



Sandown North Elementary School

February 2023 Newsletter

Dear Families:

The school year continues to rapidly go by. The last couple of weeks in January were tricky as we had more shortened school weeks than full weeks. This month we have 4 full weeks before our winter break, which falls between February 27th through March 3rd. In the meantime, classrooms have been busy! All students recently completed their mid-year i-Ready benchmark testing in both math and reading. Assessment results along with progress reports were sent home last Friday. Please know that teachers have various ways they are assessing students in addition to i-Ready. Teachers use this benchmark data in conjunction with other informal and formal assessments to further drive instruction and focus on particular skills. If you have any questions about the i-Ready report, please reach out to your child's teacher, Mrs. Guanci or me.

We are seeing our first graders make great gains in letter sounds, decoding books and writing. They are getting ready to celebrate the 100th day on February 9th and will be dressing up as centenarians and having activities around the number 100! In second grade, students are learning to tell time on analog clocks and how to write friendly letters. Mrs. DiBenedetto's class is writing to the Humane Society Rescues and will be getting letters from the adoptable animals so be ready for pet requests! Third graders are working on biographies. They are creating a report, story or visual presentation on their subject and will be presenting them to their class this month. After learning about a variety of geometry concepts, fourth graders made "Geometry Town" maps. Their maps included parallel and perpendicular streets, a variety of shapes, lines, rays and segments. Their maps display their math knowledge as well as their creativity with students making towns like "Candy Village" and "Superhero Land". In language arts, fourth grade students are also working on biographies. Fifth graders had the opportunity to become cardboard playground architects, designers, landscapers, and marketing executives in Innovations. They were able to present their designs to Grade 1-4 students during special viewing times. We were very proud of their designs and creativity.

February is American Heart Month. Our Wellness Committee is helping to raise awareness on the importance of good habits to reduce the risk of heart disease. Friday is Wear Red day, and February 6 -10 is "Get Caught Eating a Healthy Snack" week. The committee will be capturing e photos of our students and staff eating nutritious foods. See page 8 for a list of ideas. Then on February 15th students in Grades 1-3 can Jump Rope for Heart after school from 3-5 pm in the gym and raise money for the American Heart Association. Students in Grades 4 & 5 will participate in Jump Rope for heart and Hoops for Heart during their gym classes that week.

Unfortunately, we had to cancel our Coffee and Conversation with the Principal due to inclement weather. We will be rescheduling it in the spring. After a several year absence, Bingo for Books is making a reappearance! We hope you can join us on Friday, February 17th from 6:30-8:30 pm. Enjoy fun with the whole family and win books! Thank you, Mrs. Difeo and Mrs. Ross, for organizing this great event and thanks to our PTA for providing refreshments for sale. More details are available on page 5. We hope to see you there!

Warm regards,

Nancy Stafford, Principal



February 2 – School Board Meeting, 7pm, SAU

February 6 – PTA Meeting, 6pm, Sandown North

February 6 – Honors Chorus Rehearsal, 6:30pm, PAC

February 7 – Honors Band & Orchestra Rehearsal, 6:30pm, PAC

February 9 – TRSD Deliberative Session, PAC, 7:00 pm, PAC

February 15 – Kid’s Heart Challenge, Sandown North Gym, 3pm-5pm

February 16 – School Board Meeting, 7pm, SAU

February 17 – Bingo for Books, 6:30 pm-8:30 pm, Sandown North

February 20 – Honors Chorus Rehearsal, 6:30 pm, PAC

February 21 – Honors Band & Orchestra Rehearsal, 6:30pm, PAC

February 22 – Lions Club Vision Screening

February 27 - March 3 – No School, Winter Break

March 6 – PTA Meeting, 6pm, Sandown Central

March 6 – Honors Chorus Rehearsal, 6:30pm, PAC

March 7 – Honors Band & Orchestra Rehearsal, 6:30pm, PAC

March 9 – School Board Meeting, 7pm, SAU

March 16 – School Board Meeting, 7pm, SAU

Attendance Policy

We ask that you contact the school prior to the start of the school day (8:35 am) if your child will not be attending school. To provide for the security of your child, school absences that are not reported to the school will be followed up with a phone call from the office. If necessary, the person listed by you on your emergency card will be contacted. If the school is still unable to ascertain the whereabouts of your child, the Sandown Police Department will be contacted to conduct a wellness visit to ensure the child's safety. However, it is the parent's primary responsibility to make the call to the school. The attendance line is available 24 hours a day at 603-887-8503 or you may report the absence through the PickUp Patrol website. Any student arriving after the 8:35 am bell must enter through the main entrance with a parent or guardian and check in at the office before reporting to the classroom. If you need help setting up your PickUp Patrol account, please call the office for assistance.



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

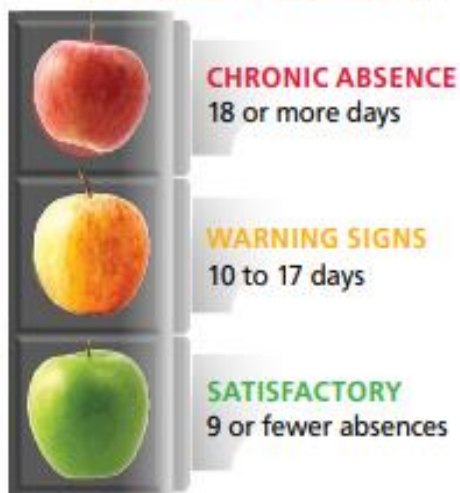
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.
- Keep in mind that complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home. If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

TIMBERLANE REGIONAL SCHOOL DISTRICT
MUSIC DEPARTMENT

Kurt Schweiss, District Music Director

40 Greenough Road

Plaistow, NH 03865

TL: 603-382-6541

FX: 603-382-2836

Hello Timberlane Fifth Grade Families,

We hope that you and your families are off to a great start of the new year!

Believe it or not, it is time to start thinking about next school year for your incoming middle schooler! One important decision of coming to the middle school is choosing a music class for your child as these groupings form the basis for some scheduling decisions. Please take the time to discuss these options with your child and please do not hesitate to reach out to your child's music or instrument teacher for help or clarification. This process is entirely digital, and we would appreciate you completing the linked Google Form no later than **Friday, February 17th**.

Music class options are as follows:

Band Please select this course if your child has been taking band instrument lessons in elementary school for at least one year and would like to continue playing in middle school. Group performances are expected - there are three scheduled per year.

Orchestra Please select this course if your child has been taking orchestra instrument lessons in elementary school for at least one year and would like to continue playing in middle school. Group performances are expected - there are three scheduled per year.

Chorus Please select this course if your child would like to sing with an ensemble. Group performances are expected - there are three scheduled per year.

Beginning Band Please select this course if your child has not taken band instrument lessons in elementary school but would like to learn. This would also be a good choice for students who have less than one year of instruction on a band instrument. Instrument selection should take place this Spring during one of our Instrument Trials. Additional information will be emailed once music course selections have been made. Group performances are expected - there are two scheduled per year.

Beginning Orchestra Please select this course if your child has not taken orchestra instrument lessons in elementary school but would like to learn. This would also be a good choice for students who have less than one year of instruction on an orchestra instrument. Instrument selection should take place this Spring during one of our Instrument Trials. Additional information will be emailed once music course selections have been made. Group performances are expected - there are two scheduled per year.

General Music Please select this course if your child is not interested in a performing ensemble. Sixth Grade General Music curriculum is delivered vocally. Group performances are NOT expected, but students are encouraged and welcomed to perform with their peers.

Google Form Hyperlink: <https://forms.gle/rih2cquapqAYCW1C8>

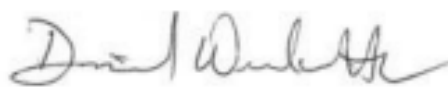
Sincerely,



Kurt Schweiss,
District Music Director
Kurt.Schweiss@Timberlane.Net
603-382-6541 x3981



Mitchell Mencis
Middle School Principal
Mitchell.Mencis@Timberlane.Net
603-382-7131 x4901



Daniel Woodworth
2023-2024 6th Grade Assistant Principal
Daniel.Woodworth@Timberlane.Net
603-382-7131 x4903

Bingo for Books!



Friday, February 17th (snow date 3/10/23)
6:30 pm – 8:30 pm
Sandown North School Gym



Enjoy fun with the whole family and win books!

\$2 per bingo card

Refreshments will be available for purchase from the PTA
PIZZA POPCORN TREATS

Please bring pennies for bingo card markers.

All students should be accompanied by an adult.

At the end of the evening, please consider donating your pennies for:

Trees 4 Haiti <https://www.thehaititreeproject.org/>



Become a Sandown PTA member today.

Join the PTA at the door and receive free Bingo cards!*

Fill out the membership form on the back and bring it with you to Bingo for Books.

*Get 1 card with an Individual membership - \$10.00

*Get 4 cards with a Family membership - \$18.00

Sponsored by Sandown North in partnership with the Sandown PTA



Donations Needed for the Nurse's Office

Sometimes accidents, spills, mud, etc. happen.
Nurse Mia is in need of gently used donations of the following:

Sneakers	Shirts	Pants
Sweatshirts	Winter Jackets	Hats and gloves

All children sizes are needed. Thank you for your support.



Technology News

As our students learn to navigate and use technology tools, they expand their power to learn, create, and communicate. As the tools we use become increasingly more powerful, our responsibility to build understanding of the mechanisms and leverage of technology grows. This has always been the case. We're fortunate and challenged to live, work, parent, and teach through a period of rapid innovation. As I prepare for the opportunities and concerns of each new technological development, I often think of the harrowing stories my grandfather told me about the first time he had access to an automobile. His parents must have carried similar concern, wonder, and optimism to ours. Together we guide our students forward to a future of ever greater reach, so they may use that reach to build for themselves, their families, and their communities.

To Infinity and Beyond!

Justin Bentley-Melle, Technology Teacher



February 2023 Music News

Bravo to our chorus, band, and string students for their *stellar* performances at the Sandown North Winter Concert on January 18! They demonstrated excellent musicianship and poise on stage, as well as STAR expectations in all areas of the PAC.

Here is the Livestream link from the performance:

<https://livestream.com/trsd/20230118sandownwinter/videos/234642319>

The students are beginning to work on new skills and repertoire in preparation for upcoming programs in the spring. Stay tuned!

As always, please contact Mr. Mainella, Ms. Helie, or me if you have any questions regarding your child's progress in music.

Musically yours,

Alison Yankowskas

Alison.Yankowskas@timberlane.net

John.Mainella@timberlane.net

Jessica.Helie@timberlane.net



Our next PTA meeting will be on Monday, February 6 beginning at 6 pm. It will be held at Sandown North Elementary School.

Donations needed: We are looking for refreshment donations for the Bingo for Books on February 17th. Refreshment donations must be individually wrapped. Please label your baked goods.

3rd Annual Calendar Raffle: The Sandown PTA will be holding its 3rd Annual Calendar Raffle this April. The calendar raffle is one of our largest fundraisers which helps support many programs throughout the year. We are seeking donations of goods and services that can be used as prizes for a day on our 4-week calendar. Any type of goods, services, or monetary donations are greatly appreciated. We appreciate your support.

Calendar Raffle FUNDRAISER

Like us on Facebook to stay up to date on PTA news and information.
at **Sandown NH PTA**



Kids Heart Challenge

The Kids Heart Challenge is a special event that teaches children about the benefits of lifelong exercise and raises funds for the American Heart Association.



- Grades 1-3 will be able to participate in Jump Rope for Heart. Teams of 4-6 students take turns jumping rope during the event. Each team member collects sponsored donations or pledges for their participation. Each child jumps no longer than two minutes before handing the rope to the next team member. Jumpers will rotate in sequence, as a team, to try to jump continuously for the duration of the event. This event will be held after school in the Sandown North Gym on Wednesday, February 15. Permission slips are required to attend.

- Grades 4-5 will be given the opportunity to participate in either Jump Rope for Heart or Hoops for Heart during their scheduled Physical Education class during the week of February 13th. Permission slips are only required to participate if they would like to fundraise too.



Get Caught Eating a Healthy Snack!

To highlight February as Healthy Heart Month, we are encouraging staff and students to eat healthy snacks, especially next week, February 6th - 10th. We will be looking to catch students eating healthy snacks and snapping their pictures. Photos will be highlighted in our next Sandown Summit slideshow! Below is a list of suggested foods for healthy lunches and snacks for all to enjoy.

Foods for Healthy Lunches and Snacks

(Please be aware if your child is in a nut sensitive classroom before sending in any nut products)

Vegetables and Fruits

- ✓ Fresh fruits - apples, bananas, pears, berries, kiwi, grapes, melon, pineapple
- ✓ Raw vegetables - celery or carrot sticks, baby carrots, broccoli or cauliflower florets, cherry tomatoes, pepper strips
- ✓ Fresh fruit or vegetable salads with low-fat dressing Unsweetened applesauce
- ✓ Canned fruits in natural juice such as pineapple rings, sliced peaches or pears
- ✓ Dried fruits such as raisins dates, apricots, and plums
- ✓ Hummus or salsa

Dairy Products

- ✓ Fat free or low-fat flavored or plain yogurt Fat free or low-fat cottage cheese
- ✓ String cheese
- ✓ Natural cheese such as Cheddar and Swiss American cheese
- ✓ Low fat pudding

Meat, Beans, Nuts and seeds

- ✓ 2-3 oz. portion of chicken, fish, ham, beef, or pork Tuna snack pack
- ✓ Natural peanut butter
- ✓ Natural almond butter

Beverages

- ✓ Water without added carbonation, sugar, artificial sweetener or caffeine
- ✓ 100% vegetable or fruit juice
- ✓ Fat free milk, flavored or plain
- ✓ Low fat 1% milk, flavored or plain
- ✓ Fat free or low fat yogurt drinks

Grains

- ✓ Whole grain muffins
- ✓ Whole grain or multi-grain bagels
- ✓ Baked chips
- ✓ Rice cakes
- ✓ Pretzels
- ✓ Animal crackers
- ✓ Air-popped or low fat popcorn
- ✓ Low-fat crackers
- ✓ Low fat granola bars
- ✓ Low sugar cereals
- ✓ Oatmeal
- ✓ Trail mix

Combination Foods

- ✓ Fresh vegetables or fruits with low-fat dip or salad Dressing
- ✓ Hummus or bean dip with whole wheat pita bread
- ✓ Low-fat cheese and crackers
- ✓ Peanut butter (if allowed in classroom) with crackers or vegetables
- ✓ Yogurt with granola cereal
- ✓ Bagels with low-fat cream cheese
- ✓ Trail mix that contains granola, nuts (if allowed in classroom), seeds (if allowed in classroom), and/or dried fruit
- ✓ Sandwiches and wraps
- ✓ Bean soup and chili

This list was taken by a compiled list from the NH Healthy School Coalition as some suggestions for healthy foods in NH Schools.



Sandown North Elementary School

February Breakfast Menu

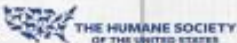


**Welcome to our
Breakfast Cafe**

In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggabols promotion.

**Timberlane Sandown
North Elementary**

**February
2023**



Monday		Tuesday		Wednesday	Thursday	Friday
				1 Orange 100% Juice Homemade Muffins  	2 Sausage and Egg Sandwich 100% Fruit Punch Juice	3 Orange Juice Fruity Parfait   
6 100% Apple Juice Honey Whole Wheat Bagel  Cream Cheese		7 100% Apple Juice Strawberry Smoothie    Scooby Doo Cinnamon Graham Crackers 		8 Orange Juice Whole Grain French Toast Slices  Syrup	9 100% Apple Juice Homemade Muffins  	10 Orange Juice WW Breakfast Bun 
13 Orange Juice Fluffy Whole Grain Waffles  Syrup		14 100% Apple Grape Juice Whole Grain French Toast Slices  Syrup		15 Orange Juice Homemade Muffins  	16 100% Apple Juice Sausage and Egg Sandwich	17 Orange Juice Fruity Parfait   
20 100% Apple Juice WW Breakfast Bun  		21 100% Apple Juice Fluffy Whole Grain Pancakes 		22 Orange Juice Homemade Muffins  	23 100% Apple Juice Fruity Parfait   	24 100% Apple Juice Scrambled Eggs with Cheese  Toast 
27 WINTER RECESS! SCHOOL CLOSED		28		FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST! 		

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMMealPlanner, or on the web at www.FDMMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available.

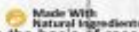
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

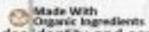
Breakfast Prices

Regular: \$1.50

Reduced: \$.00

All Breakfast are served with choice of fruit, low fat 1% milk, skim chocolate milk or Fat Free Milk



Sandown North Elementary School

February Lunch Menu

Welcome to our Lunch Cafe In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggaballs promotion.		Timberlane Sandown North Elementary		February 2023
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mozzarella Stick & Chicken Nugget Combo Meal Sweet Potato Fries Or Garden Salad with Cheese Entree Fresh Apple Baby Carrots	2 Crispy Chicken Sandwich Cucumber Coins Or Garden Salad with Cheese Entree Diced Pear Cup	3 Cheese Pizza Or Hand Crafted Pepperoni Pizza Side Salad Sliced Peaches
6 Homemade Mac & Cheese Garden Salad Or Chicken Caesar Salad Celery Sliced Peaches	7 Soft Tacos Side of Beans Sweet Corn Or Chicken Caesar Salad Sliced Pears	8 General Tso's Chicken Brown Rice Vegetable Egg Roll Baby Carrots Or Chicken Caesar Salad Fresh Apple	9 Beef Hot Dog on Bun Cucumber Coins Cinnamon & Honey Roasted Beans Or Chicken Caesar Salad Sliced Oranges	10 Cheese Pizza Or Hand Crafted Pepperoni Pizza With Garden Salad Pineapple Cup
13 Cheesy Stuffed Bread Sticks Spaghetti Sauce Sweet Potato Fries Or Bagel Fun Lunch Carrot Sticks Applesauce	14 Nachos Grande Side of Beans Sweet Corn Or Bagel Fun Lunch Celery Strawberry Cup	15 Homemade Pasta & Meat Sauce Caesar Salad Or Bagel Fun Lunch Sliced Peaches	16 Crispy Chicken Sandwich Sweet Potato Fries Cajun Roasted Broccoli Or Bagel Fun Lunch Celery Pineapple Cup	17 Cheese Pizza Or Hand Crafted Pepperoni Pizza Caesar Salad Diced Pear Cup
20 Cinnamon French Toast Potato Puffs Or Not-A-Nut Butter & Jelly Sandwich Baby Carrots Applesauce	21 Soft Tacos Black Beans Sweet Corn Or Simply Boxed Belgian Waffle Bites Fresh Orange Diced Peach Cup	22 Cheeseburger Oven Baked Fries Or Simply Boxed Belgian Waffle Bites Cucumber Coins Diced Pear Cup	23 Crispy Chicken Sandwich Crispy Potato Puffs Fresh Orange Cucumber Coins	24 Cheese Pizza Or Hand Crafted Pepperoni Pizza Garden Salad Pineapple Cup
27 WINTER RECESS! SCHOOL CLOSED	28	HARVEST of the MONTH Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all natural, organic and non-GMO whenever possible.		

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Lunch Prices

Regular: \$3.00

Reduced: \$.40

Always Available Menu

1) Garden Salad with Cheese, WW Dinner Roll and Fruit

2) Bagel Fun Lunch- WW Bagel, Cheese Stick, Organic Yogurt, Carrots or Celery and fruit

3) WW Sunbutter & Jelly Sandwich, Carrots, Fruit

All meals served with a choice of FF Milk, FF Chocolate Milk or 1% Milk

Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients