



SANDOWN NORTH NEWS



February 2026

MONTHLY NEWSLETTER

Issue 6



A Message from Principal Yacek



Hello Families,

Winter break begins this weekend and it looks like we may be getting some snow while away from school! I hope that everyone takes some time to recharge and have a little fun. Reflecting back on February, it has been a great month. The focus was on compassion and kindness. We have created a school kindness tree where students and staff shared acts of kindness. We love our school community and the kindness that our students show for one another. This month, we also published our school's new Mission and Vision statements. You can find them on our website and in all of our classrooms/learning spaces.

Please don't forget about our Principal's Coffee Hour on Friday beginning at 9am. Sign up [here](#), if you are joining us. I hope to see you there! We also put out a survey to parents to help us choose our next book for our 2nd One Book, One School event. Thank you to all of the families who already voted! We received a lot of feedback!

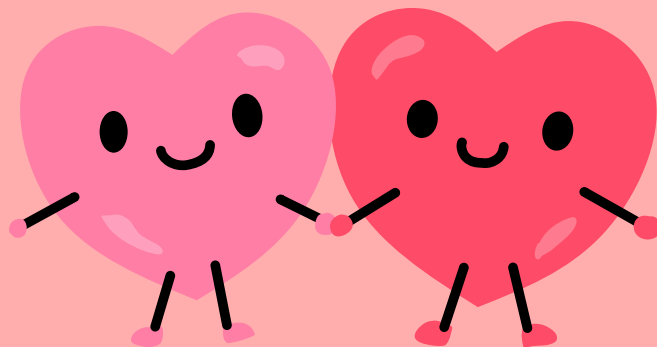
When we return from February break, it will be March! Wednesday, March 4th, will be our TRSD's 5th grade dodgeball event at the middle school. If your 5th grader would like to participate, please complete [this form](#) by Monday, March 2nd. This was a very exciting and fun event last year. We hope you will encourage your child to participate.

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!

Yours In Education,
Mrs. Yacek, Sandown North Principal

Upcoming Dates:

- March 3: SN News Club, Scholar's Club, & Craft Club
- March 4: Chess Club
5th Grade Dodge Ball Event Middle School
- March 5: Painting Workshop
- March 9: SN News Club
- March 10: No school Professional Development
- March 11: Chess Club
- March 12: Last Painting Workshop
- March 17: SN News Club, Last Scholar's Club, & Craft Club
- March 18: Chess Club
- March 21: PTA Dodgeball Event
- March 24: SN News Club, Craft Club, & GOTR (Girls on the Run) begins
- March 25: Chess Club
Grade 5 Band Concert PAC 630pm
- March 26: GOTR
- March 28: PTA PJ Dance
- March 31: SN News Club, Craft Club, GOTR



******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 4/30/26

\$18.00ea

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 (1-4) 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

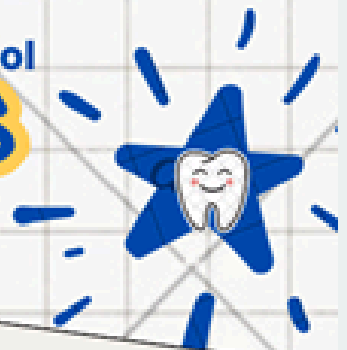
This event/fundraiser and/or materials are neither sponsored nor endorsed by the Timberlane Regional School District, the Timberlane Regional School Board, the Superintendent, or any TRSD school.

Sandown North Elementary School

Health News

NATIONAL
CHILDREN'S DENTAL
HEALTH MONTH!

FEBRUARY EDITION



Dental Hygiene is Important

Children with poor oral health are more likely to have oral pain, miss school, and perform poorly in school than their peers with better oral health!



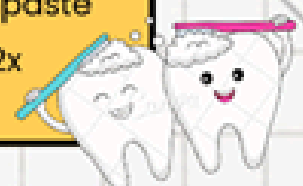
The ADA's 2025 [Brushing Calendar](#) is available now for digital download. This 12-month calendar is valuable year-round for promoting healthy behaviors like brushing twice a day with a fluoride toothpaste to help prevent dental disease.

Preventive Dental Visits

Prevention and early intervention in childhood are important because our oral health impacts a person's overall well-being throughout their life

Improve Your Oral Health By:

- ✓ Brush 2x daily AM/PM
- ✓ Use Fluoride toothpaste
- ✓ Floss at least 1x daily
- ✓ Go to the dentist 2x a year!



Girls on the Run®

Power, Purpose, and Potential

For Girls in Grades 3, 4, and 5

Tuesdays and Thursdays

From 3:15-4:45 pm

At Sandown North Elementary School

First Practice: Tuesday, March 24

Final 5K Celebration: May 30
Memorial Field in Concord, NH



Registration Begins

Lottery Runs

Registration Ends

February 19

March 10

March 29



Girls on the Run inspires participants to be joyful, healthy, and confident using a fun, evidence-based curriculum that creatively integrates movement. Financial aid is available to all using an income-based sliding scale during the registration process.

To learn more or register, please visit our website:

www.girlsontherunnh.org



Girls on the Run is for EVERY girl!

Girls on the Run is not a school/district sponsored activity.



Girls on
the run®



Registration OPENS 2/19





5th - 7th Grade

Band
Concert

March 25, 2025
6:30 pm @ PAC

Featuring:

District-Wide Bands
5th Grade Band
6th Grade Band
7th Grade Band

5th Grade Rehearsal
Monday, March 23rd
6:00 PM @ PAC

4th Grade Band Concert Coming in April



★ 5TH GRADE DODGEBALL ★ TOURNAMENT



Get ready to dodge, dip, duck, dive, and dodge at our first ever 5th Grade Dodgeball Tournament!

WEDNESDAY, MARCH 4TH

Timberlane Regional Middle School Gym

6:00-8:30PM

Please reserve a spot for your 5th grade student by completing [this form](#) by Monday, March 2nd.

FEBRUARY



Grade 1

It has been an exciting and busy month. First graders are working on subtracting two digit numbers. In science, students are continuing to learn about the moon and stars. First graders celebrated the 100th day, Groundhog's Day & Valentine's Day!

Grade 2

Second graders have had a wonderful month. In math, we are working on our measurement unit. In reading we are learning about the author's purpose for writing a story. For science, students have been working hard on learning about animal species and habitats. We have also celebrated Groundhog's Day, Valentine's Day, and the 100th day of school! Students were very excited to tie our learning into these exciting days!

Grade 3

Third graders have been hard at work researching and creating their habitat projects and are so grateful you came to see all our hard work! Third graders have been exploring fractions and how they can be equal to one another, what they can represent and how the representations can change. In writing we have been continuing our study of informational writing both about our animals and biographies. In science we have been learning about traits and life cycles of animals and in social studies we have continued our study of New Hampshire and got to showcase our learning at our most recent all school meeting!

Grade 4

February was a month full of kindness and learning. It was fun to see our classmates as part of the news team on the morning message. In Social studies we continued with our study of the regions and learning how to use biographies to jump start our understanding for our big individual projects in March. We have completed Unit 5 in math and will continue to revisit multiplication and division as we move forward onto fractions. Everyone enjoyed their Valentine parties, and we thank you for the support in supplying so many yummy treats. Have a wonderful break!

Grade 5

We ♥ learning in the 5th grade! In reading, we've started learning about Marco Polo, the Silk Road, and how global trade affected cultures. In writing we are wrapping up our informational writing unit with an essay about how kids can help the environment. In math, we are beginning to multiply and divide with fractions and in science we are starting our chemical reactions unit with the question: are magic potions real?

Reading Curriculum News

February is a wonderful month to nurture a love of literacy at home! Simple, everyday activities can make reading and writing fun and meaningful for children. Here are a few easy ways to engage in literacy daily:

- Create a nightly reading routine with your child.
- Encourage your child to choose what they read—books, comics, recipes, or magazines all count!
- Make a “Books We Love” list together.
- Invite your child to write a letter, card, or note to a friend or family member.
- Keep a daily journal to capture memories from February vacation

Math Curriculum News

Building number sense through mental math

Mental math, or the ability to calculate in your head, is a life skill that helps us to quickly determine amounts in our adult life. Yes, you can use your phone, watch, or other device to do the same, but technology is not always our most reliable resource. In first grade we extend skip counting by 10 from 10-20-30, to counting by 10 “off the decade” 3-13-23. In second grade it continues into the hundreds, 326-336-346 and by 100, 326-426-526. This supports their understanding of the patterns of numbers (building number sense). Once children are in third grade their skip counting patterns include their multiplication patterns, so counting by 3’s or 7’s. Through this sort of practice, you can ask questions like “what is $23 + 10$?” or “what is $326 - 20$?” We build on that thinking with numbers that make 10. “What is $13 + 27$?” We want children to make sense of benchmark numbers (5,10,100) that helps to anchor our mental math. Providing a problem that is written down but not providing paper and pencil to solve allows for more complex problem solving. Perseverance is tricky, and it is common to see students give up rather than struggle through something that is hard. Perhaps you will try to add some mental math challenges that you will also participate in. Asking your child “tell me the strategy you used” rather than always “what is the answer” has huge benefits!

Guidance Corner

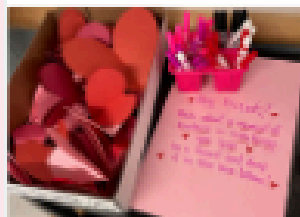
Grade 1: Students will explore worry through *A Little SPOT of Anxiety*; practice a calming breathing strategy, and create a “Keep Cool Snowman” to identify their top three coping tools.

Grade 2: We will discuss managing strong emotions and celebrate Kindness Month by reading *The Invisible Boy*; Students will complete a hot chocolate craft highlighting ways they can show kindness.

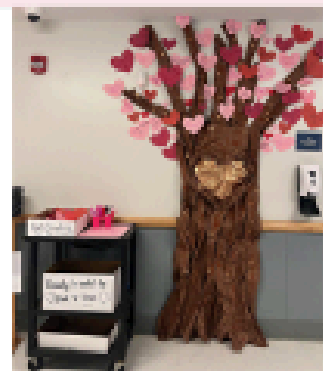
Grade 3: After reading *What Is Empathy?*, students will learn about empathy and bullying prevention and designed anti-bullying t-shirts.

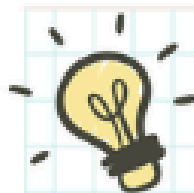
Grade 4: Students will watch *When You See Bullying: What a Bystander Can Do?* and learn strategies for responding to bullying, including identifying trusted adults for support.

Grade 5: Students will learn how to recognize, respond to, and refuse bullying, and create posters to promote a positive school community.



Samantha Houlihan
School Counselor
Samantha.Houlihan@Timberlane.net
Ext. 7525





RESOURCES AVAILABLE



Getting glasses

Food for home

Snacks for school

Heating assistance

Attendance

School Supplies

Clothing

Winter Gear



**If your family is in need of any resources,
please don't hesitate to reach out. Even if
you don't see your specific need listed, we
may still be able to help. Requests are
confidential.**



Contact Leah Poulin, School Social Worker at
603-887-8505 ext. 7537 or
leah.poulin@timberlane.net



UA NEWSLETTER

VACATION

February 2026

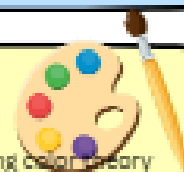


LIBRARY



- Students in all grades have been learning how the library is arranged and how to find books using our online card catalog system (Destiny)
- All students have been voting on their choice for One School, One Book.
- Second Grade has started their "Me on the Map" community unit.
- Third grade continues learning about NH and fourth grade continues with the regions of the U.S.
- Fifth grade just finished learning about advertising using superbowl commercials.

ART



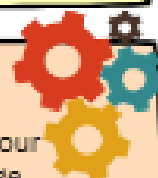
- First and second graders have been exploring color theory through engaging songs about warm and cool colors. They are also learning about patterns as they design their own creative shoe projects.
- Third and fourth graders are currently working on personal collage projects that reflect their individual interests and identities. In addition, fourth grade has begun a collaborative sculpture project that represents their class. To support this work, we will soon be requesting specific recyclable materials.
- Fifth graders have been planning their upcoming star clay project. After break, they will begin practicing foundational ceramics skills before constructing their final star pieces.

MUSIC



- Grades 1 & 2: Developing teamwork and rhythm through cooperative music games featuring seasonal and Winter Olympic themes.
- Grade 3: Starting the recorder unit! Students are learning the essentials, such as instrument care, proper embouchure (mouth position), and precise finger placement.
- Grades 4 & 5: Stepping into ensemble playing. These musicians are performing multi-section arrangements on barred instruments, including xylophones, metallophones, and glockenspiels.

INNOVATION



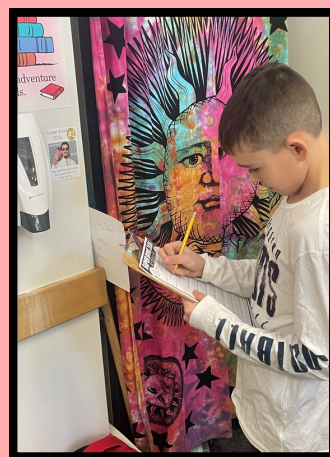
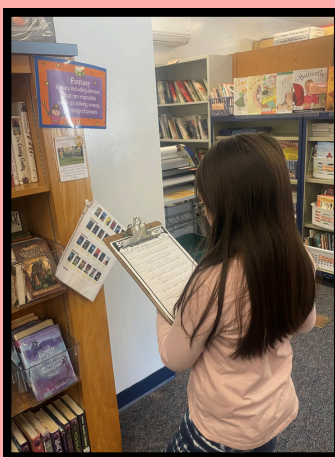
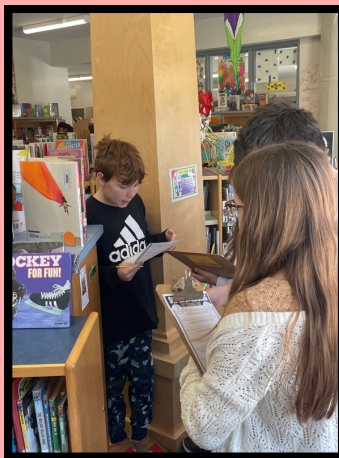
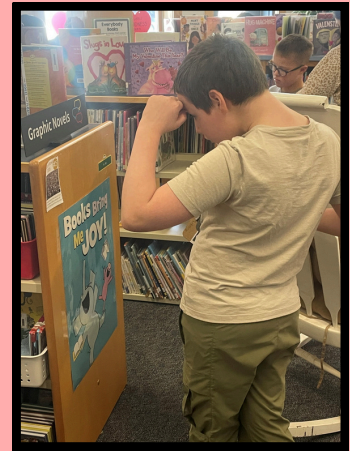
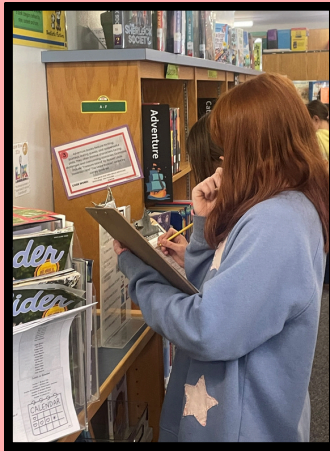
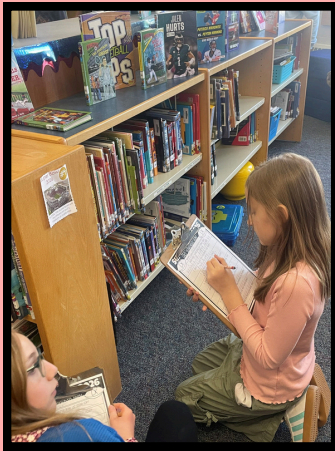
- We celebrated International LEGO Day with our second LEGO Masters collaborative challenge.
- All students continue to apply the Engineering Design Process as they ask, imagine, plan, create, and improve to complete various challenges appropriate to their grade level such as:
- Gr 1-3 Learned about snowflakes and participated in various Snowflake Challenges
 - Gr 4-5 Reviewed 3D solids and applied their knowledge to Snowball Structure and Snow Castle Challenges
- We also celebrated the 100th day of school with speed builds that had strict material and time constraints.

HEALTH/PE



This Month We were playing some fun games as we are in between units. One of the favorites games we played was roller ball. Next month we will be getting into pillow polo hockey with the older grades. And with the younger ones will be doing throwing underhand as well as overhand.

Last week 4th and 5th grade students did a superbowl scavenger hunt in the library. They worked collaboratively to find the answers to 20 superbowl questions, including the cost for a ticket at the first superbowl in 1967 - \$12!



Scavenger hunts foster critical thinking and cognitive development while blending physical movement and social skills.



everychild.onevoice.®

FEBRUARY
2026

Newsletter



NEXT MEETING:

MARCH 2ND, 6:00PM
SANDOWN NORTH

Meeting Recap

Board Updates

- Natasha has submitted her resignation as Secretary. We sincerely thank her for her time and dedication to the PTA.
- Kim Ryder will assume the Secretary position for the remainder of the school year.
- Nominations due at the next meeting for the 2026/7 board. If interested, please join us on March 2nd.

Principal's Minute

- Principal Coffee Hour: Friday, February 20th from 9:00-10:00 AM
- Kindness Month at North - Student completing Kindness Challenge this month.

Events Recap

- BINGO for Books was so fun! Tons of books sent home with students. Remaining books to be donated to Sandown Rec & Library for their Bingo event this spring.
- LOW donations to food pantry. Save for future food drive event.

Upcoming Events

Lip Sync Event: March 7, 11-4:30 **POSTPONED**

- We need more signups!! Video to be shared on North News to promote event and show students clips from prior lip sync events to help them understand what it is.

Dodgeball: March 21

- 2:00-3:00 PM (PreK-2nd Grade)
- 3:30-4:30 PM (3rd-5th Grade)
- Snacks & Waters available.

North Dance: March 28

- Pajama Party theme!!!
- Email SandownPTA19@gmail.com help!

Paint with the PTA: April 18

- Sandown Rec Center
- Multiple sessions - registrations to open soon, keep an eye out!

Fun Run: **POSTPONED TO FALL 2026**

- Spring Carnival in it's place?

In The Works

Spring Carnival: TBD

- Jamie Gibbs has offered to chair. Carnival games & snack options. Tickets to play or buy a punch card for a flat fee to play all games.

Square1 Art: Due date March 27th

- Art is being prepared to mail in.
- Order forms to go home with students in next couple of weeks, in time for Mothers & Fathers Day!!

Annual Calendar Raffle:

- Collecting prize donations.
- Calendars should be ready for sales by 2nd week of March at latest.

Book Fair (Central): April

- PTA to assist Central with fair staffing.

Staff Appreciation Days to remember:

- Admin. Professional Day, April 22nd
- School Bus Driver, April 28th
- Principals Day, May 1st
- Teacher/Staff Appreciation, May 4th-8th
 - Discuss themes & start planning at next meeting.
- School Nurse Day, May 1st

To get involved with any PTA events reach out to us via email, messenger or just stop one of us if you spot us around town!

www.SandownPTA.com | SandownPTA19@gmail.com

