



## SANDOWN NORTH ELEMENTARY SCHOOL

November 2018

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

I cannot believe the holiday season is almost upon us! It has been a wonderful first couple of months of school. As I visit classrooms, it is clear teachers have spent time teaching classroom procedures and behavioral expectations. I am so impressed at how well students at each grade level understand the procedures and show STAR behaviors.

Last Friday, I was happy to accompany Pamella Pitman, our PTA President and Kristen Gondolfo, our Parent Volunteer Coordinator, to the NH Partners In Education (NHPIE) celebration at the Grappone Conference Center in Concord. Our school was recognized as one of the Blue Ribbon recipients for volunteer hours. Both Pamella and Kristen put in numerous hours to help support our school community. They do this along with the additional help and support from so many of you. On behalf of our staff and students, I would like to thank all of our volunteers. You truly make a positive difference and we appreciate your efforts. The keynote speaker was Dr. Meghan McCoy, who spoke about the importance of schools embedding social emotional learning throughout students' days. Although this is something Sandown North has been doing for many years as part of our PBIS framework, we are discussing it more as a staff and looking at ways to ensure it continues to be implemented in a way that best meets individual student needs. I am happy to share that Social Emotional Learning (SEL) is also one of our district goals throughout all of the elementary schools.

As you know, we practice safety drills regularly at school. We have already had a few fire drills and last Friday Chief Tapley of the SFD, pulled a surprise fire drill. He was very complimentary of how well the students did and how quickly we had all children, staff and visitors out of the building and accounted for. In addition to fire drills, we practice a few other drills including:

- Shelter-In-Place, in case we all need to be together in one place while we wait for buses to leave the site.
- Stay in Your Room, which may be used for example, if there is a medical emergency so we can operate efficiently while maintaining an individual's dignity.
- Off-site Evacuation. In the event of a building emergency necessitating our leaving the building, we will typically go to Zorvinos located off Main Street in Sandown.

There are many steps that go into ensuring our safety when we have to leave Sandown North. For this reason, it is important we periodically practice an off-site evacuation. We have an Emergency Response Team that helps to put all the systems in place. During the month of November, we will be practicing an off-site evacuation. You will receive a School Messenger announcement message on the day of the evacuation informing you that it is happening. I will **not** be announcing the date ahead of time, as we need to know any challenges so we may 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 and 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. When we return to school after the mock evacuation, an additional School Messenger will be sent letting you know that the drill has been completed. 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. With daylight savings happening this weekend, November 4, I wanted to remind parents of our arrival and dismissal times. School begins at 8:40 and ends at 3:10. In the morning, there are two bells. The first bell rings at 8:30am. At that time, all students proceed to classrooms. The second bell is at 8:40. Students arriving any time after that 8:40 bell are considered tardy. I understand that some mornings may be more stressful than others in terms of getting up and out of the house; however, getting children to school on time, helps them to start their day more comfortably and ready to learn. If you find this is difficult, please reach out to me or Mrs. Houlihan (formerly Ms. Hickey), our school counselor. We are happy to meet and brainstorm some strategies with you. I want to remind everyone that even if you are running late, either dropping off or picking up, please remember to observe the speed limit and drive safely in the neighborhood as you approach the school. The speed limit is 20 mph.

I want to wish you a wonderful Thanksgiving. I am thankful for having the opportunity to work with a fantastic staff of educators, students, and parents. All of us who work at Sandown North are so thankful for the daily support from members of this community. Enjoy your Thanksgiving.



### **CURRICULUM CORNER**

Christine Desrochers, Assistant Principal and Curriculum Coordinator

During the past few weeks, our dynamic grade 3-5 teachers have participated in professional development around the area of science education. The focus of NGSX (Next Generation Exemplar System) is integrating three-dimensional learning into science classrooms, in which teachers support students in using science and engineering practices to develop, apply, and refine disciplinary and crosscutting ideas. Teachers engage in these practices and investigate classroom cases to explore how to bring these approaches into their own classrooms. As educators, we recognize the balance between teaching students science content as well as having children work cooperatively in groups and problem solve with perseverance. These elements are integral parts of teaching the three dimensions of science as well as expected work-study practices.

# Upcoming Events



November 1 – School Board Meeting, SAU, 7:30 pm

November 2 BINGO for Books, Sandown North Cafeteria, 6:00 pm

November 5 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

November 7 – Picture Retake Day

November 12 – No School, Veteran’s Day

November 13 – No School, Professional Development Day

November 14 – Author Visit, Grades two, three, and four

November 15 – Author Visit, Grades Four and Five

November 15 – School Board Meeting, SAU, 7:30 pm

November 16 – Enrichment Day

November 19 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

November 21 – No School, Thanksgiving Break

November 22 – No School, Thanksgiving Break

November 23 – No School, Thanksgiving Break

December 3 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

December 6 – School Board Meeting, SAU, 7:30 pm

December 10 – Monday Morning Meeting, Sandown North Cafeteria, 9:00 am

December 11 – Honors Band/Orchestra/Chorus Concert, PAC

Reminder – Thursday, November 15 will be our fourth annual Timberlane District Literacy Event!

The event will go from 5:30 – 7:30 at the Performing Arts Center in Plaistow (P.A.C.)

There will be 10+ authors available to meet and greet, as well as to purchase their books and get autographs. Hope to see you there!



Please remember to notify the office if your child will be tardy or absent by calling the office at 603-887-8503 or using the online Pick Up Patrol program. Pick Up Patrol can also be used for change in dismissal plans. When your child has a change in dismissal plans, please remember we need to have the bus number and the address to which your child is going.

**We verify all absences.**

It is 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 contact information or that of your emergency contacts.

Thank you for helping us with this important information.

ALL DISMISSAL CHANGES MUST BE MADE BY  
2:00 PM TO ENSURE A SAFE DISMISSAL FOR ALL  
STUDENTS.





The PTA has some fun events scheduled in the upcoming months:

\***BINGO FOR BOOKS** November 2nd 6pm-8pm Sandown North Gym/Café

\***DROP & SHOP** December 14th 4pm-8pm

More information will be coming home in Express Folders, as we get closer to the event.

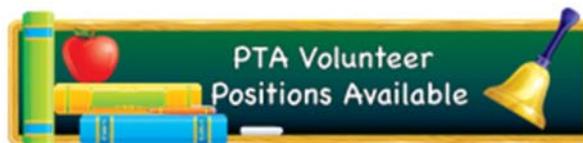
\***COWBOYS CHOICE DANCE** February 15 6pm-8pm. If you are interested in volunteering, please contact Michele Kontos at [mm2go@aol.com](mailto:mm2go@aol.com)

\*We are still looking for a chairperson for the **PANCAKE BREAKFAST** April 13. We cannot run this event if we do not have a chairperson.

\*\*There has been a change of date for the **Ladies Choice Dance** it has been changed to **MAY 17**. If you are interested in volunteering for this event, please contact Lucinda Quinney [Lmquinney79@gmail.com](mailto:Lmquinney79@gmail.com)

Our next meeting will be on **November 7 6pm at Sandown North**.

**\*\*We will be voting and approving the budget at this meeting\*\***



Thank you to all the parents/teachers that take their time to help the PTA. We run on volunteers and are always looking for more people to help with events. Are you interested in learning more about the PTA?

### Technology News

Students have been working on creating an illusion of movement in their games. They are applying principles of perspective as they paste, resize, and move the drawings they created to create a sense of motion for the player as they traverse a series of slides. Through this project, students are improving their ability to work between programs, edit work, use shortcut keys, use presentation software, integrate graphics, and access previously saved documents





### November Nurse Notes

November is “National Healthy Skin Month”

The outdoor temperatures are getting colder, so it is a good time to review some tips on keeping our skin healthy this winter.

- **Wear lip balm**-Lips can dry out in windy weather making lip protection a must. Choose a lip balm with sunscreen for extra protection from the sun.
- **Avoid long hot showers**-Although long showers are tempting in the winter, they should be avoided. This is because long hot showers can strip the skin of its natural moisture. It is best to take short warm showers. After the shower, apply a moisturizer to lock in the moisture.
- **Use hand cream several times a day** -Daily use of a hand cream is essential to prevent dry, cracked skin in the winter. Reapply after hand washing and before putting on gloves in cold weather. Heavy moisturizers with petrolatum are often required for severe dry skin on the hands. Glycerin has a smooth silky feel.
- **Wear sunscreen with an antioxidant daily** - The skin on the face is more vulnerable to environmental damage in the winter due to the damaging combination of wind and sun. Even if it is not sunny, sunscreen is just as important because the sun’s harmful rays can penetrate the clouds. Choose a sunscreen with an antioxidant to provide the best defense against the elements. Using a daily hydrating lotion with SPF can be a simple way to work sunscreen into your daily routine. These simple tricks will keep your winter skin tone even and radiant.

<http://www.thedermablog.com/dry-winter-skin-care-tone-and-tips/>





### **November 2018 Music News**

Students in all grades have been learning new folk dances in their general music classes. Younger students are introduced to basic movement elements such as sashay (similar to a shuffle in sports training), do-si-do, and partner turns (right hand, left hand, and two-hand). Older students apply these elements to new dances, learn new ones, and work to synchronize with one another and the music. A new dance for both the students and me this year is the Circassian Circle Mixer, accompanied by Lindsey Stirling's "Night Vision."

5th grade band and string students are beginning to use Smart Music as a learning tool. This online program, provided to our students by the district, is similar to a video game in which the player tries to improve his or her score. Mr. Mainella and I strongly encourage the fifth graders to use Smart Music to practice their assignments and become familiar with the program, as they will use it for music assessments next year in sixth grade. I am still learning to navigate the specifics of the new version of Smart Music, so my 5th grade string players and I can learn together.

Some of our band, string, and chorus students are participating in honors ensembles at the PAC on either Monday or Tuesday evenings. These students were invited to join because of their strong work habits at school and home, high level of musicianship, and commitment to their school ensemble. The honors groups will present a concert on Tuesday, December 11 at 7:00 PM at the PAC.

As always, please contact Mr. Mainella or me if you have any questions about your child's progress in music. Thank you for your support!

Musically yours,

Mrs. Alison Yankowskas

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Mr. John Mainella

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