



Sandown North Elementary School October 2022 Newsletter

Hello Sandown North Families!

We are so excited to be back to school and in full swing this year! I want to begin by thanking everyone for their patience around the continued bus issues. Please know the district is working with the bus company. We are hopeful that First Student will be fully staffed soon so that they will not have to continue to change routes, drop off and pickup times. I know how difficult and stressful it can be for families. I have received some suggestions from parents and have shared your ideas with Superintendent Kellan. I will continue to keep you updated regarding changes and hopefully positive solutions!

October is Fire Prevention month. Our staff and students have been practicing fire drills. On October 13th, we will be having a Fire Prevention assembly for grades 1-3. I'd like to thank our Sandown Fire Department for providing our students with this informative presentation each year. In addition, staff will be practicing safety drills on our newly scheduled Early Release Day on October 25th. Please be sure to mark it on your calendars. Students will be dismissed at 1pm on that day.

Students have acclimated back to school, including our first graders and new students who are learning many new routines! During our first faculty meeting I asked educators to share what they have noticed so far this school year. The common theme was that students are kind, respectful and returned from the summer ready to learn. Students are getting a "6th" special this year in the morning when teachers have their grade level Professional Learning Community (PLC) meeting once a week. This block will alternate between lessons with our school counselor, librarian, PE/health teacher and our Innovations teacher. These educators are pleased to have additional opportunities with students.

This year we hope to resume many activities we have had to put on hold the last two years. Field trips are once again allowed and we hope to offer more after school activities. We also are pleased to welcome volunteers back in the building. We will be reaching out with available tasks to sign up for, and classroom teachers will be welcoming parents on field trips as well. In order to volunteer you have to complete a short application. References will be checked and then approved applications will be forwarded to the SAU. The SAU will reach out to schedule a background check, including fingerprinting. Once approved you will be added to our list of volunteers. Please contact the front office for the application.

We are always looking for fundraising ideas for our student activities fund. One easy way to support our school is with Box Tops for Education. Box Tops has gotten much easier as you no longer need to

cut out the little squares from empty food containers. Just download the Box Top app and use our Referral Code: HHU01PGH. If you buy products with Box Tops, scan your receipt within 14 days of your purchase and we earn cash. You can see products and learn more at BTFE.com.

This year, Mrs. Guanci and I will be continuing to offer Coffee & Conversation meetings with parents. Our first one of the school year will be in person on October 20th at 10am. Please fill out [this form](#) if you plan on attending. We will be discussing this school year, give an overview of our curriculum and provide an opportunity for you to share your thoughts and ask questions. Hope you can join us! In an effort to meet the needs of all parents who wish to attend, future meetings will be held in the evening or via zoom.

Our school year has gotten off to a wonderful start. I greatly appreciate your partnership.

Regards,

Nancy Stafford

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.



EARN CASH FOR SCHOOLS WITH BOX TOPS

TOGETHER, WE CAN MAKE A BIG DIFFERENCE

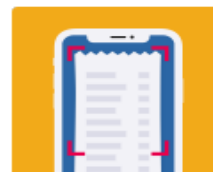
For over 25 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find thousands of participating products throughout the store — and all you need is the Box Tops app.

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 earnings 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 [BTFE.COM](#)

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



© General Mills



October 3 – Honors Chorus Rehearsal, 6:30pm, PAC

October 4 – School Photos

October 4 – Honors Band and Orchestra Rehearsal,
6:30pm, PAC

October 6 – School Board Meeting, 7pm, SAU

October 10 – No School, Observance of Columbus
Columbus Day

October 13 – Fire Prevention Assembly, Grades 1 - 3

October 17 - Honors Chorus Rehearsal, 6:30pm,
PAC

October 18 – Honors Band and Orchestra, 6:30pm,
PAC

October 20 – Early Release, 1pm

October 20 – Parent Teacher Conferences
(via Zoom)

October 20 – School Board Meeting, 7pm, SAU

October 25 – Early Release, 1 pm
(Sandown North only)

October 31 – Honors Chorus Rehearsal, 6:30pm,
PAC

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

November 3 – School Board Meeting, 7pm, SAU

November 11 – No School, Veteran's Day

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.





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

DID YOU KNOW?

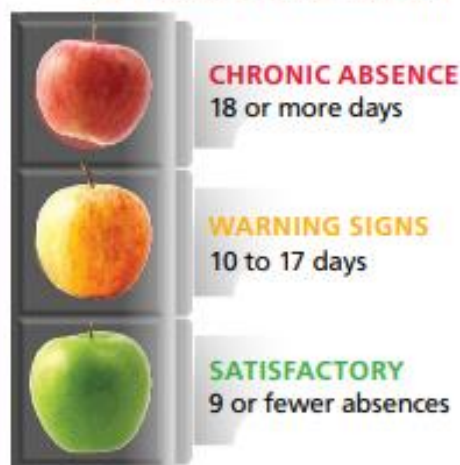
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.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

Our students are starting the year strong as they build familiarity with our programs, platforms, and procedures.

In Technology class students warm up with skill builders by engaging in coding, typing, digital citizenship, or Google application courses and tutorials. Following warm-up time, our lessons this trimester focus on tech collaboration skills and tools. Students conclude tech classes driven by individual interests as they create and learn on BEST time. Parents can follow and preview their child's tech progress in their Google Classroom.

Happy Fall!

Justin Bentley-Melle



Music News

The band, strings, and chorus students were so excited to meet for their first lessons and rehearsals in September! It is my pleasure to welcome Ms. Jessica Helie to the music team at Sandown North. She is working with third grade string students as they learn the basics of orchestral playing, such as setting up their instrument and bow, equipment care, ensemble technique, and decoding music notation. Mr. Mainella and I continue to instruct fourth and fifth grade instrumental students for band and strings, respectively.

For your planning purposes, the Sandown North Winter Concert is on Wednesday, January 18, 2023 at 7:00 PM at the Timberlane Performing Arts Center (PAC). This concert will feature our performing ensembles (band, strings, and chorus). More details about the performance will be sent to families later this fall.

In all music classes, students focus on being “tuneful, beatful, and artful” musicians. This is defined as being able to “sing in tune with easy, healthy vocal function, move easily to a steady beat and feel meter, and connect with the ‘magical,’ emotional part of music” by Dr. John Feierabend, distinguished music educator and researcher. The goal is for *all* people to engage in a lifetime of joyful music making. I encourage you and your child to connect with music traditions that are meaningful to your family.

Please feel free to contact any of the music team regarding your child's progress in music.

Musically yours,

Alison Yankowskas



Thank you: Thank you for supporting our mum fundraiser. It was a huge success. We sold almost 700 mums. We will be using the same nursery to sell kissing balls, bows, and wreaths this upcoming holiday season.

Meetings: PTA meets the first Monday of every month (Tuesday if it is a holiday). Our next meeting will be on Monday, October 3rd at Sandown North at 6pm. Everyone is welcome to attend.

Like us on Facebook to stay up to date on PTA news and information.



Health Office News

Welcome back. We hope that everyone had a fun and healthy summer. A few reminders from the Health Office:

Please make sure that your child is wearing safe and appropriate footwear for recess and gym. Sneakers are required for PE class.

Please send any updated physical and immunization forms to the health office.

Flu season is coming soon. Flu Vaccines are available at many health care facilities, walk in clinics and pharmacies. The CDC recommends getting your vaccine soon.

The weather is changing and starting to get cooler. Please make sure your child is dressed appropriately.

Do you have a sick child?

Keep your child home from school if they have...

A FEVER

A temperature of 100 degrees or higher.



A PERSISTENT COUGH

Or other abnormal breathing problems.



DIARRHEA OR THEY'RE VOMITTING

Within the past 24 hours.



A RASH

Body rash with itching and/or fever.



AN EYE INFECTION

Eye is red and oozing a yellow or green discharge.



All Clear to Return to School:

Fever free for 24 hours without medication.

Cough is mild and infrequent and evaluated by doctor if needed.

Free from diarrhea and/or vomiting for at least 24 hours and evaluated by a doctor if needed.

Free from rash, itching or fever and evaluated by doctor if needed.

24 hours after starting antibiotic eye drops or ointment.



From Our School Counselor

Welcome Back!

I hope everyone had a fun and relaxing summer! It is my hope that this year will be filled with successful experiences for all of our students at Sandown North. I am excited to be a part of the 6th special rotation this year. I will be working closely with classroom teachers when choosing the social emotional monthly topics each month. For trimester one I will be focusing on self-awareness leading into self-management. In first grade we had wonderful discussions about butterflies in our belly and created our own butterflies. In 2nd & 3rd grade students worked hard on their universe of support systems. In 4th & 5th grade we created some end of the year goal stars.



Back to School Tips:

- Creating a quiet, designated area for homework. Have them put their homework away in their backpack as soon as they are finished
- Eat dinner together and discuss everyone's day (What was the highpoint? Any tricky moments? Problem solve!)
- Enjoy the nice weather while it is still here, (ex. go for a family walk after dinner)
- Have them pick out their clothes the night before
- Re-establishing a bedtime routine, limiting screen time (especially at night)
- Eating a healthy breakfast

Mindful Minute: Leaf Rubbing



- Place the leaf on a clipboard (it helps to hold everything in place)
- Cover the leaf with the parchment paper you are using for the activity
- Slowly, use a crayon and rub it over the top of the paper to see the outline and details of the leaf

7 Ways to Help Your Child Have
Successful Transitions

Make a plan ahead of time ✓ ✓ □	Provide a visual schedule	Review the plan with your child and come up with a Plan B in case something changes B
Sprinkle in some fun and movement such as stretching or a dance break 👤	Get your Zzzs A good night's sleep is helpful for regulation and focus zz	
Check in with your child to see how they are feeling ❤️	Whenever possible provide a choice 💡	

Outdoor Activities to Build
Social Skills
www.thepathway2success.com

 Gardening (patience)	 Walk and Talk (conversation skills)	 Birdwatching (attention)	 Tidy the Yard (organization)
	 Go on a Scavenger Hunt (attention)	 Jogging (coping strategies)	 Picking up Trash (responsibility)
	 Sidewalk Chalk Messages (kindness)	 Leaf Rubbing (mindfulness)	 Plan a Picnic (Planning)

Clipart by Kate Hadfield & Ashley Hughes

Samantha Houlihan

School Counselor

Ext.7543 Samantha.Houlihan@Timberlane.net

Breakfast & Lunch



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

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 100% Apple Juice Homemade Muffins 	4 Fluffy Whole Grain Pancakes Syrup 100% Orange Juice	5 100% Apple Juice Simply Boxed Yogurt Sunrise	6 Sausage and Egg Sandwich 100% Fruit Punch Juice	7 Orange Juice Fruity Parfait
10 	11 100% Apple Grape Juice WW Breakfast Bun	12 Orange Juice Cinnamon Toast Crunch Cereal Animal Crackers	13 100% Apple Juice Scrambled Eggs with Cheese	14 Orange Juice Apple Cinnamon Smoothie
17 100% Apple Juice Fluffy Whole Grain Waffles	18 100% Apple Grape Juice Whole Grain French Toast Slices Syrup	19 Orange Juice Homemade Muffins	20 100% Apple Juice Sausage and Egg Sandwich	21 Orange Juice Fruity Parfait
24 100% Apple Juice WW Breakfast Bun 	25 100% Apple Grape Juice Reduced Sugar Trix Animal Crackers	26 Orange Juice Homemade Muffins	27 100% Apple Juice Red. Sugar Cocoa Puffs Cereal Animal Crackers	28 Orange Juice Animal Crackers Strawberry Banana Smoothie
31 100% Apple Juice WW Breakfast Bun 				

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.

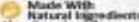
FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!

Breakfast Prices

Regular: \$1.50

Reduced: \$0.00

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






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 Veggables promotion.



October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheesy Stuffed Bread Sticks Oven Baked Fries Steamed Carrots Or Garden Salad with Cheese Entree Confetti Garbanzo Bean Salad Applesauce	4 Cheeseburger Crispy Potato Puffs Or Garden Salad with Cheese Entree Celery Diced Pear Cup	5 Beef Hot Dog on Bun Baked Beans Or Simply Boxed Belgian Waffle Bites Cucumber Coins Fresh Apple	6 Crispy Chicken Sandwich Oven Baked Fries Or Garden Salad with Cheese Entree Pear and Pineapple Cup	7 Cheese Pizza Or Hand Crafted Pepperoni Pizza Side Salad Sliced Peaches
10 COLUMBUS DAY	11 Crispy Tacos Sweet Corn Brown Rice Black Beans Or Not-A-Nut Butter & Jelly Sandwich Baby Carrots Diced Pear Cup	12 Homemade Pasta & Meat Sauce Steamed Broccoli Baby Carrots Or Not-A-Nut Butter & Jelly Sandwich Sliced Peaches	13 Crispy Chicken Sandwich Crispy Potato Puffs Cinnamon & Honey Roasted Beans Or Not-A-Nut Butter & Jelly Sandwich Baby Carrots Applesauce	14 Cheese Pizza Or Hand Crafted Pepperoni Pizza Green Beans With Garden Salad Pineapple Cup
17 Homemade Mac & Cheese Green Beans Or Bagel Fun Lunch Celery Sliced Peaches MEATLESS MONDAY	18 Nachos Grande Sweet Corn Black Beans Or Bagel Fun Lunch Celery Pineapple Cup	19 General Tso's Chicken Brown Rice Pilaf Glazed Carrots Or Bagel Fun Lunch Celery Diced Pear Cup	20 Crispy Chicken Sandwich Sweet Potato Fries Cajun Roasted Broccoli Or Bagel Fun Lunch Celery Applesauce	21 Cheese Pizza Or Hand Crafted Pepperoni Pizza Chili Roasted Garbanzo Beans Caesar Salad Fresh Apple
24 Cinnamon French Toast Potato Puffs Or Simply Boxed Belgian Waffle Bites Applesauce MEATLESS MONDAY	25 Soft Tacos Black Beans Sweet Corn Or Simply Boxed Belgian Waffle Bites Fresh Orange Diced Peach Cup	26 Chicken Nuggets Oven Baked Fries Or Simply Boxed Belgian Waffle Bites Cucumber Coins Or Diced Pear Cup	27 Crispy Chicken Sandwich Sweet Potato Fries Or Simply Boxed Belgian Waffle Bites Pineapple Cup Applesauce	28 Cheese Pizza Or Hand Crafted Pepperoni Pizza Chili Roasted Garbanzo Beans Side Salad Sliced Peaches
31 Grilled Cheese Sandwich Sweet Potato Fries Orange Glazed Carrots Or Garden Salad with Cheese Entree Applesauce	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.			



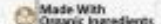
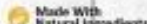
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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