



SANDOWN NORTH NEWS



November 2025

MONTHLY NEWSLETTER

Issue 3



A Message from Principal Yacek



Dear Families,

This is a great time to let you know how thankful we are for your partnership in your child's education. November has been another exciting month of teaching and learning. Our school has been fully immersed in our reading of Fenway and Hattie. Students have been earning tickets when visiting partnering businesses and in school. We truly appreciate your engagement in this and encouraging your children to participate.

The month of December brings us an opportunity to meet with our families for parents conferences, including student-led conferences in grade 5, as an option this year! We look forward to seeing you all on December 10th. Report cards will be available Tuesday, December 9th.

We have more fun and engaging activities planned. Be sure to check out the PTA sponsored activities, as well as, the themed dress up activities towards the end of the month.

Thank you for sharing your children with us each and every day. If you ever have any questions or concerns, please do not hesitate to reach out!

Yours In Education,
Mrs. Yacek, Sandown North Principal

Upcoming Dates:

- Dec 2 SN News Team
- Dec 5 PTA Festival of Trees & Holiday Shoppe 6pm-9pm
- Dec 9 SN News Team
- Dec 10 Early Release 1pm
Parent Teacher Conferences
- Dec 12 Yearbook Covers Due
- Dec 15 All School Meeting
- Dec 17-23 Themed Days
- Dec 23 Holiday Sing-A-Long
- Dec 24-Jan 2 No School Holiday Break





A Family Guide to Healthy Screen Time Habits for K-8 Kids

In today's digital world, screens are everywhere—from tablets and smart phones to laptops and gaming consoles. But not all screen time is created equal. Use these strategies to encourage responsible use of electronic devices for your child.

For Elementary School Students

Young children often engage with screens for entertainment or early learning. Tablets are especially common, with over half of children owning one by age four. While these devices can support learning, they also pose risks when used excessively or without supervision. **Set clear boundaries:** Limit screen time to 1–2 hours a day, focusing on high-quality, ad-free content like educational games or logic puzzles. **Co-view and co-play:** Engage with your child during screen time. Watching videos or playing games together helps you monitor content and build connection. **Use parental controls:** Enable filters and time limits on devices to ensure age-appropriate use. **Find balance:** Encourage play, reading, and outdoor time to support healthy development. **Model healthy habits:** Children mimic adult behavior. Show them how to use screens thoughtfully and take breaks.



For Middle School Students

In middle school, screen use expands to include social media and texting.

Create a family tech agreement: Outline expectations for screen use, including time limits and device-free zones.

Discuss digital citizenship: Teach about online safety, respectful communication, and the impact of their digital footprint.

Monitor social media use: Encourage open conversations about what they see and share online. Use tools to track usage and set boundaries.

Support academic screen time: Edtech has value when used intentionally. Ask teachers how technology supports learning and reinforce those practices at home.

Encourage mindful entertainment: Help students choose enriching content—like documentaries or creative apps—over passive scrolling or ad-heavy games.

NOVEMBER



Grade 1

First grade mathematicians are working on composing and decomposing two digit numbers, as well as comparing numbers. During phonics, first graders are working on writing and reading words with VCE patterns. In science, students are learning about light waves.

Grade 2

2nd graders have been working hard to solidify their skills in subtraction. They have also started to practice identifying and counting coins. During phonics, they are learning how to read and write words with r-controlled vowel sounds. In reading, all second graders read *Balloons Over Broadway*, discussed story elements, wrote about what they learned, and created their very own parade balloons!

Grade 3

This month 3rd graders have begun geometry in math and are working hard on identifying shapes and their attributes. During phonics, students are learning all about prefixes and suffixes. In social studies students continue to learn about the history of state of New Hampshire. We are wrapping up our weather and climate science unit this month with a visit from meteorologist Kevin Skarupa.

Grade 4

This month, 4th grade spent time working on a collaborative hallway piece to celebrate Veteran's Day. All 3 classes worked together to make a 5 foot long American flag and signs of respect for our veterans. We've also been working on themed projects in reading and writing that focus on Thanksgiving and being thankful. We are starting to work on projects to learn more about the 13 colonies in Social Studies. All 3 classes are now learning about partial quotients and strategies for division in math.

Grade 5

We're thankful for our learning here in the 5th grade! In reading, we are wrapping up our fiction unit with reading and writing fables and identifying theme. In math, we just wrapped up our multiplication and division unit. Science has been all about the Earth and how it moves through our solar system and in social studies we wrapped up our map skills unit by creating our own pirate treasure maps.

Reading Curriculum News

Bringing Literacy to Life This Holiday Season

The holiday season offers countless opportunities to weave literacy into our daily lives! November is a wonderful time to focus on gratitude—encourage your child to make a list of things they're thankful for or to write a heartfelt letter to a friend or family member they appreciate.

As the holidays approach, baking becomes a fun and tasty tradition! Involve your child in reading recipes and measuring ingredients—these simple activities build both reading and math skills while creating special family memories.

If your family celebrates the holidays, try a festive reading tradition: wrap up a collection of your favorite seasonal books and open one each day throughout December for a cozy read-aloud experience.

Amid all the hustle and bustle, remember to pause, snuggle up, and share the joy of reading together. These quiet moments with a good book can be the sweetest part of the season.

Counselor's Corner

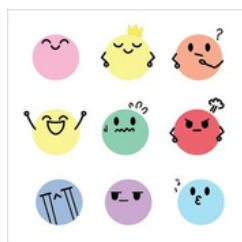
Grade 1: Learned about identifying feelings, why we have emotions, and what calm feels like. *Up Next:* More work on handling uncomfortable feelings.

Grade 2: Focused on feeling proud, body signals, and identifying trusted support people. *Up Next:* Disappointment, recognizing emotions, and feeling better strategies.

Grade 3: Discussed why emotions matter and practiced growth mindset. *Up Next:* Managing strong feelings like anger and using breaks to reset.

Grade 4: Learned about balancing logic and emotion and created feeling trees. *Up Next:* Rethinking and how thoughts impact feelings.

Grade 5: Explored strong emotions, what we can/can't control, and practiced mindfulness. *Up Next:* Stress, planning for change, and focusing on what's in our control.





RESOURCES AVAILABLE



Getting glasses

Food for home

Snacks for school

Heating assistance

Attendance

School Supplies

Clothing

Winter Gear



**If your family is in need of any resources,
please don't hesitate to reach out. Even if
you don't see your specific need listed, we
may still be able to help. Requests are
confidential.**



Contact Leah Poulin, School Social Worker at
603-887-8505 ext. 7537 or
leah.poulin@timberlane.net



UA NEWSLETTER

November 2025

HAPPY
Thanksgiving



LIBRARY

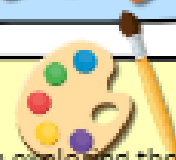


STUDENTS IN GRADES 1-3 HAVE CONTINUED LISTENING TO LADYBUG NOMINATED PICTURE BOOKS AND WORKING ON THEIR LADYBUG BOOKLETS. VOTING WILL TAKE PLACE AFTER THE THANKSGIVING BREAK.

4TH GRADE HAS BEEN LEARNING ABOUT HOW NONFICTION BOOKS ARE SHELVED USING THE DEWEY DECIMAL NUMBERS. WE HAVE READ BOOKS AND PLAYED GAMES. ASK YOUR CHILD WHAT HIS/HER FAVORITE SECTION OF THE LIBRARY IS!

5TH GRADE HAS BEEN LEARNING ABOUT DESTINY AND OUR DATABASES SO THAT THEY CAN DO SOME RESEARCH AFTER THE HOLIDAY.

ART



This month in art, students have been exploring the purpose of dragon stories across cultures. They've learned myths from around the world, discussed their meanings, and created art inspired by them. First through third graders made dragon puppets to use while hearing each tale, while fourth and fifth graders used their sketchbooks to practice dragon drawings in preparation for a final project after break. After learning several cultural stories, all students will design their own dragon and original story for display.

MUSIC



All students are exploring Native American cultural music and dance. Students in Grades 1-3 have read *Pow Wow Day* by Traci Sorell, while those in Grades 4-5 have been introduced to Zitkála-Šá, a Yankton Sioux musician, artist, and activist. Across all grades, students continue to develop their music literacy skills, using both iconic and standard notation to decode melodic and rhythmic patterns.

INNOVATION



Students have completed various challenges appropriate to their grade level by applying the Engineering Design Process. In this process, students ask, imagine, plan, create, test, improve, present, and reflect.

During the week leading up to Halloween, challenges included:

- Leaf Man Loose Parts
- Pumpkin Patch Fence
- Spider Web Bridges
- Spooky Spider Webs
- Paper Pumpkins

During the week before Veterans Day, students who attended Innovation as their 6th special participated in a Cards for Veterans Challenge.

During their Library, Innovation, and Art 6th special time, fourth grade students completed their collaborative marionette projects honoring the Macy's Thanksgiving Day Parade.

Throughout the month of November, students have worked in teams to imagine, plan, and create balloons and floats for the Macy's Thanksgiving Day Parade using BLOCKS, dominoes, and LEGOs as their building materials.

HEALTH/PE



"This month in Pe we finished up practicing Frisbee. We even got to play ultimate Frisbee in fourth in fifth grade. Starting next week we will get to play holiday themed games. As well as starting up practicing some basketball skills. A favorite game we played this month was home alone."



SAVE THE DATE

SANDOWN NORTH

WINTER CONCERT

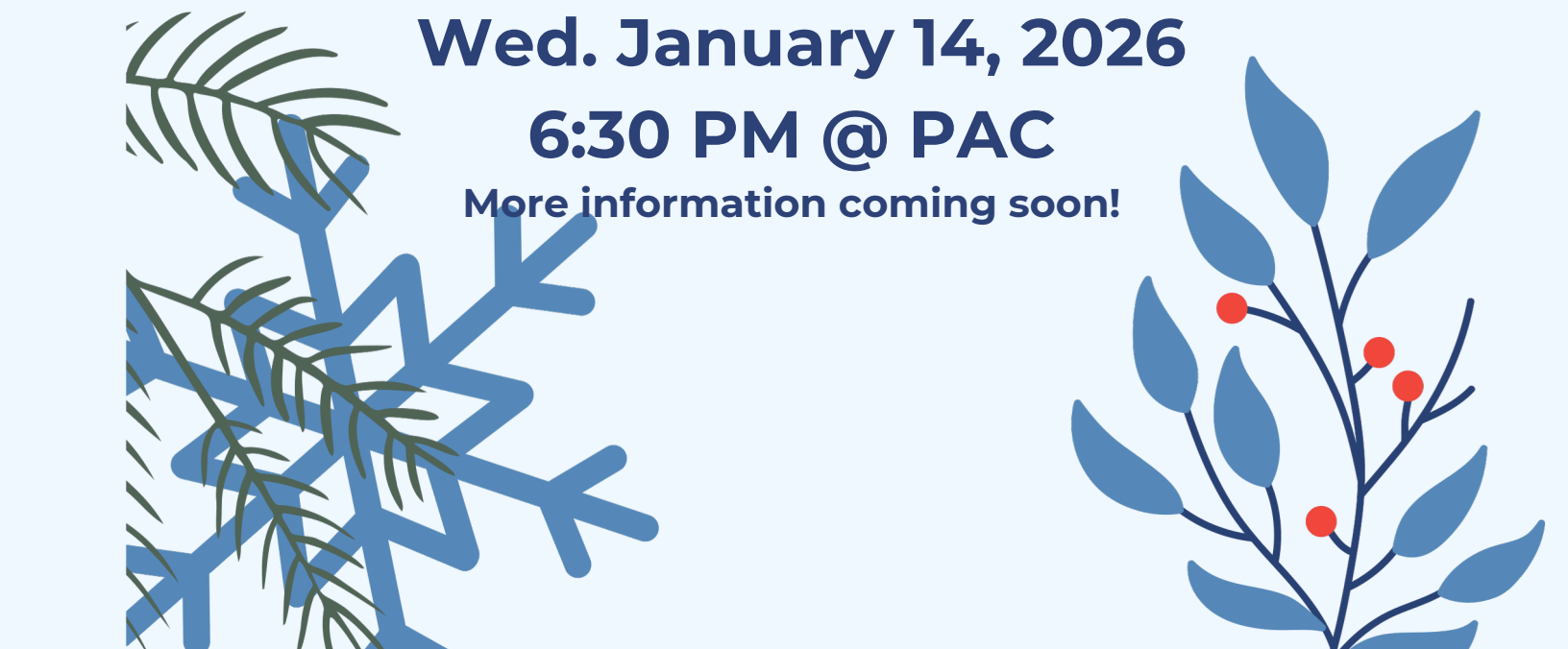


Featuring the Sandown North
Strings, Band, & Chorus

Wed. January 14, 2026

6:30 PM @ PAC

More information coming soon!





HOLIDAY SPIRIT WEEK

Keep yourself informed about everything related to the holidays this week!



DECEMBER 17-19 & DECEMBER 22 & 23

WEDNESDAY

FEELING FESTIVE

Wear festive colors or sweaters that represent the holiday season.



THURSDAY

HEADED FOR THE HOLIDAYS

Wear a holiday or winter-style hat, or headband.



FRIDAY

GEAR UP FOR THE HOLIDAYS

Wear sports gear to get ready for the holidays



MONDAY

CANDY CANE LANE

Dress in red and white.



TUESDAY

COZY UP FOR BREAK

Wear your coziest winter outfit or PJ's



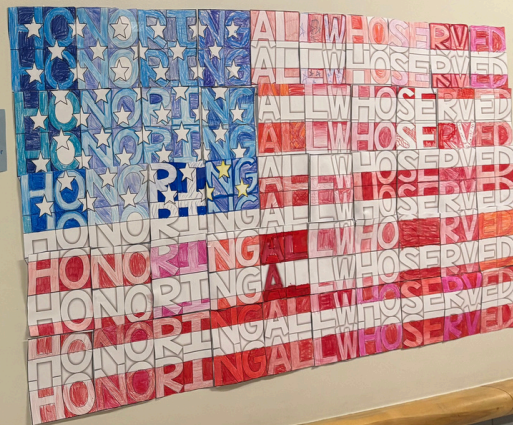
Collaborative pieces
of appreciation for the
brave men and women in our
military.

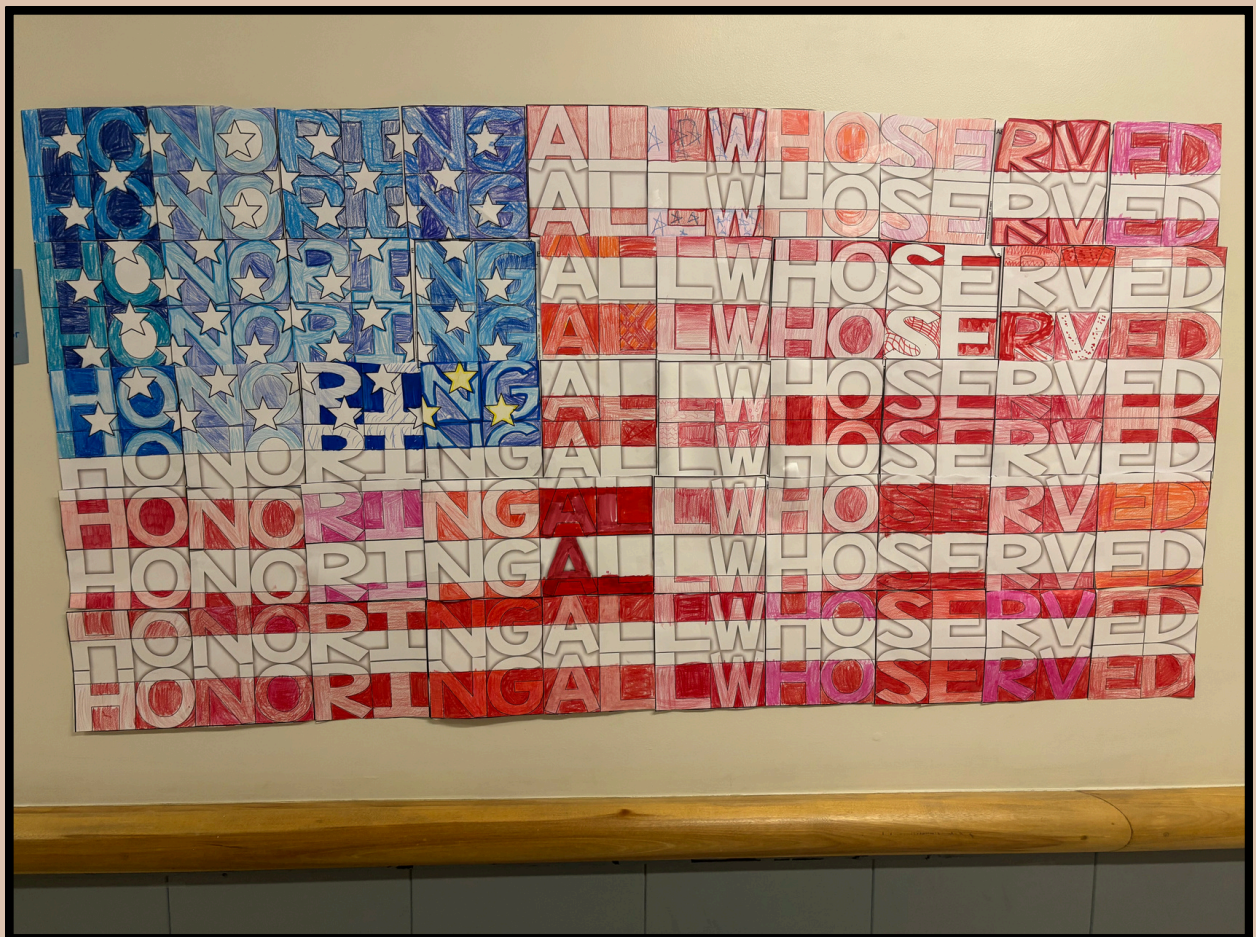
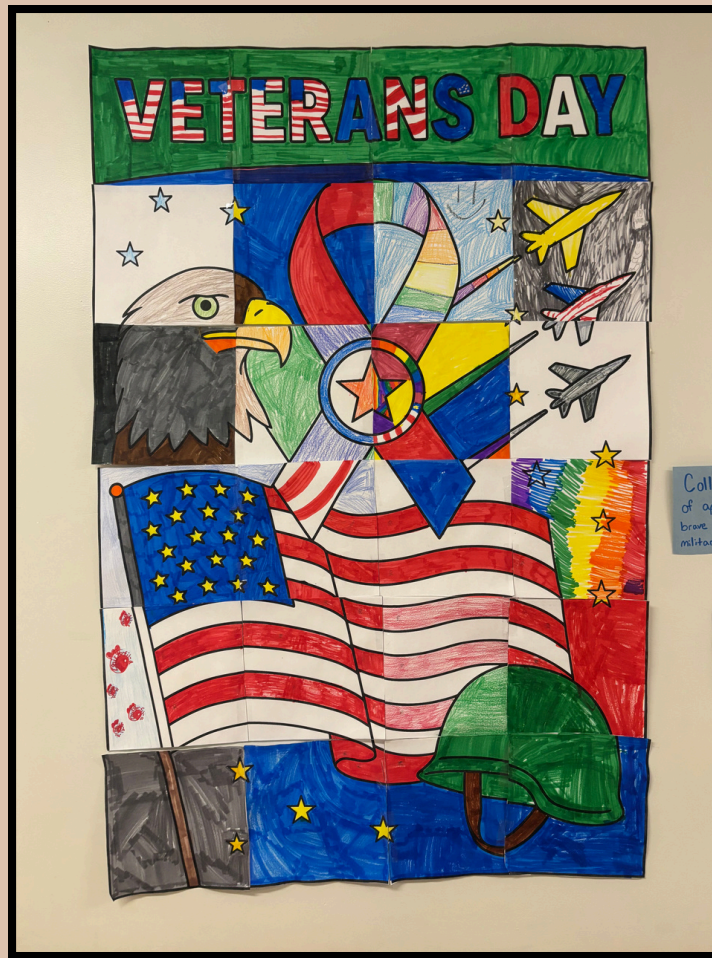
Designed by all
the students in
Ms. Muskopf's,
Ms. Nenart's, and
Mrs. Sylvain's 4th
grade classes.



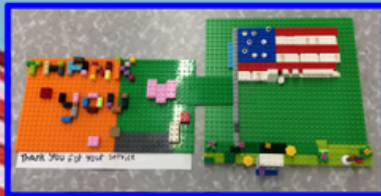
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Innovation Veteran's Day Card Challenge



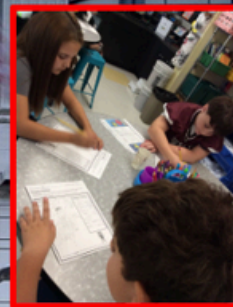
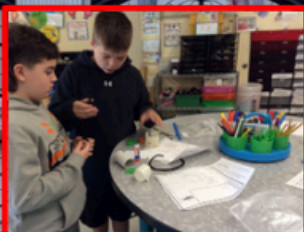
During 6th special, Mrs. Siuda's 5th graders created 3D cards out of LEGOs to show their gratitude.

Innovation Veteran's Day Card Challenge



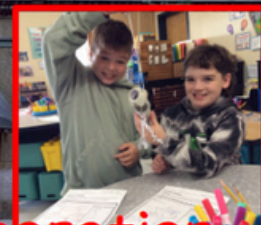
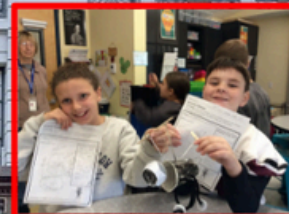
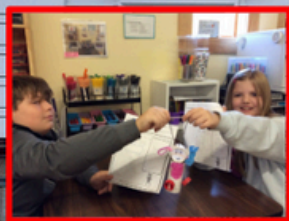
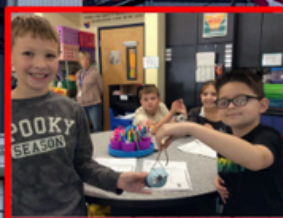
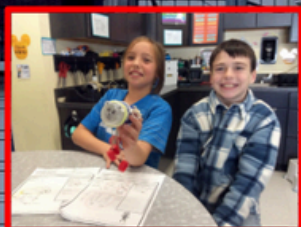
During 6th special, Mrs. Murray's 1st graders, Ms. Sheehan's 2nd graders, and Mrs. Carroll's 3rd graders colored cards and wrote messages of gratitude inside.

Grade 4 Marionette Challenge Mrs. Sylvain's Class



6th Special Library, Innovation & Art Collaboration

Grade 4 Marionette Challenge Mrs. Sylvains Class



6th Special Library, Innovation & Art Collaboration

Due December 12th

Yearbook Cover Contest is Here for the
2025-2026 school year!



Mrs. Gurczak would like to announce the yearbook cover contest for grades 3-5.

Please make sure to follow the following directions to be eligible for the cover!

If you are a third, fourth or fifth grader and would like to participate, please use the following guidelines.

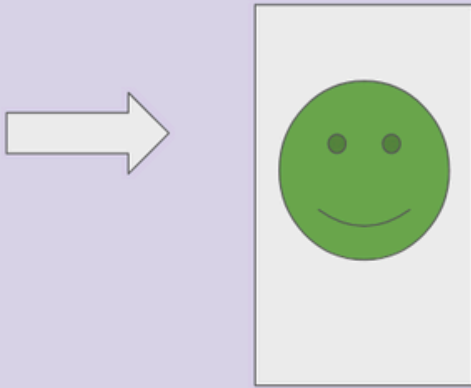
In your design you must include:



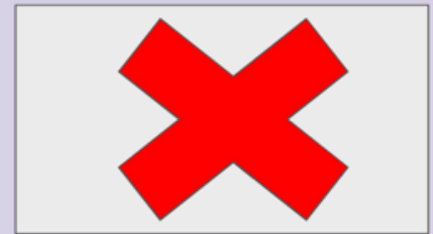
- The school year 2025-2026
- The school name Sandown North Elementary School
- Your name first and last on your design (the front, be proud!)
- The school theme: Think about "The Path" in your design.
- Spelling is VERY important! Have an adult check!
- To Repeat, Spelling is very important if you want to make the cover!

Yearbook Cover Contest Details:

- Please make sure to use an 8.5 x 11 size paper vertically (up and down)



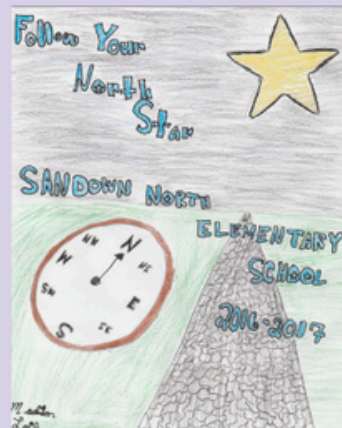
Like This!



Not Like This!

Yearbook Cover Contest Details:

- Please include your class code on the back and your full name on the front
 - Return artwork to Mrs. Gurczak by Friday Dec 12th, 2025 for judging!
- Good Luck!!!



MEETING RECAP

Principal's Minute

- Coffee Hour: Friday, November 21st at 5:00 PM
- One Book, One School has begun. Reading Fenway & Hattie. Author Visit: Date TBD
- Sandown North Awards & Happenings:
 - Bus award presented today for well-behaved students on busses.
 - Hard Hat & Golden Spoon awards continue!
 - NEW "Golden Plunger" award from the janitorial staff for cleanest class!
 - "We Deliver" program launched today. Lot of student interest for job positions. Very excited to get this up and running.

Upcoming Events

- Toy Swap: Currently collecting gently used toys at the Rec Center through Nov 21.
 - Shopping Dates:
 - 11/29: 9 AM–4 PM
 - 11/30: 10 AM–2 PM
 - Discounted items 12–2 PM
- Holiday Shoppe: Date & Time: December 6th, 12–6 PM Sandown North Cafeteria & Gym
 - Setup: Friday, December 5th
 - Photo Area: Polaroid photo backdrop organized by Alicia Sullivan
 - Festival of Trees: Happening the same day at Sandown Rec
 - Support from Girl Scouts & High School volunteers
- Parent–Teacher Conferences, Date: December 10th. PTA to order and deliver sandwiches & salad.
- Schools to host Holiday Hot Cocoa Cart & Music during lunch periods (K–5) at both schools—date TBD.

- LipSyncNight: K–5th grades.
 - Dress Rehearsal — Friday, March 6th
 - Performance — Saturday, March 7th 12pm at the PAC
 - Possible Audition Date: Monday, February 16th
 - Discussion items: Look into event recording, Event MC's, Stage crew: lights, sound, equip.
 - First Information Notice: Sent after Christmas Break (included in late-December Newsletter)

Open Floor Discussions

- Little Free Library
 - Central School, North School & Sandown Rec
 - Books will be stocked via donations.
- Spirit wear: PTA is exploring PTA-run merchandise creation rather than using an outside company.
- Savings Account created for long term, big ticket items, such as playground equipment.
- Veteran Letters issued and to be completed either at school or at home.
- Sandown North will share videos of Veterans reading stories.

WHAT'S TO COME

NOVEMBER

29/30: TOY SWAP SHOP
(SAT: 9-4. SUN: 10-2.)
DISCOUNTS SUN 12-2PM

DECEMBER

6: HOLIDAY SHOPPE & FESTIVAL OF TREES
(12 OR 1PM, SANDOWN NORTH GYM)
THIS IS A DROP IN EVENT, COME WHEN YOU CAN!

