

FLORENCE RIDEOUT NEWSLETTER

SEPT. 6TH, 2024

WHAT'S
NEW?

FRES

This week at FRES we held our first emergency fire drill and students did great! Chief Nourse was on site helping to facilitate the process.

Next week, we will begin our iReady testing. We encourage all students to get a good nights rest and a healthy breakfast to be alert and ready for testing.

If you are thinking about a part time job that offers flexibility and enjoying working with children. Apply today to be a sub at FRES! You can find all the information on our district website, sau63.org.





LYNDEBROUGH NEWSLETTER

Hello LCS Families!!!
We have had a super fun and busy first week of school here at LCS!!! All of our kindergarteners have had a great time making new friends, playing on the playground, and exploring the classrooms learning new things!! Just a reminder that in the afternoon at pickup please exit your car to receive your kiddo so you can buckle them into their seats and safely drive home. Also, LCS Curriculum Night is scheduled for Thursday September 26th at 6:00PM. Have a wonderful weekend!!!



Upcoming Events

- 9/16 PTO Meeting 6-7pm
- 9/19 Curriculum Night 6-7pm
- 9/26 Curriculum Night at LCS 6-7pm
- 10/29 Picture Retake

PE HAPPENINGS

NEWSLETTER

Hello FRES and LCS families,

Greetings from the FRES gymnasium. My name is Mr. Shenk, the physical education and health teacher. Welcome back and best wishes for the new school year. I am proud to be starting my 26th year at FRES. Last year was a great year in so many ways. However it was a struggle physically for me due to a chronic ankle injury and I had to take time off to take care of it. My surgery was a success and I am getting back to more normal, though my ankle will really never be the same. I appreciate the support I've received from students, faculty and community.

We are picking up where we left off in the gymnasium. Students practice physical fitness skills each class. This involves each component of exercise: cardiovascular endurance, muscle strength and endurance, flexibility and coordination. Students in grades 3-5 are working on flying disk (frisbee) throwing and catching for their manipulative, hand/eye coordination practice. Grades 1-2 are working on underhand passing and catching a soft object (rag ball). Kindergarten students are working on tossing and catching an object by themselves.

Please review when the physical education class is held for your child. Please help them be ready and prepared by reviewing these key details:

- Bring a water bottle with a tight seal. No straws or coffee mugs. WATER ONLY!!
- NO GUM allowed in the gymnasium.
- Sneakers are required for every physical education class as stated in the student handbook.
- Students without sneakers may participate but will be limited depending on the unit or activity.
- Please wear socks.
- Classes with perfect sneaker attendance will earn a reward.
- Bathroom use during class is for emergencies only. Go before class, after class or during the water break.
- Only one student per class in a bathroom at a time!
- Water fountains are only to be used during the water break.
- Fill water bottles before you arrive or when you first are allowed into the gymnasium.
- Students are required to learn and follow the signals, cues and procedures used in each class.
- Students are expected to be ready, and able to answer questions.
- Students should be ready, willing and able to work with everyone in the class.
- Avoid being competitive or comparing yourself to others in class. Just do your best!

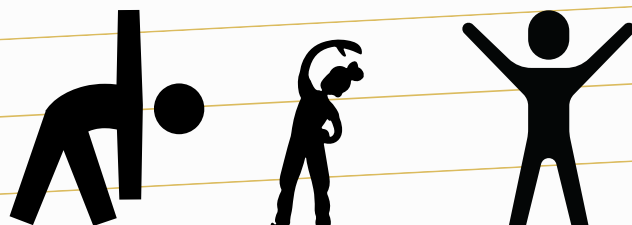
Participation is required for all parts of class. However, this can be a tricky issue because physical fitness is different for all people. It is vitally important that students learn to listen to what their body needs, which can change week to week and moment to moment.

- Students should make adjustments as necessary depending on how they may feel each class.
- Learn what high and low impact means and use this idea each class.
 - Lower impact refers to a slower or less vigorous level of activity.
 - Higher impact refers to a faster or more vigorous level of activity.
- Take breaks as necessary. Don't travel as far or as fast. Don't jump as high or at all. Do a rest stop till you feel better.
- Chairs are available only if absolutely needed.

Please message me if you have any questions, concerns or comments at f.shenk@sau63.org.

Thanks for reading this!

Best regards,
Mr. Shenk





Play
time



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LYNDEBOROUGH CENTRAL SCHOOL
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Bridgette Fuller, Principal FRES/LCS
Christina Gauthier, Administrative Assistant FRES

Samuel Metivier, School Counselor
Sherry LeBlanc, Administrative Assistant LCS

Dear families,

I hope you are doing well and gearing up for what will undoubtedly be a fantastic school year! In addition to student safety and well-being, one of our priorities is preparing for and administering the *i-Ready® Diagnostic*. This first Diagnostic helps us better understand your student's strengths and areas for growth, but only if the data is accurate.

The most important thing we can do is prepare students and motivate them to put forth their best effort.

Here are a few things you can do to help support your student:

- Make sure they get a good night's rest before taking the Diagnostic!
- Talk to your student about why the Diagnostic is important. You can say things like:
 - *The Diagnostic helps you find out what you know, what you are ready to learn, and it will help you get "just-right" lessons.*
 - *Try your best, and do not rush—but don't spend too much time on a question either.*
 - *Remember, questions on the Diagnostic change based on your answers to earlier questions. You will see some questions you don't know. That is okay! Just try your best.*
- Let them know you're excited to hear about how it goes, and to ask them about their experience.

We're thrilled to partner with you in your student's learning! As always, let me know if you have any questions.

Please find the iReady assessment calendar for FRES and LCS below.

Sincerely,

Bridgette Fuller

iReady Testing Dates: **September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day- No School	3	4	5	6
9 FRES iReady Testing Window Opens Potential for targeted iReady Reading during their intervention and bolded times	10 Potential for targeted iReady Reading during their intervention and bolded times	11 iReady- Reading Grades 1, 2, & 4 8:50-9:35 iReady Reading Grades 3 & 5 9:40-10:25	12 iReady- Reading Grades 1, 2, & 4 8:50-9:35 iReady Reading Grades 3 & 5 9:40-10:25	13
16 Potential for targeted iReady math during their intervention and bolded times	17 Potential for targeted iReady math during their intervention and bolded times	18 iReady Math Grades 1, 2, & 4 8:50-9:35 iReady Math Grades 3 & 5 9:40-10:25	19 iReady Math Grades 1, 2, & 4 8:50-9:35 iReady Math Grades 3 & 5 9:40-10:25	20
23	24	25	26	27
30				

iReady Testing Dates: **October 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
30 LCS iReady-Math	1 LCS iReady-Math	2 LCS iReady-Math	3 LCS iReady-Math	4
7 LCS iReady- Reading	8 LCS iReady- Reading	9 LCS iReady- Reading	10 LCS iReady- Reading	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	