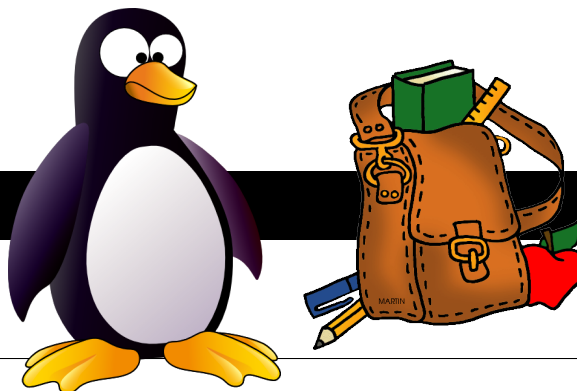


October 29, 2018



Pollard Pen

Dear Pollard Families:

We are off to a great start this school year. We have so many exciting things coming up that I know both students and staff are excited for. This Wednesday is our Halloween parade. For those of you that are new to the school, at 1:30 PM on October 31st, Pollard Students dress in their costumes and we march around the Plaistow Town Green. After the parade each classroom has a short Halloween party. The parade will be videotaped and will be available for viewing usually by the following week.

During the month of November we should try to think of all that we have to be thankful for. We have such great community support, parents and other community members that give so much of their time and their energy. We could not operate to the level that we do without our wonderful PTA officers and parent volunteers. On Friday, October 26th, Pollard School received a Blue Ribbon Award for Volunteerism at the annual NHPIE (Partners in Education) Volunteer Breakfast. Pollard was also recognized for our Gold Circle Partnership with the Plaistow Exchange Club. They work with our first graders celebrating Arbor Day, with our Third graders and the Junior Police, and most recently the Exchange Club who donated a Freedom Shrine to our school. We would love for you to come check it out. It has been placed on one of our cafeteria walls and Becky Lightizer did a great job designing the backdrop for the shrine. A big THANK YOU to Bob Harb who has worked as the liaison with us and the Exchange club, we could not have done all of this without him!

Our parent-teacher conferences are in the books and I do hope everyone was able to get in and have a short conversation with their child's teacher on October 25th and that you received your child's first progress report. Our first report card of the school year will go home Friday, November 30th and I do hope that you will sit down with your child and discuss his/her progress. It is so important to let

What you do today makes a difference tomorrow

120 Main Street, Plaistow, NH 03865
Phone: (603) 382-7146 Fax: (603) 382-2782
<http://www.pollardschool.com>

Important Dates

October 31

Halloween
Parade & Parties
1:30 pm

November 1

Picture Retake Day
School Board Meeting—
SAU Board Rd-7:30pm

November 6

Voting @ Pollard 7am-8pm
2nd Grade Field Trip

November 7

Title 1 Open House—
6pm Pollard Library

November 12

Veterans Day Observed
—No School

November 13

Professional Develop-
ment Day—No School

November 14

French Club— PickUp @
4:15pm

November 15

Spanish Club-PickUp @
4:30pm

Timberlane Family
Literacy Festival @
Pac—5:30pm

November 20

Special Persons'/
Grandparents' Day

November 21-23

Thanksgiving Break

November 27

PTA Meeting @ 6:30pm





them know you value all of their hard work. At school, students continue to have Tier 2 Instructions (we call this WIN time or What I Need Time) so they are working with many different staff on re-teaching or enriching our grade level curriculum. Please ask your son or daughter how this is going for them.

I would like to spend just a few minutes briefing all of you on what the Pollard Staff plan to work on this year. Every year we create an Action Plan (they are posted on our website) and this year we plan to work on the following 3 goals:

Goal #1 Math

By June of 2019, 60% or more of all grade 1-5 students at Pollard School will have met the Student Growth Percentile (SGP) expectation of 50 or greater in the area of Math as measured by the STAR Math Assessment and other measures of student achievement in Math.

Goal #2 Teaching and Learning

In the 2018-2019 school year, Pollard School will focus on effective teaching and learning practices as measured by the Tripod student perceptions survey (focusing on CHALLENGE), and the completion of several events and activities throughout the school year.

Goal #3 Culture/Climate & Social-Emotional Goal

In the 2018-2019 school year, Pollard School will focus on developing a positive learning environment and our students' social emotional skills as measured by various data collection tools including the Tripod student perceptions survey (focusing on CARE), behavior tracking data (using SWIS), and the completion of several events and activities throughout the school year.

I am excited to work on all of the Action Plan goals but our 3rd goal is something that is close to my heart. You may have heard your child talking about going to the "Motor Lab" but if you have not, please ask about it. Our school's Occupational Therapists have both worked hard to create a functional Motor Lab focusing on increasing self-regulation within the classroom leading to emotional learning. (The design of the room is based on a research based curriculum called Ready Bodies, Learning Minds) Many classroom teachers have embraced this goal and are starting to offer alternative seating options for their students as well. The bottom line is that the students we are teaching today are very different than those of 20 years ago and I am proud that our staff has recognized this and are trying to change accordingly.

The holidays are approaching and we understand that many families have a hard time making ends meet. We can give names of families in need to a few community organizations that help with holiday meals and gifts. If you are in need of assistance, please contact our school counselor, Marcia Blutstein, and she will move your request forward. We also have a recycling bin (for cloths, books and many other items listed on the outside of the container) in our back pick-up area and all proceeds go to our Kids Helping Kids account, so please donate your old clothes.

Again, thank you for all that you do to make Pollard such a great place to learn and remember: What you do today makes a difference tomorrow!

Michelle Auger
Your Child's Principal
michelle.auger@timberlane.net

Parents Right to Know

In response to regulations set by the New Hampshire Department of Education and the United States Department of Education, we are required to notify you of our staff's highly qualified status. All teachers, Title I teachers, and support staff at Pollard School meet these requirements and are highly qualified to teach. We are also required to inform you that parents have the right to request information regarding their child's performance level in the classroom or from Title I. Any parent of an English language proficient student has the right to withdraw his/ her child from English language instruction. If you have any questions about the above regulations, please contact Doug Blay.

The Pollard Pen is emailed home every month and is available on our school website: www.pollardschool.com

If you would like a paper copy sent home, please contact the Main Office @ 603-382-7146.

Thank you!





The students' safety is our number one priority. We have asked the teachers to review bus expectations during their morning meeting to help reinforce these expectations. Students were reminded to sit quietly, use indoor voices, keep hands and legs in front of them, and place backpacks on their laps. By following these simple bus rules, students are helping the driver to safely navigate the elements on the roads. Please talk with your children about the importance of bus safety and following these expectations. R+R=S. Pollard School Core Values are Respect, Responsibility, and Safety!

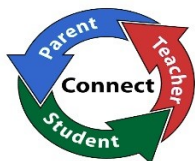


On September 26, 2018 Chaos and Kindness/ Recycled Percussion took over Pollard School. During this day students participated in a school wide scavenger egg hunt. Seven eggs were hidden and collected by all grades. After the eggs were collected, students went back to their classrooms and discussed different charity's that they would want to donate to.

The school was rewarded with a marvelous performance from Justin and Ryan . Students were invited to participate and listen to the positive message being spread around the world by Recycled Percussion. During the school wide assembly the 7 winning classrooms shared which charity they would like to donate to and were surprised to learn that Chaos and Kindness would be donating \$100 dollars to each of the 7 charities the classroom chose.



1. **Stay in your car.** At morning car drop off parents are reminded that they must stay in their cars. This facilitates a smooth and efficient drop off procedure.
2. **Passenger side.** At car drop off please have your child get out of the car on the passenger side of the car. It is very dangerous for children to get out on the driver's side
3. **No Idling Zone:** Parents are reminded that the drop off area in the back of the school is designated a "No Idling Zone". The purpose of the No Idling Zone is to reduce pollution from idling buses and cars that negatively affect a child's health. Children are more vulnerable to the impacts of vehicle pollution than other populations.
4. **No Smoking:** Please keep in mind there is no smoking allowed on school grounds. This includes when you are waiting in the car pick up/drop off line.



Parent Teacher Conferences were held on October 25, 2018. These conferences are an important component of ongoing home-school communication and family involvement in our school. Research shows that family involvement in education can lead to positive benefits for children and youth, such as increased school attendance, higher academic performance, and improved attitudes about school. If you happened to miss your child's conference please feel free to contact their teacher.

"Grit" has recently become a popular buzzword in parenting and education. It is defined by many as "perseverance and passion for long-term goals." Grit is often a better indicator of future success than IQ or talent. It's a combination of determination, focus, passion, and resilience. It's the ability to persevere in the face of challenges and failure. If you want to help your child develop the all-important tool of grit, here are a few ways that may help.

Be a positive role model.

Children are often mirrors of their parents, so model "grittiness" for your child.

Allow your child to make mistakes, and teach him to accept them.

It's tempting to cushion our children from failure, but doing so only prevents them from learning valuable coping skills. Instead of preventing your child from failing, teach him how to handle failure appropriately. Work with your child to set at least one long-term goal, and then help him stick with it.

Teach your child to problem solve.

When your child does struggle with problems or setbacks, brainstorm ways to solve the problem. You can offer suggestions like, "What if you stayed after school to get some extra help from your teacher?" or, "What if you started your homework a little earlier?" It's important to let your child contribute ideas too. This shows your child that problems are solvable, and it gives him a sense of power and control in the face of challenges.

Praise effort, not ability.

Stanford University psychologist Dr. Carol Dweck emphasizes the importance of teaching your child a growth mindset by praising effort instead of ability. When you praise effort, your child learns that he can achieve anything through hard work and practice. When you praise ability, your child receives the message that traits like intelligence are "fixed." If he encounters a setback, he'll feel that he's reached the limit of his ability and is more likely to give up instead of exerting increased effort.

Nurture your child's passions.

Passion is a major component of grit, so help your child find and pursue his passions.

Together in Learning and Grittiness!

Doug Blay

Assistant Principal/Curriculum Coordinator

Grit | *Noun*

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance; informal: guts, spunk.

Community Resources Highlight

Center for Life Management or *CLM* as we referred to it as, has been a great partnership with Pollard for the past 5 or so years. We thought it would be a great idea to give our families some information about CLM.

Center for Life Management: Healthy emotional well-being is essential to children and important to their family, social and academic success. Their specialists are skilled and experienced at working with children as early as pre-school age through adolescence and their families.

They provide therapy for:

Individual - Their initial goal of therapy starts with building trust with each child and teen so that they can communicate in a safe setting and form a healing partnership. Through this partnership, they create a relationship where it is acceptable to listen, share, challenge emotions and experience difficult emotions and to attempt new, healthier ways of living.

Group - Group therapy offers individuals a safe and comfortable place where they explore problems and emotional issues, gain insight into their own thoughts and behavior, and gain understanding of behaviors and offer suggestions and support to others. In addition, individuals who have a difficult time with interpersonal relationships can benefit from the social interactions that are a basic part of the group therapy experience.

Family - Families function best when there are appropriate hierarchies and boundaries. When difficulties arise between family members, family therapy can be effective in re-establishing roles, boundaries and healthy communication. Family therapy offers each family member a place to work together and gain understanding of each person's role in the family and improve communication.

Case Management-Their Targeted Case Managers assess the needs of the client and family in order to provide the most effective services. They work with outside agencies as appropriate which may include your child's school support team, community supports, legal supports, or your child's medical care provider. They provide an effective communication bridge between your child's treatment team and outside agencies.

Medication Services- This includes evaluation, consultation, and management.

CLM Main Office: 10 Tsienneto Rd Derry, NH 03038

Salem Office: 103 Stiles Rd Salem, NH 03079 (603) 434-1577



Dear Families,

Your children may be talking about math instruction and learning looking a little different this year. Before school all of our classroom teachers had the opportunity to begin learning about shifting their math instruction to a guided math model. We were fortunate to have nationally recognized math trainer Kristin Hilty from Making Math Make Sense (makingmathmakesense.org) offer ways to transform math classes so that all students are better able to reach their fullest math potential.

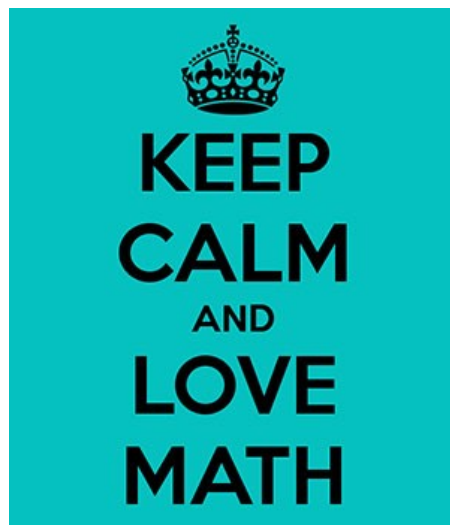
Guided math is a structured, practical way of matching math instruction to the diverse individual learners in the classroom. This approach respects the belief that every child is capable of learning and understanding mathematics and recognizes that students learn to do mathematics at varying rates of development and over time.

Guided math provides each student with an opportunity to participate in a small-group setting, where the teacher can tailor mathematical learning experiences that meet all students' needs. Through modeling, prompting, and asking genuine questions, the teacher guides or coaches students to think about the math learning process and develop fluent, efficient strategies that make sense. These small group sessions provide personalized practice opportunities for students. The teacher's instruction is guided by her careful assessment and observation of each student's mathematical thinking, process and chosen strategies. The goal of guided math is to assist students in using reasoning and logic as well as basic skills to solve mathematical problems independently and accurately. This sense-making process is the foundation for being a lifetime mathematician. Each time a student participates in a guided math session, the teacher provides support for him to not only use the strategies and skills he knows in order to solve new problems, but also to learn something new about the mathematical learning process that he will be able to employ on his own. In time, the student will be able to extend his toolbox of problem-solving strategies to solve new problems successfully on his own.

The shift to a guided math model (also known as math workshop) has already helped increase student understandings and has helped to build a more positive relationship with mathematics. The district will invited Mrs. Hilty back to train teachers during our professional development day in November. We are certain that this continued learning will help to empower our teachers to further develop their instructional capacity in math.

Together in learning!

Doug Blay
Assistant Principal/Curriculum Coordinator





Many historians feel that one of Winston Churchill's greatest speeches was given at a graduation ceremony at Oxford University. He had worked on the speech for hours. When the moment finally came, Churchill stood up to the cheering crowd, and in a strong, clear voice shouted just three words, "Never give up!" He paused a few seconds and shouted the words again, "Never give up!" He then reached for his hat and slowly walked off the podium, satisfied that he had told the graduates the messages they needed to succeed. We need to make sure we pass on Churchill's message to our own children. Only when children realize that success comes from hard work and diligence will they be the best they can be.

The following techniques, come from Dr. Michele Borba's latest book, [Parents Do Make a Difference: How to Raise Kids With Solid Character, Strong Minds, and Caring Hearts](#), are designed to help your child understand how critical perseverance is to achieving success in every arena of life.

1. Define "perseverance."

Take time to explain that perseverance means "not giving up" or "hanging in there until you complete the task you started." When your child sticks to a task, point it out: "There's perseverance for you. You hung in there with your work even though it was hard."

2. Teach "Don't give up" words.

Help your child tune in to the language of persevering individuals so that he can learn to use the terms in his own life. Ask, "What are the kinds of things you heard people who 'don't give up' say?" Write a list of phrases, such as "I can do it!" "I'll try again," "Don't give up!" "I don't quit!" and "I'll give it the best I have." Add the heading "Don't Give Up Words" and hang up the poster; encourage everyone to say at least one phrase a day.

3. Model effort.

Take a pledge, especially this month, to show your child how you don't give up on a task even when things get difficult. Before starting a new task, make sure your child overhears you say, "I'm going to persevere until I am successful." Modeling the trait is always the number one teaching method.

4. Start a family "Never give up!" motto.

Begin using the family motto "Don't quit until you succeed." A father once told me that conveying this life message was so important that they spent an afternoon together brainstorming family anthems about perseverance, such as "Try, try, and try again and then you will win," "In this family, we finish what we start," and "Quitters never win." They wrote them on index cards, and his kids taped them on their bedroom walls. Develop your own family anthem as a reminder that your family code of behavior is to never give up.

5. Create a "Stick to It" award.

Ask your child to help you find a stick at least the length of a ruler to acknowledge "stick-to-itiveness. A family in Seattle uses an old broomstick; another mother said her family uses a yardstick. Print "Stick to It Award" across the stick or dowel with a black marking pen. Now tell everyone to be on alert for family members showing special persistence for the next month. Each night have a family gathering to announce the names of family members who didn't give up, and print their initials on the stick with a marking pen. Make sure to tell the recipients exactly what they did to deserve the award. Make it a contest to see how long it takes to fill the stick with family members' initials. Children love to count how often their initials appear on the stick!

Children learn best through repetition, so why not make perseverance your family theme of the month? Print the word "Perseverance" on a large poster and hang it on your refrigerator as a reminder and then everyday take a few minutes to point out to your kids why it is such an important trait of success. And above all remember: Parents do make a difference!

Taken from: <http://www.themomiverse.com/motherhood-and-family/teach-your-child-how-to-persevere/>

Motor Lab Update

*It is impossible to educate the mind without involving the body.
Learning is thinking and movement integrated...source unknown*

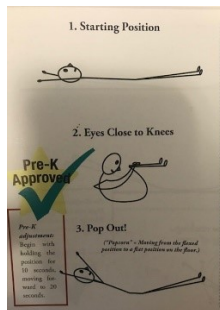
We are now into our second month of motor lab activities and will soon be rolling out a new set of activities for the month of November. The Pollard Penguins helped to create a video lesson to teach all students on how to perform the new activities. We continue to focus on the key areas of: postural strength, bilateral coordination, ocular motor skills, eye-hand coordination, spatial planning, balance and motor-planning throughout the year. During the month of October students get to move and jump using focus move posters. They used their hands to create with play-dough. The used Fast Tracks, from the School Moves program to scan and work on left and right skills.

Students built designs using magnetic tangrams. They also worked on strengthening their core through yoga poses. We hope all students are continuing to enjoy the added movement to their school day at the Motor Lab. In addition to the activities we shared with you last month, here are some new activities that can be easily done at home to help promote the foundational skills for learning.

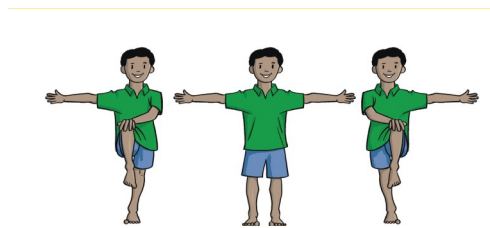
Coloring, drawing, writing on a vertical surface (arm strengthening / ocular motor strengthening)

Twister (postural strength, spatial awareness, right / left awareness)

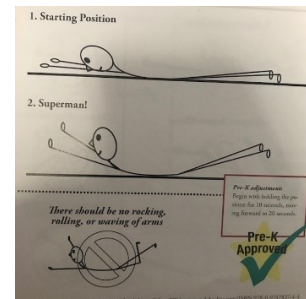
Mazes, word searches (ocular motor control, fine motor control, eye-hand coordination)



Popcorn



Cross Crawls



Superman

Stacey & Danielle (Pollard School Occupational Therapists)

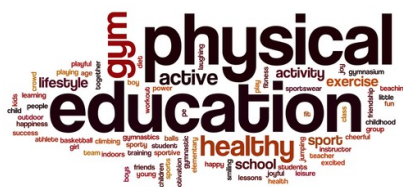
From the Gymnasium, Ms. Silva

The month of October was a world wind. Between the weather changing every day and the different soccer skills with every grade level, students were filled with excitement when coming to physical education class!

Primary grades K thru 2 are working on fitness and health as well as locomotor and non-locomotor skills, personal space and gym expectations. We are also working on dribbling, passing and good sportsmanship when playing games in soccer.

Intermediate grades 3, 4 and 5 have been working on fitness and health and dribbling, passing during lead of games as well as good sportsmanship and team work.

Cross Country this year was fun with the 50^{4th} and 5th graders that signed up. This year the girls came in 4th out of 10 teams and the boys came in 6th out of 10 teams. Great job everyone! Thanks to my chaperones! Would not have been able to do it without you guys!





Reminders from the Front Office:

- ❖ If your child will be absent or late to school, please call the attendance line by 9am at 603-382-7146, #4, with the reason for the absence or tardy. Students are marked absent until they arrive at school. Parents must come into the school and sign their child in if they are arriving late. Students who are not in their classroom by 8:30am are considered tardy.
- ❖ Students who arrive by car may not be dropped off at Pollard's car drop off area until 8:15am. Students need to be at school by 8:25am in order to ensure that they are not tardy. Students who are not in their classrooms by 8:30am will be marked tardy. If your child is tardy, you must come into the front office and sign them in.
- ❖ Students who are absent due to illness or are late or dismissed due to a doctor's appointment will have their absence, tardy or dismissal excused only with a note, sent into school within 5 days of the appointment or absence, from the doctor verifying the absence or appointment.
- ❖ When your child has a change in their dismissal plan, we need to have it from you in writing or in PickUp Patrol before 2pm. If that change involves your child taking a bus, we need to have the bus number and the address to which your child is going. If you are making an all year change, we must have that from you in writing.
- ❖ It is very important to keep your contact information up to date in case of an emergency. Please remember to let the office know of any changes in your address or contact information and that of your emergency contacts.

Thank you for helping us with this important information!