

SANDOWN NORTH NEWS

September 2025

MONTHLY NEWSLETTER

Issue 1



A Message from Principal Yacek

Hello Families,

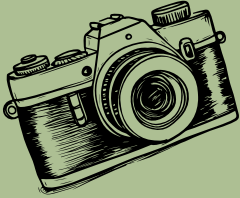
It has been a great start to the new school year! Our first graders transitioned well into our building, joining our Sandown North school community. We had our first spirit week where we engaged in three National days (Dot Day, Constitution Day, & Talk Like A Pirate Day). Students and staff also engaged in our first Fire Drill and Bus evacuation of the year. Last Monday, we had our first All School Meeting, where we focused on bus expectations. As the year progresses, there will be many more school-wide adventures that we will be sure to let you know about.

Students just completed their beginning of the year benchmark assessments. Teachers are using this information to plan their instruction and identify students who may need extra support in specific academic areas as well as students needing enrichment opportunities. We are currently in the process of advertising for our after school activities. Grades 4 & 5 students have the chance to participate in a homework club and our Sandown North News team will begin meeting next week. Be on the lookout for other PTA sponsored and school-wide activities in the near future.

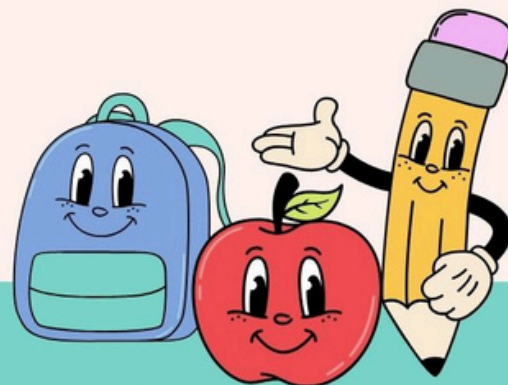
Thank you for sharing your children with us each and every day. If you ever have any questions or concerns, please do not hesitate to reach out!

Yours In Education,
Mrs. Yacek, Sandown North Principal

Upcoming Dates:

- October 1st Picture Day 
- October 13th No School Columbus Day 
- October 22nd Early Release 1pm
- October 31st Halloween 

Welcome Back to School



Health News!

Welcome to an exciting new school year at Sandown North Elementary! I am so thrilled to be your school nurse again this year. We are going to have a fantastic year filled with learning, laughter, new friendships, and good health!

When to Stay Home from School

Fever A temperature of 100° or higher	Frequent, Continual Coughing or Difficulty Breathing ***	Diarrhea or Vomiting	Rash Body rash with fever, with or without itching	Head Lice Itchy head, active head lice	Eye Infection Eye is red and oozing a yellow or green discharge	Sore Throat, Congestion

When to Return to School

Fever-free for 24 hours without the use of fever reducing medication like ibuprofen or acetaminophen.	Cough is mild and infrequent. Tell your school nurse if your student should be following his/her Asthma Sick Plan while in school.	After tolerating liquid and solid foods for at least 12 hours and fever-free for 24 hours without the use of fever reducing medicine.	Fever-free for 24 hours without the use of fever reducing medication like ibuprofen or acetaminophen with improvement of the rash. If a diagnosis has been made by a provider,	After first head lice treatment.	24 hours after starting antibiotic eye drops or ointment.	If mild, can continue going to school. If severe or accompanied by fever, stay home until fever-free for 24 hours without the use of fever reducing medication like ibuprofen or acetaminophen and
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Important Reminders!

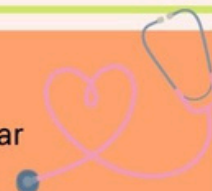
- Please send in your child's updated physical and immunization papers!
- Medication must be brought in by an adult and appropriate paperwork completed with a doctors order for students to receive medication at school.

Contact Info:

Please feel free to contact me at anytime during the school year

E-mail: Shannon.Nastasia@timberlane.net

Phone: 603-887-8505 Ext: 7519



September



Grade 1

First graders are settling into their new school, classrooms, and routines. First grade is learning about STAR behaviors and expectations. During phonics, students are reviewing letter sounds and CVC words. In math, first graders are practicing addition strategies. It is going to be a great year!

Grade 2

Second graders have been practicing following the new routines and expectations of their classrooms. During phonics, students are reviewing digraphs. In math, students are focused on utilizing different strategies for addition and subtraction. Students have been reading daily and strengthening their skills. We are all looking forward to a wonderful year!

Grade 3

Third graders are learning lots and getting to know their classmates and teachers! We have begun our introduction to multiplication in math, are reviewing ending patterns of words and vowel teams, and are working on building independent reading and writing stamina. We are looking forward to a great year in third grade!

Grade 4

Fourth graders have been enjoying their new classmates and teachers and getting to know each other. We have launched our first math unit, established routines for reading and writing class time and engaged in discussions about fourth grade science and social studies topics like rocks and earth science and facts about our US Constitution. We're off to a great start!

Grade 5

Knowledge is falling like autumn leaves on our 5th graders! In reading and writing, we are covering fiction, specifically spooky stories. In science, we are learning about our solar system and how gravity is different on each planet. In math, we are reviewing and adding to our knowledge of place value and decimals.

Math Curriculum News Reading Curriculum News

Practicing skip counting at home is a fun and simple way to strengthen your child's number sense and build a strong foundation for multiplication. Try skip counting by 2s, 5s, or 10s while walking up the stairs, setting the table, or riding in the car. Try skip counting by 2s but begin on 1 to practice counting the odd number pattern, or by 10's but begin on 3 to support adding 10 more to any number. You can also make it playful by clapping, snapping, or using a ball toss to keep the rhythm as you count. Repeating these patterns out loud helps children recognize number sequences and prepares them for more complex math skills. A few minutes of practice each day can make a big difference!

Make reading a part of your family time! Here are some tips for integrating reading into family activities:

- Read bedtime stories
- Read a recipe and cook
- Create a comfy reading space in your home
- Put your child in charge of reading the grocery list at the store.

Special Education Tips

The Parent Information Center of New Hampshire PICNH is NH's federally funded Parent Training and Information Center Serving New Hampshire families of children birth to age 26 and youth with all disabilities. The organization started in 1975 to provide parents of children with disabilities with information support and training so they may effectively participate as team members in their child's Special Education journey. Parent Information Center is located at 54 Old Suncook Road Concord, NH 03301. You can reach out to them by calling 603-224-7005 or 800-947-7005 (NH Only) or by email info@picNH.org.

Counselor's Corner

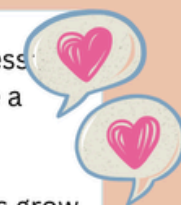
It's been a joy visiting classrooms this month! Our first lessons focused on self-awareness.

- 1st Grade – Read *Butterflies on the First Day*, created butterflies, and brought home a “letting the butterflies out” strategy handout.
- 2nd Grade – Read *Only One You* and completed an “I Am” strengths activity.
- 3rd Grade – Read *Taco Falls Apart* to learn about growth mindset and how our brains grow with new challenges.
- 4th Grade – Made “STAR hands” to show positive behaviors as Sandown North community members—now displayed at school!
- 5th Grade – Explored strengths, values, hopes, and goals through self-awareness maps and themed fortune tellers.

This year I'll also be using the Second Step curriculum. In October, we'll continue with self-awareness and begin emotion management. Families can learn more here:

<https://www.secondstep.org/families>

Mrs. Houlihan





UA NEWSLETTER

September 2025



LIBRARY



ALL CLASSES HAVE BEEN REVIEWING PROCEDURES AND LIBRARY EXPECTATIONS USING OUR SCHOOLWIDE S.T.A.R. FRAMEWORK. WE HAVE FOCUSED ON ONE LETTER EACH WEEK AND NOW HAVE FULLY FORMED EXPECTATIONS POSTED IN THE LIBRARY. WE WILL CONTINUE TO REVIEW.

WE HAVE ALSO BEEN REVIEWING BOOK CARE USING SKIPPYJON JONES AND MARION'S BOOK. GRADES 3 - 5 HAVE ALREADY STARTED CIRCULATING BOOKS; GRADES 1 & 2 WILL BEGIN CIRCULATING NEXT WEEK.

I HAVE INTRODUCED THE BOOK *Balloons Over Broadway* TO OUR 4TH GRADE STUDENTS. THE LIBRARY, INNOVATIONS, AND ART ARE ALL PARTICIPATING IN A COLLABORATION AROUND THIS BOOK. I INTRODUCE THE BOOK AND TONY SARG (THE CREATOR OF THE MACY'S DAY BALLOONS). NEXT, THEY WILL GO TO INNOVATIONS AND COME UP WITH THEIR OWN IDEA FOR A BALLOON, THEN THEY WILL GO TO ART TO CREATE IT!

ART



In September, students across all grades have been learning new art room expectations and procedures.

They've also started creating "Free Art" – personal projects that go home at the end of each class. We also kicked off Hispanic Heritage Month on September 15th by learning about two influential Mexican artists: Frida Kahlo and Diego Rivera. Students explored both their similarities and differences. First and second graders will create artwork inspired by either Kahlo or Rivera. Meanwhile, students in grades 2-5 will dive deeper into Spanish art: second and third graders will study Pablo Picasso, while fourth and fifth graders will focus on Salvador Dalí.

MUSIC



All grade levels are practicing music routines through games, singing, movement, and instruments. This month, students are focusing on patriotic songs, steady beat, and respectful audience skills while building musical growth, teamwork, and appreciation for performances. Strings, band, and chorus rehearsals are also in full swing

INNOVATION



- Getting to know one another & making connections
- Connecting the adventure that takes place in our school wide picture book, *The Path*, to the adventures to ahead of us in Innovation class
- Reinforcement of STAR behavior expectations
- Establishing routines and procedures
- Scavenger hunts to familiarize students with the new zones our tools and materials are organized in
- Introduction of a collaborative project honoring the Macy's Day Parade that 4th graders will work on during their Library, Innovation, and Art 6th special time

HEALTH/PE



The beginning of the school year has been lots of fun in PE. we started the year with games where we could get to know each other in our new classes. Then we started with some catching and throwing in grades 3-5. in those grades we have also started with some soccer skills. we have also done some of the skills in 1st and 2nd grade. the 1st graders were also able to practice their locomotor movements and an obstacle course. I look forward to the rest of the year with these amazing students



BAND & ORCHESTRA LESSONS

**BAND AND ORCHESTRA LESSONS STARTED
MONDAY, SEPT. 15TH!**

**BAND IS OPEN TO GRADES 4-5, AND
ORCHESTRA (STRINGS) IS OPEN TO GRADES 3-5.
IF YOUR CHILD IS PARTICIPATING, AND YOU
HAVE NOT RECEIVED YOUR LESSON SCHEDULE,
PLEASE EMAIL THE TEACHER.**

**BAND: NICOLE.BARTLETT@TIMBERLANE.NET
ORCHESTRA: ALISON.YANKOWSKAS@TIMBERLANE.NET**

TIMBERLANE YOUTH TRAVEL BASKETBALL TRYOUTS

OCTOBER 13, 2025

BOYS AT THE HIGH SCHOOL

BOYS GRADES 3 & 4
REGISTRATION: 4:00
TRYOUT: 4:15-5:45
PARENT MEETING: 5:45

BOYS GRADES 5 & 6
REGISTRATION: 5:45
TRYOUT: 6:00-7:00
PARENT MEETING: 7:00

BOYS GRADES 7 & 8
REGISTRATION: 7:00
TRYOUT: 7:15-8:15
PARENT MEETING: 7:00

YOUR PARAGRAPH TEXT

GIRLS AT THE MIDDLE SCHOOL

GIRLS GRADES 3 & 4
REGISTRATION: 4:30
TRYOUT: 4:45-6:15
PARENT MEETING 6:15

GIRLS GRADES 5-8
REGISTRATION: 6:15
TRYOUT: 6:30-8:00
PARENT MEETING: 6:15

Click Here

REGISTER NOW

 timberlaneyouthbasketball.org



 info.tytbl@gmail.com



NORTH STARS SCHOLARS CLUB

Guiding the way to learning success.

- **Executive Functioning Skills – 15 min.**
- **Homework Time – 30 min.**
- **Peer Relationships – 15 min.**

Tuesdays – Grades 4 & 5 ELA
Wednesdays – Grades 4 & 5 Math
3:30-4:30 PM



NORTH STARS SCHOLARS CLUB

3:30-4:30

9/30 & 10/1 10/7 & 10/8

10/14 & 10/15 10/21

10/28 & 10/29 11/4 & 11/5

11/12 11/18 & 11/19

Space is limited to 10 Students per day.

Wait-list available.

Contact:

jaimie.dupuis@timberlane.net

with interest.

Timberlane Regional Schools SAU 106

Child Find



Monday, November 17, 2025
9:00 am – 12:00 pm
Sandown Central School

- The purpose of the screening is to identify children who may require special education services.
- Screenings may be conducted in the areas of communication skills, motor skills, social skills, adaptive skills, cognitive skills, vision, and hearing.
- Appointments are required.
- For residents of Atkinson, Danville, Plaistow, and Sandown.

For ages
2.5 – 6

Please call Karen Radjavitch, Child Find Coordinator, at 603-887-3648 x5812 with questions or to make an appointment.