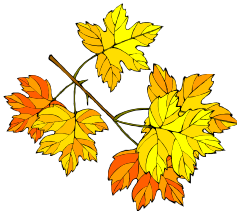




October, 2006

# **Sandown North**

## **News**



*From the desk of  
Jo-Ann H. Georgian, Principal*

The start of the 2006 – 2007 school year has been the best yet! We have welcomed our first graders and have started Monday Morning Meeting as a school community. At the first meeting, our Camp Jumpstart children shared their page from the book they had written together. Remember that you are always welcome to join us in starting our week together.

In addition to welcoming our first graders, we are pleased to be working with some new staff members as well. Patrice Liff is the Assistant Principal/Curriculum Coordinator. She is working closely with me and with our teachers as we focus on assessment and instruction. She will be really getting to know our third graders this year, so she can help transition them to Sandown Central in a smooth, comfortable manner. Other new folk in our building are:

Holly Brown – Enrichment Teacher

Denise St. Hilaire – Health/Technology  
Terry Kellaway – Intensive Reading Teacher  
Kelly Bayek – Educational Assistant  
Lauren Hardacre – Speech/Language Assistant  
Paul Lanouette – Custodian  
Stephanie McAuliffe – Food Service  
We are fortunate to have them as members of the Sandown North community. We welcome them warmly.

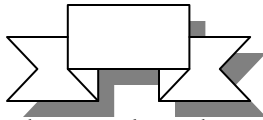


Last week, Peter Reynolds, author of The North Star, (the book that is our guiding theme,) visited our school and was very impressed with our sense of community at Sandown North. He spoke to the children about his craft of writing/illustrating, but also spoke to them about making good choices. All sessions were interactive with the children answering and posing questions.

Since his visit, we have received communication that he would like to feature our school in one of his newsletters and would like to “send folks our way to learn more about the wonderful Sandown North community”. It does take a whole community, working together to create an environment where children receive a quality education. Our PTA supported us

so we could bring Peter Reynolds to our school. They also were here the week before school opened, at our Open House, to welcome our first graders and new students. Recently, many of you were treated to an Ice Cream Social sponsored by the PTA. We sincerely appreciate all that they do. I encourage you to join PTA and become involved. All help is always appreciated.

Our Emergency Response Team continues to fine tune our safety procedures. We will be focusing on fire drills this month, as the way in which we evacuate the building is critically important to keeping all of us safe.



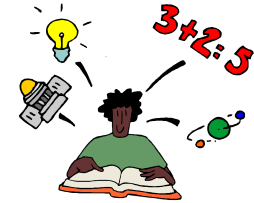
We have been selected to receive the 2006 Blue Ribbon Award for the last academic year, 2005 – 2006. We received this award because of the exceptional level of volunteerism in our school. Thanks to all for the time you give to our children. A special big THANK YOU is extended to Lorraine Beucler and Jeannie Lanctot, our Volunteer Coordinators.

## Curriculum Corner

Patrice Liff, Assistant Principal,  
Curriculum Coordinator

I want to welcome all of our returning and new students back to school. It is so nice to see our halls filled with smiling faces, and our classrooms filled with learning.

During the first three weeks of October, the students in Sandown, and throughout the tri-state region of New Hampshire, Vermont, and Rhode Island will be participating in the New England Common Assessment Program (NECAP). All students in grades 3, 4, and 5 will be tested in reading and mathematics. Grade 5 students will also be tested in writing.



The NECAP tests are designed to measure your child's progress in meeting the New Hampshire Grade Level Equivalencies or GLE's. Our district's curriculums are written to correlate to the state GLE's, which define the knowledge a student should have by the end of each grade level. The NECAP test assesses the understanding of content covered during the last school year. For example, the 3<sup>rd</sup> grade test will measure what a student should know and be able to do after completing second grade.

The test itself consists of three parts for every subject tested. Our students will be tested over either three or four days, depending on the number of test

sections and the school schedule. Below, please find the testing schedule for Sandown:

October 3, 4, 5, and 6 - Grade 5

October 10, 11, and 12 - Grade 3

October 16, 17, 18, and 19 - Grade 4

Parents often ask how they can best support their child during testing dates. Below are some important pointers for you to consider:



- Make sure children receive a good night's sleep before the test.
- Feed your child a breakfast that consists of complex carbohydrates, and protein. This will help your child reason through challenging questions.



- Send in a high protein snack and a cold water bottle for your child to have during the morning hours. This will help your child sustain throughout the testing situation.

- Make sure your child arrives



- at school on time. If your child is tardy, he/she may not be allowed into the testing situation and will have to complete a portion of the test during the make-up period.
- Most importantly, encourage your child to try hard and give it the best possible effort. Encourage in a positive manner that lets your child know that you believe in them. If your child seems unusually stressed about the test, please let Mrs. Georgian, Mr. Rolph, or myself know.

I encourage you to give me a call if you have any questions or concerns about the test or curriculum in general. You can reach me at Sandown North Monday, Tuesday, Wednesday, or Friday, and Sandown Central on Thursday.

Thank you in advance for your support during our testing weeks.

## From the School Counselor



Often during the school year I hear parents say that it's difficult to find out about their children's school day. I hope the information here will help you learn more about your child's day with us and for your child to gain practice in conversational skills.

### FINDING OUT ABOUT YOUR CHILD'S DAY AT SCHOOL



Sometimes getting more than a one-word answer about your child's school day can be frustrating. Remember that asking questions that only require one-word answers will produce just that. In order to encourage your child to give you more information, ask more situation specific questions. Here are some conversation starters, which might help:

*“What did you do on the playground today? Whom did you play with?”*

*“Tell me the best part of the story your teacher read today.”*

*“What was interesting about show and tell today?”*

Start a story with your child about school and let him/her fill in the blanks. For example, you can begin with: “Today I went to school and sat next to \_\_\_\_\_. Then we opened our backpacks and \_\_\_\_\_. At lunch I sat next to \_\_\_\_\_ and played \_\_\_\_\_ at recess.” Continue until you are satisfied that you heard more than your child would normally volunteer.



Ask your child, “Is this a good time to talk about school?” Your child has been working hard all day and may need time to unwind before entering into a conversation about school. Family dinnertime is often a good time to talk about the day. One fun way of initiating conversation at dinnertime is to have each family member talk about his/her “highs and lows” for the day. In other words, what were the best part and the hardest part of the day? From time to time you might hear information that may concern you. It is then you might want to ask, “Are you sure?” Check out information with the teacher rather than express worries or fears or call the school counselor.

Remember, conversation is a skill children need to acquire. Learning to begin with a greeting, ask questions, make eye contact, use appropriate body language and close with an ending are all components of a good conversation which can be effectively modeled by parents.

Please let me know if you have any questions about these suggestions or any part of the guidance program. I look forward to working with you and your children this school year.

Nancy Stafford  
School Counselor x317

## September is - National Preparedness Month

Get a Kit, Make a Plan,  
Be Informed and  
Get Involved

National Preparedness Month is a nationwide effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. National Preparedness Month 2006 is sponsored by the U.S. Department of Homeland Security. The goal of the month is to increase public

awareness about the importance of preparing for emergencies and to encourage individuals to take action.

To learn about how you and your family can prepare for emergencies or get involved visit: [www.ready.gov](http://www.ready.gov) or [www.citizencorps.gov](http://www.citizencorps.gov)

In the Express today, you will find an informative brochure created by Homeland Security for families.

## Art News



For the month of September we are focusing on value. We are experimenting with shades and colors to represent light and shadow. We crumpled and colored paper to create pictures of lightning storms over rough mountains. We used black paint to outline pictures we found on paper decorated with wet tissue paper. We plan to conclude our unit on value by painting shadowy portraits.

In October we will explore using texture in art.

## HINTS FROM THE HEALTH OFFICE



Providing healthful snacks for children is important to providing good nutrition for growth and development, supporting life long healthful eating habits and improving educational success. It has been shown that children who eat meals higher in sugar content fatigue easier and lose stamina quicker.

Snacks are a bigger part of children's diets than in the past. Snacks can be a positive way to promote overall good health and well being. Does your child constantly ask for foods that they see on TV? Giving them a choice of 2 healthful snacks for school and reserving "special" foods as seen on TV for "special" occasions is one way to offset the media blitz that they are exposed to.

Here are some quick & healthful suggestions for school snacks

### **Fruits & Vegetables**

Sliced apple or orange

Banana

Celery with peanut butter

Mini carrots

Fruit cups with light syrup

Applesauce

100% fruit juice (recommended servings are no more than 1 ½ cups per day)

### **Healthy grains**

Pretzels

Popcorn

Cereal bars

Crackers

Breadsticks

### **Low-fat Dairy Products**

Yogurt

Low fat pudding

Low fat cheese (regular cheese is the #2 source of heart damaging saturated fats in children's diets)

Low fat milk (milk is a terrific source of calcium & vitamin D but regular milk is the #1 source of heart damaging saturated fat in children's diets)

### **Nuts & Trail Mix**

Since nuts are high in calories, it is best to serve them in smaller portions

I hope that you find this helpful in helping your child be a smart consumer and make healthier choices in the snacks that they eat.

Ellen Zimmerman

Sandown North School Nurse



## **DATES TO REMEMBER:**

October 2 – Monday Morning  
Meeting 9:00am

October 4 – PTA Meet & Greet  
7:00pm/cafeteria

October 9 – Columbus Day  
NO SCHOOL

October 10 – NECAP Testing

October 11 – NECAP Testing

October 12 – NECAP Testing

October 16 - Monday Morning  
Meeting 9:00am

October 18 – EARLY RELEASE  
1:00pm

October 23 - Monday Morning  
Meeting 9:00am

October 30 - Monday Morning  
Meeting 9:00am