



Sandown North Elementary School November 2022 Newsletter

Dear Families:

As we enter November, we are all settling into our school year. This past month, parent teacher conferences were held via zoom or phone calls. It is always a pleasure for us to connect with parents to talk about your kids and the progress they are making! I would like to thank our PTA for providing delicious salads, subs and sweets to our teachers who were in the building into the evening hours.

During the morning of conferences, Mrs. Guanci and I held our first Coffee & Conversation meeting of the school year. Thank you to those parents who were able to attend. We enjoy having the chance to share the day-to-day learning and activities happening at Sandown North and to have the opportunity to hear directly from parents. We will be holding additional C & Cs throughout the school year. One of the things we discussed during the meeting was our new master schedule. This new schedule is district wide and allows for additional instructional time and classroom morning meeting time. Many of our students and parents have asked about Monday Morning Meetings (MMM). For those of you new to our school, MMM has been a Sandown North tradition. In past years, we met as a whole school community every Monday morning and started our week off together, allowing students the opportunity to share some of their learning, perform a dance, play an instrument and celebrate successes. Our 5th graders serve as hosts. Since COVID, we have kept on with MMM but it has looked very different. We went from meeting in person weekly, to meeting via zoom twice a month. Last year, our 5th graders attended all in person MMM's and we rotated other grade levels in. This year, we will be holding meetings in person for ALL classes twice a month; however, due to our new schedule, the days we hold the meeting will rotate and won't be held exclusively on Mondays. The meetings will be videotaped and shared on our website and Facebook page so that parents are able to watch.

Last month we had an additional early release day so that staff could receive important safety training. I understand the difficulty that can come from adding an early release day; however, I'm also sure you understand the importance of ongoing safety training for our staff. This year, we will be having a mock evacuation drill. Mock evacuations are something we practice every couple of years; however, due to COVID, we have not been able to hold this drill for the past few years. Although I will not be sharing the exact date of the drill, I will give staff and families notice of the month in which it will be taking place.

As you are all aware, the buses continue to be a challenge this year. I'm sure by now you are tired of hearing my voice and getting those bus back up emails via school messenger! The inconsistency is due to continued driver shortages. Whenever there are bus backups we try to let you know as soon as possible so that you have time to decide for your family whether or not your child will ride the bus that day. Most of our students start and end their days riding the bus; therefore, it is important we try to make this as stress free as possible for our students and parents. Our SAU is working with the bus company to try and come up with a plan that will bring about greater consistency.

I wish all our staff and families a wonderful Thanksgiving. I am certainly thankful and grateful for our Sandown North community and the pleasure of working with your children each day.

Best,
Nancy Stafford
Principal



October was Fire Prevention Month. On Thursday, October 19th, the Sandown Fire Department did a special presentation to our first, second, and third grade students about fire prevention. Students learned important steps like calling 911 in the case of an emergency, “Stop, Drop, and Roll” and the importance of creating a family escape plan. Students got a chance to ask questions at the end of each session and enjoyed hearing the siren! A special thank you to the Sandown Police Department!



YEARBOOK COVER CONTEST

All third, fourth, and fifth grade students are eligible to participate. Please use the following guidelines in your design. All designs are due to Mrs. Sandy Gurczak no later than December 22, 2022.

Your design must include:

- The school year: **2022-2023**
- The school name: **Sandown North Elementary School**
- **Your first and last name** on your design. Put it on the front and be proud of your work! Your class code should be on the back.
- The school theme: **Our place in the universe**
- Spelling is very important if you want to make the cover. Have an adult check it.
- Use an 8.5 x 11 size paper vertically



EARN CASH FOR SCHOOLS WITH BOX TOPS
TOGETHER, WE CAN MAKE A BIG DIFFERENCE

For over 25 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find thousands of participating products throughout the store – and all you need is the Box Tops app.

HERE'S HOW IT WORKS:

BUY BOX TOPS PRODUCTS
Earn for schools with the brands you love.

SCAN YOUR RECEIPT
Use the Box Tops app to submit your receipt within 14 days of purchase.

EARN CASH FOR SCHOOLS
Box Tops products are identified and savings are credited online.

ONLINE SHOPPERS CAN EARN WITH BOX TOPS, TOO!
Whether you order groceries for delivery or pickup, shop through your store's app, or request an email receipt at checkout, you can earn for your school no matter where you shop.

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT BTE.COM

DON'T HAVE THE BOX TOPS APP YET? DOWNLOAD IT NOW.

Box Tops for Education has gone digital!

Please use referral code: HHU01PGH.

Box Tops for Education will deposit \$2.50 into the Sandown North's account for every new download.

There are over 80 brands and 350 products that participate in Box Tops for Education.

UPCOMING EVENTS

November 1 – Honors Band and Orchestra Rehearsal, 6:30pm, PAC

November 3 – School Board Meeting, 7pm, SAU

November 7 – PTA Meeting, 6pm, Sandown Central

November 11 – No School, Veteran's Day

November 13 – Honors Band and Orchestra Rehearsal, 6:30pm, PAC

November 17 – School Board Meeting, 7pm, SAU

November 23-25 – No School, Thanksgiving Break

November 28 – Honors Chorus Rehearsal, 6:30pm, PAC

November 29 – Picture Retakes, 9am

November 29 – Honors Band and Orchestra Rehearsal, 6:30pm, PAC

December 1 – School Board Meeting, 7pm, SAU

December 12 – Honors Chorus Rehearsal, 6:30pm, PAC

December 13 – Honors Band and Orchestra Rehearsal, 6:30pm, PAC

December 15 – School Board Meeting, 7pm, SAU

December 20 - Honors, Band, Orchestra, and Chorus Concerts, 7pm, PAC

December 23 – January 2 - No school, Holiday break

Attendance Policy

We ask that you contact the school prior to the start of the school day (8:40 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 Pick Up 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 Pick Up Patrol account, please call the office for assistance.



Picture retakes will be on Tuesday, November 29th at 9am.



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

DID YOU KNOW?

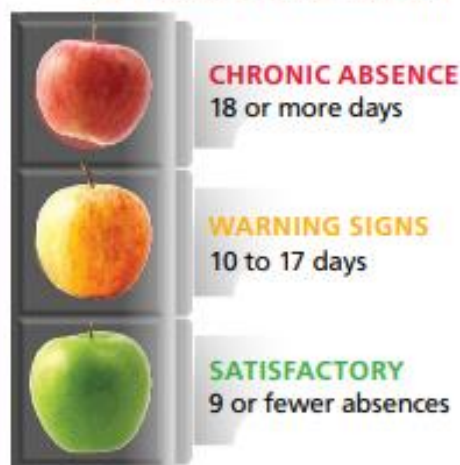
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- 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?

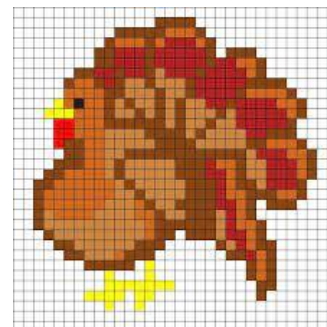


Note: These numbers assume a 180-day school year.

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

Technology News

As we dive into digital wellness, students are considering their networks of support, media balance, and expectations for online conduct. Our lessons emphasize communication with parents and teachers. We are talking about how essential it is to ask questions, voice concerns and share challenges with their caretakers. The goal of our digital citizenship work is to develop the skills needed to use technology as a beneficial tool for learning, creativity, and engagement.



Thank you for your interest.

Justin Bentley-Melle

PTA NEWS

Thanksgiving crafts: Be on the lookout. PTA has purchased a fun and festive Thanksgiving activity for each child to enjoy. They will be going home with your student soon.

Meetings: PTA meets the first Monday of every month (Tuesday if it is a holiday). Our next meeting will be on Monday, November 7th at Sandown Central at 6pm. Everyone is welcome to attend.

Sandown PTA Presents
Winter Greenery Fundraiser

This season, we are partnering with Almo's Garden Center to bring you their **Bows, Wreaths and Kissing Balls**. These winter greens are a fresh and fragrant addition to any home or business. The Balsam Fir Wreaths come in a wide variety of sizes (tip: Don't be fooled by their inch size. Once the stems are on the wire ring they look bigger. For example, a 12" wreath has an outer diameter of 22". Wow!). The eloquent Bows come in 4 different sizes and two color choices, red or burgundy. You can also pick from a full and lush 14" Kissing Ball that is undecorated or one that is already beautifully decorated in a choice of red or burgundy.

ORDER DEADLINE IS NOVEMBER 14TH. Please send order forms, along with cash or checks made out to Sandown PTA, into school with your child before the deadline. If you have any questions, please email us at sandownpta19@gmail.com.

Pick-up Info:
When: Wednesday 11/30
Where: Sandown Central
What time: 4-6pm

For wreath and bow size guide, please visit us on Facebook @ Sandown NH PTA.
This fundraiser is not sponsored by TRSD.

Name: _____
Email: _____
Phone: _____
School: _____

Wreaths

SIZE	QUANTITY	PRICE	TOTAL
10".....		X \$15.00 = \$	
12".....		X \$17.00 = \$	
14".....		X \$19.00 = \$	
16".....		X \$22.00 = \$	
18".....		X \$25.00 = \$	
24".....		X \$47.00 = \$	
30".....		X \$75.00 = \$	
36".....		X \$95.00 = \$	
48".....		X \$150.00 = \$	
60".....		X \$200.00 = \$	
72".....		X \$250.00 = \$	

Bows

LOOP/TAIL	COLOR	QUANTITY	PRICE	TOTAL
6 / 14".....	R / B		X \$ 9.00 = \$	
8 / 17".....	R / B		X \$10.00 = \$	
10 / 24".....	R / B		X \$11.00 = \$	
10 / 35".....	R / B		X \$15.00 = \$	

Kissing balls

RED DECORATED.....	X \$49.00 = \$	
BURG. DECORATED.....	X \$49.00 = \$	
UNDECORATED.....	X \$25.00 = \$	

TOTAL:\$ _____

Halloween at Sandown North



Breakfast & Lunch

Welcome to our Breakfast Cafe

Timberlane Sandown North Elementary

**November
2022**

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.



THE HUMANE SOCIETY
OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Fluffy Whole Grain Pancakes  Syrup 100% Orange Juice	2 100% Apple Juice Simply Boxed Yogurt Sunrise   	3 Sausage and Egg Sandwich 100% Fruit Punch Juice	4 Orange Juice WW Breakfast Bun 
7 100% Apple Juice Fruity Parfait   	8 Orange Juice Homemade Muffins  	9 Orange Juice Cinnamon Toast Crunch Cereal  Animal Crackers	10 100% Apple Juice Scrambled Eggs with Cheese 	11 
14 100% Apple Juice Fluffy Whole Grain Waffles 	15 100% Apple Grape Juice Homemade Muffins  	16 Orange Juice Homemade Muffins  	17 100% Apple Juice Sausage and Egg Sandwich	18 Orange Juice Fruity Parfait   
21 100% Apple Juice WW Breakfast Bun  	22 100% Apple Grape Juice Reduced Sugar Trix  Animal Crackers	23 SCHOOL CLOSED TODAY	24 	25 SCHOOL CLOSED TODAY
28 100% Apple Juice WW Breakfast Bun 	29 100% Apple Grape Juice Homemade Muffins  	30 Orange Juice Cinnamon Toast Crunch Cereal  Animal Crackers	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, FDMealPlanner, or on the web at www.FDMealPlanner.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



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

 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

Welcome to our Lunch Cafe



Monday



Timberlane Sandown North Elementary

November 2022

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 Vegabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Tuesday

1 Chicken Nuggets
Crispy Potato Puffs
Celery
Or
Garden Salad with Cheese Entree
Diced Pear Cup

Wednesday

2 Beef Hot Dog on Bun
Baked Beans
Cucumber Coins
Or
Garden Salad with Cheese Entree
Fresh Apple

Thursday

3 Crispy Chicken Sandwich
Oven Baked Fries
Or
Garden Salad with Cheese Entree
Pear and Pineapple Cup

Friday

4 Cheese Pizza
Or
Hand Crafted Pepperoni Pizza
Side Salad
Sliced Peaches

7 Cheesy Stuffed Bread Sticks
Spaghetti Sauce
Caesar Salad
Or
Not-A-Nut Butter & Jelly Sandwich
Fresh Apple



8 Crispy Tacos
Sweet Corn
Brown Rice
Black Beans
Or
Not-A-Nut Butter & Jelly Sandwich
Baby Carrots
Diced Pear Cup

9 Homemade Pasta & Meat Sauce
Steamed Broccoli
Or
Not-A-Nut Butter & Jelly Sandwich
Sliced Peaches

10 Crispy Chicken Sandwich
Crispy Potato Puffs
Cinnamon & Honey Roasted Beans
Or
Not-A-Nut Butter & Jelly Sandwich
Applesauce



14 Homemade Mac & Cheese
Green Beans
Bagel Fun Lunch
Celery
Sliced Peaches



15 Nachos Grande
Sweet Corn
Black Beans
Bagel Fun Lunch
Celery
Pineapple Cup

16 General Tso's Chicken
Brown Rice Pilaf
Glazed Carrots
Bagel Fun Lunch
Celery
Diced Pear Cup

17 Roasted Turkey with Gravy
Fluffy Mashed Potatoes (No Milk)
Green Beans
Corn Bread Stuffing
Cranberry Sauce
Apple Cobbler Side

18 Cheese Pizza
Or
Hand Crafted Pepperoni Pizza
Chili Roasted Garbanzo Beans
Caesar Salad
Fresh Apple

21 Cinnamon French Toast
Potato Puffs
Or
Simply Boxed Belgian Waffle Bites
Applesauce

BRUNCH FOR LUNCH TODAY!

22 Soft Tacos
Black Beans
Sweet Corn
Or
Simply Boxed Belgian Waffle Bites
Fresh Orange
Diced Peach Cup

23 **SCHOOL CLOSED TODAY**



25 **SCHOOL CLOSED TODAY**

28 Grilled Cheese Sandwich
Sweet Potato Fries
Orange Glazed Carrots
Or
Garden Salad with Cheese Entree
Applesauce



29 Cheeseburger
Crispy Potato Puffs
Or
Garden Salad with Cheese Entree
Celery
Diced Pear Cup

30 Homemade Pasta & Meatballs
Caesar Salad
Or
Garden Salad with Cheese Entree
Pineapple Cup

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.



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



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

