

FRES & LCS WEEKLY NEWSLETTER



FRIDAY,
OCTOBER 20TH 2023

WHAT'S NEW? This week at FRES

This week at FRES has been filled with learning, laughing, and leading. Staff members continue to vocalize student expectations while in the classroom and halls. As well as continuing the dialogue with students regarding the safety protocols on the bus.

- Stay Seated
- Keep the aisle clear
- Indoor voices
- Hands and feet to yourself

Wednesday, we showed support for Unity day by wearing orange.

Friday, we took our whole school photo which will be displayed in the front office for all to view.

Last week the 5th Graders had a field trip to Sturbridge Village in MA where they were able to use their knowledge of colonial life while exploring the village.



Menu change for October 31st...
There will be only one option because of the Halloween Parade. Bagged sandwiches.





THIS WEEK AT LYNDEBOROUGH CENTRAL SCHOOL

We have had such an incredible week here at LCS!!! We continued our safety month with a visit from Sargent Hervieux of the Lyndeborough Police Department. He came in and talked to our kiddos about how to stay safe and secure specifically with Halloween coming up!! We also participated in Unity Day! We got to wear orange to stand up for kindness! Finally, our kindergarteners participated in Fall Fest!! During Fall Fest our kiddos got to change classrooms to play fall games, create fall art, and experience everything FALL!!!!

Just a reminder that our commitment to keeping our students safe continues! On Tuesday 10/26 at 10:00 AM we will practice our Offsite Evacuation Drill. Our kiddos and staff will walk down to the Congregational Church (accompanied by the Lyndeborough Police Department) to practice what to do incase we ever need to evacuate LCS! Also our Halloween Parade is scheduled for Tuesday 10/31 at 12:15 PM. Please come and watch our parade into downtown Lyndeborough! You will definitely get lots of waves and see lots of happy smiles!!! Have a wonderful weekend!!!



P.E. CLASS

WITH MR. SHENK



Students have 45 minutes of physical education week. The goal of P.E. class is to provide a safe and welcoming atmosphere where all students can practice. We practice the essential physical skills that have the most impact for the growth and development of all students. Systems are used to help organize the class in a way that increases active time, and reduces time on transitions. Musical cues are used to signal switching from one activity to the next similar to an exercise class. Below is the daily class schedule, and music.

1. Jump rope / "Get ready time": "Sirius" Instrumental
2. Warm-up, stretch: "For what it's worth" Instrumental
3. Fitness skills to song: Changes each month, currently "Ghostbusters"
4. Loco-motor coordination skills: "Axel Foley" Instrumental
5. Water break: "Drink water song"
6. Basketball practice: (dribbling, shooting, rebounding and bounce passing) "Spacejam"
7. Soccer practice: (dribbling, kicking, passing, goalkeeping) "Ole, Ole, Ole"
8. Cool down/ clean-up: "Far away" Instrumental

What to bring to class:

Students must have sneakers to be able to fully participate in all class activities. Make sure sneakers fit properly and stay secured on feet. Students are encouraged to bring a water bottle. This will allow them to hydrate during any available pause in the practice. There is a water break halfway through the class for those who need the fountain or refill their bottle. Students are also encouraged to wear comfortable, breathable, layered clothing. Avoid bringing jewelry, or accessories that could be easily damaged. P.E. class requires active participation. Students should be prepared and ready to exercise.

Contact Mr. Shenk for all questions or concerns at f.shenk@sau63.org.





Sturbridge Village

LET'S GO

ADVENTURE

Upcoming Events

- Penny Wars October 23-27th
- Tiger Assembly October 24th
- Halloween Parade October 31st
- November 3rd Grades Close
- November 6th PTO meeting FRES Library
- November 13th Parent/Teacher Conferences

**We
are
United**



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Frozen Fridays!

Parents,

Frozen Friday has kicked back up at FRES! We have many generous students who would like to purchase ice cream for their friends. If you approve these additional purchases, please send in a note addressed to Food Service that list your child's name, grade , and how many friends they are allowed to buy for each week. Additionally, if you would prefer that your child NOT partake in Frozen Friday, please also send in a note.

Cheers,

The Lunch Lady League

