

SANDOWN NORTH ELEMENTARY SCHOOL

MONTHLY NEWSLETTER

Hello Sandown North Families,

Wow, it will be April 1st on Monday! This year is really flying by quickly. I want to thank you all for your support of our two school-wide initiatives this month (Reading Challenge & American Heart Challenge). As of right now, we are very close to meeting our school goal of 120,000 minutes read and have raised \$2,837.53 for the American Heart Association.

The month of April will hopefully bring more sunshine as we begin Girls on the Run. We will also be starting a new round of spring after school enrichment groups as well as a school newspaper! Our 5th grade students will be taking the SAS Science Assessment on the 9th and spring break will be here soon! We are already starting to plan for next school year, so be on the lookout in the coming weeks for parent input forms and Title I Summer Camp. 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

- April 1 PTA Meeting 6pm @ Sandown North
- April 2 Magic of Math Grades 1, 2 & 5
Girls On The Run (GOTR) begins
- April 4 GOTR
- April 3 Early Release
- April 4 Magic of Math Grades 3, 4, & 5
- April 5 Friday Fun Fest TRMS
- April 9 GOTR
5th Grade SAS Science Testing
- April 10 Craft Club
- April 11 GOTR
- April 12 All school Meeting
- April 15 ****All Yearbook Orders Due Grades 1-4****
- April 16 GOTR
- April 18 GOTR
- April 22-26 Spring Break
- April 30 GOTR

Bus Reminders:

Please remind students that cell phones must remain in backpacks on the bus. Also Trading cards like Pokemon are not allowed at school.



Attendance Information

Timberlane requires all buildings to verify student absence. To avoid phone calls to your home, please enter all absences and tardies into Pick Up Patrol or call the attendance line at 603-887-8503 by 840am. Thank you for your attention to this!

Messages
from the
school
Nurse

SURVIVING SPRING

Allergies

1 in 4 people suffer from allergies

Common Symptoms

Runny nose

Nasal congestion

Coughing

Sneezing

Watery eyes

Itchy nose and eyes

Worsened asthma symptoms (for asthmatics)

Decreased quality of sleep

Triggers

Spring allergies are most commonly related to tree pollens:

- Birch
- White Ash
- Elm
- Walnut
- Maple

Remedies

- Nasal saline rinses
- Nasal steroid sprays
- Antihistamines (oral or prescription nasal spray)
- Immunotherapy (allergy shots)

Prevention

- Overall avoidance
- Check pollen counts daily and stay inside on high pollen days
- HEPA filter air cleaners in your home
- Wash bedding and clothing often in hot water
- Shower and change clothes after you've been outside on high pollen day

Allergy Testing

Testing can be done with a skin test or a blood test.

MASSACHUSETTS EYE AND EAR



TICK FREE

NEW HAMPSHIRE

PREVENT • INSPECT • REMOVE

PREVENT LYME DISEASE



Wear protective clothing, including long pants and long sleeves with pants tucked into socks and shirt tucked into pants. Stay on the center of the path when hiking.



Treat your clothing and shoes with Permethrin. Spray exposed skin with an insect repellent containing 20-30% DEET. Never use more than 30% DEET on children.



Always check yourself and your pets for ticks after spending time in tall grassy, wooded or brushy areas. Take a shower after returning indoors to wash off any unattached ticks.

TICK IDENTIFICATION



BLACKLEGGED TICKS

Carry Lyme Disease

Actual size

Adult Female	Adult Male	Nymph	Larva
1/8"	1/8"	1/32" - 1/16"	

Enlarged

REMOVE TICKS IMMEDIATELY

- Using tweezers, grasp the tick close to the skin
- Pull upward with steady, even pressure (Do not twist or yank the tick as this can cause tick parts to remain in your skin)
- After removing the tick, thoroughly clean bite area
- Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/ container, wrapping it tightly in tape, or flushing it down the toilet
- Call your doctor if you have been bitten by a tick

Questions?
Call 603-271-4496



NH DIVISION OF
Public Health Services

Improving health, preventing disease, reducing costs for a
Department of Health and Human Services



tickfreenh.org



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 4/15/24

\$15.00ea

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.

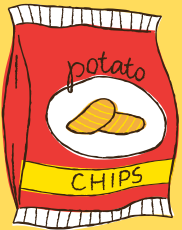
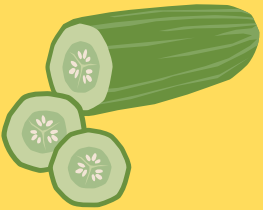
Not sure if you already ordered?

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.

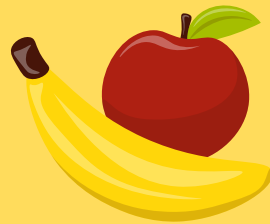
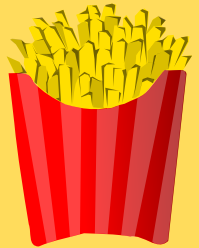
Contact coffee pond: lifeguards@coffeepond.com (508) 907-6633 ext. 0

News from the Lunch Room

Whitsons is now offering A La Carte items for purchase. Here is a list of items and the cost. These are in addition to the \$1.50 breakfast and \$3.10 lunch costs. If you do not want your child buying A La Carte items or seconds, please let Michelle Kontos Food Service Manager know at 603-887-8503 x 7526.



Second Entree.....	\$2.00
Second Meal with Fruit and Milk	\$2.25
16oz Bottle of Water.....	\$1.25
8 oz Bottle of Water.....	\$0.80
Milk.....	\$0.50
4oz Juice.....	\$0.50
Yogurt Parfait/Smoothie.....	\$3.00
Fresh Fruit.....	\$0.50
Fries/Puffs (when available)	\$1.25
Small Bag Chips.....	\$0.75
Big Bag Chips.....	\$1.00
2 Fresh Baked Cookies.....	\$1.25
Fruit Snacks/Roll Ups.....	\$1.00
Yogurt Cup.....	\$0.85
Cheese Stick.....	\$0.50



Technology News

Grade 2 Working on Blookets to learn about shapes, telling time, and Valentines day.

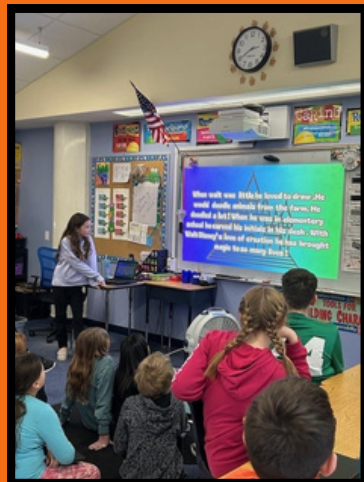
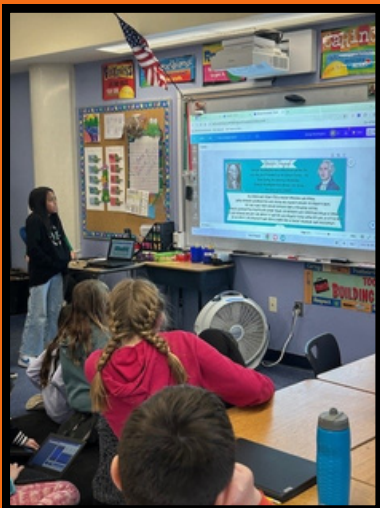
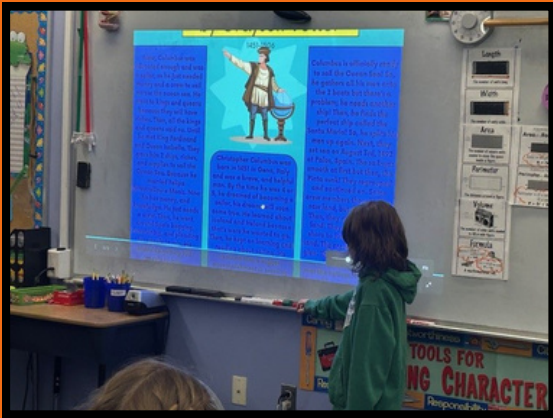
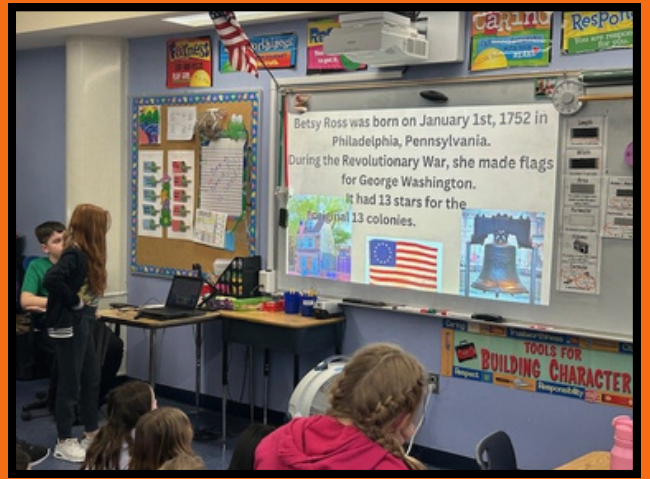
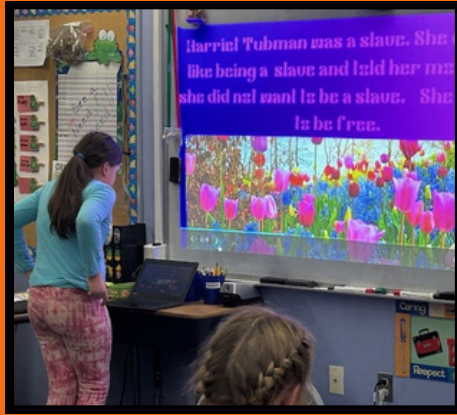


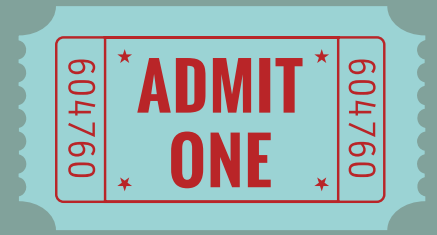
Grade 4 Working on Blookets to learn about President's Day and the Super Bowl



Technology News

Mrs. Howell's grade 4 classroom worked on biographies. In technology with Ms. Muskopf, they learned how to use Canva to create their presentations. They were able to show them to Mrs. Siuda's 5th grade classroom.





FRIDAY FUN FEST

GAME TICKETS

\$1 per ticket,
\$5 for 10 or
\$10 for 20

Hawaiian Luau Theme

Sponsored by TRMS Student Senate



April 5, 2024

4-7 PM

TRMS

Gym/Cafe



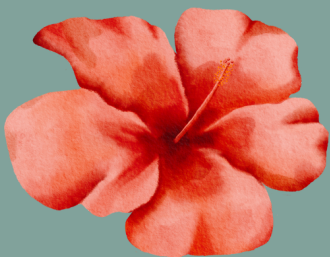
Come for games, contests, crafts, face
painting, food, prizes and overall fun

FREE ADMITTANCE

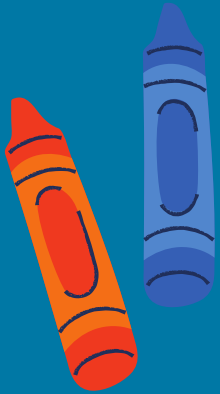
All Ages Welcome



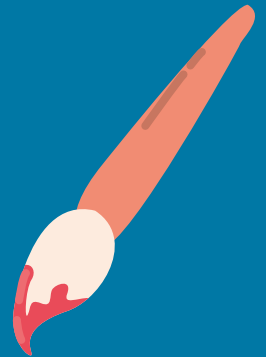
Proceeds go to the Jimmy Fund and the Run of the Savages



News from the Art Room



Ms. Ferguson's Grade 1 class learned about artist Marc Chagall and created unique dream paintings of their own.



Ms. McAlpine's Grade 1 class learned about Irish folklore and the color wheel to create rainbows with festive pots of gold.



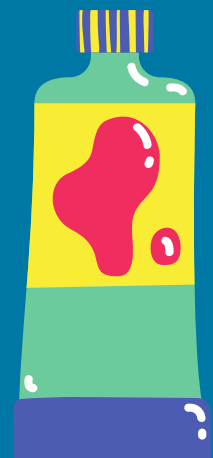
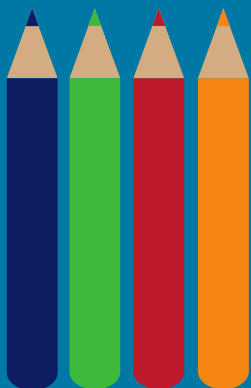
Ms. Santti's Grade 3 class learned about Faberge Eggs and created "jeweled" eggs of their own.



Mrs. Siuda's Grade 5 class learned about warm and cool color schemes and created contrasting water color hearts.



Ms. Bannister's Grade 4 class earned a special project and created glitter watercolor eggs.





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www.sandownnorthspiritwear.com

OVER 200+ PRODUCTS ONLINE

Look For
Weekly
Promotions!!

Shirts & Sweatshirts

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.

Fun at SN

