



SANDOWN NORTH NEWS



January 2026

MONTHLY NEWSLETTER

Issue 5



A Message from Principal Yacek



Dear Families,

Can you believe that February is here in a few days! It has been a productive and fun January. Alongside our everyday teaching and learning, we have dedicated time this month to complete benchmark assessments for both literacy and math. The results from these assessments guide our planning for instruction and intervention/enrichment supports moving forward. As I mentioned before, this collaborative planning may result in your child working with multiple staff to achieve their academic goals.

The month of January also brought new and returning after school enrichment clubs. The students are having a blast in these clubs and we are so thankful that our staff are able to offer these opportunities for our students.

For the month of February, our school will be focusing on Kindness. This aligns to one of our core beliefs that “kindness guides all relationships and fosters a safe learning environment”. We encourage our families to support this messaging at home, so that the learning builds a connection between school and home.

Be on the lookout for an invitation to our next Principal Coffee Hour that will be hosted in February. I hope that families can join us for the great conversation.

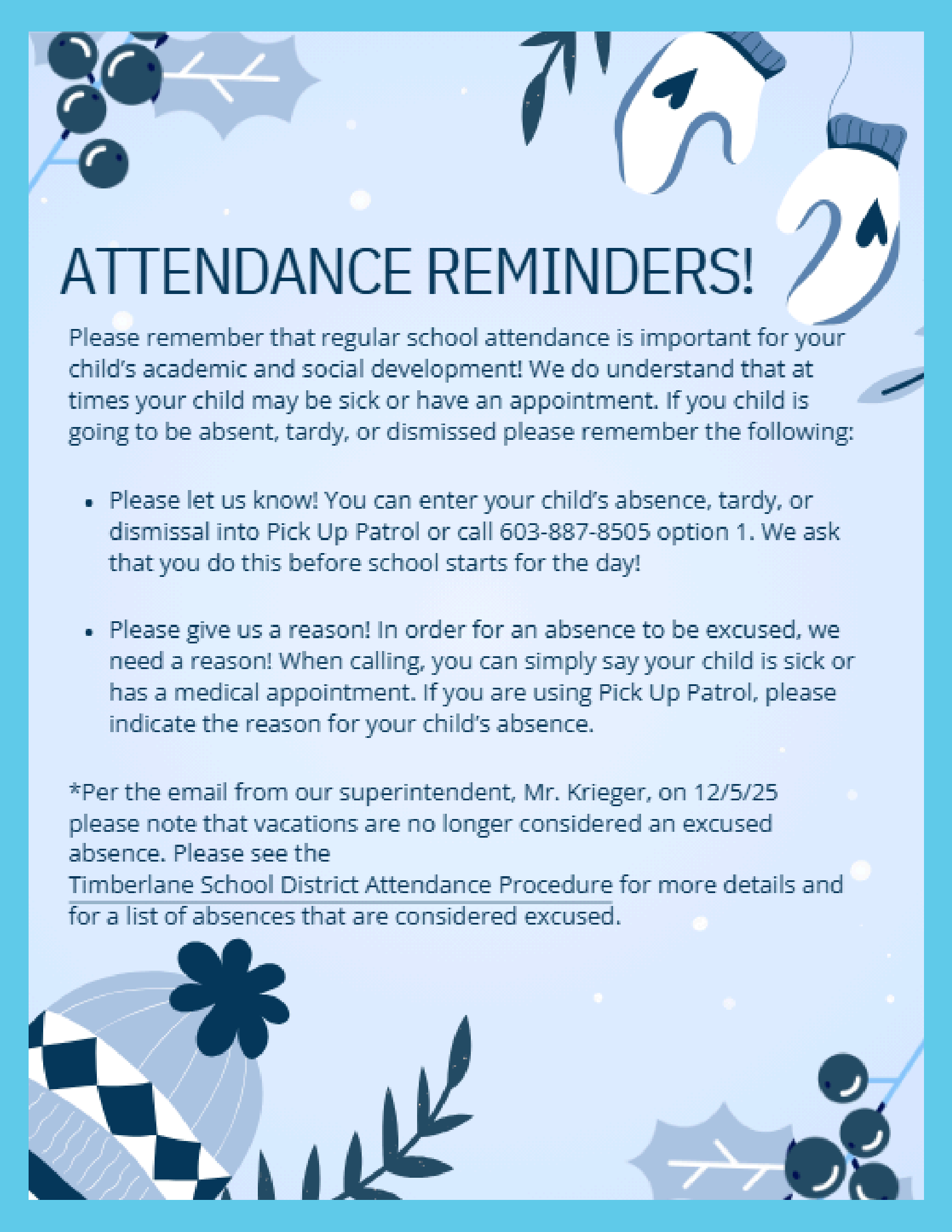
Thank you for sharing your children with us each and every day. If you ever have any questions or concerns, please do not hesitate to reach out!

Yours In Education,
Mrs. Yacek, Sandown North Principal

Upcoming Dates:

- Feb 2 Child Find Sandown Central 9am-12pm
- Feb 3- SN News Club, Craft Club, & Scholar's Club
- Feb 4- Chess Club
- Feb 5- Ms. Smith's Painting Workshop
- Feb 6 Grade 5 trip to the PAC for the MS Montage Show & Ski Club
- Feb 10 -SN News Club, Craft Club, & Scholar's Club
- Feb 11- Early Release 1pm
- Feb 12-Ms. Smith's Painting Workshop
- Feb 17-SN News Club, Craft Club, & Scholar's Club
- Feb 18-Chess Club
- Feb 19- Ms. Smith's Painting Workshop
- Feb 20 - Grade 3 Habitat Projects Parents Welcome 2pm
- Feb 23-Feb 27 Winter Break No School





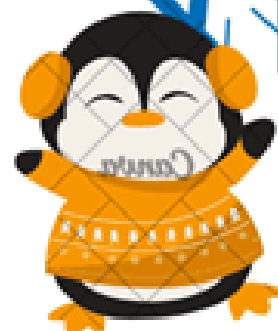
ATTENDANCE REMINDERS!

Please remember that regular school attendance is important for your child's academic and social development! We do understand that at times your child may be sick or have an appointment. If your child is going to be absent, tardy, or dismissed please remember the following:

- Please let us know! You can enter your child's absence, tardy, or dismissal into Pick Up Patrol or call 603-887-8505 option 1. We ask that you do this before school starts for the day!
- Please give us a reason! In order for an absence to be excused, we need a reason! When calling, you can simply say your child is sick or has a medical appointment. If you are using Pick Up Patrol, please indicate the reason for your child's absence.

*Per the email from our superintendent, Mr. Krieger, on 12/5/25 please note that vacations are no longer considered an excused absence. Please see the [Timberlane School District Attendance Procedure](#) for more details and for a list of absences that are considered excused.

JANUARY HEALTH NEWS



WHEN TO STAY HOME

- A fever over 100 degrees during the night or morning before school
- Stomach illness- any episode of vomiting or diarrhea within 24 hours of the school day
- Severe or persistent cough, difficulty breathing

WINTER WEATHER REMINDERS

Students should be fever, vomit, diarrhea free for 24 hours without the use of fever reducing medications such as Tylenol or Motrin before returning to school

TIPS TO STAY HEALTHY

- Stay home when your sick
- Hand wash frequently
- Cover nose and mouth when coughing or sneezing
- Avoid touching eyes, nose, or mouth
- Get plenty of sleep, clean and disinfecting frequently touched surfaces, drinking plenty of fluids, and eating nutritious foods.



CONTACT INFO

Email:
Shannon.Nastasia@Timberlane.net

Phone: 603-887-8505
X7519

Timberlane Regional Schools SAU 106

Child Find



Monday, February 2, 2026
9:00 am – 12:00 pm
Sandown Central School

- The purpose of the screening is to identify children who may require special education services.
- Screenings may be conducted in the areas of communication skills, motor skills, social skills, adaptive skills, cognitive skills, vision, and hearing.
- Appointments are required.
- For residents of Atkinson, Danville, Plaistow, and Sandown.

For ages
2.5 – 6

Please call Karen Radjavitch, Child Find Coordinator, at 603-887-3648 x5812 with questions or to make an appointment.



Timberlane Regional School District

FREE CHILDCARE at the DELIBERATIVE SESSION

Date: Thursday, February 5, 2026

Time: 6:30-9:00

Ages: 3 and up (must be potty-trained)

Location: Timberlane Regional High School
Cafeteria / Gymnasium / 36 Greenough Rd.

Entry: Cafeteria entrance is on the left side of the
high school building.



Childcare will be supervised by TRSD administrators.
Games and activities will be coordinated by members of the
TRHS Student Council and honor societies.

**Pre-Registration
Required**

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

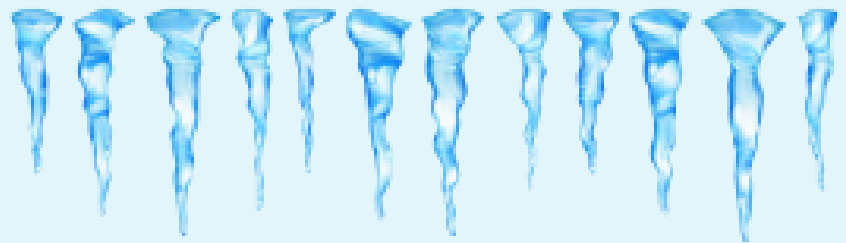


Girls on the Run is for EVERY girl!

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



January



Grade 1

It has been a great start to the new year! First graders are working on suffix -ed and -ing during phonics. In science, students are beginning to study night patterns. First graders are also working on adding two digit numbers.

Grade 2

Second graders came back after break and reviewed classroom rules and expectations. In math, we are working on three digit addition and subtraction. In phonics we are focusing on reading and writing words with vowel teams. We are also working on opinion writing peices.

Grade 3

After coming back from winter break, third graders jumped right back into learning! In math, we continue to learn about multiplication and division, along with fractions and time. In reading we are focusing on fiction genres. We have just begun our animal and habitat research project! This project will include diving deeper into non-fiction texts and informational writing!

Grade 4

In fourth grade, we completed our unit on geometry and are moving into two digit by two digit multiplication next week.

In ELA, we are learning to summarize informational texts to prepare us for several non-fiction reports and essays coming up in February and March.

We are also letter writing to friends within our building and looking forward to our next pen pal letters from the high school.

We are having fun with Mrs. Ross diving deeper into our study of the US regions and in science we are enjoying interesting lessons on the human body.

Grade 5

The cold can't stop us in 5th grade! Things are heating up in reading, where we are learning about the migrations of ancient people to North America. In math, we finished our volume unit strong and are starting to classify 2D shapes. In science we are investigating the water cycle.

Math Curriculum News

Why do we teach math the way we teach it today?

In elementary math, we focus first on conceptual understanding, so children know why math works before they learn procedures like the standard algorithm. When students understand the meaning behind numbers and operations—such as place value, regrouping, and the relationships between quantities—they are better able to make sense of the steps in an algorithm instead of just memorizing the steps. This deep understanding builds stronger problem-solving skills, helps students catch and correct their own mistakes, and allows them to apply math flexibly in new situations. Once the concepts are solid, the standard algorithm becomes easier to learn, more meaningful, and far more likely to be used accurately and confidently. It can feel like a lot of steps and in many cases far less efficient than just jumping to the algorithm. When we trust that deep understanding leads to efficiency and a strong foundation in number sense, we help students build a clear path to using math confidently in their adult lives.

Reading Curriculum News

Looking for simple, meaningful ways to support your child's reading and writing skills this winter? Try a few of these family-friendly ideas!

Create a Cozy Reading Spot

Help make reading irresistible by setting up an inviting space at home.

Build a blanket fort

Use a special reading lamp

Keep a pile of library books ready for a snowy day

A warm, welcoming reading nook can turn quiet moments into reading adventures.

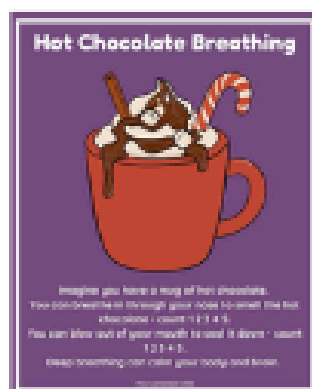
Write With Purpose

Take advantage of everyday writing opportunities! Encourage your child to write thank-you notes for holiday gifts or special events. This builds writing skills in a natural, meaningful way.

Model the Joy of Reading

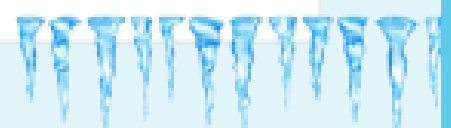
Let your child see you reading—books, magazines, newspapers, even recipes. When children observe adults enjoying reading, they learn that it's an enjoyable and valued part of daily life.

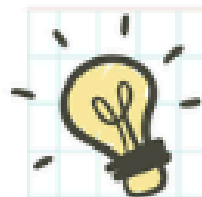
Guidance Corner



Mrs. Carroll's class showing off their breathing bead tools made during their SEL 6th special!

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





RESOURCES AVAILABLE



Getting glasses

Attendance

Food for home

School Supplies

Snacks for school

Clothing



Heating assistance

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

January 2026



LIBRARY



FIRST GRADE - HAS BEEN CIRCULATING BOOKS AND ENJOYING CENTERS.

GRADES 2-5 HAVE BEEN LEARNING ABOUT LIBRARY ORGANIZATION & SKILLS. TO FIND BOOKS.

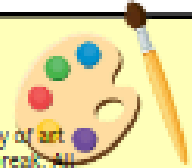
SECOND GRADE HAS BEEN LEARNING ABOUT WANTS & NEEDS AS WELL AS RULES & LAWS

THIRD GRADE BEGAN LEARNING ABOUT NH BEFORE TAKING A "BREAK" TO START ON THEIR ANIMAL/ HABITAT RESEARCH PROJECTS. THIS IS A COLLABORATION WITH CLASSROOM TEACHERS

FOURTH GRADE CONTINUES THEIR LONG UNIT ON REGIONS WITH AN OVERVIEW OF ALL THE REGIONS AND AN INTRODUCTION TO THE NORTHEAST.

FIFTH GRADE HAS BEEN TALKING ABOUT ADVERTISING TECHNIQUES AND WILL HAVE THE OPPORTUNITY TO USE THOSE SKILLS, IF THEY CHOOSE TO, WHEN WATCHING THE SUPERBOWL.

ART



This term, students have been working on a variety of art projects while reviewing classroom routines after break. All grade levels are currently creating designs for our Square Art fundraiser, which allows students to see their artwork on everyday items. Designs will be finished by the end of next week, and families will receive more information about the fundraiser closer to the spring.

Coming up, Grades 1-2 will begin a shoe design project while also practicing shoe tying. Grade 3 will work on a personal design project using collage. Grade 4 will create a class sculpture, and Grade 5 will make a North Star sculpture out of clay. More information about needed recyclables for our Grade 4 projects will be shared after we conclude our Square Art designs.

MUSIC



Bravo to the Sandown North Band, Strings, and Chorus for a fantastic Winter Concert! Students shone musically and modeled STAR behavior throughout the concert.

Students are building their music literacy, performance, and improvisation skills through active singing games in all classes. Additionally, Grade 3 is gearing up for their recorder unit with fun games and exercises to get ready for their next musical adventure!

INNOVATION



All students kicked off 2026 with a special Glow Day open studio inspired by the Day-Glo brothers, innovators who students learned transformed how color could be used for visibility, safety, and excitement in the 1930's. They worked in teams to create using various neon colored and glow in the dark materials such as LEGOs, Magna Tiles, cups, cards and more!

We wrapped up our Fanway and Hattie activities by independently using loose parts to create a design(s) from the designs they sketched last month or a favorite scene from the book. They completed a drawing and writing activity to document their creations.

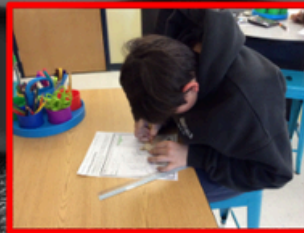
Additionally, we focused on developing communication and collaboration skills through a loose parts partner activity. Partners created a winter inspired piece of temporary art and completed a drawing and writing activity to document their creations.

HEALTH/PE



In PE we have finished up with basketball skills. We have started to work on jump rope skills. next month we will be starting to play pillow polo hockey.

Gr. 1-5 Innovation Class Passion Ornaments (continued from December newsletter)

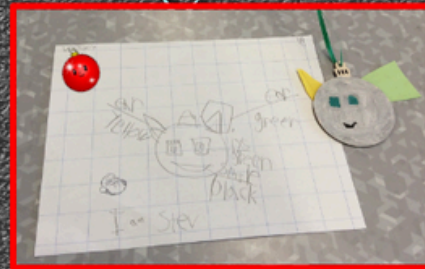
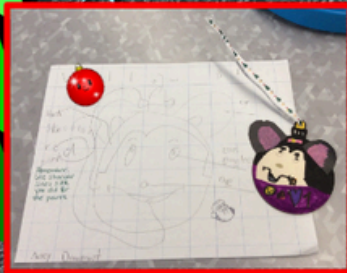
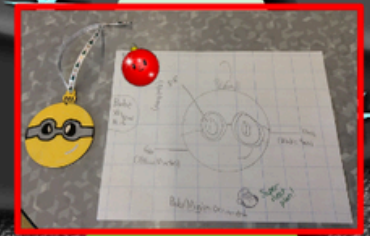
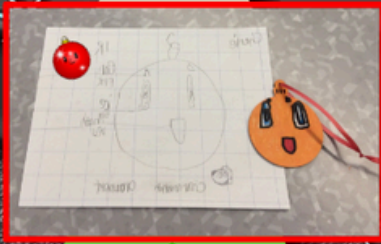


After identifying their passions, students at all grade levels sketched like engineers to create a design sketch for decorating an ornament that represented their passions. Students then followed their plans to create their ornament. It was so fun to learn about one another's passions!

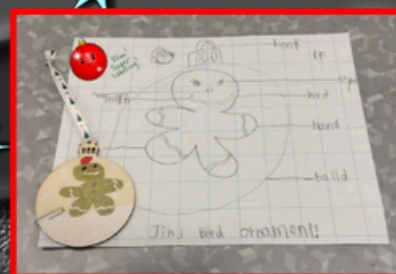
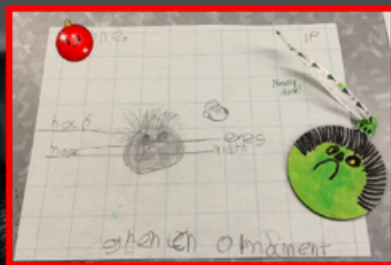
Following Design Plans for Passion Ornaments



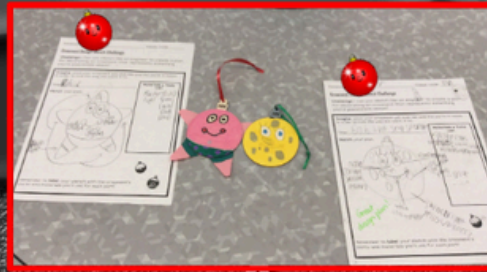
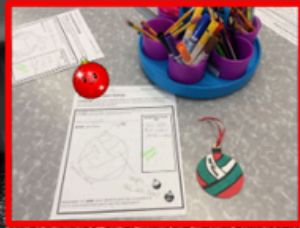
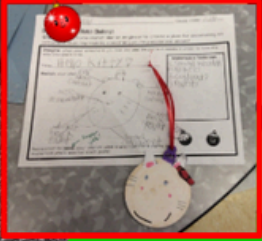
Innovation Class Passion Ornaments



Innovation Class Passion Ornaments



Innovation Class Passion Ornaments



More First Grade Passion Ornaments

Mrs. Ferguson's and Miss. McAlpine's classes were missing from the December newsletter as they were in the process of creating at the time it was published.



Miss McAlpine's Class



Mrs. Ferguson's Class

More Second Grade Passion Ornaments

Mrs. Statkus' class was missing from the December newsletter as they were in the process of creating at the time it was published.



Mrs. Statkus' Class

More Fourth Grade Passion Ornaments

Ms. Muskopf's class was missing from the December newsletter as they were in the process of creating at the time it was published.



Ms. Muskopf's Class

More Fifth Grade Passion Ornaments

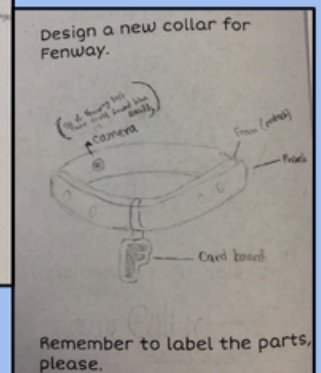
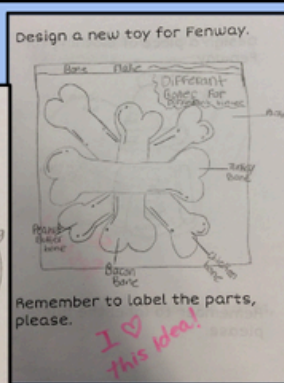
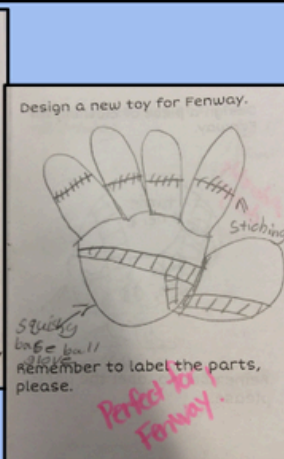
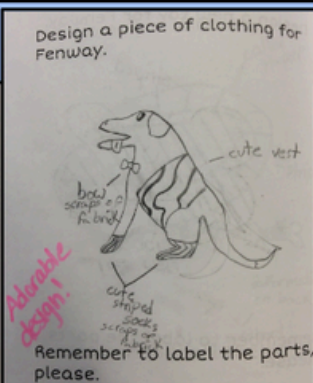
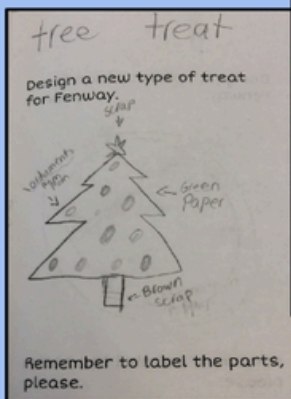
Mrs. Siuda's class was missing from the December newsletter as they were in the process of creating at the time it was published.



Mrs. Siuda's Class



Integrating Fenway and Hattie Into Innovation



The Innovation Studio was dubbed Fenway's Design Studio for a day while students applied their engineer sketching skills to design new items for Fenway such as a collar, leash, piece of clothing, toy, treat, or food bowl based on what they'd learned about Fenway's character traits. During a separate class, students used various loose parts to create one or more of their designs or a favorite scene from the book.

Creating Designs or Favorite Scenes Using Loose Parts

using colored sticks, wood, stones
spoons, popsicle sticks, and sticks



I created Femmy wearing
a sweater Christmas themed
and a stick in the air



using loose parts



I created Fenwa
Wants a
Hot Dog

using loose parts



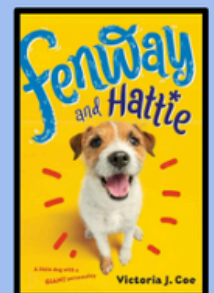
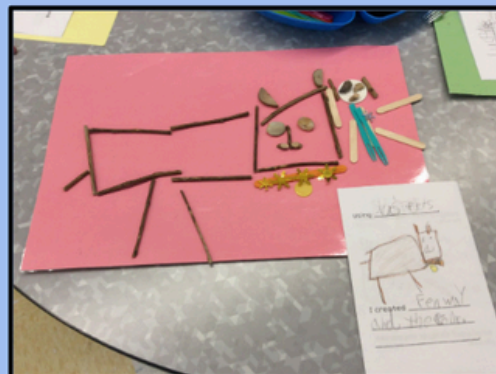
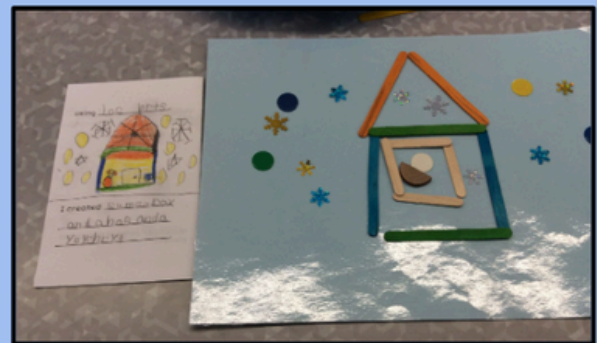
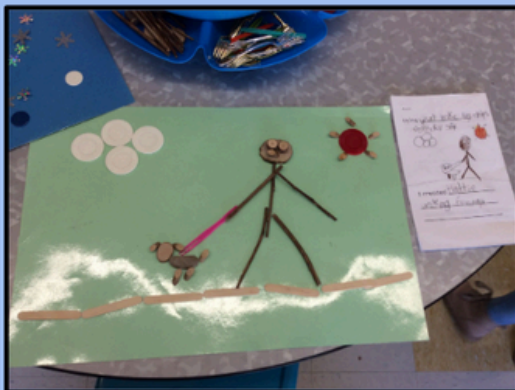
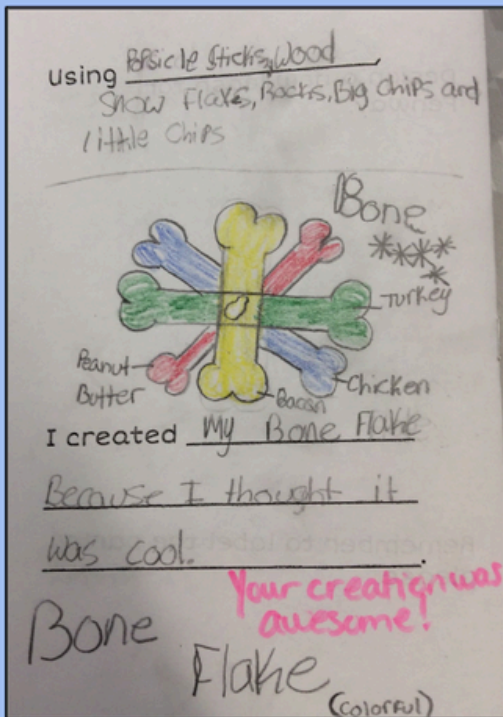
I created Hatties Super
tree house. job!



Using loose parts



I created hot air
balloon
that is the one



What is the value of creating with loose parts?

In her book, **Loose Parts**, Lisa Daly shares research that illustrates the benefits of exploring with loose parts. Interacting with these common low to no cost household items:

- Allows children to enter a world of "what if" that promotes the type of thinking that leads to problem solving and theoretical reasoning
- Enhances children's ability to think imaginatively and see solutions
- Promotes active learning
- Deepens critical thinking
- Promotes divergent and creative thinking
- Supports all developmental domains
- Supports the academic curriculum



Do you have loose parts you'd like to rehome?

If you have done some cleaning or are planning to do some, the Innovation Studio is the perfect next stop for any loose parts you would like to get rid of! Some examples of loose parts that would be appreciated are:

- | | |
|----------------------------|--|
| ~Nuts and flat ended bolts | ~Cogs and wheels |
| ~Blank CDs | ~Sequins and gems |
| ~Beads and buttons | ~Wire |
| ~Game pieces | ~Unwanted leftover craft supplies |
| ~Empty spools | ~Assorted wooden shapes |
| ~Bread clips | ~Ribbon and lace |
| ~Keys | ~Unwanted LEGOs or other building toys |

If you have items that you're wondering if we could use, please feel free to email me at michele.parker@timberlane.net before sending the items to school with your child.

Thank you for supporting our Sandown North innovators!

Michele Parker
Innovation Teacher