



## SANDOWN NORTH ELEMENTARY SCHOOL



May 2021

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

Hello Sandown Families!

We hope you all had a relaxing, fun spring break. It is hard to believe we are in the final homestretch until the end of the year. Although some of our end of the year activities may look different from years past, we are excited to be able to have them! Coming up, we will have an enrichment day, author's visits, a return of the book fair, 5th grade field day and a few more surprises in the works! Check out the calendar in this newsletter on page three and keep your eyes open for additional information to come.

Just before vacation, our 5th graders had a special visit from Mrs. Koelker, the Timberlane Middle School Principal. Mrs. Koelker took time to meet with each 5th grade classroom, including our remote students. She shared information about all of the many offerings at the middle school and took lots of time answering any questions. We thank her for taking the time to do this. I know our students were excited and felt more comfortable after having the opportunity to meet with her. Our 5th graders will have an opportunity to visit the TRMS in mid-June for a modified tour.

Earlier this week, we hosted our Incoming Grade 1 Parent Night via zoom. Parents had the opportunity to "meet" and hear from our first grade team. I want to thank our first grade teachers, Mrs. Douglas, Mrs. McDonough, Ms. O'Sullivan & Mrs. Robinson as well as Mrs. Difeo, Mrs. Healy and Mrs. Guanci for providing an informative presentation in such a warm, welcoming way. We all enjoyed meeting with new and returning parents. If you missed it, please feel free to reach out to me with any questions you have. In addition, the meeting was recorded and will be available for viewing on our website and Facebook page. If you know anyone that has moved to town or will return to the district after a year away, please have them call Mrs. Skinner in our front office who will help them with registration.

During the month of May students in grades 3-5 will be participating in the NH State Assessment. State testing has also begun with 5th graders participating our first week back to school. Parents should each have received emails regarding testing dates for those grade levels. It is always important that your child arrives at school on time, particularly during testing weeks. In addition, please be sure they have a good night sleep and bring a healthy snack and water.

A couple of reminders I want to share, first, I will be hosting my next Facebook Live Storytime on Sunday May 16th at 6:30 pm. Mrs. Guanci (and Seamus!) will be back live on May 23rd at 6:30 pm. We hope to see many of you listening in! Second, if you haven't already done so, please take a few minutes to complete the [Spring 2021 Parent Information Form](#). This is your opportunity to give me feedback regarding this past school year. Thanks to those who have taken the time to fill this brief form out.

Lastly, I wanted to take this opportunity to recognize our incredible staff. This first week in May is Teacher Appreciation Week. One of the things I find most rewarding about working with the staff here is that no matter their role, they are all educators. I see first hand how each staff member takes the time to connect with our

students, not only in their classrooms but during arrival, dismissal, in the lunch line, the nurse's office, library, the main office and on the playground. A week of appreciation isn't nearly a long enough time! I also recognize that this past year in particular, parents, grandparents, aunts and uncles, have contributed to your children's education and for that I am grateful. We truly are a village!

Enjoy the return of warm weather!  
Nancy Stafford, Principal

## **Attendance Policy**

We ask that you contact the school prior to the start of the school day (8:40) if your child will not be attending in school or remote learning. 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 for a tardy pass before reporting to the classroom.



## **EVENTS** *Mark Your Calendar*

May 4 – First Grade Parent Information Night – 6 pm-7pm, Virtual (see flyer below)

May 6 – School Board Meeting, 7 pm

May 12 – PTA Meeting, 6 pm, Zoom

May 16 – Facebook Live Story time with Mrs. Stafford, 6:30 pm

May 20 – School Board Meeting, 7 pm

May 23 – Facebook Live Story time with Mrs. Guanci and Seamus, 6:30 pm

May 24 – Virtual Author Visit, David Biedrzycki, grades 1-3

May 25 – Enrichment Day, Robot Bash

May 28 - Early Release, 1 pm

May 31, No School, Observance of Memorial Day

June 1 – June 11 – Book Fair

June 7 – Virtual Author Visit, Rob Buyea, grades 4 and 5

June 8 – Field Day, grade 5 (Rain date 6/11)

June 10 – Step Up Day, Grade 5

June 18 – Last day of School, Noon dismissal

# Help Your Child Succeed in Elementary School: *Build the Habit of Good Attendance*

## DID YOU KNOW?

- Participation in early education programs, like preschool and Head Start, lead to better attendance in kindergarten.
- Starting in kindergarten, missing 10% of school (or just 2 days every month) can make it harder to learn to read and cause children to fall behind in school.
- Good attendance, whether class is held in person or remotely, can help children do well in school, and eventually in the workplace and in college.



## WHAT YOU CAN DO

### Communicate with the School

- Contact your child's teacher(s) and let them know how to reach you.
- Get and post your child's class schedule and log in information on the refrigerator or your child's desk.
- Practice logging in to virtual classes and make a plan for supporting learning for children. Contact the school if you need help logging in.
- Ask about the school's attendance policy.

### Make School Attendance a Priority

- Establish routines for bedtime, waking up and showing up for class.
- Identify a quiet place for your child to do school work. If you have multiple children, make a schedule. Or ask your school or community agencies if they have created places for distance learning, or if noise-canceling headsets are available for students.
- Develop back-up plans for getting your child to school or logging in to the computer if you can't be there to help. Find a family member, neighbor or older child who can help over the phone or who can help while wearing a mask and maintaining physical distance. Community-based organizations might also be able to help.
- When school is in session, avoid extended family trips and non-urgent medical appointments.
- Ask your child's teacher about attendance and tell the teacher any concerns you have.

### Help Your Child Stay Healthy and Engaged

- Monitor your child's attendance and participation; and contact the teacher to address any concerns.
- Make sure your child gets the flu vaccine and other required shots.
- Find out if your child feels safe from bullies. Make sure that school discipline policies don't lead to your child becoming disengaged or pushed out of school. If these are problems, work with your school to find a solution.
- If your child seems bored or anxious about school, talk to teachers, school counselors, or other parents for advice on how to make them feel comfortable and excited about learning.
- Ask for help when you need it. School staff, after-school program providers, and other parents or community agencies are available to help families access online learning, obtain food or housing and address other experiences that make it difficult to attend and participate.



# Grade 1 Newsletter

## Welcome Class of 2033!

The Timberlane Regional School District is committed to the development of skills in the core areas of English Language Arts, Mathematics, Science, Social Studies, and Social Emotional Learning. Our teachers administer programming based on TRSD aligned PK-12 curriculum. Highly qualified teachers employ age appropriate methodologies and activities that highlight hands-on, discovery learning and active engagement.

### Registration for the 2021-2022 school year opens February 1st!

Families new to the district or re-enrolling their student in the district, please go to <http://www.timberlane.net/> and follow the New Student Enrollment link on the right hand side.

In addition to the online registration process, **NEW families to the district must also bring to the school:**

- ✓ **Qualifying Proof of Residency** ----->
- ✓ **Original birth certificate with raised seal**
- ✓ **A completed Certification of Residency form,**  
(located online in the New Student Registration process)
- ✓ **Immunization Records with updated vaccinations**
- ✓ **A Physical exam dated September 1, 2020 or later**

*\*Children must be 6 years old on or before September 30<sup>th</sup>.*

#### Additional Information needed (if applicable):

- ★ Guardianship documentation is required in any circumstance in which a student does not live with his/her parent(s) (foster documentation, guardianship documentation, court placement).
- ★ Proof of custody and/or parenting plan in a divorce, separation, or non-marital situation

#### One of the following qualifies:

- \* Two current utility bills (separate utilities)
- \* A mortgage statement
- \* A purchase and sales agreement
- \* A lease with one utility bill
- \* A property tax bill
- \* A property deed
- \* Certificate of Occupancy Permit

Please note any utility must be connected to the physical location of residence, a cell phone bill does not apply.

### Registration for the 2021-2022 school year opens February 1st!

Please contact your home school for any additional information.

#### Sandown North Contacts:

Nancy Stafford, Principal

Meaghan Guanci, Assistant Principal

Sandown North

23 Stagecoach Dr.

Sandown, NH 03873

Phone: 603.887.8503

Fax: 603.887.8509

[www.sandownnorth.com](http://www.sandownnorth.com)

#### Grade 1 Parent Information Night


Tuesday, May 4th

6:00 - 7:00 p.m.

Members of the public may access this meeting by logging onto: [www.timberlane.net/zoomParentNight](http://www.timberlane.net/zoomParentNight)

Public members will be viewers (attendees) through the school presentation with the ability to raise their hand (by clicking the raise hand icon at the bottom of the Zoom window) and be unmuted to ask questions when recognized. Attendees will not be on camera.





# Qué te pasa calabaza?

## Nada, nada limonada

### What's New in Spanish Class

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### Our Learning in Mayo

#### First Grade

- Family
- Animals

#### Second Grade

- Family
- Rooms of the house
- Hobbies

#### Third Grade


- Hobbies
- Places

#### Fourth Grade

- Conjugating the verb SER
- Talking about places we go

#### Fifth Grade

- Conjugating the verb SER
- Planning a trip




### Technology News

The goal of our technology program is to expand access to the tools that help students learn, create, and communicate. Many of the most useful tools for reaching these shared goals are available throughout the student's day. These will include books, musical instruments, craft materials, writing tools, and sports equipment. The digital tools we access through our Chromebooks at Sandown North are an extension and supplement to these essential real-world materials. Our students continue to make significant progress with their digital skill. I hope they are finding these skills empowering toward their most ambitious endeavors.



### Music News

The music department is *excited* to announce that we will have beginning instrument sign-ups this spring for the 2021-22 school year! Students currently in grades 2, 3, and 4 may elect to play a stringed instrument (violin, viola, cello); those in grades 3 and 4 may also consider a band instrument. Your child may try out instruments at our instrument trials at the Timberlane Performing Arts Center on the following dates:

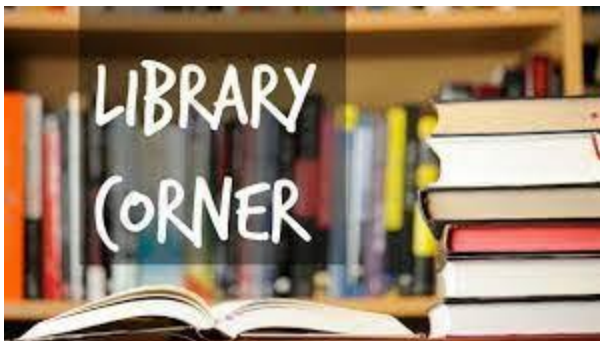
- **Wednesday, June 2 from 5:00-7:00 PM**
- **Saturday, June 5 from 8:00-10:00**
- **Monday, June 7 from 5:00-7:00 PM**

More information will be sent out to families later this month regarding the beginning instrumental program. Please feel free to contact me or Mr. Mainella if you have any questions about this.

Musically yours,

Alison Yankowskas

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



THANK YOU to everyone who contributed to our Read-A-Thon fundraiser. You contributed over \$10,000!! We will be using the funds raised for two author visits this spring as well as other school wide events. In addition, our students read for over 30,000 minutes! How wonderful is THAT?

Our first author visit will be for first, second, and third grade students. On May 24th, self-proclaimed "Authorator" David Biedrzycki will visit virtually and speak with students about his writing and illustrating process. You can read more about him on his website: <http://www.davidbiedrzycki.com/>.

Then, on June 7th, our fourth and fifth graders will be treated to a virtual visit with author Rob Buyea. Mr. Buyea was scheduled to come last spring, so we are very excited to have him finally "visit". Book order forms will be sent home for purchasing his books. For more information, you can check out his website: <https://www.robbuyea.com/>

Laura Ross, Library Media Specialist

### **Sandown North Spirit Wear is now available!**



Sandown North has partnered with Seaside Graphics to bring you your very own "We are the Village" spirit wear!

Click on the link below to order. Orders will be shipped directly to your house (please allow 5-10 business days for shipments). Most items have both blue and grey options, but due to COVID and supply availability some color options may not be available. Click on each item to see the front and back of the item along with the available options. A portion of all sales will go back to the school to help fund student events.

<https://seaside-graphics.printavo.com/merch/sandownnorth/>



ALL orders must be placed through the website. Please do not send check or cash to the school.



\*\*\*Not sponsored by the Timberlane Regional School District\*\*\*



# MAY HEALTH OFFICE NEWS



I hope you and your family are staying happy and healthy during this COVID-19 pandemic. I know there are many opinions around whether you should wear masks and to what extent you should continue to social distance. I truly believe that it is important to continue with social distancing and wearing masks to protect ourselves and others. I hope you will continue to be vigilant about staying safe, even with states, towns, and businesses starting to open up more and more. I hope if we all do our part we can enjoy more freedoms and be healthier down the road.

<p><b>Covid-19 Carrier</b> → <b>Contagion Probability %70</b></p> <p><b>Covid-19 Carrier</b> → <b>Contagion Probability %5</b></p> <p><b>Covid-19 Carrier</b> → <b>Contagion Probability %1.5</b></p> <p><b>WEAR IT</b></p>	<p>Please see CDC/NH state guidelines written on April 20<sup>th</sup> <a href="https://www.dhhs.nh.gov/dphs/cdcs/covid19/covid-mask-guidance.pdf">https://www.dhhs.nh.gov/dphs/cdcs/covid19/covid-mask-guidance.pdf</a></p> <p>The NH Department of Health and Human Services recommends all Granite Staters wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms. A mask helps protect others around you if you are infected and don't know it. A cloth face covering is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for physical distancing and other prevention measures. You still need to stay at least 6 feet away from people, even when wearing a face covering. The cloth face coverings recommended are not surgical masks or N-95 respirators. These types of masks are critical supplies that must be reserved for our health care workers and first responders. Please make your own face coverings with household items (see more on the back).</p>
<p><b>Examples of when to wear a face covering</b></p> <ul style="list-style-type: none"> <li>• Trips to the grocery store, pharmacy, doctor or hospital</li> <li>• Essential workers at a grocery store, pharmacy, or other business setting where they cannot maintain at least 6 feet distance between themselves and others</li> <li>• At home if you are sick and have other people in the house</li> <li>• Home care workers caring for vulnerable populations</li> </ul>	<p><b>Examples of when you don't need to wear a face-covering</b></p> <ul style="list-style-type: none"> <li>• At home, if everyone in the home isn't showing symptoms</li> <li>• Going for a walk in the woods or in your neighborhood. But bring one in case you encounter other people and stop to chat</li> <li>• Going for a run on the bike path, if it's not too crowded</li> </ul>
<p><b>What is a cloth face covering?</b></p> <p>A cloth face covering is any well-secured cloth (like a bandana, scarf, or homemade mask) that covers your mouth and nose. It does not adequately protect the wearer and is not a substitute for social distancing, but can protect others in case the wearer is infected with COVID-19 and has not started showing symptoms. Cloth face coverings are recommended to help preserve Personal Protective Equipment for frontline healthcare workers. For more information about how to wear and make cloth face coverings, see the CDC website.</p>	<p><b>Who should never wear a mask:</b></p> <ul style="list-style-type: none"> <li>• children under the age of 2</li> <li>• anyone who has trouble breathing, or is unconscious</li> <li>• anyone who is unable to remove the mask without assistance</li> <li>•</li> </ul>
<p><b>Why are you recommending this now?</b></p> <p>There is a lot we are still learning about COVID-19. However, there is more evidence that people without symptoms may be able to spread the virus, and that droplets produced when breathing, speaking, or clearing your throat may spread COVID-19 from person-to-person. <b>We continue to think staying home and practicing physical distancing and good hand hygiene are the most important ways to stop the spread of COVID-19. By recommending that Granite Staters use a face covering, we are adding one more action to help reduce the spread.</b></p>	

#### Putting a cloth face covering on

- With clean hands determine the outside of the cloth face covering and that should face away from you.
- Grasp the cloth face covering by the ear loops and place a loop around each ear.
- Make sure the cloth face covering covers your mouth AND nose.
- Avoid touching the front of your cloth face covering while it is in place.
- If it becomes soiled, you should replace it.
- If you touch the cloth face covering wash your hands.

#### Removing a cloth face covering

- Grasp the ear loops and pull forward over your ears to remove.
- Do not touch your eyes, nose and mouth when removing it
- Fold the cloth face covering so that the area facing outward, is folded over itself
- Place a cloth face covering in a plastic bag for laundering later, taking care not to touch it to the outside of the plastic bag.
- Remove and store cloth face covering properly and safely.
- Immediately wash your hands after removing it.

#### Clean cloth face coverings daily, by hand or machine, using detergent.

A washing machine should suffice to properly wash a cloth face covering. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

**Make your own.** CDC has instructions on making your own coverings in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana. For more information,

To see daily updates on COVID-19 and health recommendations please visit: <https://www.nh.gov/covid19>



As we welcome spring and warmer weather, here are a few reminders to stay healthy.

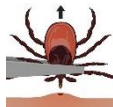
- 1) Please make sure your child brings a water bottle every day to school
- 2) Please apply sunscreen and bug spray on your child before they come to school. Its tick and mosquito Season- Be prepared



#### CDC Web Links for Tick information



PREVENT BITES



REMOVE TICKS



CHECK SYMPTOMS

<https://www.cdc.gov/ticks/avoid/index.html>  
<https://www.cdc.gov/ticks/symptoms.html>

[https://www.cdc.gov/ticks/removing\\_a\\_tick.html](https://www.cdc.gov/ticks/removing_a_tick.html)

#### Preventing tick bites

[https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/avoid/on_people.html)

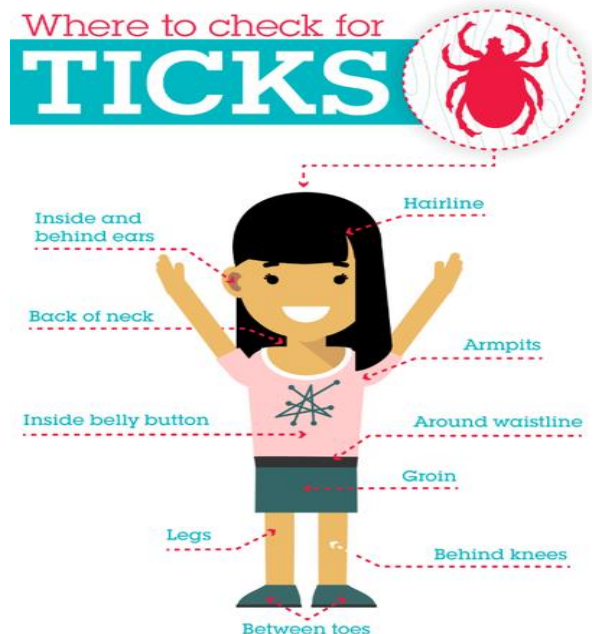
Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

#### • Before You Go Outdoors

1. **Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals.
2. **Treat clothing and gear** with products containing 0.5% permethrin
3. **Use of Insect repellants**
4. **Avoid Contact with Ticks**  
Avoid wooded and brushy areas with high grass and leaf litter.  
Walk in the center of trails.

#### • After You Come Indoors

1. **Check your clothing for ticks. Examine gear and pets.**
2. **Shower soon after being outdoors**
3. **Check your body for ticks after being outdoors.**



Sources: CDC, Massachusetts Department of Health and Human Services





**Maureen Healy, RN, BSN.**  
**PH- 603-887-8505 Ext 7519**  
**Fax-603-887-8511**

[Maureen.healy@timberlane.net](mailto:Maureen.healy@timberlane.net)

-The state of NH has opened COVID -19 Vaccinations to people 16 and older AS of April 2, 2021 .  
<https://www.nh.gov/covid19/resources-guidance/vaccination-planning.htm>

Updated Travel guidance: <https://www.covidguidance.nh.gov/out-state-visitors> Domestic Travel

TRSD COVID PROTOCOLS will continue throughout the rest of the school year. Any students or staff members should remain home when experiencing any symptoms and seek evaluation by a health care provider.

Students and staff with ANY OF THE SYMPTOMS BELOW should notify the school nurse as soon as possible. If you notify a teacher or office staff member, you MUST ALSO NOTIFY THE SCHOOL NURSE DIRECTLY.

**Low Risk Symptoms**

Headache, muscle and body aches fatigue, sore throat, runny nose, congestion, nausea, vomiting, diarrhea

**High Risk Symptoms**

Fever, new cough, shortness of breath / difficulty breathing, new loss of taste or smell

## PTA NEWS

### May PTA News:

**\*TEACHER APPRECIATION:** This year we will be honoring our teachers throughout the month of May with small gestures each Friday, to show our appreciation for all that they do each day for the students at both Sandown North and Sandown

Central. THANK YOU to all who donated towards Teacher Appreciation and Sponsor-A-Teacher for lunch. With your help we exceeded our donation goal of \$1000! Also, a big thank you to all who donated k-cups to help with our 'Sip Sip Hooray, coffee is on us today!', also to help towards Teacher Appreciation.



**FUNDRAISER:** Join us for a fundraiser to benefit the Sandown PTA.

Starting May 1<sup>st</sup>, you can help the PTA raise money by placing a Pampered Chef order. 15% of every dollar spent will go to Sandown PTA. Place your order online by May 31<sup>st</sup>. Your order will be shipped directly to you. Every order will be entered into a raffle to win a large stone bar pan.



Orders can be placed at:

[www.pamperedchef.com/party/sandownpta2021](http://www.pamperedchef.com/party/sandownpta2021).

If you have any questions, please feel free to contact Danielle Accorto at

[Danielle.Accorto@timberlane.net](mailto:Danielle.Accorto@timberlane.net)

**\*VOTING NEW BOARD MEMBERS:** At our Meeting, this month we will be voting in our new board for the 2021-2022 school year. As of right now we have nominations for all positions other than Vice President, if you are interested in this position, please reach out to a PTA member or email Lucinda Quinney [lmquinney79@gmail.com](mailto:lmquinney79@gmail.com)

**NEXT MEETING:** May 12, 2021 at 6pm zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/88931397946?pwd=ak9QeVBrWmdkWFIPc0xqNUIKOHp4UT09>

Meeting ID: 889 3139 7946 Passcode: 485395

As always, thank you to the Sandown community for your support, we could not do it without you!

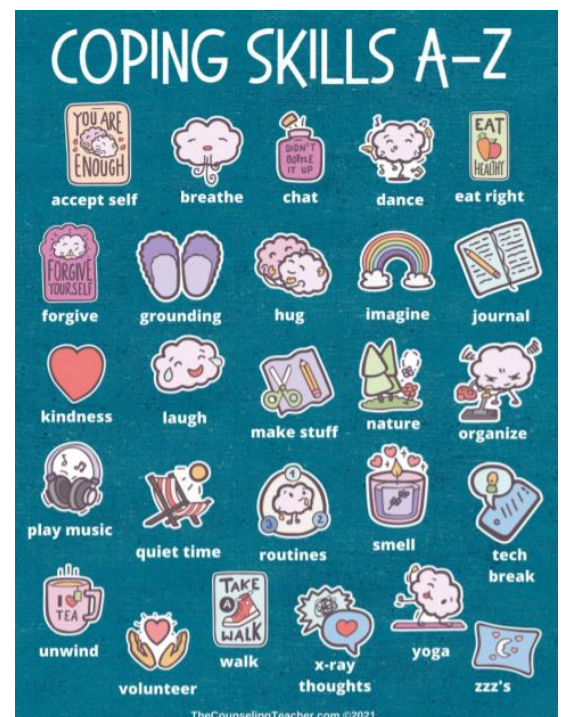
Lucinda Quinney

PTA President

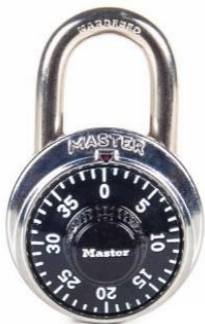


Hey There!

I hope everyone enjoyed their vacation week; I used it to hit the recharge button and check some things off my self-care to-do list ☺ I can't believe we are approaching the final months of the school year! I have been working with our 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders this past month on what it means to be an upstander. I hope they came home and shared some of the information they learned and the packet with you. They have done fabulous work creating their upstander posters- I have started to display many of them outside my office! This month, we take on state testing and middle school transition for our 5<sup>th</sup> graders. I have included below some test preparation tips and reminders for our grades 3-5 families. The incoming 6<sup>th</sup> grade counselor, Zachary Champion will be coming this month to present TRMS transition information to the 5<sup>th</sup> grade classes and answer any questions they may have.



### Online Combination Lock

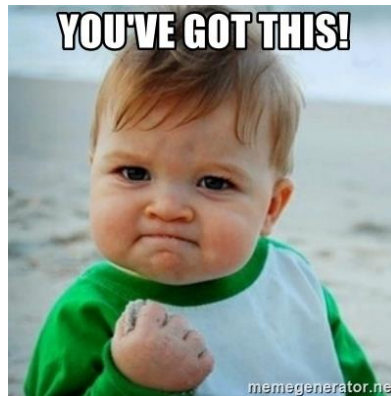


I normally go into the 5<sup>th</sup> grade classrooms for a lesson prior to their TRMS transition, one of the centers usually includes the opportunity to practice opening combination locks. I will be unable to do so this year, however I did find a website offering an online combination lock practice. The link is listed below if your 5<sup>th</sup> grader is eager to practice!

<https://www.hoodamath.com/games/combinationlock.html>

### How To Make the Best of Test Day:

- Get a good night's sleep
- Eat Breakfast
- Drink Water
- Talk positively to yourself- come up with a mantra, "I am going to do my best."
- Move your body if you are feeling stressed- go for a walk, shoot some hoops, bike rides, etc.
- Take breaks/alone time



### Mindful Moments at Home



## Action for Happiness Calendar: Meaningful May

**Meaningful May 2021**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

(Source: Actionforhappiness.org)

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

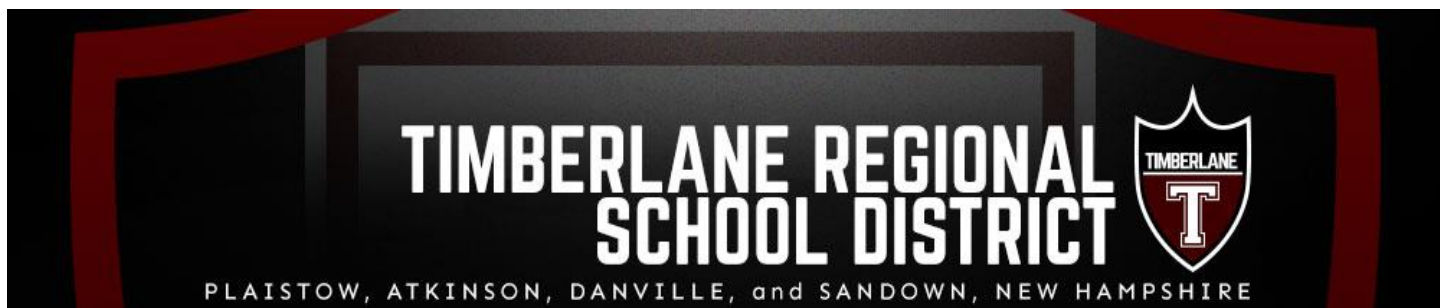


Best Wishes,

Samantha Houlihan

School Counselor, Extension 7543, [Samantha.Houlihan@Timberlane.net](mailto:Samantha.Houlihan@Timberlane.net)





## Timberlane Regional School District Food Service programming update.

The District will be offering no charge breakfast and lunch meals (regardless of free/reduced status) to all District students under a program extended by the USDA for the 2020-2021 school year.

### 1. Hybrid Students:

- a. Meals will be available in schools on days when students are in school.
- b. Every Wednesday, the elementary school in each town will serve from 8:00am to 11:00am (see below for a listing of schools).
- c. Three breakfast meals and three lunch meals will be made available to cover days the students are learning remotely.

### 2. Remote Students:

- a. Every Wednesday, the elementary school in each town will serve from 8:00am to 11:00am (see below for a listing of schools).
- b. Five breakfast meals and five lunch meals will be made available to cover days the students are learning remotely. Distribution of Meals on Wednesdays from 9:00am to 10:15am will be at the Kitchen Door at the following Elementary Schools: -

- Atkinson Academy: 17 Academy Avenue, Atkinson, NH 03811
- Danville Elementary: 23 School Street, Danville, NH 03819
- Pollard Elementary: 120 Main Street, Plaistow, NH 03865
- Sandown North: 23 Stagecoach Drive, Sandown, NH 03873

The program is open to all District students, including High School and Middle School students. There is no need to qualify for Free or Reduced status. Parents or guardians may pick up their student's meals, students do not need to be physically present. Although this program is scheduled to run until December 31, 2020 (or when USDA funding runs out), families are encouraged to get applications in early for Free or Reduced meals qualification for the remainder of the year. Please see the 2020-2021 Household Application for Free and Reduced Price School Meals on our District Food Service page: <https://www.timberlane.net/lunch/>.



# MAY 2021 SANDOWN NORTH ELEMENTARY SCHOOL LUNCH MENU

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year.  
Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets With Whole Wheat Dinner Roll Baby Carrots Fresh Orange Fresh Apple Crispy Potato Puffs	4 Cheeseburger Caesar Salad Fresh Apple Applesauce Green Beans	5 Crispy Tacos Caesar Salad Fresh Apple Applesauce Brown Rice Carrot Dippers  Full Remote Meal Pick up 9:00 until 10:15 at the 4	6 Crispy Chicken Sandwich Sweet Corn Baked Beans Diced Pear Cup Fresh Orange	7 Cheese Pizza Baby Carrots Side Salad Sliced Peaches Fresh Apple
10 Whole Grain French Toast Ham Caesar Salad Crispy Potato Puffs Fresh Apple Diced Pear Cup	11 Pasta & Meat Sauce With Homemade Garlic Bread Side Salad Cucumber Coins Fresh Apple Sliced Peaches	12 Turkey Hot Dog on Bun Sweet Corn Baked Beans Diced Pear Cup Fresh Orange  Full Remote Meal Pick up 9:00 until 10:15 at the 4	13 Crispy Chicken Sandwich Mixed Fruit Side Garden Salad Fresh Apple Baked Beans	14 Cheese Pizza Caesar Salad Celery Fresh Apple Sliced Peaches
17 Chicken Nuggets With Whole Wheat Dinner Roll Mixed Fruit Oven Baked Fries Side Garden Salad Fresh Apple	18 Nachos Grande Caesar Salad Sweet Corn Fresh Apple Sliced Peaches	19 Cheeseburger Baked Beans Fresh Apple Caesar Salad Fresh Orange  Full Remote Meal Pick up 9:00 until 10:15 at the 4	20 Crispy Chicken Sandwich Side Salad Baby Carrots Strawberry Cup Fresh Orange	21 Cheese Pizza Sliced Peaches Side Salad Broccoli Bites Fresh Apple
24 Grilled Cheese Sandwich Potato Puffs Caesar Salad Fresh Apple Applesauce	25 Cheeseburger Caesar Salad Sweet Corn Applesauce Green Beans	26 Meatball Hero Sweet Corn Diced Pear Cup Fresh Orange Caesar Salad  Full Remote Meal Pick up 9:00 until 10:15 at the 4 Elem	27 Crispy Chicken Sandwich Sweet Corn Side Salad Fresh Apple Strawberry Cup	28 Cheese Pizza Baby Carrots Side Salad Sliced Peaches Fresh Apple

31  
No School

## HARVEST of the MONTH

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



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.



Low Fat Milk .50  
100% Juice .50

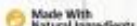
### Help Wanted

Food Service Worker  
Contact John Fratiello  
[fratielloj@whitsons.com](mailto: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



\*Consuming raw or under cooked 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. All trademarks are the property of their respective owners.