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# Brookline Bulletin

March 8, 2024  
Volume 8, Issue 1



Captain Samuel  
Douglass Academy  
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## Dates to remember

- Mar. 12** NO SCHOOL Voting at CSDA  
7:00 a.m. to 7:30 p.m.
- Mar. 13** NH SAS Testing, see page 2
- Mar. 14** STEAM Night at RMMS 5:30 p.m. - 7:00 p.m.
- Mar. 28** School Board Meeting
- Mar. 29** Report cards issued in PowerSchool
- April** Traffic Safety Month
- Apr. 22-26** Spring Vacation

**Please remember to report your child as absent  
or tardy to the school offices before 8:30 a.m.  
You can report the information in Pickup Patrol,  
or email or call the offices directly. Thank you!**

**For safety purposes, please remain in your  
vehicles during car line drop-off and pick-up.**

## CSDA Happenings

**Grade 4:** This week fourth graders will focus on practicing writing skills and assessing their work with rubrics. We are working with geometry vocabulary and measuring angles with benchmark shapes and protractors.

**Grade 5:** Fifth graders have been learning about adding and subtracting fractions with unlike denominators. Next week, we will learn about adding and subtracting mixed numbers.

**Grade 6:** Students are beginning to build background knowledge of the Civil Rights movement to start off their Historical Fiction reading unit. Topics include Martin Luther King, Rosa Parks, segregation, The Montgomery Bus Boycott, and other notable events from the 1950s-1960s.

**CSDA Unified Arts:** CSDA artists are finishing up their clay unit by glazing and finally bringing home their clay creations. Working with bisque fire clay is a long process, from start to finish, but it is well worth all the time and effort!

Have a wonderful vacation! Mrs. Bouley  
Mrs. Bouley

## RMMS Happenings

Next week, all grade levels will be working with their classroom buddies to create Leprechaun traps. We hope you are able to visit RMMS next Thursday night for STEAM night.

**Pre-K:** Next week, preschoolers will be learning about weather at the science and dramatic play center. They will enjoy talking about leprechauns, shamrocks, and rainbows.

**Grade K:** Kindergarteners will be exploring various historical figures as part of Women's History Month. They look forward to reading about Jane Goodall and other women who have made their mark.

**Grade 1:** First graders will continue to work with closed syllables and vowel teams in Foundations.

**Grade 2:** Next week second graders will transition back to nonfiction in reading.

**Grade 3:** Third graders will be demonstrating their learning during the writing portion of their SAS testing. They will continue to explore fractions in math and traditional literature in reading.

**RMMS Unified Arts:** RMMS artists are having fun creating with clay. Students are making pinch pots, donuts, or designing their own Squishmallows!

Have a great weekend and vacation!

Mr. Molinari

**New Hampshire Statewide Assessment System 2024  
at RMMS/CSDA**

| <b>RMMS/CSDA NH SAS - WRITING; Grades 3-6</b> |                                   |                         |                         |                        |                      |
|---|-----------------------------------|-------------------------|-------------------------|------------------------|----------------------|
|   | Monday/Tuesday<br>March 11th-12th | Wednesday<br>March 13th | Wednesday<br>March 13th | Thursday<br>March 14th | Friday<br>March 15th |
| 9:00 – 11:00                                  | No Testing                        | RMMS ELA-<br>WRITING    | CSDA<br>ELA-WRITING     | Make - ups             | Make - ups           |

| <b>RMMS NH SAS Smarter Balanced Test Grade 3</b> |                   |                    |                      |                          |                    |
|--|-------------------|--------------------|----------------------|--------------------------|--------------------|
|  | Monday<br>May 6th | Tuesday<br>May 7th | Wednesday<br>May 8th | Thursday<br>May 9th      | Friday<br>May 10th |
| 9:00 – 11:00                                     | No Testing        | Math               | Make-ups             | ELA Session 1<br>Reading | Make-ups           |

| <b>CSDA NH SAS Smarter Balanced Test Grade 4</b> |                   |                          |                      |                     |                    |
|--|-------------------|--------------------------|----------------------|---------------------|--------------------|
|  | Monday<br>May 6th | Tuesday<br>May 7th       | Wednesday<br>May 8th | Thursday<br>May 9th | Friday<br>May 10th |
| 9:00 – 11:00                                     | No Testing        | ELA Session 1<br>Reading | Math                 | Make-ups            | Make-ups           |

| <b>CSDA NH SAS Smarter Balanced Test Grade 5</b> |                   |                          |                      |                     |                    |
|--|-------------------|--------------------------|----------------------|---------------------|--------------------|
|  | Monday<br>May 6th | Tuesday<br>May 7th       | Wednesday<br>May 8th | Thursday<br>May 9th | Friday<br>May 10th |
| 9:00 – 11:00                                     | No Testing        | ELA Session 1<br>Reading | Math                 | Make-ups            | Make-ups           |

| <b>CSDA NH SAS Smarter Balanced Test Grade 6</b> |                   |                          |                      |                     |                    |
|--|-------------------|--------------------------|----------------------|---------------------|--------------------|
|  | Monday<br>May 6th | Tuesday<br>May 7th       | Wednesday<br>May 8th | Thursday<br>May 9th | Friday<br>May 10th |
| 9:00 – 11:00                                     | No Testing        | ELA Session 1<br>Reading | Math                 | Make-ups            | Make-ups           |

| <b>CSDA NH SAS Smarter Balanced Grade 5</b> |                    |                                    |                      |                      |                    |
|---|--------------------|------------------------------------|----------------------|----------------------|--------------------|
|   | Monday<br>May 13th | Tuesday<br>May 14th                | Wednesday<br>May 15h | Thursday<br>May 16th | Friday<br>May 17th |
| 9:00 – 11:00                                | Make-ups           | Grade 5 Science<br>and<br>Make-ups | Make-ups             | Make-ups             | Make-ups           |

## CSDA & RMMS HEALTH OFFICE UP- DATES March 8, 2024

On Friday March 1, 2024 the Centers for Disease Control and Prevention (CDC) released a media statement with changes to their official Covid-19 guidance.

### Updated CDC Covid Guidelines

This new guidance indicates that 5 day isolation is no longer recommended and instead a Covid positive person should stay at home and away from others until at least 24 hours after symptoms are getting better overall and the person is fever free (and not using fever-reducing medication). After this 24 hour period it is recommended to wear a well-fitting mask for five days when around others.

### Nutrition Goals for the Week:

**Make half your plate fruits and vegetables**

- Choose fresh, frozen, canned, or dried fruits and vegetables.
- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Use fruit as snacks, salads, or desserts.
- Wash and cut up vegetables handy for quick snacks.
- Choose whole or cut-up fruits more often than fruit juice.

**Move to low-fat or fat-free milk or yogurt**

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

**Make half your grains whole grains**

- Choose 100% whole-grain cereals, breads, crackers, flake, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

**Vary your protein routine**

- Choose a variety of foods including seafood, beans, and peas, lean meats, poultry, and eggs.
- Use meat and poultry portions small and lean.
- Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.

**Cut back on foods high in solid fats, added sugars, and salt**

- Choose foods and drinks with little or no added sugar.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

**Eat the right amount of calories for you**

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower-calorie menu options.

**Get your personal daily calorie limit at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and keep that number in mind when deciding what to eat.**

**Be physically active your way**

- Pick activities that you like and start by doing what you can at least 30 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

**ChooseMyPlate.gov**

## March 12th is National Plant a Flower Day!



Gardening can make you feel more peaceful and content. Focusing your attention on the immediate tasks and details of gardening can reduce negative thoughts and feelings and can make you feel better in the moment. Just spending time around plants eases stress for many people. It can also boost self-esteem.

**Mental Health is as important as physical health.** Inform the school nurse, teacher, principal, or trusted staff member about any health or emotional concerns so we can support your child together. Resources are available in NH via Call/Text 833-710-6477 or Chat [www.nh988.com](http://www.nh988.com) <https://www.dhhs.nh.gov/programs-services/health-care/childrens-behavioral-health>

**CSDA: Maureen Lorden,**  
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Phone: 603-821-0439

**RMMS: Tena Ferenczhalmay,**  
RN [tena.ferenczhalmay@sau41.org](mailto:tena.ferenczhalmay@sau41.org)  
Phone: 603-673-4640

**District Float Nurse:**  
**Diana Zoltko, RN** [diana.zoltko@sau41.org](mailto:diana.zoltko@sau41.org)  
Phone: 603-673-4640



I want to personally thank our school community for making a lifesaving difference with this year's Kids Heart Challenge in support of the American Heart Association. We learned how to move more, destress, be kind and help others! We also learned the lifelong lifesaving skill of Hands-Only CPR and how to spot a stroke F.A.S.T. Great Job, Heart Heroes! Our school created a team of lifesavers, and I couldn't be more proud!

Thank you for being a Heart Hero and helping our school and the American Heart Association create longer healthier lives!

To learn more about the American Heart Association and how your gift is helping save lives, go to [heart.org/schools](https://heart.org/schools).



The Brookline Summer Program is back! Registration is open to all Brookline children in grades K-6. Dates: 6/24-8/2, hours 7:00-5:30. The Program will be held at RMMS with daily offsite trips and lake time at Potanipo. Please see our website for more information and a look at the many activities we have planned, [www.brooklineasp.org](http://www.brooklineasp.org). If you have any questions, you can reach Sylvia at 603-801-4802 or [brooklineasp@gmail.com](mailto:brooklineasp@gmail.com)

- This is not a school sponsored program



## **Early Developmental Soccer Skills Program (EDP) Professional Soccer Training: Grades K-2**

### **Registration for the Spring 2024 session is OPEN**

The HB Cavalier's EDP is for **both boy and girl soccer players** who are currently in grades K-2 and will benefit from professional soccer skills training on Monday or Wednesdays OR both days from 4:30-5:30 pm at the Hardy soccer field in Hollis. The focus of this fun and comprehensive program is to build strong foundational soccer skills for improved future competitive play.

Training sessions are conducted directly by **Brazilian Arts Soccer** and their professional coaches. **Brazilian Arts and the Cavaliers** have been partnered for over 15 years preparing our young players for competitive soccer. There is no better program in NH for teaching young players sound foundational soccer skills for whatever competitive level they aspire to reach in the future!

**Season Cost Structure:** \*\*\*When picking one day please be aware you must select the same day for the entire session so correct staffing is in place.

Monday only trainings - \$60      Wednesday only trainings - \$60      Both days - \$120

**Start Date:** Monday, April 15th and/or Wednesday April 17th. This program runs for 8 weeks. **No session held Memorial Day (5/27/2024)**

**To register:** Please go to [www.hbcavs.org](http://www.hbcavs.org) and click "register here" link.

**Registration closes 3/15/24 and space is limited**

Any questions concerning EDP, contact Nick Brazil at [nick.bweather@gmail.com](mailto:nick.bweather@gmail.com)  
THIS IS NOT A SCHOOL SPONSORED ACTIVITY





**The NH Internet Crimes Against Children  
Task Force  
Presents**

## **SOCIAL MEDIA: A Predators Playground**

**PRESENTATION DESCRIPTION:** Learn about the dangers that face teens every day. In doing so, we'll discuss how computers, cell phones, iPads, digital cameras, gaming systems, social networking applications, and internet blogs all play a role in placing students and families at risk. This 1.5 hour presentation is specifically geared towards parents, educators and community leaders who are looking to better understand the technology available to teens today and the way in which child predators use it to exploit them.

**Thursday, April 4<sup>th</sup>, 2024  
6:00 PM**

**Hollis-Brookline High School Auditorium  
24 Cavalier Ct, Hollis, NH**

### **NEW HAMPSHIRE INTERNET CRIMES AGAINST CHILDREN TASK FORCE**

*The New Hampshire Internet Crimes Against Children (NH ICAC) Task Force was established in 1998 and is responsible for investigating cases of child sexual exploitation involving the use of high technology throughout the state of New Hampshire. The NH ICAC Task Force allows law enforcement agencies to work together to acquire the technical skills, specialized equipment, and resources to effectively investigate and prosecute offenders.*

**NOT A SCHOOL SPONSORED EVENT**



### **Who are we and what do we do?**

Neil Stone's Karate Academy is the area's only private martial arts academy where we have proudly served Hollis, New Hampshire, and the surrounding community for over eighteen years. Our dojo integrates the traditional Okinawan techniques of Uechi-Ryu karate with a modern teaching style, not only to enhance students' practice of the martial arts, but to heighten the personal and overall lives of everybody who enters our school.

Neil Stone's Karate Academy's Junior Program teaches self-defense for all our students using a safe and practical discipline. We teach our students a common-sense approach to self-defense, emphasizing conflict resolution, awareness, confidence-building, and if necessary, physical application of their karate. We help students develop physical fitness, coordination, flexibility, balance, and technique to enhance motor skills and match kids' high confidence with real, great abilities. Most important to our program is the teaching of character values: modesty, integrity, compassion, and the many other virtues of black belts. We run a character development program called, PACE (Practice Actions that Create Excellence) and work with parents to help instill the morals and skills kids need to be successful in life.

### **What is the 6-Week Program?**

The 6-week program allows you and your child to experience the Academy hands on while helping the community and donating money back to the Brookline School District! Your child will participate in 6 weeks of group lessons where they will have the opportunity to practice the fundamentals of Uechi-Ryu in a fun, learning environment and connect with other children while learning valuable life lessons and skills!

The best part about all of this is that 100% of all funds generated during the 6-week program will be donated back to the Brookline School District for them to use however they wish!!

**April 1<sup>st</sup> 2024 - May 11<sup>th</sup> 2024**

**\$125 per child**

**Call or email today to register by 3/30!**

**This is not a school sponsored event**

**603/672-8933 | [nska@comcast.net](mailto:nska@comcast.net) | [neilstoneskarate.com](http://neilstoneskarate.com)**





If you are able to attend on STEAM night, please bring a cereal box to donate to the Brookline Food Pantry. Classroom teachers can also collect cereal boxes throughout the week of March 11th!

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

**Currently accepting donations and supporting families in Brookline and Hollis!**

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## **HOW OUR SCHOOLS CAN HELP**



**Most needed items  
for March:**

- Ketchup,
- Mustard, Mayo
- Salad Dressing
- Pretzels/Chips
- Pasta Sauce
- Boxed Rice Mixes
- Vegetable and Beef Broth
- Shelf-Stable Milk
- Laundry Detergent
- Deodorant
- Shampoo
- Tissues

**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.**

## CSDA Health Classes

During the month of April students at CSDA will be viewing growth and development videos in conjunction with their health classes. These videos present the physiological changes which occur in boys and girls during adolescence. Body changes, emotional changes, as well as habits of health and hygiene are highlighted. The boys and girls will be separated for the program.

The school does not intend to replace the parents in helping children understand themselves, but rather to supplement this role and create openness about changes that all young people experience.

Grade 4 students will watch "Meet The New You" on April 19th

Grade 5 students will watch "Just Around The Corner" on April 12th

Grade 6 students will watch "Always Changing, Always Growing" on April 5th

If you would like to preview these videos please contact Mrs. Van Dyke  
at 821-0439 ext 2140 or [tammy.vandyke@sau41.org](mailto:tammy.vandyke@sau41.org)

# ***SPRING SPIRIT STORE***



New styles  
available for  
Spring!  
Tank tops,  
shorts & more



Show off your  
RMMS and  
CSDA spirit



All your  
favorites are  
here!  
T-shirts,  
hoodies, croc  
charms

Order your spring spirit wear by visiting  
<https://brooklinenhpto.ptboard.com> or  
scan here (QR code active on 3/4)



***ITEMS  
AVAILABLE  
MARCH 4 -  
MARCH 16***

Not a school sponsored event





Camp Invention®

WHERE

**BRIGHT IDEAS**

COME TO LIFE



LEARN MORE AT [INVENT.ORG/CAMP](https://www.invent.org/camp)



Fifth graders build collaboration skills as they create their own sports ball, game board and brand.



Second graders explore STEM concepts through glowing circuitry and hands-on projects.



Fourth graders gain confidence while reverse engineering their robotic lab-on-wheels.



## DISCOVER FUN ADVENTURES IN A TYPICAL DAY AT OUR ALL-NEW 2024 PROGRAM

### A.M. BASE CAMP

Drop off your camper with qualified local educators who start each day with games that ignite creativity.



#### IN THE GAME™

Campers team up as they investigate the science of sports ball design and personalize a light-up game board, then add a unique logo and name!



#### LET'S GLOW™

When they build a customized Glow Box, campers discover different forms of light, finding inspiration in illuminating inventions and animals that glow!

### GAMES & LUNCH

Half the campers head outside to play action-packed games while the others eat lunch — and then they switch.



#### OPERATION: HYDRODROP™

To cultivate awareness of real-world water challenges, campers engineer a tiny house with crops to explore water-based technology and sustainable design thinking.



#### PROTOTYPING STUDIO™

Campers get creative as they transform their ideas from initial sketches to working prototypes using everyday items.

### P.M. BASE CAMP

The day wraps up as campers wind down with problem-solving games.

*All images feature actual campers enjoying our new 2024 program.*

Camp Invention is a nonprofit program of the National Inventors Hall of Fame.

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**Investors in Creativity and Invention**  
Army Educational Outreach Program  
Burton D. Morgan Foundation  
General Motors  
Grainger

Nordson Corporation Foundation  
Overdeck Family Foundation  
United Way of Summit & Medina  
U.S. Department of Defense (DoD) STEM  
Walton Family Foundation

## SECURE YOUR SPOT TODAY

Register at [INVENT.ORG/CAMP](https://invent.org/camp) or 800-968-4332

**Grades:** K - 6th

**Location:** Hollis Brookline Middle School  
25 Main St, Hollis, NH 03049

**Date:** June 24 - 28, 2024

**Time & Cost:** 9:00 AM to 3:30 PM  
\$300 (before discount)

**Camp Director:** Bob Pooler  
[robert.pooler@sau41.org](mailto:robert.pooler@sau41.org)

*Camp Invention is not a school-sponsored event.*

If these dates/times don't work for you, please visit [invent.org/camp](https://invent.org/camp) for other locations near you.

SAVE \$25 WITH CODE  
**FUN25**  
AT [INVENT.ORG/CAMP](https://invent.org/camp)  
Offer expires March 27, 2024



Scan to secure  
your spot today!