

TLC AT SANDOWN CENTRAL

SandownSchool.com

JUNE 2026

SUMMER NEWSLETTER



Administrator's Message

Greetings to all Sandown Central Families,

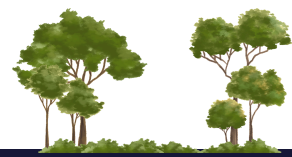
As we close another wonderful school year, I am filled with gratitude for all that our students, families, and staff have accomplished together. This year was filled with moments of discovery, growth, laughter, and learning. Our students developed new skills and, more importantly, embraced challenges with curiosity, resilience, and enthusiasm.

As summer begins, I encourage you to enjoy each and every day. In all my years in education, I have never started a school year and thought, "Wow! That summer was really long!" Instead, we often find ourselves saying it flew by and wishing we could start it over. While we cannot go back in time, we can be intentional about appreciating the moments while we are in them—exploring the outdoors, reading together, trying new experiences, and connecting with family and friends.

Thank you for your support throughout this school year. It has been a privilege to be part of your child's educational journey and to watch our students learn, grow, and thrive. On behalf of the entire staff at Sandown Central School, we wish you a safe, relaxing, joyful, and memorable summer.

Yours in education,

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



Safety Reminders

Summer Safety: Beating the Heat! ☀️

Warm weather means more time to play and explore outdoors! Help your child stay safe and comfortable this summer with these simple heat-safety tips:

1. Drink plenty of water throughout the day, even before your child feels thirsty.
2. Apply sunscreen before going outside and reapply as directed.
3. Dress for the weather with lightweight, light-colored clothing and a sun hat.
4. Take breaks in the shade or indoors during the hottest parts of the day, typically between 10 a.m. and 4 p.m.
5. Watch for signs of overheating, such as flushed cheeks, excessive sweating, fatigue, or irritability.

With a little planning, summer can be a fun, safe, and memorable season for everyone!

Upcoming Dates



- 7/6-8/6 – Extended School Year
- 8/10 - 8/13 Ready, Set, Go
Kindergarten Camp
- 8/10 - 8/13 Ready, Set, Go First
Grade Camp
- 8/27 First Day of School





Speech and Language

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

NATIONAL **SPEECH-LANGUAGE-HEARING** MONTH

Dear Families:

May was *National Speech-Language-Hearing Month*. This is a time to raise awareness about speech and language disorders, which are among the most common disabilities that school-aged children experience. This is also a time to help all students, no matter how they communicate, to feel included in their school community. More than 1 million children nationwide receive treatment services for speech and language disorders each year through the school system. Left unaddressed, speech and language disorders can affect a child's academic and social success. Speech-language pathologists in schools work with children who have difficulties in the following areas:

- **Speech sounds**—A child may substitute one sound for another, leave sounds out, add sounds, or change a sound. It may be hard for others to understand them.
- **Spoken and written language**—A student may have trouble understanding what others are communicating to them and may have problems explaining what they are thinking or feeling. They may also have difficulty with reading and writing.
- **Stuttering (fluency)**—A child may get stuck on certain sounds or words. They also may have tension or negative feelings about talking. This tension can get in the way of how they talk to others.
- **Cognition**—A child may have problems with long- or short-term memory, attention, problem solving, or organization.
- **Social communication**—A student may have difficulty understanding how others feel or following the rules of conversation, such as knowing how to take turns.
- **Voice**—A child may lose their voice frequently or use a hoarse or breathy voice. They may also speak with strain or effort.
- **Augmentative and alternative communication (AAC)**—A child may need to find other ways to communicate besides talking, such as using a picture board or a speech-generating device.
- **Feeding and swallowing**—Problems with feeding and swallowing can make it hard for a student to participate in the school day. Speech-language pathologists help students eat and drink safely during the school day so that they have the energy to learn.

Here at Sandown Central, about one-third of the students receive speech-language supports. We work with children to help them to use AAC devices, to produce longer sentences, to use and understand vocabulary words, to pronounce speech sounds accurately, to understand directions and sentences, and to understand and use expected social skills.

Whether or not your child has a speech, language, and/or swallowing disorder, it's important for everyone to reflect on how we can be respectful and supportive to those who do. Encourage your child to give people time to get their message out, to focus on what a person is saying rather than how they're saying it, and to never bully someone for how they communicate.

Happy Summer!

Shauna Hansen, MA, CCC-SLP
Mia Paveglio, MS, CCC-SLP
Alexandra Simon, MS, CCC-SLP

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:

Sonshine 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.sonshinesoupkitchen.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://fbcfodpantry.org/visit-the-pantry>

The Upper Room Food Pantry-36 Tsienneto 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
Explorations



Preschool



Preschool Explorations



Pre-Kindergarten

Pre-k Explorations

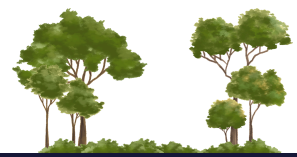




Pre-Kindergarten

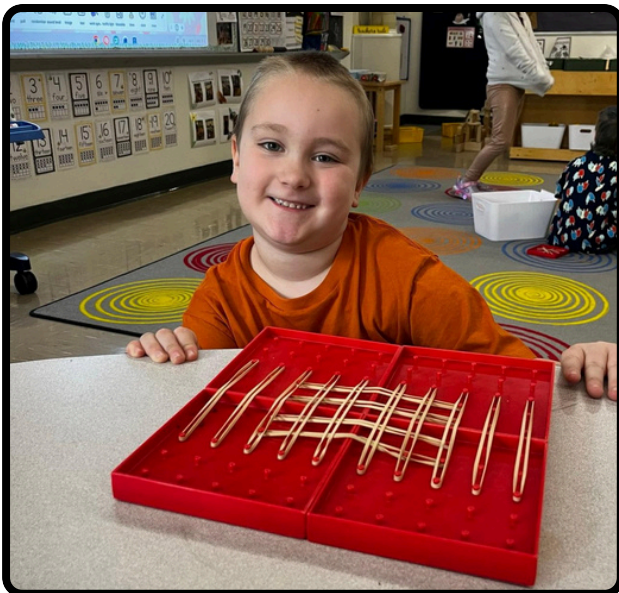


Over the past few weeks, Mrs. Smith's PreK class has enjoyed learning about the amazing life cycle of a caterpillar transforming into a butterfly. We watched as tiny caterpillars grew, changed, and eventually emerged as beautiful butterflies. This journey reminded us so much of our own classroom family. Just like the caterpillars, our students have grown in so many ways this year—becoming more independent, confident, and ready to spread their wings. As they leave PreK and begin their Kindergarten adventure, we are excited to watch them soar and continue growing into all they are meant to be. 🦋💜 Have a wonderful summer, see you next year!



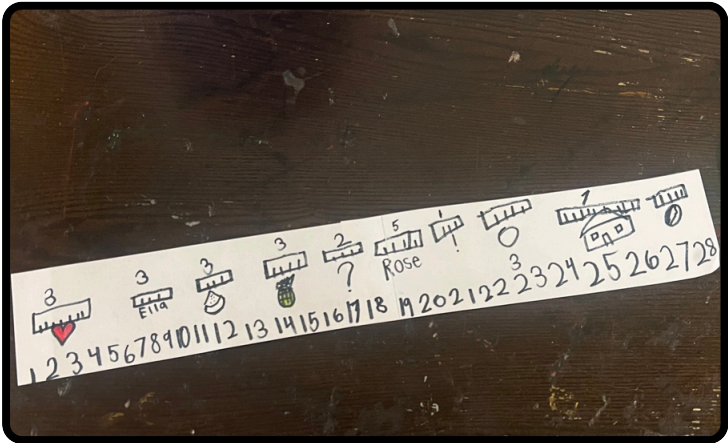
Kindergarten

Kindergarten Explorations





Kindergarten



Kindergarten
Explorations



Kindergarten



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ExPlorations

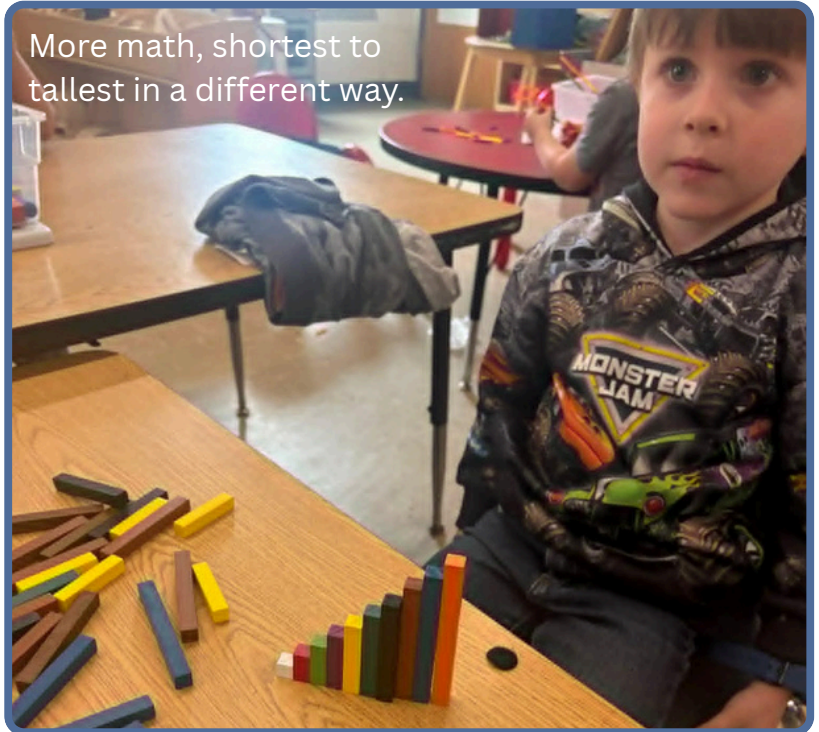


Kindergarten

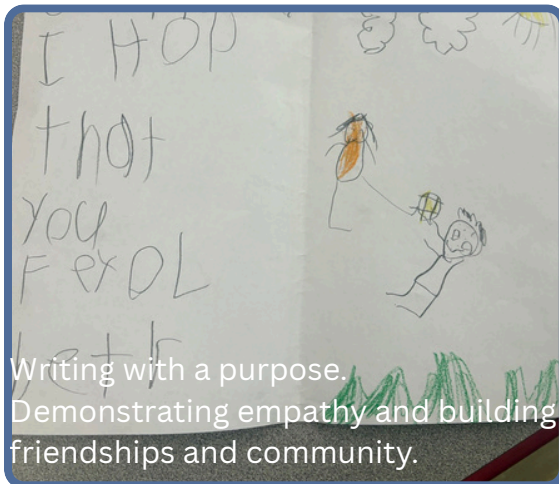
Kindergarten Explorations



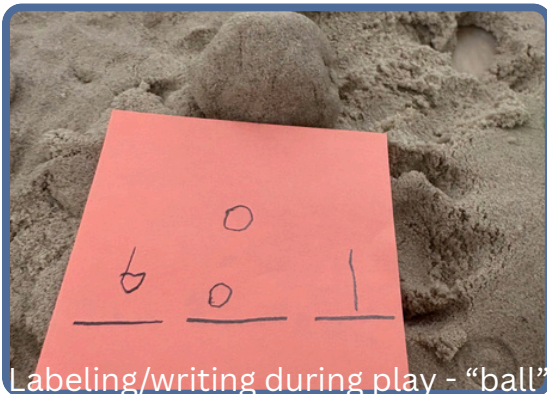
Largest to smallest, building a tall tower, using math skills and vocabulary from our measurement unit



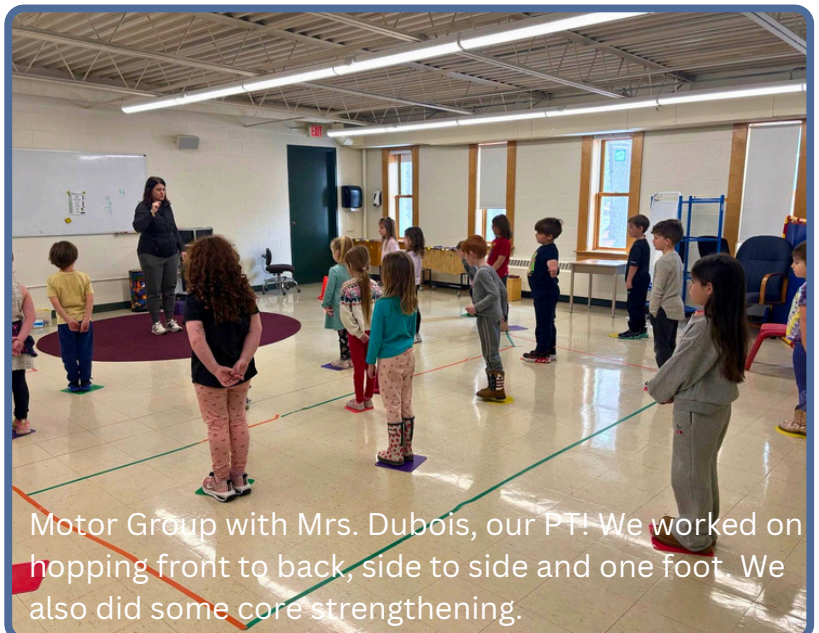
More math, shortest to tallest in a different way.



Writing with a purpose. Demonstrating empathy and building friendships and community.



Labeling/writing during play - "ball"



Motor Group with Mrs. Dubois, our PT! We worked on hopping front to back, side to side and one foot. We also did some core strengthening.