

# Sandown North Newsletter



## November 2014



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



The snow and cold we experienced this past weekend means winter is officially here, at least in the world of outdoor recess. As you know, the wind whips through our campus making it a bit colder here than the rest of the town, even. We were discussing how we have to buy sturdier flags because the typical ones last about 6 months here before they start to shred because of the frequent strong winds. So, please be sure that your child is dressed appropriately, in warm clothing, with hats and gloves/mittens as well. Recess is a fun time of day but

if you're shivering, it's difficult to enjoy yourself.



I would like to also ask you to be sure to look in your child's Sandown Express every week. We only send information home one day a week, Thursday, unless it's an emergency type notice, so that you know when to expect news from us. Increasingly, teachers are finding that some Expresses are not emptied and that all the contents are returned to school. Important communication is in there; it will tell you of upcoming events as well information about the happenings in the classroom. You can also use that same tool, the Express, to write a note to the teacher. The Express is a way for all of us to communicate.

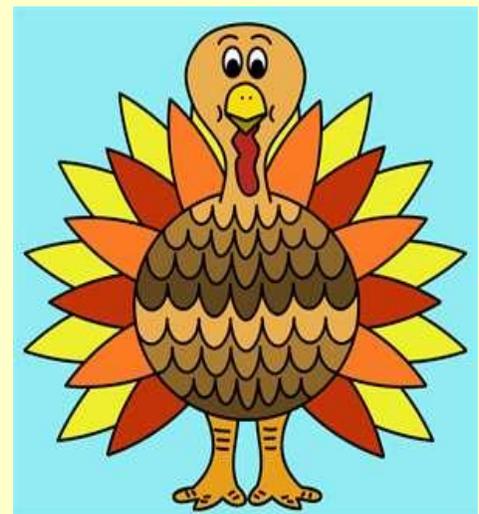


As you know, we practice safety drills regularly at school. We have practiced Evacuation in the event of a fire, Shelter-in-Place in case we all need to be together in one place while we wait for buses to leave the site, and Stay in Your Room. We use that procedure if there is a medical emergency so we can operate efficiently while maintaining an individual's dignity. Another complex drill which we will conduct this year is the Off-site Evacuation. In the event of a building emergency necessitating our leaving this site, we will typically go to Chester Town Hall. SO many steps go into ensuring our safety when we have to leave Sandown North and go to another location. I want to sincerely thank Mary Beth Sharp and Terry Kellaway for chairing our Crisis Committee. They have been working behind the scenes to put all the systems in place. We will be practicing an off-site evacuation and you will receive a Power Alert announcement message on the day of it informing you that it is happening. I will not be announcing the date ahead of time as we need to know our real challenges so we can address them and be prepared in the event of a real emergency. We are a remote location and to do the best possible job, we need to know how long it takes not only for emergency vehicles to arrive but also how long it takes our buses to arrive. Chief Gordon is on our committee so we feel confident in our

plans. He is in communication with Chief Tapley as well so close communication amongst all of us will help to keep us safe in any emergency.

Please remember that if you are in the building when a drill is called, you need to follow the drill along with us. If you are in the volunteer room, there is a packet of information for you to reference quickly as to the expectations of that drill. Staff members are always available to assist you but please do not attempt to have conversations with them. They all have responsibilities to the children. ALL adults in the building must follow the drill so that we are sure we know what to do in order to stay safe.

I want to wish you a wonderful Thanksgiving. We, who work at Sandown North, are so thankful for the daily support of members of this community. Enjoy your holiday.





## Technology and Enrichment Newsletter November 2014

All of our second and third graders are now using Chromebooks in the classroom. These are a great resource for research, learning, and practicing new skills. Google Apps (GApps) for education has proven to be a very useful platform for our technology work. Students are adding their first materials to their GApps folders at this time. They are also bookmarking key learning sites. As always, we encourage the use of these learning resources at home.

It's never too early for students to start thinking about their inventions. An inventors journal is a great way to start preparing for our Invention Convention. Students can write about problems that need to be solved and sketch ideas for new products. A good brainstorm now will produce some great models for our show in February. Be sure to check the documents link on the Sandown North homepage for Invention Convention guidelines.

I am looking forward to accompanying our third graders on their tour of the University of New Hampshire on November 12<sup>th</sup>. It is always encouraging to see how excited our students are about their future. I am grateful to UNH for hosting this inspiring day.

Justin Melle, Technology/Enrichment



## From the School Counselor

As part of our school counseling program I spend time each month in each of the classrooms. The theme for all of the grades will focus on 3 areas: Feelings, Friendship and Bullying. One of the resources I use for my guidance lessons is the Second Step Program, a researched based curriculum developed by the Committee for Children. Please visit the website: <http://www.cfchildren.org/> The Second Step program teaches skills in the following 4 areas:

1. **Skills for Learning:** Students will learn about listening, paying attention, how to stay on task and how to ask for help.
2. **Empathy:** Students learn to identify and understand their own feelings and the feelings of others. They will learn about understanding others' points of view and how to show compassion.
3. **Emotion Management:** Students learn specific skills for calming down when feeling sad, angry or anxious.
4. **Problem Solving:** Students learn a process for solving conflicts with others in a positive way.

The focus of the Second Step lesson this month for all of the grades was on skills needed to be a learner. In

Kindergarten and 1<sup>st</sup> grade this month we discussed being whole body listeners:

- Eyes for watching
- Ears for listening
- Body is still
- Voices are off

In grades 2 and 3 we learned that focusing our attention and listening helps us to be better learners. This program is a natural fit with our Star Quest program. I am proud of how well the children understand and use the concept of our STAR – Safe, Trustworthy, Always respectful & Responsible, both in the classroom and throughout the school.



In addition to the Second Step lesson, 3<sup>rd</sup> graders played a fun College Bingo game in preparation for their field trip to UNH. The game and our discussion provided them with background knowledge in regards to college. The field trip is a wonderful opportunity for them to see a college campus early on. Some of them may be future Wildcats!

If you have any questions about Second Step, Star Quest or the School Counseling program in general, please feel free to contact me.

Nancy Stafford, School Counselor  
887-8505 x317

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## Curriculum News



### **BLIZZARD BAG INFORMATION**

As you know, our district will implement Online Learning/Blizzard Bags to be used during a day when inclement weather causes school to be cancelled. On Thursday, November 6, Kindergarten, Grade 1 and Grade 2 students will bring home a Blizzard Bag folder containing two pre-approved lessons. Please put this folder in a very safe place to be used when a Blizzard Bag day is called by our Superintendent. Grade 3 will complete lessons online using Google Classroom. On Thursday, November 6, teachers working with grade 3 students will upload the first two lessons for students to access in the event of a Blizzard Bag day.

Important information to know:

- Blizzard Bag Days will be announced through a telephone Power Announcement.

- Teachers will be available between 10:00am – 2:00pm via e-mail or Google Classroom to give feedback or answer questions, however, students can complete Blizzard Bag assignments at any time during the day.
- Students must also complete one lesson from art, music, or PE. Each child will be given a hard copy of that lesson and must return it to school the next day.
- The online learning or the hard copy of the lesson must be completed and handed in the first day students return to school. If they aren't completed, your child will be marked as "absent" for that day. The New Hampshire Department of Education requires 80% participation in order for a day to count as a school day

Attached at the back of this newsletter are Frequently Asked Questions about Online Learning/Blizzard Bags. It is our hope that this document will clarify any questions you still may have about Blizzard Bag days. Of course, if you have questions or need clarification, we are always here to talk. Please feel free to call your child's classroom teacher, Mrs. Georgian or me.

Have a wonderful November,

Patrice Liff, Assistant  
Principal/Curriculum Coordinator



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

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

#### **General music:**

In just the first two months of school, the children have already become more expressive in their singing and movement. All students are learning various ways to warm up their head voices, including a few cackles, wolf howls, and ghost-like sounds for Halloween! Movement exploration is expressed through guided imagery. Action songs, such as the perennial favorite, "The Eency Weency Spider," sound and look more polished as the children's voices and coordination develop. Some 3<sup>rd</sup> grade classes learned a line dance to the "Addams Family Theme." All students will be singing the "Personal Space" song to the "Addams Family" melody as part of this month's "9 to Shine."

#### **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. Any students who achieves the weekly goal earns a sticker; when the practice chart is completed and signed by a parent or guardian, s/he earns a prize!

The first formal concert for strings is on Tuesday, January 13, 2015 at 7:00 PM at the Performing Arts Center (PAC), Timberlane Regional High School, Plaistow. We have already had one of our violists, Nick Beyrent, perform at a couple of our Monday morning meetings (MMM). Some of the string classes are just about performance-ready for upcoming meetings. I will notify parents of those students as I schedule the time slots.

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



**From the Star Quest Universal Team:**  
Last week we introduced our third roll out, "Keep Personal Space". We are teaching, modeling and practicing keeping our hands and feet to ourselves, keeping our belongings organized and respecting other people's belongings. Students are being reminded to "Respect the

bubble". ☺ You may reinforce these behaviors at home by acknowledging your child when he or she is respecting personal space. Parents are an important part of our "Pit Crew"! If you have any questions regarding our roll outs or our Star Quest program please contact a Universal Team member. Visit the PBIS website for more information [www.pbis.org](http://www.pbis.org).

Thank you,  
Universal Team:  
Michelle Carey, para educator  
Missy DiBenedetto, grade 2 teacher  
Jo-Ann Georgian, principal  
Terry Kellaway, special educator  
Patrice Liff, assistant principal  
Allison Lenihan, art teacher  
Kathy Low, grade 1 teacher  
Laura McLaughlin, media generalist  
Lisa Paladino, grade 3 teacher  
Nancy Stafford, school counselor  
Alison Yankowskas, music teacher



The PTA would like to thank all parents that donated cookies or helped at the Halloween Dance. Thank you for all you do.



We will be holding an **Elf's Workshop** on November 21<sup>st</sup>. Please watch your expresses for more information.

