

SANDOWN NORTH ELEMENTARY SCHOOL

MONTHLY NEWSLETTER

Hello Sandown North Families,

I cannot believe that we are approaching the end of the school year- 7 more days of school. We have a lot planned before our last day! A friendly reminder that we have our third Principal's Coffee Hour at 9:00 this Friday at Sandown North. We hope that you can join us! I want to thank you all for your warm welcome and partnership with me this school year. It has been a great year getting to know the students and families. Sandown is a wonderful community and I look forward to all that we have planned for next school year! Fifth grade parents, I wish you and your children well, as you venture on to the middle school. It has been a pleasure being your child's principal this year. 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!

Sincerely, Mrs. Yacek Sandown North Principal

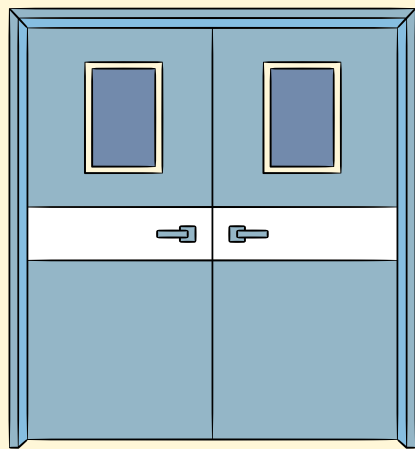
UPCOMING EVENTS

- June 3 Grade 2 Field Trip See Science Center 9-1 & Kindergarten Move Up Day
- June 4 Schoolwide End of Year Celebration & 5th Graders receive their Chromebooks for middle school.
- June 5 Family Book Fair Night, Grade 5 Showcase, and All School Art Show 4-7pm
- June 6 Grade 5 Move Up Day & Rainy-day Fun Club
- June 7 Grade 5 Field Day & All School Meeting
- June 10 Grade 5 Field Day Rain Date
- June 12 5th Grade Breakfast , Yearbooks are sent home, Early Release 12pm

Have a Great Summer!!!!



Just a reminder when leaving our building, please do not hold the door open for anyone outside. Please pull the door closed behind you. Though we appreciate the kind gesture towards your neighbors, the office needs to allow visitors into the building one at a time for safety reasons. Thank you for your understanding.



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The Scholastic Book Fair is coming to Sandown North! Students will be visiting the book fair during the week of June 3-7 during their regularly scheduled library time. All proceeds benefit our students and are used to purchase books for the library collection, author visits, and school wide events.

If you have not already done so, consider setting up an e-wallet – it is so easy and convenient!

We will also have a family night on Wednesday, June 5th from 4:00 – 7:00. The KONA Ice truck will be here! There will also be a recorder performance by our third grade students and an art show!



[This Photo](#) by

Hope to see you at the Fair! Mrs. Ross and Mrs. Pinard-Evans

A Message from the school Nurse



June

Home Safety Month



Staying safe

Many common household items use button batteries — remotes, light-up toys and even greeting cards that play music. Keep these items out of the reach of small children, and throw away button batteries properly, where children won't find them. Even expired batteries can cause serious damage. If you think your child might have swallowed a button battery, go to the emergency department right away or call 911. **Don't make your child throw up or let them eat or drink anything until a doctor has seen them.**



Learn the toll-free nationwide **Poison Control hotline number (800-222-1222)**. Program it into your phone and keep it near every landline. You can call them with any question, and they will help you decide if you need to seek medical attention.

Test your smoke alarms each month. Make sure you have them installed correctly and use Daylight Saving Time as a reminder to change the batteries.

Talk with your kids about fire safety and create a family plan for what you'll do if a fire does break out. There are many great tools available to make these talks a little easier. After you create your plan, have fire drills at home and practice your escape.

Report to PARENTS

How to Talk About Mental Health With Children

Families have a powerful role in supporting their children's mental and emotional health at home and at school. Learn signs that your child might be struggling and strategies to talk about mental health with your child.

Signs to Look For

Look for these warning signs that your child might need support:

- Feeling very sad or withdrawn;
- Harming or planning to harm themselves;
- Getting into fights;
- Not eating, throwing up, or using laxatives to lose weight;
- Having intense worries or fears that get in the way of daily activities;
- Having difficulty controlling behavior;
- Using drugs or alcohol;
- Having severe mood swings; or
- Exhibiting a drop in grades.

Starting Conversations

Try leading with these questions and actively listening to your child's responses:

- Can you tell me more about what is happening? How are you feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?

When talking about mental health problems with your child:



- Communicate in a straightforward manner;
- Speak at a level that is appropriate to a child or adolescent's age and development level;
- Discuss the topic when your child feels safe and comfortable;
- Watch for reactions during the discussion and slow down or back up if your child becomes confused or looks upset; and
- Listen openly and let your child tell you about their feelings and worries.

School Connectedness

When families are engaged in their children's school activities and initiatives, children get better grades, choose healthier behaviors, and have better social skills.

Here are three ways to support your child's mental health and emotional well-being in school and at home:

1. Get involved in health decisions at school.
2. Communicate with your school, letting them know how they can help support your child.
3. Try strategies at home like asking about your child's feelings, focusing on their strengths, and modeling positive coping skills to manage stress, like going for a walk.



TRY THE INSTRUMENTS

May 30th & June 3rd

TIMBERLANE PERFORMING ARTS CENTER

5:00 PM

Flute | Clarinet | Saxophone | Trumpet | Trombone |
Baritone | Violin | Viola | Cello | Percussion

Band: Grades 3, 4, & 5
Strings: Grades 2, 3, 4, & 5

Click the QR Code to see videos of the
different instruments before the trials!



Timberlane's 2024 Summer Band Camp

For students who have just completed grades 4, 5, or 6 and completed at least 1 year on their instrument.

Director : Nicole Bartlett



Camp is held at the

Timberlane Performing Arts Center

Monday-Thursday June 24-June 27

8:30am-12:30pm

Cost of Camp: \$90 per student

T-Shirt (optional): \$18

This Band Camp is open to any band student who has just completed grades 4, 5, or 6. This camp will offer students a chance to make music together and learn about their instrument through master classes with professional instructors and a camp band. The camp band will perform in a concert at 11:45am on Thursday-June 27th.

Timberlane's 2024 Summer Band Camp - Mrs. Bartlett Sign-up Form

Student		instrument	
Parent/Guardian			
Mailing address			
City		State	Zip
Home phone		Cell phone	
School		grade last completed	
Email address			
Parent/guardian signature			

\$90		\$
Cost of Camp	+	T-Shirt Cost (optional)
		= Total Cost

T-Shirt Size (check one): ☐ YM ☐ YL ☐ S ☐ M ☐ L ☐ XL

Make check payable to: **TRSD**
Return this completed form along with payment to:
Timberlane Music Department
40 Greenough Road, Plaistow, NH 03865

For additional info email: Nicole.Bartlett@Timberlane.net

News from the Art Room



Grade 1 McAlpine Students Created Peter Max- Inspired Warm and Cool Landscapes

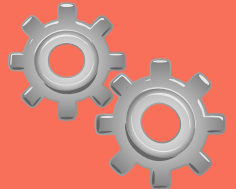
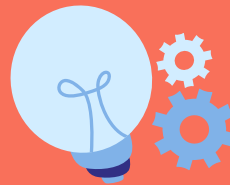
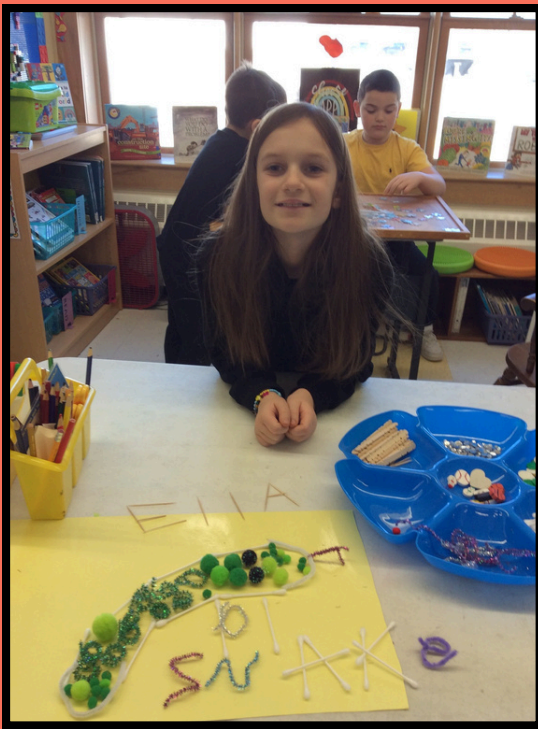


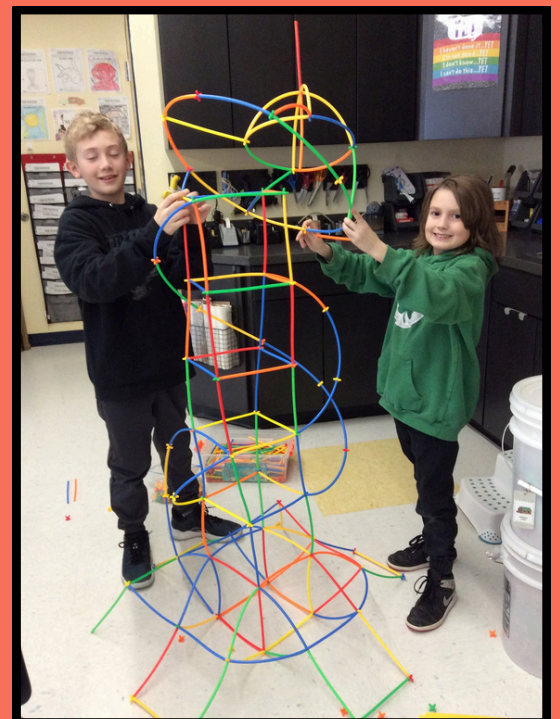
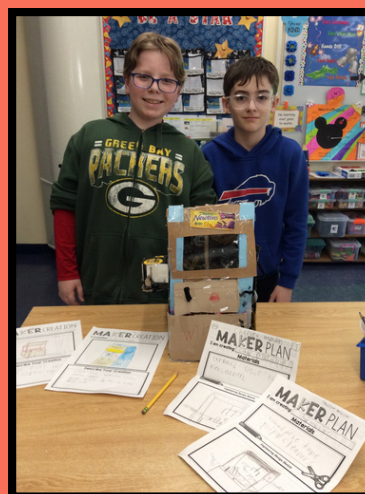
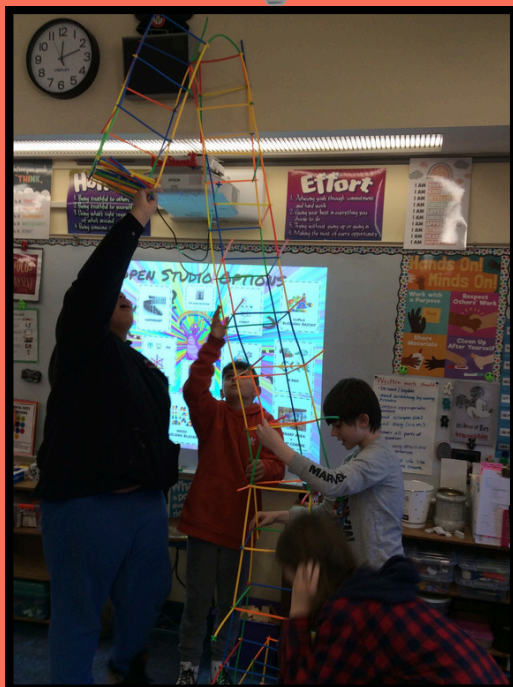
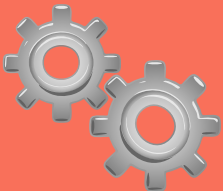
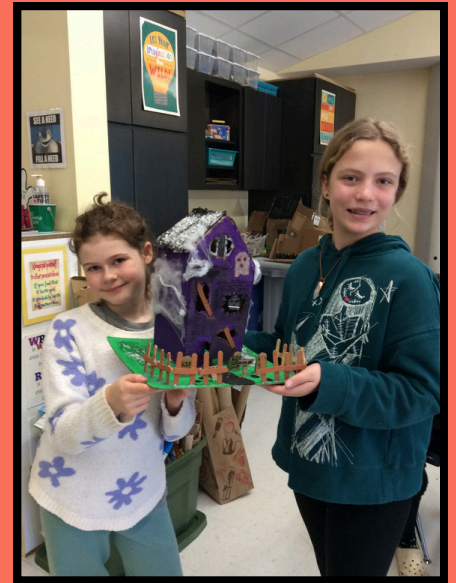
Mrs. Dibenedetto's 2nd grade class created solar eclipse drawings using chalk pastels.

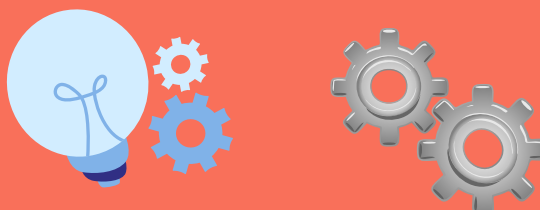
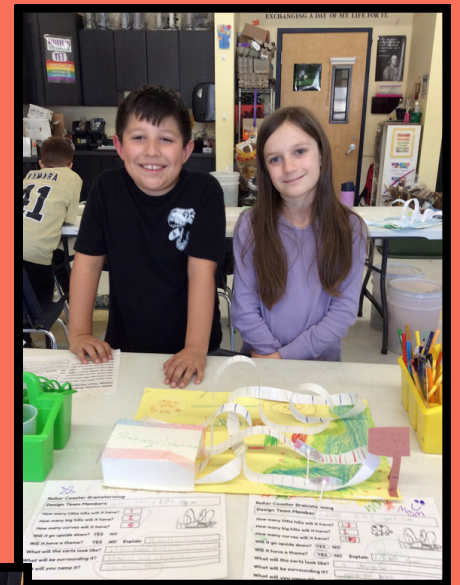
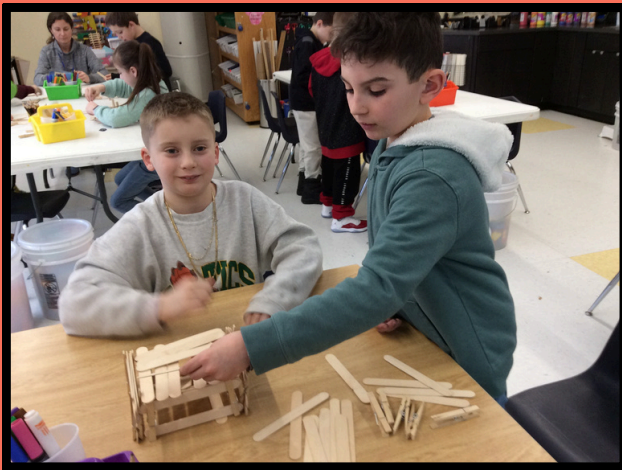
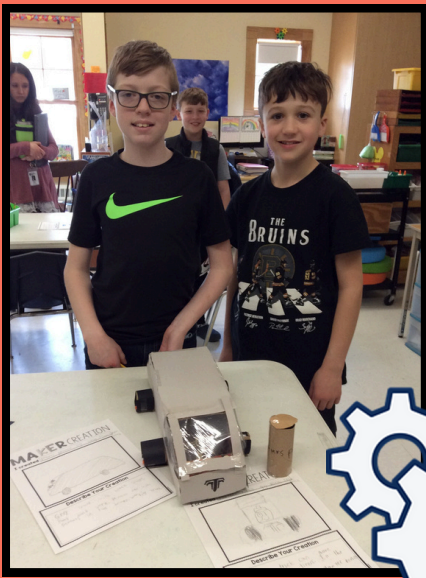


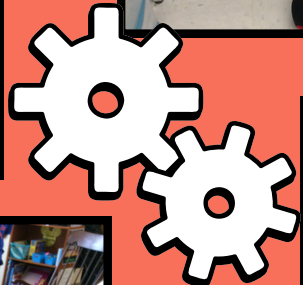
Grade 3 Nenart Students painted Peter Max-Inspired Desert Landscapes

Looking back at Innovation Creations!











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DryBlend 50/50 T-Shirt
Adult #8000 • Youth #8000B
Youth run small



Size Chart
YS-L
AS-3XL

Cyclone Tie-Dye T-Shirt
Adult #200CY • Youth #200CY
Youth run small



Size Chart
YS-L
AS-3XL

Cotton Long Sleeve
Adult #2400 • Youth #5400B
Youth run small



Size Chart
YS-L
AS-3XL

HeavyBlend Crewneck
Adult #18000 • Youth #18000B
Youth run small



Size Chart
YS-L
AS-3XL

HeavyBlend Hooded Sweatshirt
Adult #18500 • Youth #18500B
Youth run small



Size Chart
YS-L
AS-3XL

Ladies

Fanatic 2.0 Tee
Ladies #2914



Size Chart
AXS-3XL

Classic Funnel Neck
Ladies #E2329



Size Chart
AXS-3XL

Essential V-Neck Tee
Ladies #E2038



Size Chart
AXS-3XL

Wicking T-Shirt
Adult #2790 • Youth #2791



Size Chart
YXS-YXL
AS-3XL

Unisex

Sponge Hoodie
Adult #3719 • Youth #3719Y



Size Chart
YS-YL
AXS-3XL

Extra Soft Tri-Blend T-Shirt
Adult #3065 • Youth #3066



Size Chart
YS-YL
AS-3XL

Standard Designs

DESIGN # INK131



DESIGN # INK61



DESIGN # INK116



DESIGN # INK134



DESIGN # INK86



DESIGN # INK105



Glitter Designs

DESIGN # GLT1



DESIGN # GLT6



DESIGN # GLT21



DESIGN # GLT32



DESIGN # GLT48



DESIGN # GLT61



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

Getting Excited for Summer Reading! With Steve Blunt and the Gang!



Summer

