

# Sandown North School Newsletter



Jo-Ann K. Georgian, Principal  
January, 2004

It's January and that means it's time to think about pre-school screening. It feels as if we just welcomed our current first graders to our school and yet it's time to begin to make plans to receive the children who are currently of kindergarten age. If you have younger children who will be attending our school next year, and are not attending private kindergarten in the Timberlane area, please be sure to complete the attached form. We need to have your child's information so you don't miss important mailings. If one of your friends or neighbors is in the same situation ( his/her child is not enrolled in a private kindergarten in our area), please ask the parent to call Sharon Hasfjord at 887-8503, ext. 300.

As our new families arrive, it is so important that they feel welcome and quickly become a part of our school community. On Friday, February 13<sup>th</sup>, I will be meeting with parents or other family members to continue our discussions about what we can do to get even more people involved in the life of our school. We all know that so much is possible when we work together and our children will benefit. Please join me for coffee, tea, and goodies on February 13<sup>th</sup> at 8:45.

Some parents have noticed the Sandown North zippered sweatshirts hanging in the staff room and asked if they can order one. Sharon Hasfjord checked with the individuals who are making them and has been informed that yes, they will take another order. The only glitch is that the order may take a little longer to fill since the Patriots are Super-Bowl bound. Apparently, navy blue sweatshirts are harder to obtain right now because the Patriots have been winning. (Who would have thought of that?) So, if you would like to order a sweatshirt, please stop in the office or call Sharon. **THIS IS NOT A FUNDRAISER.** I am simply responding to parent requests. We are ordering for you and insuring that you get it for the same price the staff did. Watch for a flyer soon to be sent home.

Jump Rope Club and Dance Club have been so much fun for our 2<sup>nd</sup> and 3<sup>rd</sup> graders. Soon, Nancy Stafford, our guidance counselor, will be offering Spanish Club too. Thanks to Kim DeCristafaro, Sandy McKeen, and Nancy Stafford for these additional offerings.

I hope to see you on February 13<sup>th</sup> at 8:45.

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## From Your School Counselors

During the months of November and December, we offered a Parent Book Talk. During the meetings we discussed the book Childhood Roots of Adult Happiness, by Edward Hallowell. We really enjoyed reading and discussing this book with parents and would like to have another book talk in the spring. Suggestions of possible books are welcomed!

Recently, we came across the following parent letter on an informative web site, [www.familyeducation.com](http://www.familyeducation.com). The letter gives a brief description of the book

Childhood Roots of Adult Happiness, tying it into the holiday season. The Site also makes some book recommendations that would make wonderful holiday gifts to give YOURSELVES!

IN his book, The Childhood Roots of Adult Happiness, Edward Hallowell describes five cyclical steps that we can take to "Help kids create and sustain lifelong joy." Besides giving your child unconditional love, providing opportunities for him to connect is an important first step that leads to play, practice, mastery and recognition. So how do you help your child connect? In the words of Dr. Hallowell, provide an atmosphere in which your child 'feels cared for, welcomed, and treated fairly." With the holidays behind us and the beginning of a New Year, make a resolution to focus on providing a home in which your family members feel connected with each other, with friends and with those who cross their path.

Recommended reading:

-The Childhood Roots of Adult Happiness (Copies of this are available in our office for parents to borrow.)

-Don't Sweat the Small Stuff with Your Family

-How to Raise a Child with a High EQ:

-A Parents' Guide to Emotional Intelligence

-Raising Resilient Children

-How to Talk So Kids Will Listen and Listen so Kids Will Talk

**Happy New Year!**

**From Mrs. Henry and Mrs. Stafford, School Counselors**

### Dates to Remember

February 2nd -Monday

Morning Meeting

**February 4<sup>th</sup>** - After School-  
Dance Club

**February 5<sup>th</sup>** - Deliberative  
Session at the Performing  
Arts Center

**February 9<sup>th</sup>** - Monday  
Morning Meeting

**February 11<sup>th</sup>** - After  
School- Dance Club

**February 12<sup>th</sup>** -Jump Rope for  
Heart - 3:00 - 5:00

**February 13<sup>th</sup>** - Coffee with  
the Principal @ 8:45

**February 16<sup>th</sup>**- Monday  
Morning Meeting

**February 19<sup>th</sup>** - Jump Rope  
for Heart Snow Day

**February 23 - 27** - Winter  
Break

**Special Program: Public  
Service of NH Presentations  
on the 27th**

**Curriculum Corner**  
**Nancy Barcelos**  
**Curriculum Corrdinator**

*Homework*

*Each year educators hear we give too much homework, not enough homework, or none whatsoever! Homework can cause stress for students and families. Sometimes parents equate a lot of homework with rigor and good teaching, but that's not always the way it is. Homework should reflect meaningful practice of what has already been taught in class. We know that good assignments, completed successfully, can help children develop wholesome habits and attitudes. Homework can help parents learn about their children's education and is; yet another way parents can communicate with their children and the schools. It can encourage a lifelong love of learning.*

*You can help your child by encouraging him/her to spend more leisure time reading than watching television. Be a good role model and let your children see you reading daily. Talk with your child and communicate positive behaviors, values, and character traits. Let your child know you have high expectations for them and encourage their efforts to achieve. We know that children, who complete homework, on average, do better in school and that the academic benefits increase as children move into the upper grades. Help your child to find a workplace and develop a schedule for doing homework. Planning ahead can alleviate unnecessary stress. No one needs additional stress.*

**Classroom Connections**

Need to know how numbers go together? Mrs. Eaton's students are hard at work practicing their numbers combinations. They are using a variety of materials to show they know.

Authors and illustrators work very hard to have their message heard. Just ask the authors and illustrators in Mrs.

Zawacki's room. They have many published pieces in their class. They love to share them. Stop by and ask them to share a story with you.