

Greetings from
TITLE I

Free Classes for Parents

READY!
for Kindergarten®

Classes held in person

633 Old Homestead Highway, Swanzey

Wednesday evenings 5:30-7:00

SPRING

- 3/11 For parents of 3-4 year olds
- 3/25 For parents of 2-3 year olds
- 4/8 For parents of 1-2 year olds
- 4/22 For parents of 0-1 year olds
- 5/13 For parents of 4-5 year olds



To register online for these free classes, please scan this QR code:

For more information, please call 603-357-2042 or email:
Beth Audette baudette@mrsd.org
Lynn Speckman lspeckman@mrsd.org

Sun Salutation

Celebrate the spring equinox (when the sun crosses over the equator making day and night equal in length) by learning this fun yoga sequence.



Stand up tall, arms by my sides
Reach up high, look to the sky
Down to earth, hands hang low
Heart stretch forward, inhale slow
Hands down, knees down, table pose
Stretch my hips back, and repose
Belly slides forward, heart lifts up
Straighten arms and pick thighs up
Tail high, head drops, take up space
Feet walk forward, gentle grace
Steady mountain, relaxed face

Flow & Grow
KIDS YOGA

#selfcaresaturday
For more kids yoga, visit us at flowandgrowkidsyoga.com
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K-2 Ring in Spring

Free family event

Thursday, March 19 5:30 PM - 6:30 PM

MRMHS Cafeteria

Join us to celebrate the arrival of spring! Enjoy time with K-2 families from around the district while having a delicious meal prepared by Tempestas Restaurant. After we eat, we will create welcoming bird houses, bird feeders, and beautiful sun catchers!

SPACE IS LIMITED & RSVP REQUIRED.
TO RSVP, PLEASE SCAN QR CODE:



A Title I & Beyond the Bell sponsored event

The Phantom Poet

poetry to cut and post wherever anyone has a chance to read a little something



Singing in the Spring

Ivy O. Eastwick



As I was walking along-long-long,
singing a scrap of a song-song-song,
a blackbird perched in a tree-tree-tree
he whistled my song with me-me-me;
he whistled so sweet and high-high-high
his notes tangled up with the sky-sky-sky!