

Sandown North News



December, 2004



*From the desk of
Jo Ann K. Georgian, Principal*

Dear Families,

How fortunate we are to be working with your children during the holiday season! Their excitement is contagious. It's a time when, together, we think of others and how we can help to make their lives brighter and happier.

I wish you all could have visited our Holiday Gift Shop with the children. The room was abuzz with happy voices as the children purchased items for their family

members. Having the chance to give back to those they love was a wonderful experience for them. This would not have been possible without the hard work of MANY volunteers, led by Sally Morris, Lorraine Beucler, and Jeanne Lanctot. They brightened the holiday for many: those who came in to create some items for the sale together, (lots of laughing was heard), the volunteers who worked the sale, the children who visited the Holiday Gift Shop, the staff who felt the children's excitement, and the fortunate folk who will be receiving these thoughtful gifts.

Chris Russell and Brenda Merrill, along with many other volunteers, worked tirelessly to make the Auction a huge success. Families and community members were treated to a fun-filled evening. The generosity of many will go towards providing the children with enriching opportunities not otherwise possible.

As you complete your holiday shopping please remember that the children need warm clothing so they can enjoy outdoor recess. I reviewed the rules with children at Monday Morning Meeting. In a nutshell: To play in the snow, children must wear hats, mittens/gloves, snowpants and

jacket, and boots. Without snowpants, they will play on the hot-top. They often try to negotiate with the staff, as some don't like to take the time to put on snowpants, especially when there is not much snow on the ground. Clothing gets wet and uncomfortable even in a small amount of snow, so appropriate clothing is a necessity. Please help your children by helping them to remember to bring outerwear to school.

Richard Smith, who has been donating a beautiful, huge wreath to us for 3 years, returned to give us one this year, even though his daughter is no longer in our school. His donation helps to make the building look more attractive and welcoming this holiday season. We so appreciate his thoughtfulness!

I wish you all a joyous holiday season, filled with family, friends, and much happiness.



Curriculum Corner



Nancy Barcelos

The holidays are a busy time of year for everyone. Students have been learning about traditions and holiday celebrations from around the world, as well as sharing family traditions. Geography is also taught in conjunction with holiday celebrations. Some of the children have visited other classrooms to learn about other cultures from teachers other than their own. I hope you are enjoying the artwork they have worked diligently on.

Mrs. Zawacki's class has developed their own custom by learning to give *Out Loud Presents*. *Out Loud Presents* are given by simply speaking kindly to people we meet and in our homes. Remember to give an *Out Loud Present* yourself!

Mrs. DeCristofaro plays dazzling holiday tunes while the children work cooperatively in relay races. They are learning how to work together and show teamwork. Mrs. DeCristofaro teaches children how to check their pulses and reminds them often about the importance of staying physically fit. Who couldn't keep moving with the lively music she chooses!

Mrs. Quigley enjoys sharing music from around the world in her music

classes. While singing and learning songs from other countries, they are learning to recognize beats and rests. We know children will be singing in their minds in the busy days ahead.

THANK YOU



Remind children to write their own thank you notes during the holiday season. Visit www.funbrain.com for some fun practice during the vacation. Best wishes for a safe and peaceful holiday season.



From the School Counselor

During classroom guidance for the month of December, the 1st graders and I talked about friendship and what it means to be a good friend. Students learned about the connection between how they act and their friendships. Using animals as examples, we

talked about undesirable traits in a friend such as not being trustworthy (like a snake), being mean or aggressive (shark) or acting overly silly all of the time (monkey). We also talked about positive friendship traits: being kind, a good listener, being there when you need them (like a teddy bear). We read the book "Chester's Way", by Kevin Henkes, which is a nice story about friendship.

The 2nd graders and I went on a fishing expedition this month! We talked about teases and put-downs and read the book, Simon's Hook, by Karen Gedig Burnett. In the story, Simon is being teased and talks with his grandmother about it. She compares teases to fishing hooks and helps Simon learn not to "bite" at the bait. We talked about strategies to use so we don't "bite" at other people's negative behavior. Instead of "biting" they can

choose not to react, try and distract the person i.e. change the subject, use humor or stay away from the "hooks". We talked about different ways people tease and came up with some responses using the different strategies.

With the 3rd graders we read the book, "The Christmas Menorah" by Janice Cohn. This book is based on a true incident that took place in Billings, Montana. The story talks about two families and a town that comes together to stand up against acts of hatred and prejudice. Ask your child about the 2 wrapped gifts I brought in to their classrooms and which one they chose to keep.



Have a wonderful holiday, relaxing vacation week and a happy New Year!

Guidance Department
Nancy Stafford x317



An Ounce of Prevention Keeps Germs Away

The most important thing that you can do to keep you and your children from getting sick is to wash your hands. By frequently washing your hands, you wash away germs that you have picked up from other people, or from contaminated surfaces, or from animals.

One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus. You can also spread germs directly to others or onto surfaces that other people touch. And before you know it, everybody around you is getting sick.

You should wash your hands often, probably more often than you do now. You can't see germs with the naked eye or smell them, so you do not really know where they are hiding. If your children see you washing your hands regularly, they will too but reminders are always helpful.

It is especially important to wash your hands

- Before, during, and after you prepare food

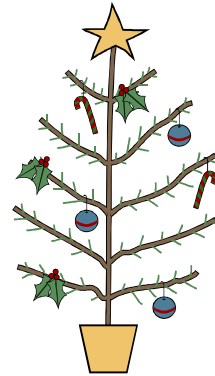
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty
- More frequently when someone in your home is sick

The correct way to wash your hands is:

- First wet your hands and apply liquid or clean bar soap.
- Next rub your hands vigorously together and scrub all surfaces
- Continue for 10 - 15 seconds or about the length of a little tune like "Happy Birthday to You"
- Rinse well and dry your hands

Lets all work together this winter to keep our children and ourselves healthy and in school! My wish for you is to have a safe and healthy holiday season.

Ellen Zimmerman RN MEd
School Nurse



Dates to Remember:

- January 3 - NO Monday Morning Meeting
- January 10 - Monday Morning Meeting at 9:00 am
- January 13 - Public Hearing on budget 7:00pm at the PAC
- January 14 - Infinities Chamber Ensemble 10:00am
- January 17 - NO SCHOOL - Martin Luther King/Civil Rights Day
- January 19 - 3rd Grade Field trip to Palace Theater
- January 24 - Early Release at 1:00pm
Monday Morning Meeting at 9:00am
- January 31 - Monday Morning Meeting at 9:00am

HAPPY NEW YEAR