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# Brookline Bulletin

Dec. 22, 2023  
Volume 5, Issue 4



Captain Samuel  
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## Dates to remember

**Dec. 25 - Jan. 1 NO SCHOOL** Winter Break

**Jan. 15 NO SCHOOL** Martin Luther  
King Jr. Day

**Jan. 23 NO SCHOOL** All day voting

**Jan. 29 Early Release** RMMS 12:45  
CSDA 12:55

**Feb. 7 Early Release** RMMS 12:45  
CSDA 12:55

**Feb. 7 Deliberative Session at CSDA -**  
6:30



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:** In math, fourth graders are practicing partial quotients and the area model to learn the steps of long division.

**Grade 5:** After vacation, 5th graders will be learning about division of whole numbers.

**Grade 6:** Sixth graders are developing their non-fiction reading skills and comprehension with the text *The Bears of Yellowstone National Park*. At this point, all sixth graders have also built a K'Nex racer for our forces and motion unit for physics!

**CSDA Unified Arts:** This week we are learning about harmony, specifically triad chords and how to build them by using boomwhackers. We also have been playing holiday music on the boomwhackers!

Have a wonderful weekend!  
Mrs. Bouley



## RMMS Happenings

**Pre-K:** After break, preschoolers will learn about winter, snow, ice, and polar animals. They are introducing more uppercase letters. They have been working on S, T, A, N, and I.

**Grade K:** Kindergarteners are going to explore subtraction to kick off the new year! They will slowly introduce the concept, different types of subtraction, and subtraction symbols in January.

**Grade 1:** Thank you to our families who donated materials and their time for our craft parties on Tuesday. After vacation, first graders will jump into Topic 7 in math which explores numbers up to 120. In Foundations, they will work with more glued sounds.

**Grade 2:** After vacation, second graders will be focusing on regrouping in math. They will continue to study characters in fiction and work on writing friendly letters in writing.

**Grade 3:** Our third graders had a wonderful Heritage Breakfast this week celebrating their hard work on their Heritage unit. Thank you to all the volunteers who helped us serve the delicious food and to our families for supporting their children's learning over the last few weeks!

**RMMS Unified Arts:** This week we have been playing holiday music on deskbells, body percussion to music of the Nutcracker, and learning a Chanukah Dance.

Have a great weekend!  
Mr. Molinari

## CSDA & RMMS HEALTH OFFICE UPDATES

**December 22, 2023**  
**Happy Holidays!**

**Quaker Oat Company Recalls Granola Bars-**  
**potential contamination with salmonella** [https://](https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/quaker-recalls-granola-bars-and-granola-cereals-due-possible-health-risk)  
[www.fda.gov/safety/recalls-market-withdrawals-](https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/quaker-recalls-granola-bars-and-granola-cereals-due-possible-health-risk)  
[safety-alerts/quaker-recalls-granola-bars-and-](https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/quaker-recalls-granola-bars-and-granola-cereals-due-possible-health-risk)  
[granola-cereals-due-possible-health-risk](https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/quaker-recalls-granola-bars-and-granola-cereals-due-possible-health-risk)

The CDC has sent out an alert expecting high levels of respiratory illness and encouraging Flu and COVID vaccinations

### 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.

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Diana Zoltko, RN [diana.zoltko@sau41.org](mailto:diana.zoltko@sau41.org)  
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RMMS: Tena Ferenczhalmay,  
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**Currently accepting donations and supporting families in Brookline and Hollis!**

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## **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.**





**Richard Maghakian Memorial School Registration for  
Kindergarten and First Grade  
2024-2025 School Year.**

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.myrmms.org](http://www.myrmms.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.



HOLLIS BROOKLINE CAVALIERES  
***SPRING 2024***  
***TRYOUTS***

January 17, 2024 5:00-7:00pm  
HB High School mini gym

[REGISTER HERE](#)

**Open to Boys and Girls**  
**Birth years 2011-2016**  
**All skill levels**

**Who have not previously played with the HB Cavaliers.**

*Returning players do not need to try out.*

This is not a school sponsored event.

HBHS PERFORMING ARTS PRESENTS

# A PIANO DEDICATION

A RECITAL CELEBRATING THE RETURN OF OUR  
105 YEAR OLD STEINWAY TO THE STUDENTS OF  
HBHS



Featuring performances by HBHS  
Performing Arts Alumni, Students,  
Current and Former Staff, and  
Community Leaders!

January 5, 2024  
Friday | 7PM  
FREE Admission





# 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](http://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](mailto:mirandalynnterry@gmail.com)/603-548-5505 or Jen Morrissey -  
Coordinator [jsjen03033@gmail.com](mailto: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).**