



SANDOWN NORTH NEWS



September 2024

MONTHLY NEWSLETTER

Issue 1



A Message from Principal Yacek



Welcome families to the start of a great school year. The students and staff have had a great September. We are all learning our schedules, teaching and learning school-wide expectations, and connecting with old and new friends and colleagues. We want to take a moment to thank our PTA for their collaboration and support as we started the school year off teaching our school focus for the year "One team, One Mission, Makes a World of Difference". Thank you to all of our families for being on our Sandown team to ensure our students have a successful school year. We were excited to have our first All School Meeting on Friday, September 20th. The entire school body met in the cafeteria as we shared the assembly expectations, recognized students in each class that have shown great teamwork, and ended our time together singing the "Dot" song.

Things to look forward to next month: We hope to advertise our Fall After School Enrichment Sessions soon. They are back by popular demand! These groups are facilitated by Sandown North staff. The groups are limited, so we will do our best to include as many students as possible.

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:

- Oct 2nd Picture Day
- Oct 5th Kids Night Out
- Oct 14 Columbus Day No school
- Oct 23 Early Release Day Parent Teacher Conferences
- Oct 31 Halloween



New Attendance



Procedure



On August 30th the district emailed all families a copy of the new attendance procedures.

To summarize, we now need to have a note for all absences, tardies, and early pick-ups either from a parent or medical provider.

The best way to ensure your child's absence is excused is to put the information into Pick-Up Patrol.

This will act as our note.

Thank you for your attention to this matter!

Report to PARENTS

In the last decade, child sexual exploitation and abuse (CSEA) has increased exponentially. In 2023, the National Center for Missing and Exploited Children received 36 million reports of child sexual abuse material online—up from 1 million in 2014.

Armed with a greater understanding of the problem and strategies to take action, families can teach their children best practices in navigating the internet to keep them safe.

Know the Threats

Online CSEA can take many forms—from family friends to complete strangers. They work to earn a child's trust until the child feels comfortable doing things they wouldn't normally do, like sharing explicit images or videos of themselves.

The good news is there are strategies families can use to fight online CSEA. The know2protect campaign from the Department of Health and Human Services offers these 10 tips:

1. Start an open, two-way talk with your child.
2. Password-protect or control access to your child's app store and gaming downloads.
3. Set time and area limits for use of devices.
4. Set all apps, games, and devices to private.
5. Turn off location data services on social media and nonessential apps.
6. Talk about data permanency.
7. Create a contract with your child regarding online behavior.
8. Know your child's friend lists. Remove strangers.
9. Warn against leaving a game to chat with someone they don't know on another platform.
10. Do not delete messages, images, or videos from predators. Save usernames, screenshots, and images or videos as evidence for law enforcement to collect directly from the device.

10 Best Practices to Protect Kids Online



Take Action

Continuous talks and reminders are key to safe online habits. Here are ways to keep the conversation active for younger kids through their teenage years.

For younger children:

- Teach them not to click on pop-ups.
- Caution against sharing passwords and personal information with strangers online.
- Help them identify a trusted adult.
- Identify steps to follow if they see inappropriate content, such as looking away and telling a parent.
- Tell them to tell a trusted adult if someone makes them feel scared or uncomfortable.

For tweens and teens:

- Talk about how they should never post personal information or inappropriate content.
- Discuss the permanency of online data.
- Teach them how to set up privacy controls on devices.
- Explain the characteristics of online predators.
- Tell them that safe adults won't ask them to keep secrets or disrespect their boundaries.

Learn how to report CSEA and find support for survivors at [know2protect](https://know2protect.org). Follow [#DigitalBoundaries](https://twitter.com/DigitalBoundaries) on social.



It's more than a meal application.

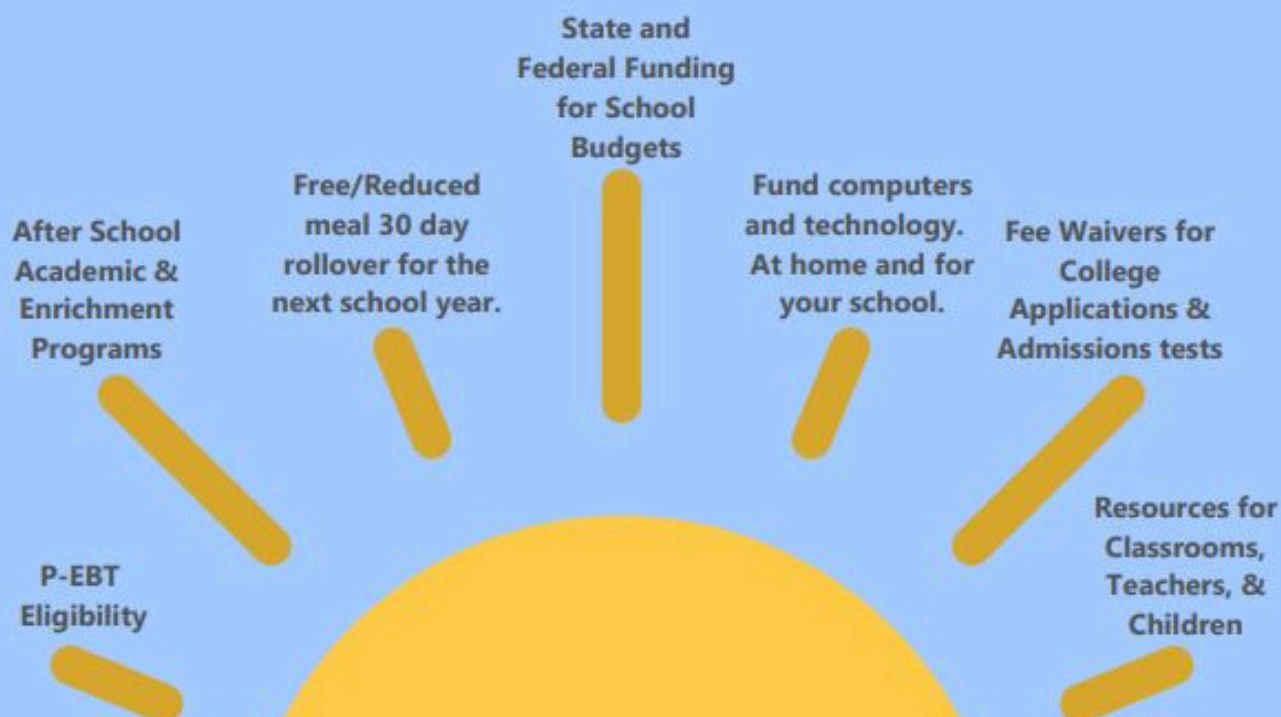
It is important to submit a free/reduced price meal application.

Completing an application takes less than 10 minutes and application information remains private and confidential.
Only one application per household is needed.

Meal Applications may be downloaded from your school's website or obtained from the district's food service director.

DON'T DELAY! COMPLETE AND SUBMIT AN APPLICATION TODAY!

**FILLING OUT THE SCHOOL MEAL APPLICATION
MAY HELP PROVIDE:**



Distributed by NH DOE
Office of Nutrition Programs and Services June 2021.
This institution is an equal opportunity provider.



Library News



Welcome back everyone, the books have missed you!

The library has gone through some major changes over the summer. Most notably our fiction chapter books are now genreified. Each fiction chapter book has a genre label and is classified by subjects such as adventure, historical fiction, humor, graphic novels, and more! This is similar to what you would find in a bookstore. Research has shown that this method of shelving books allows for more independence for students and it encourages children to choose a variety of books from their favorite genre.

All classes have been going through orientation classes to show them the new system of shelving and also revisit library expectations. Grades 2-5 are now checking out books on a regular basis. Please help your student to find a safe place to keep their books at home and also remind them to return their books in a timely manner. Grade 1 will begin orientation the week of September 23rd.

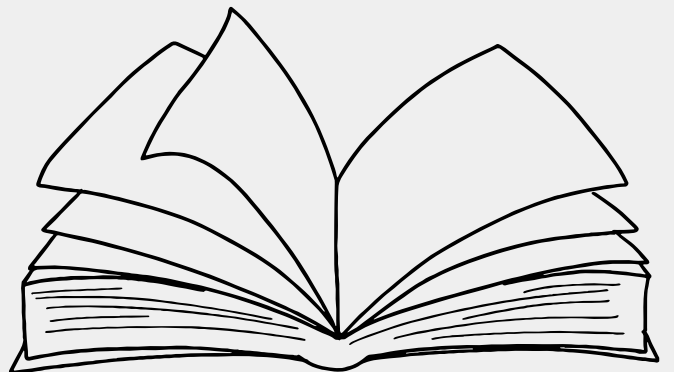
Please feel free to reach out to me anytime with questions about our library programming.

Best wishes for a super school year!

Your child's librarian, Laura Ross

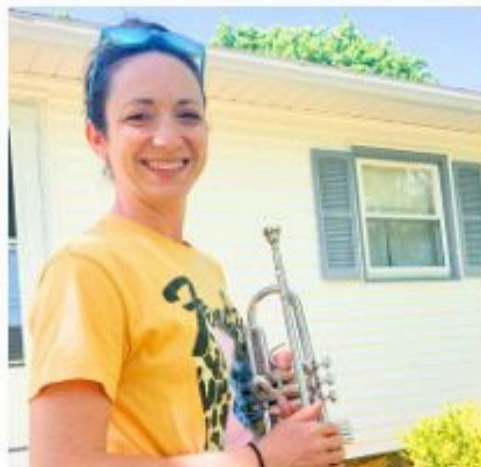
laura.ross@timberlane.net

603-887-8505 x 7542



Concert Band

Mrs. Bartlett



Hello! My name is Nicole Bartlett, and I am excited to be back for another great year with the Timberlane Music Department! I have been teaching concert band in NH for the past 16 years and started my musical journey on the alto saxophone in 4th grade. The Timberlane Band program is filled with opportunities for musical enrichment, performances, travel, and more. If your child did not sign up for band last spring, or if you are new to the district, it's not too late! Please contact me to get started.

Instruments

Rentals, repairs, and supplies are available through Music & Arts. This is rent-to-own program! Please contact Eric Stokes at (207) 210-2378 or estokes@musicarts.com, or visit www.musicarts.com/rentals for more information. If you have any questions or concerns about acquiring an instrument for your child, please email me.

Lessons

Band students will have one lesson each week during the school day. Students will learn new concepts, play in small groups, perform a variety of songs, prepare for concerts, earn achievement awards, and more!

Have Questions?

 nicole.bartlett@timberlane.net

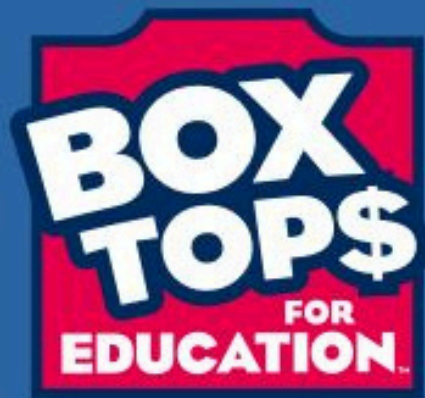


BAND & ORCHESTRA LESSONS

**BAND AND ORCHESTRA LESSONS START
MONDAY, SEPT. 23RD!**

**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**



IMPORTANT NEWS FROM THE COORDINATOR AT: SANDOWN NORTH SCHOOL

Dear SANDOWN NORTH SCHOOL families,

I am our school's Box Tops for Education Coordinator, and I need your help to get more families to support the Box Tops program here at SANDOWN NORTH SCHOOL. The more people that participate, the more our school can earn to help get the supplies it needs! This year, our goal is to earn \$1,000.00 through Box Tops.

PLUS, you can earn a bonus for our school by inviting your friends, family, and other parents at SANDOWN NORTH SCHOOL to sign up and participate in Box Tops.

To refer friends to sign up, go to the [Invite Friends](#) section of the [Box Tops app](#). (You can get there by tapping on the person icon in the upper-right corner of the app home screen.) You'll get a referral code that you can send to a friend. You'll BOTH earn Bonus Box Tops for our school when they scan their first receipt — that's extra cash that counts towards our Box Tops earnings goal of \$1,000.00 this year.

Thanks for your help!



Heidi Chaput

Know someone who's not participating in Box Tops yet? Encourage them to sign up using my **referral code HHU01PGH** and our school will earn Bonus Box Tops when they scan their first receipt.



Kid's Night Out

September 3, 2024

Dear Parents and/or Guardians,

The Timberlane High School Student Council will be hosting their "Kids Night Out" on **Saturday, October 5th (4 PM - 8 PM)** at Timberlane Regional High School. All students who are currently in Grades K through 6, in the Timberlane Regional School District, are welcome to attend. The theme for this Kids Night Out is "Halloween Spooktacular".

Student Council members will be conducting holiday activities such as various sporting activities, arts and craft, board games, movie corner, as well as many other activities. Snacks and drinks will be provided throughout the night, along with dinner (pizza). This is a school-sponsored event; adult chaperones, and student council members (counselors) will be attending the event. The cost is \$25 per student for the entire evening of fun and activity. (\$15.00 for each additional child) All participants in the "Kids Night Out" must be dropped off at the TRHS Cafeteria door no later than 4:30 PM. ***When picking up your student at 8 PM, please bring a form of identification.*** This is a great chance to get out and help the TRHS Student Council raise money!

If you are interested in attending, *please fill out the google form to reserve a spot:*



Please make sure to let you know so we can have the appropriate supplies ready. (Deadline October 1st). Please bring payment when bringing student - October 5th. (cash or check - payable to "TRHS")

Thank You,

Timberlane High School Student Council

(Student Council Advisor -Jennifer Libby/Jennifer.Libby@timberlane.net)



News from the Art Room

Mrs. Muskopf's 4th grade class and Mrs. Siuda's 5th grade class learned about Japanese artist Yayoi Kusama. Kusama incorporated polka dots into her paintings so that was the focus of our project. 4th graders used tips to dot corn on the cob while 5th graders created dots inside of sunflowers.

Yayoi Kusama is alive today at age 95 and is still creating artwork!





SANDOWN PTA NEWSLETTER

SEPTEMBER
2024

SEPTEMBER MEETING RECAP

Summer has come to a close, school is back in session and we are all adjusting back into routines. The PTA has hit the ground running to plan out an exciting year to come! PTA officers, principals, teachers and members met to propose ideas for this year's events schedule. We've come up with some great ideas and set our goal budget for the year.

First off, we started the school year with a couple of special projects to welcome back our school's entire faculty with breakfast for their first staff meeting and gifted each member of the Sandown educational team with handmade customized baseball tees to drive home that our schools operate as one BIG team.

In August the PTA hosted our first booth at Old Home Day and welcomed students back with our 2nd annual Back to School Bash. We played games, heard sirens from Sandown Police and Fire department vehicles and heard how loud the huge K-Town Disposal trucks horn really is! Faces were painted, we made friends with Sandown Library and snacked on hot dogs and Kona Ice. The weather was perfect and hopefully everyone had as much fun as us.

Visit our website or online store to pay your yearly dues and be sure to check the box to receive our communications to stay up to date on events and PTA happenings!

How is the PTA Funded?

Did you know the PTA is a 501(c)(3) non-profit business? That means we are funded by our membership dues, fundraisers, event entry fees and donations.

Everything we accomplish is thanks to our volunteer officers and members that give up their time and skills to enhance the well-being and education of the children in our local schools.

When we say that WE CAN'T DO IT WITHOUT YOU, we **REALLY** mean it. Whether it be paying yearly dues, buying from our fundraisers, attending PTA events, or giving your free time to help in person. We truly appreciate you helping us make things happen for the students and teachers within our community.

PTA PLANS: A LOOK AT THE YEAR AHEAD.*

★ IN SCHOOL EVENT OR ACTIVITY

SEPTEMBER 25: MUMS ORDER PICKUP
CENTRAL SCHOOL, 4-5:30

OCTOBER JACK-O-LANTERN SCAVENGER HUNT ★
BUILDING FALL FRIENDS ★
26: SANDOWN MONSTER MASH

NOVEMBER 6: PSU TIGER PERFORMANCES ★
WREATH SALE FUNDRAISER

DECEMBER FINDING FROSTY SCAVENGER HUNT ★
WINTER FEST: MORE INFO TO COME.

JANUARY 31: FAMILY DODGEBALL

FEBRUARY SWEETHEART DANCE

MARCH BINGO FOR BOOKS

APRIL PAINT WITH THE PTA

MAY FAMILY FUN NIGHT: UNPLUGGED WEEK
TEACHERS APPRECIATION WEEK ★

*Some of these events are still being planned and/or pending funding and are therefore subject to change. Follow us on facebook for updates.



JOIN US!

October 7th, 6pm
Sandown Central

JOIN NOW

