



SANDOWN NORTH NEWS



January 2024

MONTHLY NEWSLETTER

Issue 5



A Message from Principal Yacek



Dear Families,

We hope that everyone had a great January. This month was a busy one at Sandown North! Students took their second i-Ready benchmark assessment for reading and math. Teachers are using the results from these assessments to plan for instruction, including targeted intervention for small groups, as well as, activities that will enrich lessons for students. Our grade 5 students have started the D.A.R.E. program with Sergeant Sable. Students are excited to participate in the lessons. Our after school enrichment groups are off to a great start as well.

This month, I have also started our Positive Office Referrals. Some of you may have already received a call from me or Mr. Hamel. The purpose of these referrals is for staff to recognize students that are going above and beyond or being a great STAR student and should be recognized for this. Staff and students have enjoyed this roll out!

We are looking forward to a fun February with Valentine's Day, Kindness Week, and a well-deserved February break!

Upcoming Dates:

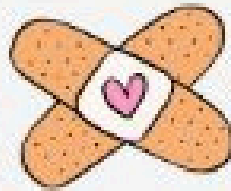
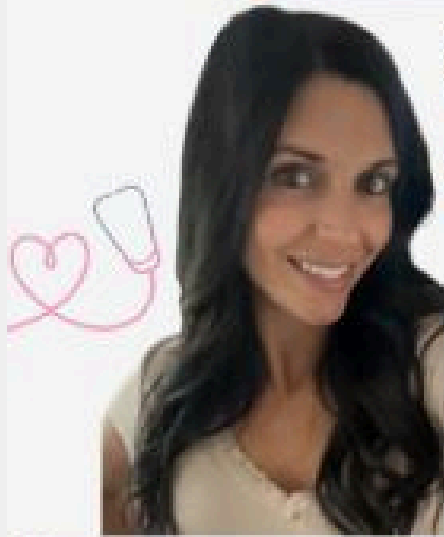
- Feb 3 PTA Meeting Sandown Central
- Feb 4 Game Club
- Feb 5 Cross Stitch & Craft Clubs
- Feb 6 Lego Club
- February 8th PTA Dodgeball Event
- Feb 12 Early Release
- Feb 24-28 Winter Break

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



Meet the School Nurse!



Nurse Shannon

Hello Sandown North Families!

I am Shannon Nastasia, the full time school nurse. I am so excited to be at Sandown North and getting to know everyone. I've been a nurse since 2016, with a nursing background in labor and delivery and home care. I live in the Timberlane district with my husband and three boys ages 5, 7, and 12. I enjoy spending time with my family outdoors especially at the lake in the summer time! I am looking forward to promoting a healthy rest of the year by practicing good hygiene and learning about safe and healthy habits. Feel free to reach out to me anytime!

Shannon.nastasia@timberlane.net

Reminder!

***Winter clothing &**

snow gear if snow is on ground for recess! *



COVER
Your Coughs
and Sneezes



If you don't have a tissue,
cough or sneeze into your
sleeve or elbow.

Thank You

**HELP STOP THE
SPREAD OF
GERMS!**



**WASH
YOUR
HANDS**

January Curriculum Update

Grade 1



This month, first graders are working on place value concepts with two-digit numbers. They are also working on identifying coins and their values. In science, first graders are beginning to study patterns with the sun and moon. During phonics, students are decoding long vowels with magic e. They will then move on to suffixes!



Grade 2



Students have been actively engaged in several exciting topics across subjects. In math, they have started their Geometry unit, exploring shapes and spatial reasoning. During phonics, they are focusing on vowel teams and their unique sounds. In science, students are diving into animal adaptations, discovering how creatures survive in different environments. Meanwhile, in writing, they are learning to craft opinion pieces by stating their viewpoints and supporting them with clear reasons.

Grade 3

This month, 3rd grade is finishing up learning about quadrilaterals, polygons and how to partition shapes. We will continue to learn more about fractions! We choose our animals and habitats and have begun to research for our projects! In writing, we are working hard on opinion writing. In reading, 3rd grade is diving deeper into genre!

Grade 4

This month fourth graders have been working hard on geometry. They have learned how to classify triangles, how to use a protractor, and much more! In writing we are working on informational writing and how to most effectively share our learning with an audience. In science, students are finishing up their learning about how the brain controls the body. In social studies we are continuing our virtual tour of the United States through our learning about the regions. If you see a fourth grader, ask them what state they'd most like to visit!

January NEWS

Grade 5

Cold temperatures haven't stopped us in 5th grade! In reading, we are continuing our work with non-fiction texts by examining texts about North American Native culture. In social studies, we are extending our learning about native life through a diorama project. In Science, we've begun to discuss aquifers and how water makes it from the ground to our homes. Finally, in Math, we've finished volume and are diving into coordinate planes and geometric shapes.

School Counseling Team

SEL Lesson Topics: Self Management

Grade 1: Emotion Identification & Management: Book- A Little Spot of Anxiety, Finger Breathing Practice, and Snowman Coping Activity.

Grade 2: Emotion Management: Worry, Book- Worry Says What, Reframing Self-Talk Brainstorm, and Worry Creature Activity.

Grade 3: The Brain and Emotions: Flipping Your Lid, and Coping Skills Booklet Activity.

Grade 4: Bullying Lesson: What is Empathy Book, Watch Videos & Discussion, Bullying Packet, and Upstander Activity..

Grade 5: Coping With Emotions: Feelings Bingo, Wheel of Feelings, and Coping Skills

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

January 2025



LIBRARY



Grade 1: Various author studies including Kevin Henkes, Mo Willems, "Pete the Cat" books, and Jan Brett

Grade 2: wants vs needs, rules vs laws, goods & services

Grade 3: Genres - each class is working on a different genre including fiction/ nonfiction, science fiction, fantasy, and historical fiction.

Grade 4: Regions research continues...

Grade 5: Banned Books

ART



This month all students are learning about artist Vincent Van Gogh. Each grade is recreating the famous painting *Starry Night* with a different medium and superimposing a different animal in the foreground.

Grade 1: Watercolor Walrus

Grade 2: Watercolor marker polar bear

Grade 3: Chalk pastel hare

Grade 4: Oil pastel wolf

Grade 5: Colored pencil fox

MUSIC



Grades 1 and 2 have been enjoying winter-themed songs, games, and instrumental play alongs.

Grade 3 students are getting ready for their upcoming recorder unit! Our focus this month has been on reading melodic and rhythmic notation, practicing breath control and articulation, and learning hand positions for the first few notes.

Grades 4 and 5 have been working on singing, speaking, and playing two-part pieces while maintaining a steady tempo throughout.

Congratulations to our band, strings, and chorus students on a wonderful winter concert!

INNOVATION



All students continue to work to complete their contribution to our schoolwide challenge:

Can the students at Sandown North work **collaboratively** to build a 2D gingerbread village with only the given materials and tools?

Each grade level has continued to apply the Engineering Design Process to create their **contribution** to the challenge while adhering to height **constraints**.

- Grade 1: trees
- Grade 2: people
- Grade 3: animals
- Grade 4: vehicles
- Grade 5: structures

After students finish creating and improving, they are reflecting on their creations and showcasing their work through a studio stroll. We can't wait to see what our gingerbread village will look like when we put everyone's work together!

TECHNOLOGY



HEALTH/PE



we finished up with basketball. Then we got to use the scooter boards. As well as a crazy way to do relay races where you have to run to get one of your shoes to back on.

**Deadline Extended
until Jan 31st**



**Sandown PTA Introduces
Gals & Pals
Dodgeball Event
Saturday, February 8th, 2025**

Preschool – 2nd Grade: 2PM-3PM

3rd - 5th Grade: 3:30PM-4:30PM

Sandown North Elementary School Gym

Cost: \$10 per Adult/Student Team

(** If you have more than one student attending it's still only \$10 ☺)

Please complete the attached sign-up / waiver for the event and return to school by **Friday January 24th.**

Mrs Chaput will be organizing the games.

There is a limit of **80 people** (40 teams per session) therefore please be prompt when returning your forms. In the event that we receive more than the 80 participants, priority will be given to the 5th grade students. Every effort will be made to accommodate all those that sign up to play!

More Information / Questions:

Contact: heidi.chaput@timberlane.net

Sign up to help at:

<https://bit.ly/DodgeballEvent2025>

Scan here to register online.



www.SandownPTA.com

SandownPTA19@gmail.com

Sandown PTA Dodgeball Sign-Up & Waiver for Saturday Feb 8th

1: Student Name:

2: Student Name:

Adult's Name:

Contact Phone Number:

Contact E-mail:

Emergency Contact Name:

Emergency Contact Phone Number:

Relationship to Student:

Every effort will be made to have a safe, fun event (just like a gym class). However, in the unlikely case of an emergency by authorization of my signature below, I hereby allow monitors and members of the Sandown Elementary PTA & Mrs Chaput to administer First Aid and make arrangements for emergency transportation to a medical facility for emergency treatment. By my signature below, I hereby hold harmless the monitors and members of the Sandown Elementary PTA & Mrs Chaput for any injury I or my child may receive while participating in the Dodgeball Event:

Signed by Parent:

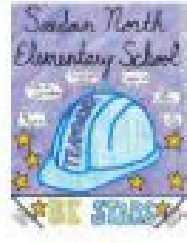
Print Name:

Date:

This event is not endorsed or sponsored by TRSD, the school board or the superintendent.

******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!



"These materials are neither sponsored nor endorsed by the Timberlane Regional School District, the Timberlane Regional School Board, the Superintendent, or this school."

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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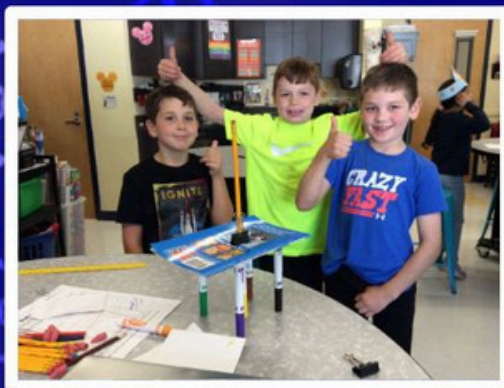


Sandown North Innovators at Work

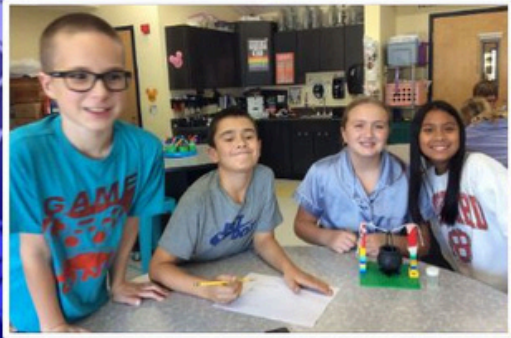
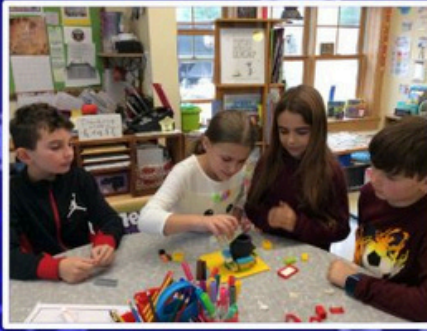
2024-2025
First Trimester



School Supply Tower Challenge



Cauldron Challenge

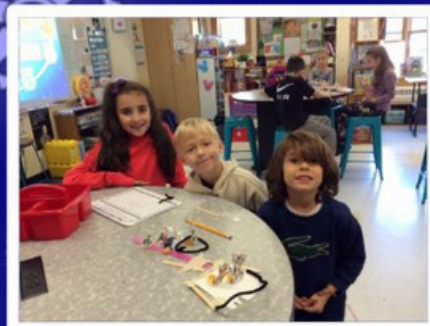


Animal for President Pop Out Portrait Challenge



Room on the Broom Challenge

Click to add text



3D Turkey Challenge

Click to add text



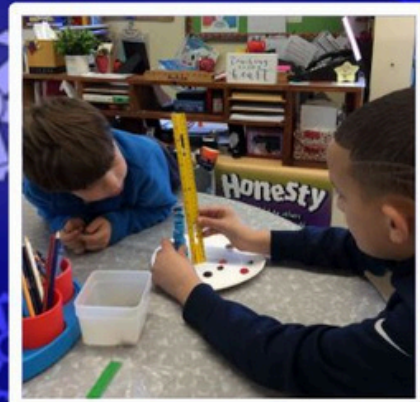
Turkey Home Challenge



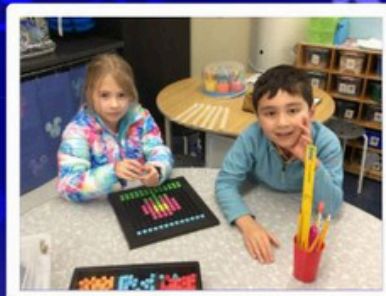
Turkey Table Challenge



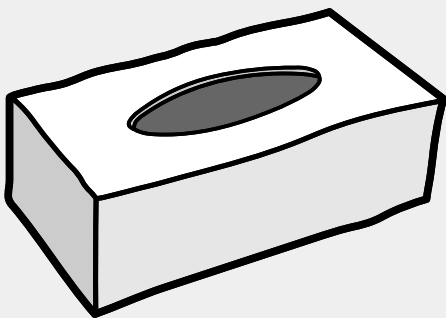
Button Tower Challenge



Open Studio



**The Innovations studio is
looking for bar soap
boxes, toilet paper rolls,
paper towel rolls and
tissue boxes.**



Thank you!



SANDOWN NORTH
WINTER CONCERT

CONGRATULATIONS MUSICIANS

STRINGS



BAND



CHORUS





SANDOWN PTA NEWSLETTER



JANUARY
2025

MEETING RECAP

In December, the PTA brought back a favorite holiday event, Lil' Shoppers at Sandown Central. We learned a LOT this year and have already started brainstorming ways to make the next one better and more efficient. We absolutely loved getting to help and watch students shop for gifts, saw some amazing photos from our favorite photographer Alicia Lauren Photography, and assisted kids in wrapping a bunch of gifts.

We also owe a HUGE thank you to Alicia for the delicious hot cocoa bomb take home that were sent home after students went on a Finding Frosty Scavenger Hunt!

We have some amazing events coming up. First up is the **Boots & Bows** is our annual dance that we will welcome students and one special adult in their lives to spend an afternoon learning to line dance, craft and more. Tickets available for pre-order or at the door on January 25th. This event will be hosted in the gymnasium at Sandown North.

And the **Gals & Pals Dodgeball** will be held on Feb 3rd at Sandown North in the gymnasium. Teams of 10 adults and 10 students will be organized by our event chair and invited to play against other teams. Space is limited for this event so purchase your tickets in advance and sign waivers to be eligible to play.

All of our events are great volunteer opportunities. If you have a high schooler looking for hours or you're a parent that wants to help out, we will happily welcome you. Look out for SignUpGenius links on facebook or reach out to us.

We are also in the process of planning **Paint with the PTA**, scheduled for April 5th at the Sandown Rec Center. We'll be choosing our painting soon and flyers will be sent out late February/early March with information to reserve your spots!

Bingo For Books will be returning as well. We are hoping to schedule this for March, so keep your eyes out and start looking through your kids' bookshelves as we will taking book donations to stock selections!



SCAN TO VISIT OUR WEBSITE OR FACEBOOK
PAGE OR PURCHASE EVENT TICKETS.

www.SandownPTA.com | SandownPTA19@gmail.com

A LOOK AHEAD

Jan. 25:

Boots & Bows Dance

Feb. 3:

February PTA Meeting

6:00pm @ Sandown Central

Feb. 8:

Gals & Pals Dodgeball

April 5:

Paint With The PTA

