



Brookline Bulletin



January 12, 2024
Volume 6, Issue 2

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Dates to remember

- Jan. 15 NO SCHOOL** Martin Luther King Jr. Day
- Jan. 22** RMMS aimswebPlus benchmark testing
- Jan. 23 NO SCHOOL** All day voting
- Jan. 24** School Board Meeting, 6:00 p.m. at RMMS
- 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 at 6:30 p.m.

CSDA Happenings

Grade 4: Fourth graders are learning about the eyes in science. In writing, they are writing New Year's Resolutions.

Grade 5: Fifth graders have learned about the lost colony of Roanoke. Next week, fifth graders will be learning about the colony of Jamestown and other permanent settlements.

Grade 6: Sixth graders have been working hard on using nonfiction text features to guide their understanding of texts. They have been able to apply these skills in both social studies (ancient civilizations) and science (forces and motion) as well!

CSDA Unified Arts: In the library, students will be learning the difference between a URL and search bars. They are also going to begin the process of understanding why they should use databases for research purposes instead of the internet. Our read-alouds continue with thoughtful and timely discussion points.

Have a wonderful weekend!
Mrs. Bouley

Winter outerwear, boots, and snowsuits 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.



RMMS Happenings

Pre-K: Preschoolers will continue learning about snow and ice with a special focus on polar animals. They'll make penguin hats and act out the story, "Ten on the Sled."

Grade K: Kindergarteners are excited to begin exploring arctic and antarctic animals next week. They will look at how their basic needs are met in these harsh environments.

Grade 1: First graders will work with glued sounds and the suffix -s in Foundations. They will continue to learn about winter through poetry, reading, writing, art and science.

Grade 2: Second graders will continue to explore matter in science. In writing, they will be working on opinion writing. They will also be wrapping up unit 5 in Foundations.

Grade 3: Third graders are starting book clubs within their characters unit and continuing learning about weather vs. climate. In math, they are practicing lessons on area and perimeter and in word study they are completing spelling pattern work at student levels.

RMMS Unified Arts: In the library, students will be learning about different types of nonfiction books as well as the text features used to help the reader gather important information. Their read-alouds will consist of some very important and fun nonfiction topics.

Have a great weekend!
Mr. Molinari

CSDA & RMMS HEALTH OFFICE UPDATES

January 12, 2024



Winter Health Tips for Students:

Encourage regular sleep. Establishing a regular bedtime to get seven to eight hours of sleep per night promotes general health, helps us heal from illness, and improves concentration throughout the day.

- **Eat a well-balanced diet.** Many students wake up late, rush from one class to the next, skipping breakfast or lunch. Quick foods to eat while on the run are often full of carbohydrates and lack protein. Teach your student the importance of eating regular meals with protein, fresh fruits, and veggies.
- **Encourage exercise.** Regular activity increases the circulation of antibodies and white blood cells that fight infection. Stress increases our risk of infection, making exercise all the more important. Take vitamin D. Low vitamin D can contribute to the winter blues. Our bodies naturally make vitamin D in the sunshine, supplementing in low sun months with 2,000 IU of vitamin D can ease fatigue and low mood in the winter.
- **Wash hands.** What is the easiest way to stay healthy? Wash your hands -- especially before you eat! Encourage your student to avoid touching his or her eyes, mouth, or nose. Nail-biting or chewing on the ends of pens and pencils transmits infection.
- **Gargle with salt water.** This easy tip can help prevent a variety of upper-respiratory infections. Adding a half teaspoon of salt to 8 ounces of warm water, then gargling two to three times per day can help a sore throat.
- **Drink water.** Hydration supports the body's ability to fight off infection. Dehydration can be caused by fevers, salty diets, and caffeine. Recommend sipping on a water bottle throughout the day.

- **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**
- **New/ Uncontrolled Cough or Sore Throat- contact MD**
- **New or Unexplained Rash- contact MD**

Looking for Flu and COVID Vaccines or COVID tests?

Locations for obtaining a **FLU VACCINE** can be found here: <https://www.vaccines.gov/find-vaccines>

Locations for a **COVID VACCINE** can be found here: <https://www.vaccines.gov/search/>

Obtain a **COVID test** with any symptoms. To order 4 free **COVID rapid tests** <https://www.covid.gov/tests>

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. **If you have any symptoms, test for COVID right away. 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.

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HAVE YOU HEARD ABOUT OUR **BROOKLINE FOOD PANTRY?**

Currently accepting donations and supporting families in Brookline and Hollis!

HOW OUR SCHOOLS CAN HELP



Most needed items for January:

- **Maple Syrup**
- **Ramen Noodles**
- **Dog Food (Wet & Dry)**
- **Cooking Oil**
- **Pasta Sauce**
- **Instant Rice**
- **Mayo**
- **Mustard**
- **Jelly**
- **Boxed Cereal**
- **Beef Broth**
- **Canned Fruit**
- **Coffee**

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>



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

Yearbook Information and Cover Design Contest

Dear Students and Parents:

Each year CSDA publishes a yearbook chronicling the events of the current year. Students may participate in designing the cover for our 2023- 2024 yearbook. (If you would like to submit a design for consideration, it must be submitted by **Friday, February 2, 2024**)

The cover should be done on an unlined 8 ½" x 11" sheet of paper in a vertical portrait position. All designs will be entered in the contest. There will be 2 entries chosen, one for the front and one for the back cover.

Please be sure to include the name of our school (CSDA is fine) and the school year, 2023-2024.

Students may use crayons, colored pencils, or markers. Students may also use computers to generate a graphic design. It is best to use bright, vivid colors when creating the cover. If using markers, please use heavier stock paper.

PLEASE **do not** put your name on the front of your design; please write it on the back. The camera ready art will be digitally scanned so the art work should be extremely clean and free from eraser marks, tears, creases, or smudges. Be sure that all text is legible and spelled properly. Please protect your work by sending your cover in an envelope or folder to the school by **February 2, 2024**

Sincerely,

Mary-Lou Gilbert
Yearbook Editor

CSDA Yearbook 2023-2024 Order Form

January 12, 2024

Dear Parents,

We are pleased to announce that we are offering an 8 1/2" X 11" full color yearbook documenting the 2023-24 school year. We are planning for candid photos chronicling the events at CSDA. The cost of the yearbook will be \$17.00.

To reserve your copy, please send your payment along with the bottom portion of this notice to your child's teacher. Families with more than one student who wish to purchase a book for each child are requested to complete a separate order form for each student. One check per family, however, is acceptable. **Please make checks payable to Capt. Samuel Douglass Academy; no cash, please.**

Please send your order in no later than March 08, 2024

Sincerely,

Mary-Lou Gilbert
Yearbook Editor

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CSDA Yearbook 2023-2024 Order Form

Student Name: _____ Teacher: _____

Amount of check: _____ Check#: _____

Payment sent in with sibling: _____
(Name and Teacher)

CSDA Yearbook 2023-2024

6th Grade Congratulatory Announcements

January 12, 2024

Dear Sixth Grade Parents;

We are pleased to announce that we are offering personalized announcements for our graduating 6th graders in our 2023-2024 Yearbook. Announcements will be limited to **25 words**. After negotiating the price of this year's yearbook, we are happy to offer this at no cost. If you would like to place an announcement on the congratulatory page, please fill out the form on the bottom of this page and return it by Friday, February 16, 2024.

Sincerely,

Yearbook Editor

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CSDA Yearbook 2023-2024

6th Grade Congratulatory Announcements

Student Name: _____ Teacher _____

Announcement:

Baby Pictures Needed of 6th Grade Students

The yearbook committee will continue the baby section again this year. Sixth grade parents are requested to send in a baby picture of your child from the age of newborn – 2 years of age. If you have a jpeg picture, you can email it to mary-lou.gilbert@sau41.org. Please note, **I will email you back to acknowledge I received the picture.** If you would like to send in a picture, we will scan it and return it back to you. Send in a photo in a sealed envelope addressed to Mrs. Gilbert.

Deadline is February 16, 2024

If you have any questions, feel free to call us at 821-0439.

Best regards,

Mary-Lou Gilbert

HOLLIS BROOKLINE CAVALIERES



***SPRING 2024
SEASON
REGISTRATION***

[REGISTER HERE](#)

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

Registration Closes January 19, 2024

not a school sponsored event

FAMILY SKATE NIGHT

JAN. 19, 2024
5 - 8PM



5-6:30pm Pre-teen Skate with Family
6:30-8pm Teen Skate (Families Welcome)



*\$1-\$2 concession stand
pizza & snacks will be available
and are provided by our
CAST Youth Empowerment and Service Team*



COST: \$10/SKATER | **COVERS COST OF SKATE RENTAL**

QUESTIONS -
email: acraven@svbgc.org

Boys & Girls Club of Souhegan Valley 56 Mont Vernon St., Milford
These materials are neither sponsored nor endorsed by the Hollis-Brookline School District