



Brookline Bulletin



January 26, 2024
Volume 6, Issue 4

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Dates to remember

- 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.
- Feb. 24** School Board Meeting at RMMS at 6:00 p.m.
- Feb 26-Mar 1** Winter Break



Label, Label, Label

Please label your child's outdoor, clothing. Just put their initials on a label inside the item. This way we can get your child's clothing back to them instead of going to lost and found.



CSDA Happenings

Grade 4: Students have begun their Sea Mammal Research projects. Over the next several weeks they will be researching and filling in graphic organizers in school, citing sources, and typing a five paragraph essay on their chosen animal.

Grade 5: This week students have finished up learning about division of whole numbers. Next week, they will start learning about division of decimals.

Grade 6: Sixth graders are applying their knowledge to the Archaeology unit by curating primary sources to be placed in a time capsule. Students are enjoying decorating their container and applying the lessons of the unit. Time capsules will be opened at their high school graduation.

CSDA Unified Arts: We are reviewing/learning about dynamics and tempos and then applying the knowledge into playing songs.

Have a wonderful weekend!
Mrs. Bouley

RMMS Happenings

Pre-K: Preschoolers will focus on locomotor skills next week by learning about sports, the Olympics, and physical fitness. They will practice galloping, jumping, hopping, and skipping.

Grade K: Next week, kindergarteners will begin their third unit in their phonics curriculum. They will continue working on tapping out consonant-vowel-consonant words to decode and encode.

Grade 1: First graders will work on how-to writing. They will practice using specific language in their writing and writing the steps in order.

Grade 2: Second graders will be working on the break apart strategy to subtract two digit numbers. In reading, they will learn to spot literal language, and in science, they will continue to learn about matter.

Grade 3: Third graders will be working on partner and small group book clubs for their characters unit in reading. They will be integrating informational writing standards into their weather and climate unit for science. Students will also continue working on perimeter problems and furthering their understanding of area concepts in math.

RMMS Unified Arts: Classes are learning about the instruments of the orchestra, focusing mostly on Percussion and Woodwinds.

Have a great weekend!
Mr. Molinari

CSDA & RMMS HEALTH OFFICE UPDATES

January 26, 2024



Headaches and Stomachaches

Headaches and stomach aches can be common in children. They can be caused by stress, anxiety or underlying conditions. They are usually not serious and can be treated at home. Some things that may help:

Regular exercise can help reduce the risk of headaches.

Getting enough sleep can help prevent headaches. It is recommended that children ages 5-13 should get 9-12 hours of sleep.

Staying hydrated, drinking water, can keep bowels moving regularly and prevent constipation.

Eat a diet rich in nutrients and vitamins. Include fresh fruits, vegetables and unprocessed foods. Practice portion control and avoid skipping meals.

Using techniques such as yoga or meditation could help your child cope with anxiety and stress.

Keep a headache or stomach ache diary. This helps identify triggers and is helpful when meeting with your doctor.

Sometimes foods can trigger stomach aches. For example, if your child gets a stomach ache after eating dairy, you can limit dairy foods to see if it improves.

Encourage your child to regularly wash their hands before eating to reduce the risk of illness.

If symptoms persist, your doctor can further determine the cause of your child's headache or stomach ache and recommend the appropriate treatment.

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.

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

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

February Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Cook's Choice Vegetable Fruit Choice Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	30 • Crispy Chicken Nuggets • Garlic Texas Toast • Seasoned Corn • Pear Slices Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	31 • Pancakes • Breakfast Sausage Patty • Fresh Baby Carrots • Lite Ranch Dip • Warm Cinnamon Apples Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	1 • Crispy Chicken Sandwich • French Fries • Steamed Broccoli • Fresh Apple Slices Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	2 • Gill's Fresh Cheese Pizza Salad Salted & Roasted Chickpeas Fruit Choice Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick
5 • Toasty Cheese Sandwich Scooby Snacks • Savory Green Beans • Sliced Peaches Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	6 • Hot Dog on a Roll • Baked Beans • Potato Smiles • Applesauce Cup Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	7 Cook's Choice Vegetable, Fruit & Milk Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	8 Cup o' Meatballs in Sauce • Garlic Knot • Sweet Potato Waffle Fries • Pineapple Tidbits Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	9 • Gill's Fresh Cheese Pizza Salad Fruit Choice Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick
12 • Cheeseburger on a Bun • Hamburger on a Bun • Oven Baked Krinkle Fries • Mandarin Oranges Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	13 • Wild Mike's Cheese Bites • Marinara Dip Cup • Glazed Carrots • Applesauce Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	14 • Nacho Bar Deluxe • Taco Beef • Cheddar Cheese Shreds • Tostito Scoops • Salsa • Seasoned Corn • Pears • Valentine's Pudding Cup Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	15 • Popcorn Chicken • WG Dinner Roll • Creamy Mashed Potatoes • Steamed Broccoli • Fresh Apple Slices Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	16 • Gill's Fresh Cheese Pizza Salad Fruit Choice Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick
19 • Crispy Chicken Nuggets • Breadstick • Seasoned Corn • Sliced Peaches Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	20 Homemade Mac n' Cheese • Garlic Texas Toast • Steamed Broccoli • Pineapple Tidbits Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	21 • Waffles • Lucky Charm Parfait (vanilla yogurt) • Crispy Tater Tots • Mandarin Oranges Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	22 • Meatball Sub w/ Cheese • Seasoned Potato Wedges Fruit Choice Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick	23 • Gill's Fresh Cheese Pizza Salad Cinn Sugar Chickpeas Fruit Choice Cold Entrée Choices • Yogurt Lunch • Sunbutter & Jelly Sandwich w/ Cheese Stick
26 	27 	28 	29 	1 

Milk & Fruit Choices Available With Each Meal

Fruit Choices May Include: Strawberry Cup, Mandarin Oranges, Mixed Fruit, Pineapple Tidbits, Sliced Peaches, Pears, Applesauce, Dried Cranberries, Rasins, Applesauce Cup, Lindy's Fruit Punch Frozen Juice, Lindy's Strawberry Frozen Juice

Menu is Subject to Change

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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/gf/guest-view/11J6079RAHQIX>



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



Parent Café

Conversations to Keep Your Family Strong

make new friends – share ideas – give and gain support



Date: February 15, 2024

Time: 6:00-7:30 P.M

Where: Virtual

Register here to receive the zoom link:

<https://bit.ly/3RWAls4>



This is not a school sponsored event.

No cost to attend

For more information contact:
Melissa Sidilau @ 603-672-1002 ext. 138
or email: msidilau@svbgc.org





**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 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.

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