before children can be successful with independently comprehending what they are reading, they must be able to understand what is read to them and make connections to their own background knowledge. When parents ask: "What can I do?" we respond with READ, READ, READ to them. We will do the skill work with them to help them develop as

readers but you can help them develop their thinking skills at home and have fun while doing it. When children read their "Just Right" books, they are focusing on all the skills of reading while working to remember the message of the text. When you read, you can develop their vocabularies and knowledge base because you are reading on a much higher level than they can do on their own. If a child has the sense of story and understands text structures simply from your reading aloud, they have a much greater chance of developing into fluent readers. I've had many conversations with parents who read daily and are so enjoying that time with their child. Connect to your lives, predict what will happen next by what has already occurred, and just have fun. In no time, your child will begin to do those very same things with his/her own reading.

One again, thank you for working so closely with all of us and for truly being partners in your child's education. Remember, you are always welcome to join us at Monday Morning Meetings at 8:45 to smile as our students share their learning.



### **Hats, Mittens & Scarves Collection**

Next week we will begin collecting new or gently used hats, mittens and scarves. The items will then be donated to the Mealey's Meals Program. The Timberlane Regional School District is celebrating its 34th year of Mealey's Meals. This organization was founded by Mr. William Mealey Sr. as a small community service project for a class and has turned into a district wide project. Each year, the Students of Service S.O.S, with the help of many other clubs and organizations, hold fundraisers such as a Turkey Trot, Raffle Baskets, Vendor Fairs, Comedy Shows, Movie Nights, Santa Breakfasts, Coin Collections, and more to raise money for the families in need in our district. For the past couple of years, we have raised over \$10,000 and are able to assist families with hats, mittens, scarves, teddy bears and gift cards to the grocery store. Sandown North will have a Giving Tree in the front hallway of the school with a box beside it. Children or parents may leave donated items there. We will be collecting through December 6<sup>th</sup>.

Thank you so much for your support.



### ***Curriculum and Other News***

#### **Remembering Playground Safety:**

Winter weather is right around the corner. The children continue to play outside at recess during the winter months. It is important to all staff that Sandown North students continue to have fun during the winter months. Here are a few reminders to talk with your child about at home. The safety of your children on the playground is most important. Recently, our staff reviewed the winter playground rules and we have talked about them with students. Ice buildup causes slippery conditions on some of the playground structures, and throwing and pushing snow can result in unintentional injuries. We have reminded the children of ways to stay safe and still have fun in the snow.

**Dressing for Winter Fun:** We do take the children out for recess unless there is a dangerously low wind-chill. Please make sure your child dresses appropriately with coat, hat, gloves or mittens, snow pants and boots. Unfortunately, if children come unprepared, we are unable to let them go outside.

**Fun without Using the Equipment:** Students can still have fun without

going on the equipment. They can play ball, four square, jump rope, hula-hoop, skip-it's. Swings are allowed as long as students are dressed appropriately.

We will be reviewing the winter playground rules at school too, but please keep these posted somewhere for easy reference once.

#### **From the Transportation Office:**

Last month was bus safety month. Please take a few minutes to read the safety information forwarded to us from the director of transportation:

*The universal signal for students crossing in front of the school bus at a bus stop is "thumbs up". Whenever crossing the road, whether to board the bus or after unloading, children should wait for the bus to stop, red lights to go on and stop sign to go out, and then look at driver for the "thumbs up" signal before crossing. This indicates to students it is safe to cross the road.*

*How can parents do their part? Parents play an important role in reinforcing safe school bus procedures. Parents should assist their children in understanding the "thumbs up" rule. While a child is waiting to cross with a parent, parent should also wait for the bus and follow the procedure of the safe crossing signal from the driver, just as the child is required to do. Parents are modeling the safe bus stop procedure which will then*

*become a powerful safety lesson for their child.*

Please take a moment to talk about bus safety with your children. If you have any questions, please feel free to give me a call here at school. Have a safe November and a Happy Thanksgiving.

*Patrice L. Liff, Assistant Principal*



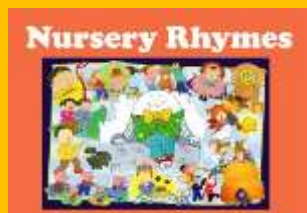
From the School Counselor:

This past Sunday, November 3rd, we turned the clocks back one hour. Whether it is in the fall, when we gain an hour of sleep that first night, or in the spring when we lose an hour, I often hear friends, staff members, parents and even the students talk about feeling the effects of this time change. Recently, in the Journal of the American Academy of Pediatrics, there was an article regarding a study done on the importance of regular bedtimes for children. The data was compiled from an ongoing study of over 10,000 British school children between the ages of 3 and 7. Children with no regular sleep schedule and particularly those going to bed after 9pm showed an increase, both at home and school, in

behavioral problems. Bedtime is often a tricky time for families. With many parents working various schedules, and with after school activities that often occur in the early evening, it can be difficult to fit dinner, homework and family time in before 9 pm. However, the good news from the study is that once earlier and consistent bedtime schedules were implemented, children's behaviors improved. Of course there will always be those nights when keeping to the routine is not possible; however, by making late and irregular bedtimes the exception, not the rule, we can make sure children are getting the sleep and consistency they need. Creating a more relaxed, effective bedtime routine first means allowing enough time to put your child to bed and making sure his/her bedroom creates an atmosphere of calm. Keep the TV out of children's rooms and do not allow them to have any other electronic devices such as video games and Ipads during bedtime. It is important children have time to wind down and that the bedtime schedule remains as consistent as possible. By doing so, children begin to learn the routine. For instance, start by giving children some choices: "Would you like to take a bath or a shower?", "Would you like to wear the green or red pajamas?", "Should we read 2 books or 3?" Creating good sleep routines is a must for the well-being of the child *and* the well-being of

the parents! Please feel free to contact me about this topic or any questions or concerns you may have regarding the school counseling program at Sandown North.

Nancy Stafford  
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887-8505 x317



*Did you know that reading nursery rhymes help children become better readers?* Let's look at one particular nursery rhyme:

#### **Itsy-Bitsy Spider**

The itsy-bitsy spider,  
Climbed up the water spout.  
Down came the rain,  
And washed the spider out.  
Out came the sun,  
And dried up all the rain.  
And the itsy-bitsy spider,  
Climbed up the spout again.

Children will hear letter sounds, and new words while listening and/or reading nursery rhymes. Sing Itsy-Bitsy Spider to see how the sounds feel in your mouth. While singing, you are developing tongue muscles for each sound! The more our children listen

to us read and play with language, the more they are able to make letter sound connections. Also, how many times would a child hear and say the word "spout?" Nursery rhymes allow children to hear new words, which strengthens vocabulary knowledge.

Nursery rhymes usually have a beginning, middle and end, allowing children to understand that stories have a sequence. This sequence helps them comprehend what is happening in the story.

When children act out nursery rhymes, they are creating mental images of what the characters are doing, and of the events in the story. This is how children put new learned information into long-term memory so they can later apply it to new situations. This is how we build solid comprehension skills. While reading nursery rhymes, children are also practicing how to express themselves in creative ways!

Hope you are able to enjoy lots of nursery rhymes!

**Happy Reading!**

*Diane Chauvette, Literacy Specialist*





**Music News--Sandown North**  
**November 2013**

The students at Sandown North have been busy in music and string class! Here is a brief summary of our musical activities in October:

**General music:**

All of the Sandown North students have been learning to read basic rhythms (quarter notes, quarter rests, and eighth note pairs) and then applying those skills to seasonal songs and poetry. Students walked through our musical "pumpkin patch" to "pick" pumpkins and practice reading various rhythm patterns. Some of the songs the classes have enjoyed this month are Hap Palmer's "Witches' Brew" and "Skin and Bones." The 2<sup>nd</sup> and 3<sup>rd</sup> graders enjoyed listening to and accompanying Grieg's "In the Hall of the Mountain King." Did you know that this composition and "Mary Had a Little Lamb" share the same rhythm pattern?

**Strings:**

Many string students have been faithfully practicing their assignments from class at home. Remember, *students are expected to practice at least four times weekly* to reinforce material covered in class. Parents can support their child's practice habits by designating a place and time—free of distractions—for him or her

to work on lesson material. Students who achieve that goal weekly earn a sticker; five stickers earn a prize! Invite your child to perform a piece or two for you this week. All of them can play "Rolling Along," a.k.a. "Mary Had a Little Lamb." We will soon begin working on repertoire for the January 13 winter concert.

Please feel free to contact me if you have any questions about your child's music and/or string class.

Musically yours,

Mrs. Alison Yankowskas

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