

SANDOWN NORTH NEWS

February 2025

MONTHLY NEWSLETTER

Issue 6



A Message from Principal Yacek

Dear Families,

The month of February went by pretty quickly. February break begins tomorrow! Students and staff have been engaged in many fun learning activities this month with a school-wide focus on compassion and kindness. As a school, we celebrated National Random Acts of Kindness week where students participated in classroom activities as well as contributed to a school-wide kindness chain. We hope that the lessons learned will continue beyond the focus at school this month.

With the snow days this month, some of our after school enrichment clubs were postponed. These clubs will be extended beyond the original end date. The office has communicated new dates with those students who are participating. We introduced a new after school play club that runs from now until the end of May. It is not too late to sign up. It is a great way for your children to have an opportunity once a week after school to play with other children in an exploratory and non-structured environment. Reach out to the office if you are interested in signing your child up for this opportunity. Be on the lookout for our Girls on the Run sign ups as well. Spring is just around the corner. I wish you all a wonderful break and we will see you back on March 3rd.

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:

- March 4 Game Club
- March 5 Cross Stitch, Craft, & Play Clubs
- March 5 Fifth Grade Dodgeball
- March 11 No School Professional Development
- March 12 Cross Stitch, Craft & Play Clubs
- March 13 Lego Robotics Club
- March 18 Grade 3 State House Field Trip & Game Club
- March 19 Cross Stitch, Craft, and Play Clubs
- March 20 Lego Robotics Club
- March 25 Game Club
- March 26 Cross Stitch, Craft, and Play Clubs & 5th Grade Band Performance PAC 7pm
- March 27 Lego Robotics Club & Girls on the Run Begins



Unleash the Data Detective in Your Child

Report to PARENTS

You don't need a fancy lab or complex tools to turn your little ones into budding data scientists. Your home is a treasure trove of opportunities for kids to explore the fascinating world of data. These simple, home-based activities can nurture this vital skill set.

Early Childhood (Ages 3–5): Laying the Foundation

At this stage, the goal is to introduce basic concepts of sorting and counting, setting the stage for more complex data skills later on.

- **Toy Sorting:** Encourage your little ones to group their toys by color, size, or type. This simple act of categorization is the first step in data organization.
- **Weather Window:** Create a basic weather chart with pictures (sunny, rainy, cloudy). Have your child place a sticker on the appropriate image each day.
- **Snack Count:** During snack time, have your child count out items like crackers or grapes, introducing the concept of data collection in a tasty way.

Elementary (Ages 6–11): Building Analytical Skills

As children grow, they can start engaging with more complex data concepts and begin to draw conclusions from their observations.

- **Family Favorite Survey:** Encourage your child to survey family members about their preferences (favorite colors, foods, activities) and create simple bar graphs to represent the results.
- **Plant Growth Experiment:** Measure and record the height of a plant every few days, then create a line graph to visualize its growth over time.
- **Screen Time Tracker:** Have your child log their daily screen time and create a weekly report, introducing the concept of self-monitoring through data.

Middle Level (Ages 12–14): Advanced Analysis and Real-World Applications

At this stage, children can tackle more sophisticated data projects and start to see how data analysis applies to real-world situations.

- **Household Energy Audit:** Have your child track daily electricity usage by reading the meter. They can analyze patterns and propose energy-saving strategies based on their findings.



- **Social Media Engagement Study:** If age-appropriate, let them analyze engagement rates on their social media posts, introducing concepts of data privacy and digital literacy alongside analytical skills.
- **Local Wildlife Survey:** Encourage them to keep a log of wildlife sightings in your neighborhood, creating a database that can be analyzed for patterns in animal behavior or population changes.

The Long-Term Impact of Home-Based Data Activities

Regardless of age, engaging children in data activities at home offers numerous benefits:

- **Critical Thinking:** Analyzing data helps kids question, interpret, and draw conclusions from information.
- **Math Proficiency:** Regular practice with numbers, measurements, and graphs enhances math skills.
- **Scientific Curiosity:** Data projects often spark interest in scientific methods and inquiry-based learning.
- **Digital Literacy:** Understanding data is crucial for navigating digital landscapes responsibly.
- **Future Readiness:** Data literacy is increasingly valuable in many careers, giving data-savvy kids a head start.

By integrating these age-appropriate data activities into daily life, parents can create a home environment that nurtures analytical thinking and prepares children for a data-centric future.

Remember, the goal isn't to create mini data scientists, but to foster curiosity, critical thinking, and comfort with numbers that will serve children well in any future endeavor.

So grab those counters, charts, and curious minds—it's time to transform your home into a data discovery zone!

Sandown North Elementary School

Health News

**NATIONAL
CHILDREN'S DENTAL
HEALTH MONTH!**

FEBRUARY EDITION

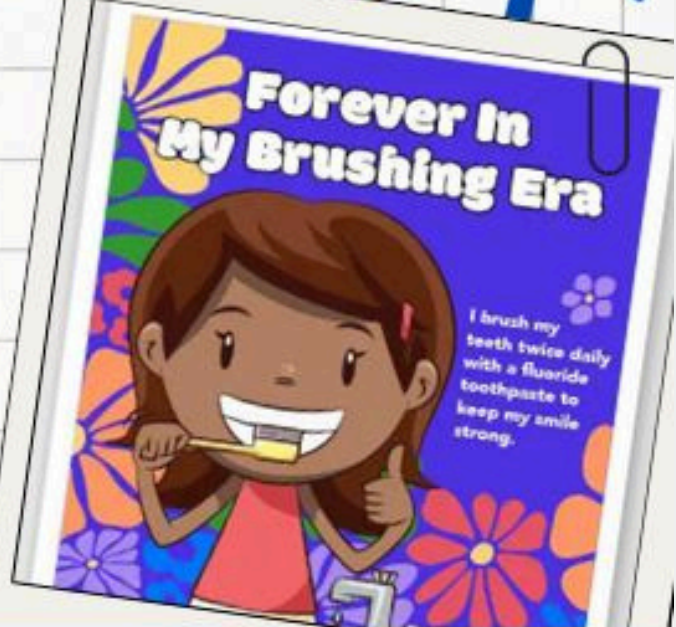


Dental Hygiene is Important

Children with poor oral health are more likely to have oral pain, miss school, and perform poorly in school than their peers with better oral health!

ooth

The ADA's 2025 [Brushing Calendar](#) is available now for digital download. This 12-month calendar is valuable year-round for promoting healthy behaviors like brushing twice a day with a fluoride toothpaste to help prevent dental disease.



Preventive Dental Visits

Prevention and early intervention in childhood are important because our oral health impacts a person's overall well-being throughout their life

Improve Your Oral Health By:

- ✓ Brush 2x daily AM/PM
- ✓ Use Fluoride toothpaste
- ✓ Floss at least 1x daily
- ✓ Go to the dentist 2x a year!



February Curriculum Update

Grade 1

It has been a busy and exciting month in first grade. Students learned about Groundhog's Day.

We celebrated the 100th day of school and Valentine's Day. In between all of the fun, first graders worked on two digit subtraction strategies during math. Students studied the moon and night patterns during science. During phonics, students are learning to read and write multisyllabic words.



Grade 2

What a fun month we've had! The students enjoyed a variety of activities, from celebrating Groundhog Day (many of them are convinced the groundhog can predict the weather!) to marking the 100th day of school and getting into the Valentine's Day spirit.

In math, they've been learning how to partition shapes into halves, thirds, and fourths. In reading, they're focusing on strategies to enhance their comprehension skills. And in social studies, the students have been exploring the concepts of needs and wants.

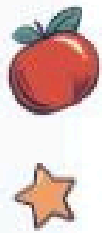


Grade 3

This month, 3rd grade is finishing up learning about fractions on number lines and elapsed time. We will continue onto mass and volume next! We will have our habitat project showcase at the end of the month. In writing, we are working hard on opinion writing. In reading, 3rd grade is diving deeper into genre and morphology.

Grade 4

This month fourth graders have been working hard on 2-digit multiplication. They have learned many different strategies and are proud of all their progress! In writing we are working on informational writing and how to most effectively share our learning with an audience. In science, students are starting to learn about energy and its transfer. They'll be noticing all kinds of examples of energy in the world around them. In social studies we are continuing our virtual tour of the United States through our learning about the regions. In reading, we are reading the works of Patricia Polacco and learning from her beautiful vocabulary choices and rich themes.

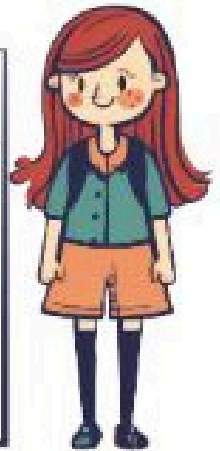


February NEWS



Grade 5

A love of learning is in the air in 5th grade! In reading, we are digging into firsthand accounts and secondary sources to analyze the effects of early European explorers. In social studies, we are researching an early European explorer and creating a presentation about him. In Science, we are wrapping up our water cycle unit and will work on our final project where the students will pretend to inherit a farm and protect it against drought. Finally, in Math, we've finished geometric shapes and are diving into multiplying and dividing decimals.



School Counseling Team

SEL Lesson Topics: Self Management

Grade 1: *Cupid Coping Skills: The Way I Feel* read aloud, Whole class coloring activity for understanding check, Heart activity (choosing a stressor and adding 3 of their own coping skills).

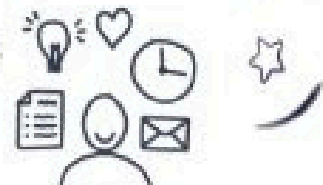
Grade 2: *Body Signals: My Incredible Talking Body*, Flip book activity. Friendship lessons starting.

Grade 3: *Social Awareness: Enemy Pie* read aloud and lesson. Bullying lessons starting: How not to be someone's friend.

Grade 4: *Bullying Lesson* continued: *Finishing What is Empathy Book*, *My Helpers* booklet and *Upstander* poster. Starting *Sticky Friendships Lesson*.

Grade 5: Finishing coping *With emotions* lessons: *Feelings Bingo*, *Wheel of Feelings*, and *Coping Skills*. Starting *Bullying lesson*.

Samantha can be reached at 603-887-8505 ext. 7525 or samantha.houlihan@timberlane.net



Leah Poulin

School Social Worker

Mrs. Poulin supports students and families at both Sandown North and TLC at Sandown Central and spends half of her time in each building. She provides individual and group counseling and acts as the link between home, school, and community resources. Leah can be reached at 603-887-8505 ext. 7546 or at leah.poulin@timberlane.net.



UA NEWSLETTER

VACATION

February 2025



LIBRARY



GRADE 1: VARIOUS AUTHOR STUDIES INCLUDING KEVIN HENKES, MO WILLEMS, "PETE THE CAT" BOOKS, AND JAN BRETT. FIRST GRADE ALSO READ SNOWMAN STORIES AND COMPLETED A SNOWMAN CRAFT WITH MRS. EVANS

GRADE 2: WE BEGAN OUR UNIT OF "ME ON THE MAP" WITH TALKING ABOUT OUR ADDRESS AND DRAWING OUR HOMES

GRADE 3: GENRES - EACH CLASS IS WORKING ON A DIFFERENT GENRE INCLUDING FICTION/ NONFICTION, SCIENCE FICTION, FANTASY, AND HISTORICAL FICTION. WE ALSO WORKED ON CREATING BIBLIOGRAPHIES FOR ANIMAL RESEARCH PROJECTS.

GRADE 4: REGIONS RESEARCH CONTINUES...

GRADE 5: ADVERTISING TECHNIQUES USING SUPERBOWL COMMERCIALS

ART



This month students are learning about artist Eric Carle and creating art based on his style. Students will be using their finished collages for the school--wide Square One fundraiser in April.

MUSIC



Grades 1 and 2 students have enjoyed songs and activities about friendship and Valentine's Day. Students identified and responded to music elements by completing a coloring glyph.

Grade 3 classes have begun their recorder unit! These musicians are learning basics such as instrument care, embouchure, and finger placement.

Grades 4 and 5 musicians have been actively participating in drum circles. During these sessions, students take turns playing different unpitched percussion instruments, allowing them to explore various sounds while developing their rhythmic skills.

INNOVATION



All students continue to apply the Engineering Design Process as they ask, imagine, plan, create, and improve to complete various challenges appropriate to their grade level such as:

- Snowflake Challenge
- Star Challenge (collaboration with UA team)
- Iggy Peck Architect inspired building challenges
- Domino Building Challenges
- Snow Castle Challenge

All students continue to develop their collaboration, communication, creativity, and critical thinking skills.

TECHNOLOGY



HEALTH/PE



This month we worked on jump rope and jumping skills. We also worked on suing the skip its. after that we got to play a fun game called roller ball.



5th - 7th Grade

Band
Concert

March 26, 2025

7:00 @ PAC



Featuring:

District-Wide Bands

5th Grade Band

6th Grade Band

7th Grade Band

5th Grade Dress Rehearsal

Monday, March 24th

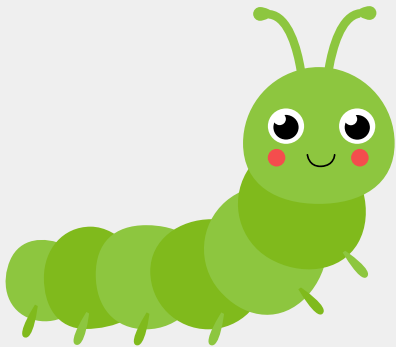
6:30 PM @ PAC

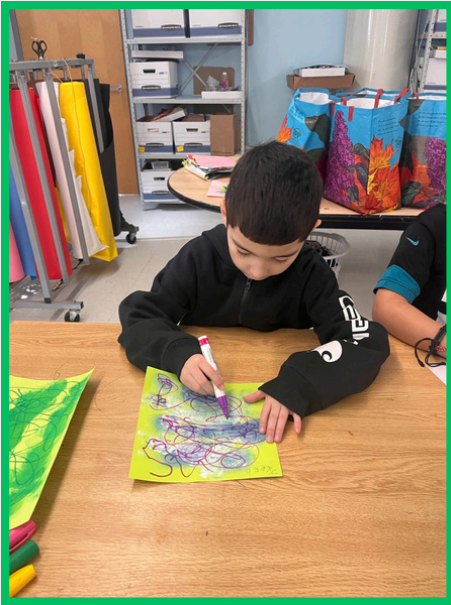
4th Grade Band Concert Coming in April





Creating Eric Carle Art in the Art Room







American Heart
Association.

**KIDS
HEART
CHALLENGE™**

Nationally Supported by

MARCUM
ACCOUNTANTS • ADVISORS

*Marcum is a proud supporter of
the American Heart Association's
Kids Heart Challenge.*

KIDS' HEART CHALLENGE IS

COMING

TO YOUR SCHOOL!

¡KIDS HEART CHALLENGE VA
LLEGAR A TU ESCUELA!



**RIGHT NOW, I FEEL TIRED AND CAN'T KEEP UP WITH
MY SISTER, BUT HOPEFULLY I WILL FEEL BETTER
AFTER MY NEXT SURGERY.**

EN ESTE MOMENTO ME SIENTO CANSADA Y NO PUEDO
SEGUIR EL RITMO DE MI HERMANA, PERO ESPERO SENTIRME
MEJOR DESPUÉS DE MI PRÓXIMA CIRUGÍA.

- HAILEY

SURVIVOR SOBREVIVIENTE



**JOIN THE MOVEMENT TO CREATE COMMUNITIES OF LIFESAVERS
ACROSS THE NATION. COMPLETE FINN'S MISSION TO LEARN THE
LIFESAVING SKILL OF HANDS-ONLY CPR.**

ÚNETE AL MOVIMIENTO PARA CREAR COMUNIDADES DE SALVAVIDAS EN TODO EL PAÍS. COMPLETA
LA MISIÓN DE FINN PARA APRENDER LA TÉCNICA DE LA RCP PARA SALVAVIDAS DE VIDAS.



**KIDS WILL HELP OTHER KIDS WITH SPECIAL HEARTS WHILE
LEARNING HOW TO KEEP THEIR OWN HEARTS & BODIES HEALTHY.**

LOS ESTUDIANTES AYUDARÁN A OTROS NIÑOS CON CORAZONES ESPECIALES MIENTRAS
APRENDEN COMO MANTENER SUS CORAZONES Y CUERPOS SANOS.

EARN THANK-YOU GIFTS

REGISTRO EN LÍNEA
REGISTER ONLINE
WRISTBAND
PULSERA



\$5
PEPPER*



\$10
WYNN*



\$15
JUMP ROPE*
CUERDA DE SALTAR



\$25
DAKOTA*



\$40
RAIN*



\$50
T-SHIRT*
CAMISETA



\$75
BASKETBALL*
BALONCESTO



\$100
ACE*



\$200
RILEY*



\$250
EARBUDS*
AURICULARES



\$500
POP & CATCH*
LANZAR Y ATRAPAR
DE KHC



\$1,000
KARAOKE
SPEAKER*
ALTAVOZ DE KARAOKE



BE THE 1ST TO
COMPLETE FINN'S MISSION
& EARN YOUR LIFESAVERS CAPE!

¡SÉ EL PRIMERO EN COMPLETAR LA MISIÓN
DE FINN Y GANA TU CAPA DE SALVADORES DE VIDAS!

2 EASY WAYS
TO REGISTER:
DOWNLOAD THE APP OR
VISIT OUR WEBSITE.

2 MANERAS FÁCILES DE REGISTRARSE:
¡DESCARGA LA APLICACIÓN O
VISITA NUESTRO SITIO WEB!



HEART.ORG/SCHOOLS

FINN

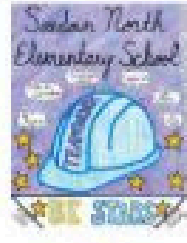
SURVIVOR, GRADE 4
SOBREVIVIENTE, 4.º GRADO

*plus lower-level gifts más regalos de nivel inferior
Products are latex free and small parts may pose a risk of being a choking hazard as labeled. Los productos no contienen látex y las piezas pequeñas pueden suponer un riesgo de atragantamiento, como se indica en la etiqueta. If any item becomes unavailable, we reserve the right to offer an alternate item of equal value. These gifts meet the requirements, where applicable, of the Consumer Product Safety Improvement Act and other product safety regulations. Si algún artículo deja de estar disponible, nos reservamos el derecho de ofrecer un artículo alternativo de igual valor. Estos obsequios cumplen con los requisitos, cuando corresponda, de la Ley de mejora de la seguridad de los productos de consumo y otras normas de seguridad de los productos.

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******Thanks to the PTA, 5th Graders will receive a yearbook at no charge in June!! No need to order one for them.******

Order your Yearbook Today!



Deadline to order 4/15/25

\$18.00ea

Sandown North Elementary School

Order now, just follow these steps:

- 1. Go to coffeepond.com**
- 2. Click on the "Order Yearbooks" button**
- 3. Enter your school's password: SNYearbook and select online ordering and continue**
- 4. Enter your child's name and grade and book quantity.**
- 5. Enter your email under contact and select add to cart.**
- 6. If you have another child to order for, please select "order for another child" . If not, you can finish checking out.**

Not sure if you already ordered?

Follow the first two steps in the instructions. Scroll down past the option to enter the password and you will see the option to search for an order by email.

Contact coffee pond: lifeguards@coffeepond.com (508) 907-6633 ext. 0

This event/fundraiser and/or materials are neither sponsored nor endorsed by the Timberlane Regional School District, the Timberlane Regional School Board, the Superintendent, or any TRSD school.



Sandown North

Play Group

**AFTER SCHOOL PROGRAM
ON WEDNESDAYS FROM
330PM-415PM**

Fun-Filled Play for Young Minds

Our Afterschool Play Group offers children play-based activities to foster social and emotional development. Through interactive games and free play, children learn essential skills while having fun.

To Sign up Contact:

Sandra.Gurczak@timberlane.net

Laura.Yacek@timberlane.net

DATES:



Feb 5 & 19

March 5, 12, 19, & 26

April 9, 16, & 23

May 7, 21 & 28

Girls on the Run®

POWER, PURPOSE, AND POTENTIAL

For Girls in 3rd, 4th, and 5th grade



Tuesdays and Thursdays
from 3:15pm-4:45pm

Starts: March 27 (Thursday)

Ends: May 31



Registration Opens February 10

Location: Sandown North Elementary School

5K Celebration Event: May 31

New Hampshire Motor Speedway in Loudon, NH

Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

To learn more about Girls on the Run, registration or financial assistance, please visit our website: www.girlsontherunnh.org



Girls on the Run is for EVERY girl!



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Hello, Mountain Mover!

Get ready to build the confidence to do hard things. Join a team where you can make new friends and feel like you belong!

Girls on
the**run**®

Are you ready to believe in yourself
as you take on challenges?



HERE'S WHAT GOTR IS ALL ABOUT:

- Your team practices two times a week for [eight/ten] weeks
- Your kind coaches lead fun movement-based activities and team discussions
- Your team creates a project that helps your community
- You and your team experience the joy of crossing the finish line of a 5K

Sign up and reach new heights!

**Share this with an
adult in your family!**



CONTACT

**Girls on the Run
New Hampshire**

✉ jessica.therriault@girlsontherun.org

☎ 603.778.1389

📅 Season starts: March 26
Season end: May 31

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SANDOWN PTA NEWSLETTER

FEBRUARY
2025

FEBRUARY MEETING RECAP

This month's meeting kicked off with a special guest from TRSD, Chris Martin, who shared a brief video (accessible by scanning the QR code below) regarding our school district's budget and explained the warrant articles that will appear on the ballot this coming March.

Brian Greene, a candidate for the Sandown Budget Committee, also attended to watch the TRSD presentation. He raised some insightful questions and posted an excellent summary of what was discussed, which can be found on the Sandown Community Facebook page.

We set dates for several upcoming events, including Paint with the PTA and BINGO for Books! We also discussed the progress of this year's raffle calendar, which features some fantastic prizes! Stay tuned, as signups for events, locations of book donation bins, and more information will be released in the coming weeks.

Planning for Teacher Appreciation Week will commence at our next meeting. If you have any themes or great ideas to contribute, we would love to hear from you!

Scan to view the
TRSD Budget video.



March 3
6:00pm
Sandown North

UPCOMING EVENTS

Mar. 3:

Calendar sales being
PTA Meeting @ North

Apr. 5:

Paint with the PTA

May 5-11:

Unplugged Week
Teachers Appreciation Week

May 11:

Family Night Out - Games, Crafts, etc

May 30:

BINGO for Books

2025 Raffle Calendar

Raffle Calendars are nearly ready, featuring fantastic giveaways to keep our families busy and entertained! Exciting prizes include visits to Santa's Village, Polar Caves, Remix Skate, Portland Sea Dogs, and York Animal Kingdom. Numerous restaurants have generously contributed gift cards, such as Cincos, T-Bones, Popovers, and many others! Plus, there's even a chance for some relaxation with a wonderful donation from NH Float!

While we're finalizing the details of our printed calendars, you can get a jump start by visiting SandownPTA.com to purchase your entries!

