



Richard Maghakian
Memorial School
22 Milford St.
Brookline, NH 03033
Phone 603-673-4640
Fax 603-673-4785
Rmms-office@sau41.org

Brookline Bulletin

Dec. 15, 2023
Volume 5, Issue 3



Captain Samuel
Douglass Academy
24 Townsend Hill Rd.
Brookline, NH 03033
Phone 603-821-0439
Fax 603-810-6651
csda-office@sau41.org

Dates to remember

Dec. 15 Report Cards Posted to Parent Portal
Dec. 18-22 Brookline Schools Spirit Week
Dec. 20 School Board Meeting
at RMMS 6:00 p.m.
Dec.25 - Jan. 1 NO SCHOOL Winter Break
Jan. 15 NO SCHOOL Martin Luther
King Jr. Day



Kindly label all clothing for your child to wear outdoors. Snowsuits, boots, and winter outerwear are needed for the winter months as recess is spent outdoors throughout the school year. Students go outside with temperatures of 15 degrees or above. We do consider wind chill and whether or not it is sunny outside as well.

CSDA Happenings

Grade 4: Fourth graders are finishing up their “stuck in a snow globe” fiction stories. In reading, they are identifying main ideas and details in nonfiction articles.

Grade 5: This week fifth graders have been working very hard on researching for their Explorers of North America projects. Next week, they will host a “museum” to show off their learning.

Grade 6: Sixth graders launched hot air balloons that they built themselves last Friday which was a fun culminating activity for our meteorology unit. We’re also working on reviewing how to take copious notes using outlining strategies in social studies to learn about ancient Greece and the eruption of Pompeii.

CSDA Unified Arts: In physical education, students are exploring the use of scooter boards. This includes transporting themselves on the scooter board as well as transporting classmates and pieces of equipment. These activities help strengthen the core muscle group.

Have a wonderful weekend! Mrs. Bouley

RMMS Happenings

Pre-K: Preschoolers will celebrate RMMS spirit week and will have a pajama day and cookies and cocoa party on Thursday. Be on the lookout for the “secret” December crafts coming home.

Grade K: In kindergarten, classes will be culminating the holidays around the world unit. They will celebrate by watching *The Polar Express* on Friday.

Grade 1: First graders will explore holiday traditions around the world. They are excited for their craft parties on Tuesday and pajama day on Friday.

Grade 2: Second graders will be studying characters in fiction through reading *The Wild Robot Escapes*. This is the sequel to *The Wild Robot*. They will continue to focus on acts of kindness as they get ready for 2024!

Grade 3: Third graders are finishing up their Country Research Projects and Historical Fiction Journals as they approach the Heritage Breakfast. In math, students are reviewing multiplication and division while beginning to introduce area and perimeter. They are also starting some Holiday Around the World tasks and winter holiday activities.

RMMS Unified Arts: In physical education, the students are working on throwing and catching skills and activities. They are focusing on underhand throwing, overhand throwing, and how to catch with their hands, not their body. In health education, classes are working on our body week. Students are learning about the bones, joints, muscles, and the circulatory system.

Have a great weekend! Mr. Molinari

**CSDA & RMMS
HEALTH OFFICE UPDATES
December 15, 2023**

CHOOSE LOVE



**"You can't always choose what happens to you,
but you can ALWAYS choose how you respond.
You can respond in love!"
- Scarlett Lewis**

Healthy Tips for the Holidays!



- **Get Enough Sleep:** Children 5-10 years need 10-11 hours of sleep per night. Children 10-12 years need 8.5-9.5 hours of sleep per night.
- **Fit Healthy Options into Holiday Meals** Drink water instead of sugary juice or soda. Add fruits and vegetables to every meal and snacks and make sure to incorporate whole grains into meals.
- **Get Up and Get Active** Children and adolescents should do 60 minutes (one hour) or more of physical activity each day. That includes aerobic activity (like brisk walking or running), muscle strengthening (like gymnastics or push-ups), and bone strengthening (like jumping rope or running).
- **Fight the Flu** Did you know that the flu is more dangerous for children than the common cold? It is not too late to protect your family this season. Locations for obtaining a flu vaccine can be found here: <https://www.vaccines.gov/>

WHEN TO STAY HOME

To prevent contagious illness stay home from school with the following:

- **Fever - until fever-free without medication for 24 hours**
- **Vomiting or Diarrhea - until symptom free for 24 hrs**
- **Uncontrolled Cough- contact MD**
- **Unexplained Rash- contact MD**

CIRCULATING ILLNESS: [Strep Throat](#), [Stomach Illness](#), [Pneumonia](#), [Bronchitis](#), and the following

Croup The croup cough sounds like a harsh "barking" sound. This is the most common symptom of croup.

Your child may also have stridor which is a raspy, vibrating sound that occurs when your child is breathing in.

[Hand Foot and Mouth \(Coxsackie Virus\)](#) Having direct contact with nose and throat secretions of an infected person may spread the infection. It may also be spread by the aerosol droplet route (e.g., sneezing, coughing). Or when you touch an object with the virus on it and then touch your face. Blisters may appear in the mouth, on the sides of the tongue, inside the cheek and on the gums. Lesions may also occur on the palms, fingers, soles of feet and buttocks. Most lesions persist for 7-10 days. A low-grade fever may accompany the illness for one to two days.

[RSV \(Respiratory Syncytial Virus\)](#) Common symptoms include runny nose, decrease in appetite, cough, sneezing, fever and wheezing. Most RSV infections resolve on their own in a week or two, but RSV can also cause more severe infections such as bronchiolitis and pneumonia (infection of the lungs).

[COVID-19](#) Common symptoms include Sore throat, Congestion or runny nose, Headache, Cough, Fatigue, Fever, Chills, Muscle or body aches, loss of taste or smell, Nausea or vomiting, Diarrhea. **[Obtain a COVID test with any symptoms. To order 4 free COVID rapid tests <https://www.covid.gov/tests>](#)** **[What should we do if we test positive for COVID?](#)** Isolate and Contact the school nurse. Symptom start date or test positive date is Day Zero, then isolate days 1-5 and wear a well fitting mask days 6-10.

[Follow the CDC Guidelines for Isolation](#) If someone in the household tests positive, start wearing a well fitting mask for 10 days from exposure. If you have any symptoms, test for COVID right away.

**CSDA: Maureen Lorden,
RN maureen.lorden@sau41.org
Phone: 603-821-0439**

**RMMS-Covering/District Float Nurse:
Diana Zoltko, RN diana.zoltko@sau41.org
Phone: 603-673-4640**

**RMMS: Tena Ferenczhalmy,
RN tena.ferenczhalmy@sau41.org
Phone: 603-673-4640**

Currently accepting donations and supporting families in Brookline and Hollis!

HOW OUR SCHOOLS CAN HELP



**Most needed items
for December:**

- **Bottled Juice
(apple, cranberry)**
- **Canned Beets**
- **Cooking Oil**
- **Pasta Sauce**
- **Frozen Bread
Dough**
- **Rice Pilaf Mixes**
- **Mayo**
- **Mustard**
- **Jelly**
- **Beef Broth**
- **Peanut Butter**

**All families
welcome- please
spread the word
to community
friends
and neighbors.**

**Thanks to our
PTO, you may
purchase the
most needed
items through
Amazon:**

[https://www.amazon.com/
registries/gl/guest-view/
11J6079RAHQIX](https://www.amazon.com/registries/gl/guest-view/11J6079RAHQIX)



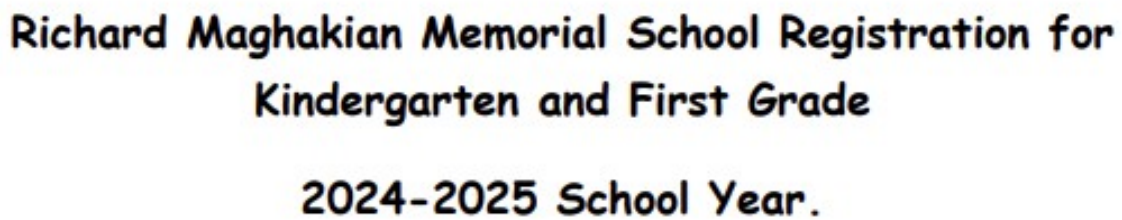
**YOUR CONTINUED SUPPORT IS APPRECIATED!
PLEASE KNOW THAT ALL DONATIONS MAKE A
DIFFERENCE IN OUR COMMUNITY.**

RMMS and CSDA Spirit Days

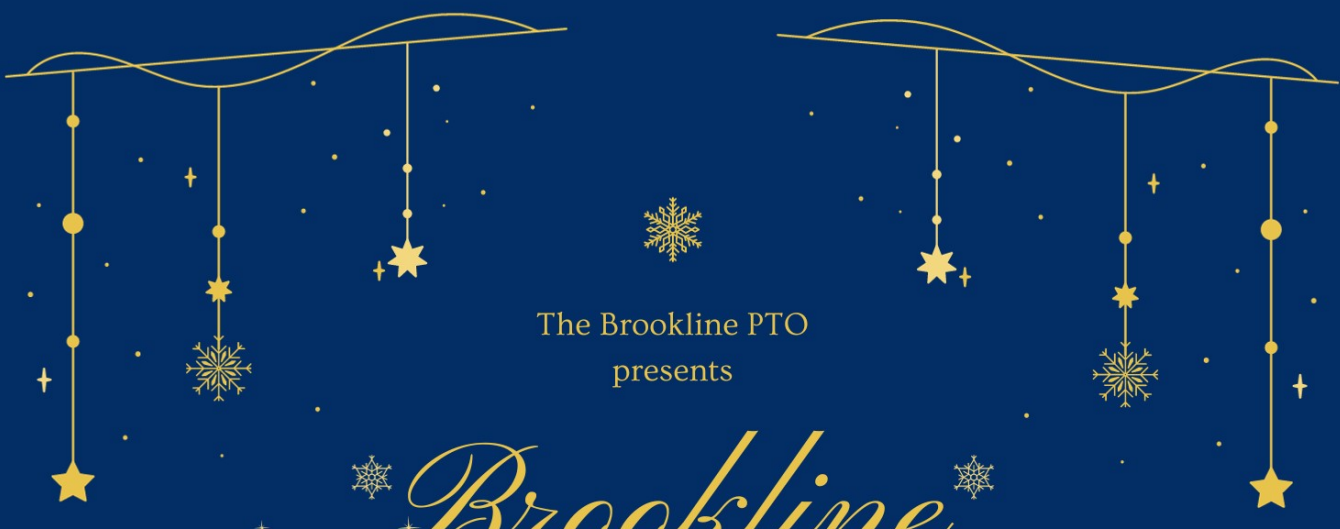
December Spirit Days



Monday 12/18/23	Tuesday 12/19/23	Wednesday 12/20/23	Thursday 12/21/23	Friday 12/22/23
Tree Topper Day Wear your favorite hat, headband, or hair accessory	Toasty Toes Day Wear your favorite pair of cozy socks	Ugly Sweater Day Wear or make your most favorite ugly sweater!	Hoping for a Snow Day Wear all white in hopes of snow!	Pajama Day Wear your favorite PJs!



RMMS will be holding registration for incoming kindergarten and new first grade students starting on January 2, 2024 thru January 31, 2024. Please visit our school website at www.myrms.org and go to the Kindergarten registration link to download the forms and instructions. Registration for kindergarten is for Brookline residents who have children who will be five years old by September 30, 2024. Registration for first grade is for Brookline residents who have children who will be six years old by September 30, 2024. Please share this with any family you know who may have an age appropriate child entering kindergarten or first grade and are new to the area. Thank you for your help. If you cannot make dates in January please call the school office to make an appointment at 603-673-4640.



The Brookline PTO
presents

Brookline
HOLIDAY LIGHTS

DECEMBER

SATURDAY 16 6 - 8 PM

Enjoy the holidays with family and friends as you use our
map to guide you to Brookline's best light displays.
(Maps available at 3PM, 12/16)

Brookline's Finest will be open, serving warm drinks &
treats while hosting an Elf themed scavenger hunt.

New this year - decorate your car for a chance to win
great prizes. Watch for contest details on Facebook &
the PTO website.

Want your light display included?
Visit www.brooklinenhpto.ptboard.com

NOT A SCHOOL SPONSORED EVENT





Hollis Brookline Girls Volleyball

Recreation has partnered with our HBHS girls' volleyball coaching staff to run a training/tourney program for our local young girls. Volleyball is being offered to girls in grades 4-6. Training will be run by our multiple D1 NHIAA State Champion coaching staff up at the Hollis Brookline High School on Sundays from 3-5pm. The program runs from January 7, 2024 – May 5, 2024. Cost is \$395. The fee includes training, tournament play, tournament fees, jersey and volleyball. This program is designed to give young girls the foundational skills needed to excel while playing for HBMS and HBHS.

Tournament Dates:

February 11, 2024

March 10, 2024

March 24, 2024

April 14, 2024

April 28, 2024

Register today at [Hollis NH Recreation Online Registration \(sportsmanager.us\)](https://sportsmanager.us)

This is not a school sponsored event



2024 LEARN TO SKI & RIDE PROGRAM

PLUS: NH SKI & RIDE BONUS

FREE Full Day/All Lift ticket to THREE NH Mountains. Valid starting Monday, February 26, 2024 through the end of each mountain's respective ski season. Valid for students only.



We take great pride in holding the title, The Premier Teaching Mountain in New Hampshire. Our professional instructors gear every lesson toward the student's age and ability, while providing a fun learning environment.

LEARNING AND FUN, IT'S WHAT WE DO BEST!

WHAT IS THIS PROGRAM?

- Weekday 5-Week Learn to Ski & Ride Series
- Participants receive a 1-hour lesson (if signed up for lessons) from a Pats Peak instructor and free ski/ride time.
- Program Dates: 2/16, 2/23, 3/8, 3/15, 3/22

HOW TO REGISTER

- It is open to **Anyone** in Hollis and Brookline Grades 1-12
- Register online at www.patspeak.com/LTSR
Access Code: **BESKI2024**
- To receive early pricing, registration must be paid in FULL on or before: **Open**
- Additional Registration info:
Best Rates Register by 12/15/2023

CONTACT INFORMATION:

Miranda Terry - Coordinator
mirandalynnterry@gmail.com/603-548-5505 or Jen Morrissey -
Coordinator jsjen03033@gmail.com/978-758-2824

TRANSPORTATION INFORMATION:

Parents responsible for transportation, we can help with carpooling!

WHAT ABOUT EQUIPMENT?

- **RENTALS:** Full Rental Packages are available for the program, or for the season. Helmets are additional.
- **BRING YOUR OWN:** Mark equipment with NAME AND SCHOOL. Unsafe equipment will not be allowed on the mountain.

PEAK PERKS: (DISCOUNTED PRICING)

- **CAFÉ CARDS**
- **PARENT/SIBLING FREQUENT USER CARD AND LIFT TICKETS**
- **HELMET, GOGGLES AND WATERPROOF MITTENS**
- **PRACTICE MAKES PERFECT SEASON PASS**
Unlimited Season Pass that is valid for the whole season-you don't have to wait until the program begins to use it! This discounted season pass is only available to the students of the Learn to Ski & Ride Program (must have minimum purchase of lessons. Non-transferable).

IMPORTANT NOTES:

Not a school-sponsored event



If this program doesn't work for your schedule,
contact Pats Peak about their **OPEN PROGRAM: For Individual Sign-Ups (Ages 6-17)**.