

TLC AT SANDOWN CENTRAL

SandownSchool.com

FEBRUARY/MARCH 2026

WINTER/SPRING NEWSLETTER



Administrator's Message

Greetings to all Sandown Central Families,

Honestly, until I sit down to write the family message, I never know what's going to appear on the screen. I always have so many thoughts I want to share with all of you...which ones will come to the top when push comes to shove and the deadline is looming? And the winner for the winter/spring edition of our newsletter is (imagine a drum roll sound here): music!

On the surface, music seems so simple; it's something we all enjoy. There are many varieties and genres and we all have our preferences. Think about one of your favorite songs. I bet as soon as you hear even the first two or three notes of that song you have recognized it and are anticipating the next beat, word, or note. This is because music activates our hippocampus which is the part of the brain responsible for memories. You may even have a smile on your face and feel a bit more relaxed (even if it is short lived). This is because music also taps into our amygdala which is the part of the brain responsible for emotions. In fact, listening to music activates almost every part of our brain. And it is for this reason that I am writing about music.

Listening and moving to music is such a fun and easy way to help your child develop so many skills. Did you know...

- Starting and stopping with the music or freezing during a movement game works on self-regulation skills.
- Remembering lyrics, motions, or repeating rhythmic patterns taxes working memory.
- Changing movements when the tempo shifts or learning new verses to a familiar song requires cognitive flexibility.
- Music naturally teaches counting, patterns, sequencing, and one-to-one correspondence through rhythm and beat.
- Clapping, marching, dancing, and using simple instruments support both fine and gross motor coordination.

The best part? Children do not view listening to music as a way to build their skills; they experience it as joy. And when joy is present, learning sticks.

So the next time you turn on music in the car, have a kitchen dance party, or hear your child singing a song from school for the 47th time, know that something much bigger is happening. Their brains are growing, connections are strengthening, and important lifelong skills are being built all through the simple gift of music.

A special shout out to Frank Albert, our kindergarten music teacher, for being the inspiration for this message.

Yours in education,

Kim Rivers, M.Ed.
Early Childhood Coordinator, TRSD
Building Administrator, Sandown Central School



Safety Reminders

The express lane is reserved for families who need to drop off or pick up their child(ren) at Sandown North (or one of the other elementary schools).

Drop-off:

- When it is time to unload students, staff will approach your car and assist your student out of the car and into the building.
- Please make sure your child is ready to leave the car (e.g., coat is on, backpack is close to them).
- Please wait for staff to wave you on before leaving the car line.

Pick-up:

- Please turn off your car and be ready to secure your student in it. When it is time to load students, staff will approach your car and will hand your student over to you to buckle them in. Please do not get out of your car unless you see staff approaching the car with your child.

Upcoming Dates



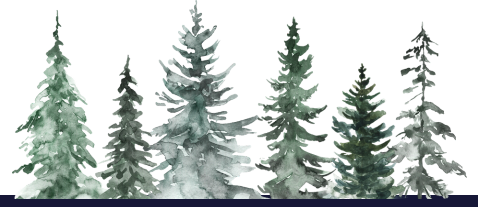
- 2/23 -2/27 – NO SCHOOL, Midwinter Break
- 3/4 6PM Early Childhood Parent Information Night
- 3/10 NO SCHOOL, Professional Development Day
- 3/25 - Preschool/PreKindergarten Report Cards
- 4/1 - Early Release Day
- 4/15 6PM Incoming Kindergarten and Early Childhood Parent Night at Sandown Central
- 4/27 - 5/1 Spring Break

As winter continues, we want to remind families to keep children home if they are experiencing illness, fever, or gastrointestinal symptoms, in accordance with the district illness policy posted on our website.

Please remember to send students with appropriate outdoor snow gear every day, as well as a pair of sneakers for indoor activities. If your child borrows clothing from the health office, we ask that it be washed and returned promptly. We are currently in need of pants in sizes 4T–7/8, mostly for girls, as well as new underwear for both girls and boys. All donations are greatly appreciated.

Thank you for helping us keep all students healthy and prepared this winter!

From Nurse Megan Adams



Speech and Language

by Ms. Ally, Ms. Mia, and Ms. Shauna

Hello families! I wanted to take a moment to (re)introduce myself. I am Ally Simon, a speech-language pathologist who has been working in the Timberlane district since 2014. I returned from maternity leave after the holiday break (my daughter Sylvie was born over the summer), and I have joined Miss Shauna and Miss Mia in the speech room. I've been enjoying getting to know the students who I'm seeing for IEP services and regular-education interventions and getting back into the swing of things!

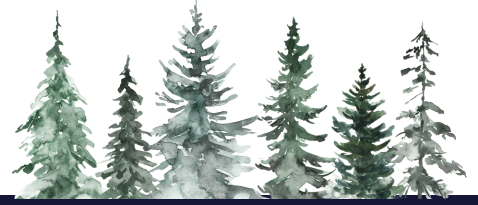
In January and February, our themes included snow, snowmen, bears, and yetis! We read stories including *The Mitten*, *Bear Snores On*, *Sneezy the Snowman*, and *How to Catch a Yeti*, and we completed activities such as feeding fish to a polar bear, taking part in a scavenger hunt to find pieces to put together a snowman, and playing the tabletop game "Yeti in my Spaghetti" all while practicing our targets.

For the long month of March, I have a very fun theme of dinosaurs and dragons planned. We will read stories including *The Super Hungry Dinosaur*, *There Was an Old Scientist who Swallowed a Dinosaur*, *Dragons Love Tacos*, and *There's a Dragon in your Book*. We will have fun with dinosaur and dragon sensory bins, Play-Doh mats, and opening "dragon eggs" to find surprises inside!

I can be reached at alexandra.simon@timberlane.net. I hope you all have a happy and healthy rest of the winter!

Warmly,
Miss Ally



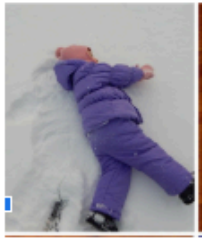





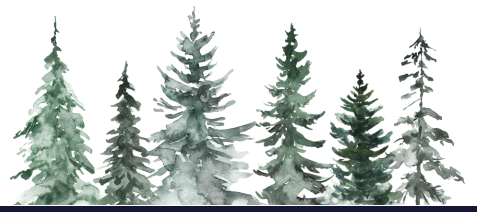
OT/PT Corner

by Ms. Courtney (OT) and Ms. Kim (PT)

Winter Motor Skills

Enjoy the cold winter months with these fun gross and fine motor activities:

<p>MAKE SNOW ANGELS</p> <ul style="list-style-type: none">• Lie on your back in fresh snow• Sweep your arms up and down• Move your legs from side to side	
<p>PLAY SNOWBALL ROLL</p> <ul style="list-style-type: none">• Draw snowman faces on 10 paper cups• Stack the cups into a pyramid• Gather "snowballs" (ball paper, pom-poms or roll up white socks),• Take turns knocking down the cups with the "snowballs"	
<p>PAPER PLATE ICE SKATING</p> <ul style="list-style-type: none">• Grab two paper plates• Stand on the plates with bare feet or tape feet with socks to plates• Slide one foot in front of the other on either Hardwood or Carpet flooring	
<p>PLAYDOUGH SNOWMAN TRAY</p> <ul style="list-style-type: none">• Roll white play dough into balls• Build a snowman shape with the balls• Add hat, googly eyes, carrot nose,	



Social Work Corner

Mrs. Poulin supports students and families at both Sandown North and TLC at Sandown Central and spends half of her time in each building. She provides individual and group counseling and acts as the link between home, school, and community resources. Leah can be reached at 603-887-3648 ext. 5837 or at leah.poulin@timberlane.net.

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 603-887-3648 ext. 5837 or leah.poulin@timberlane.net

Food Pantry List

This is a list of local food pantries for families who may be in need. If you need more information please reach out to your school's social worker.

Sandown North and TLC at Sandown Central: Leah Poulin 603-887-8505 ext 7537 or leah.poulin@timberlane.net

Danville Elementary School: Megan Denis 603-382-5554 ext. 5303 or megan.denis@timberlane.net

Pollard Elementary School and Atkinson Academy: Megan Daniels 603-382-7146 ext. 5511 (Pollard) 603-362-5521 ext. 6361 (Atkinson) or megan.daniels@timberlane.net

Atkinson:

Atkinson Congregational Church- 101 Main St Atkinson, NH 0381- Phone #: 603-362-5519- call for more details

Danville:

Danville Community Center- call Michelle Healy (603) 382-8253 ext. 2

Sandown:

Sandown Food Pantry- 1 Hampstead Rd Sandown, NH 03873- Phone #: 603-887-3453 Hours include: Tuesdays 4pm-5pm, Fridays 9am-10am

Plaistow:

St. Luke the Evangelist- 8 Atkinson Depot Rd Plaistow, NH 03865- Phone #: 603-819-4949 Hours include: Wednesday 10:00am-12:00pm, Thursday 6:00-7:00pm, Friday 10:00am-12:00pm

Hampstead:

St. Anne Ecumenical Food Pantry. 26 Emerson Ave Hampstead, NH 03841- Phone #: 603-339-3731; to-go meals served on Tuesdays/Thursday. See link for schedule and daily menu. <https://www.sapcharitableoutreach.com/>

Food Pantry List

Derry:

Sunshine Soup Kitchen- 6 Crystal Ave. Derry, NH 03038- Phone #: 603-437-2833 Free, to-go meals served outside our building on Monday, Tuesday, Wednesday, and Thursday 4:30 - 5:00 pm. <https://www.sunshinesoupkitchen.org/2013-02-01/our-services/meal-program/>

First Baptist Church Food Pantry-4 Crystal Ave. #4 Derry, NH- Phone #:(603) 421-1897 Tuesday 10:00am - 2:00pm <https://fbcfoodpantry.org/visit-the-pantry>

The Upper Room Food Pantry-36 Tienneto Road Derry, NH- Phone #: 603-437-8477 Open every Monday 11am - 1pm except if it a holiday or snow day, open to everyone but limited to two visits per calendar month

St Thomas Aquinas Food Pantry-26 Crystal Ave Derry, NH- Phone #: 603-260-6818 Open to all. Call ahead to schedule pick up.

Salem:

Bread of Life Food Pantry-171 Zion Hill Road Salem, NH-Phone #: 603-893-03055 Serves greater Salem area-- Regular pantry hours are Monday morning 10am to 12noon and Thursday evenings 6pm to 7pm. A Little Free Food Pantry is available 24-7.

Pleasant Street United Methodist Church "Food for the Hungry" Pantry-8 Pleasant Street Salem, NH- Phone #: 603-898-2501 Open the 1st and 3rd Wednesday of month from 10am to 12pm.

Saints Mary & Joseph Parish Food Pantry-40 Main Street Salem, NH-Phone #: 603-893-8661 ext. 131 Open Friday 11:30am - 12:30pm, please call by 5pm on Thursday if you wish to pick up food on Friday.

Manchester:

NH Food Bank--A program of Catholic Charities-700 East Industrial Park Drive Manchester, NH 03109 Phone #: (603) 669-9725 *Offering a mobile food pantry schedule.

St Raphael's Church Food Pantry-103 Walker Street Manchester, NH Phone #: 603-623-2604 Mondays 5:30pm-6:30pm

Kingston: Joseph's Storehouse Community Food Pantry- 3 New Boston Rd Kingston, NH 03848 Phone #: 978-219-9945 Food and clothing pantry is available Wednesdays 2-5pm

Raymond, Salem, Seabrook

Rockingham Community Action: <https://www.caphr.org/services/food-pantries>

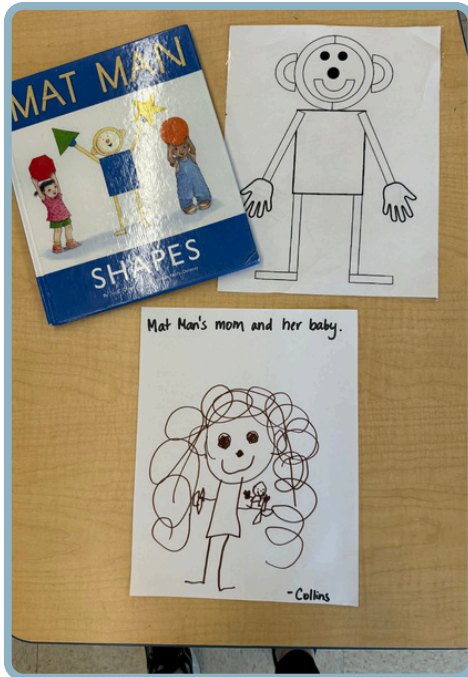
New Life Raymond Food Pantry-84 Nottingham Rd Raymond, NH Phone #: 603-895-6041 2nd and 4th Thursday 9:30am-11:30am and 3:30pm-5:30pm



Preschool



Preschool
Winter
Explorations

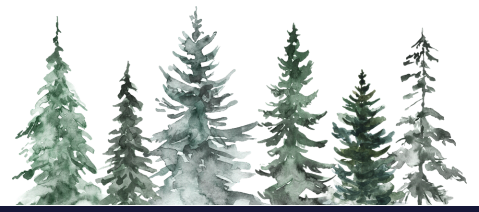




Preschool



Preschool
Winter
Explorations



Pre-Kindergarten



Building in PreK offers many benefits including fostering cognitive skills (problem solving, math, STEM), physical development (fine and gross motor skills, coordination, spatial reasoning), social emotional skills (sharing, teamwork, resilience, self esteem), and language development as children describe their creations. While Mrs. Smith's class is having lots of fun playing with friends building, they are also laying crucial foundations for future learning and success!



Pre-Kindergarten

Pre-k Winter Explorations





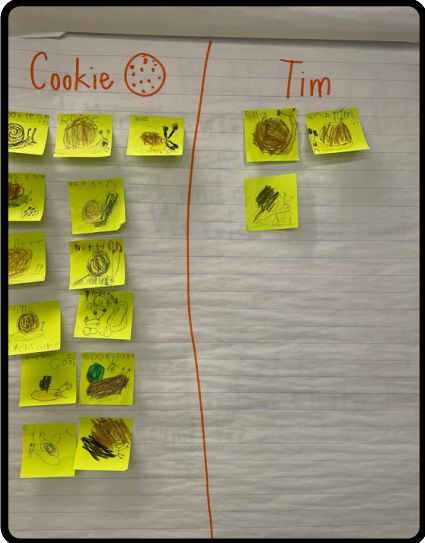
Kindergarten

Kindergarten Explorations



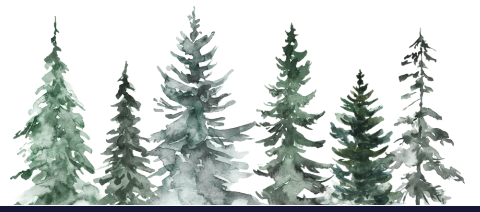


Kindergarten



We've got snails! We launched our inquiry earlier this month. We started with creating a list of wonders we had about snails. Happy to report that we have answered many of our questions through student observation and reading books together. We feed and moisten the snails' habitat everyday and last week we voted for names - Cookie is our large snail and Tim for our small snail.

Kindergarten Explorations



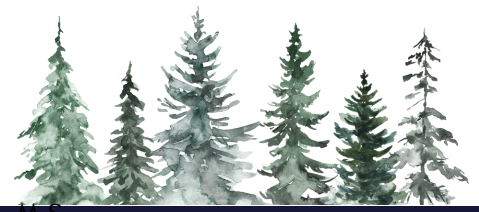
Kindergarten



Kindergarten Explorations



Importance of Guidance in Early Childhood



created for classroom use by Cheryl Goodman, M.S.

Dear Parents and Families,

Early childhood children are learning how to manage big feelings, understand and follow group expectations, and solve problems with growing independence. Preschool children need supportive adults to help them navigate increasingly complex social situations. In our classroom, guidance focuses on teaching emerging social-emotional skills. We support children by helping them understand what the expectations are, make appropriate choices, and learn and practice self-regulation strategies in developmentally appropriate ways. Below are a few guidance strategies you may hear us talk about—and how they support your child’s growth.

Clear, Consistent Expectations

To support the children, we use simple, positively phrased language (paired with visuals) to explain expectations (e.g., “Walking feet inside” or “Hands are for helping”). Consistency helps children feel safe and understand boundaries.



Giving Acceptable Choices

Offering limited acceptable choices helps children feel respected and in control while still meeting expectations. For example, “Would you like to clean up the blocks or the art table first?” Both choices are acceptable and support cooperation.



Acknowledging Feelings

Children are still learning how to express emotions. We practice naming feelings and offer support: “Your face is doing this (mirror how they look). It looks like you’re feeling frustrated. I’m here to help.” Feeling understood often helps children calm more quickly.



Ways to Practice Guidance at Home

Here are three easy, age-appropriate activities families can try and use at home to reinforce these skills:

Transition Countdown Game

Use a countdown (use a visual timer or a phone timer with chime before changes in activities and follow through):

- Give a 5-minute and 2-minute warning
- Use a timer or count down together (“5...4...3...”)
- Here’s a [fun song](#) for clean up.

This strategy mirrors classroom routines and helps children transition more smoothly.

Choice-Making Time during Daily Routines

Whenever possible in your day to day routines, offer two acceptable choices:

- “Do you want the blue cup or the green cup?”
- “Would you like to put on pajamas first or brush teeth first?”

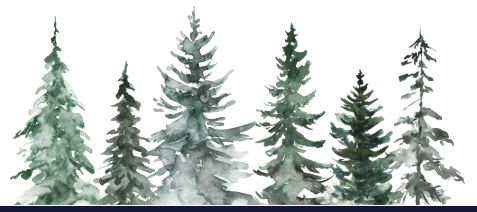
This home strategy builds decision-making skills and reduces power struggles.

Feelings Check-In

Create a simple feelings routine:

- Ask, “How does your body feel right now?”
- Use emotion words or mirror to see it together
- Talk about one strategy to help (deep breaths, asking for help, taking a break)

This home strategy supports emotional awareness and problem-solving.



PAINT WITH THE PTA!

JOIN THE SANDOWN PTA FOR OUR 4TH ANNUAL PAINT WITH THE PTA AFTERNOON!
 WE WILL HANDLE THE SUPPLIES AND THE MESS.
 EACH TALENTED PAINTER WILL FOLLOW ALONG WITH AN INSTRUCTOR TO CREATE THEIR VERY OWN MASTERPIECE TO TAKE HOME.

Saturday, April 18, 2026
Ed Garvey Rec Center
25 Pheasant Run Drive
Sandown NH 03873

Saturday, April 18
Ed Garvey Rec Center



Sandown PTA 2nd Annual Gal - Pal Dodgeball Game

Get ready for an afternoon of energy, laughter, and friendly competition at the Sandown PTA's 2nd Annual Gal - Pal Dodgeball Game! This exciting event is all about teamwork, fun, and creating unforgettable memories together.

- **Date:** March 21, 2026
- **Time:** 2 Sessions available to keep age groups separated for safety.
 - Preschool - 2nd Grade: 2pm-3pm
 - 3rd - 5th grade: 3:30pm-4:30pm
- **Location:** Sandown North Elementary School Gym

Saturday, March 21
2pm and 3:30pm
Sandown North Elementary School Gym

<https://www.facebook.com/groups/sandownpta>

Mrs. Rivers' Playlist

- Fast and Slow, Hap Palmer
- Open Shut Them, Laurie Bernker
- Fingers & Toes, Milkshake
- Boom Boom Shimmy Shimmy, Milkshake
- Tooty Ta, Dr. Jean
- Humpty Dumpty, Jack Hartmann
- 3 Billy Goats Gruff, Geof Johnson
- Popcorn, Barenaked Ladies
- Letter Shapes, They Might Be Giants (For Kids)
- I would suggest watching the video of the song.
- Eighteen Wheels on a Big Rig, Ralph's World

