

May

Sandown North News



*From the desk of
JoAnn H. Georgian Principal*

This first week of May is Staff Appreciation week and we certainly have much to appreciate. Our staff here at Sandown North is of the highest professional caliber; they work together to do what is best for children. I am continually impressed by their willingness to take the next step, to think outside the box, to step outside of their comfort zone to help a child be happy and successful. In order for staff members to accomplish all that they do, they need the support of parents and community members and we are so fortunate that many give of their time and energies to support the children and our work with them.

On Tuesday, our staff was treated to a very special luncheon by our PTA members. Erica Olsen organized this wonderful event with the help of many. The food was delicious, the décor –attractive, and the company was the BEST! I want to thank all our PTA members who made the day so special for us all. We certainly do appreciate it.

On a daily basis, we have many parents who work alongside us and many community members who attend and present at Monday Morning Meeting. These authentic learning experiences are ones our children will remember forever. Mark Traeger taught the children about the wetlands and the animals who reside in them. Mark Kripp helped us build a blue tarp home to show the children what life is like in Haiti for many families. At our May 10th Monday Morning Meeting, Samantha Borbone will roll-out a new school project. I am thrilled to welcome her as our new Volunteer Coordinator. We will miss Tracy Kripp-Burns but I know that Samantha will help you connect to us in a way that will work best for you.



A special event will soon be happening for our third grade children, the Field Day at Sandlots fields. Our children look forward to this event for years and as adults, we look forward to it every year. Mrs. DeCristofaro carefully plans the events so all flows smoothly throughout the day. Parent volunteers help it all to happen and have a lot of fun in the process. Mrs. DeCristofaro will be sending home more information and will be looking for volunteers. If you can be there, we would love to have you. We will need people at the various stations, as well as at the grills. We are so grateful to Ed, Linda, and Mitch Mencis for being our hosts every year. They do so much to prepare for us, and begin the day with us at oh...about 6:00

am, so if we can help out when it's time to grill and serve the food, it would be really helpful. We are so lucky to have such strong community support for our children and certainly appreciate it.

Curriculum News



Spotlight on Art:

Sandown North is very lucky to have two wonderful art teachers working with our students. Mrs. Lenihan and Mr. Melle have exposed our students to a vast array of artists and artistic techniques. In this manner, students have learned about many cultures throughout the world.

Our Kindergarten students studied about Georgia O'Keeffe and experienced painting flowers with very bright colors. Our older students learned about Vincent Van Gogh, Piet Mondrian, and Claude Monet, and participated in other units as well.

Second grade students have been working all year on animal stories. This project required the students to write and illustrate a story. Third grade students completed a unit on Native American Art. They studied



Navaho pottery and created a still life of a Navaho piece. They also designed Totem Poles. Totem Poles were used by native cultures to tell a story in the oral tradition, and our students needed to design their Totem Pole with a story in mind. Finally, grade 3 students created portraits of a Native American

chief, using the paintings of George Catlin as a guide.

Currently the entire student body is working on an Ocean Unit that is being created in the art room. The students have brainstormed ocean animals and used water colors to paint their favorite. They are also creating a collage of sea weed and drawing beach pictures.

Many of these wonderful creations will be on display and ready for viewing on Wednesday, May 12, when Sandown North holds our annual Spring Art Show. We hope that you will all be able to join us from 6:00-7:00 pm in celebration of Sandown North's finest artists.

Notice to All Parents of Title I Students:

We will be offering Title I Summer Camp at Sandown North again this year. The camp will run from July 5 through July 29, Monday through Thursday. The exact hours of camp have yet to be determined: however, they will be in the morning. Every Title I student will be invited to attend camp. There is also a possibility that new students will be added to the Title I roster for the summer. You will be receiving information and notification if your child qualifies for summer services within the next couple of weeks. If you have any questions, please feel free to contact me or Diane Chauvette.



Wishing you all an enjoyable spring!

*Patrice L. Liff, Assistant Principal,
Curriculum Coordinator*

From the School Counselor



Last month I attended an information session, "Keeping Up With the Cyber Generation", hosted by the Southern Rockingham County Coalition for Healthy Youth. The session was video taped and you can access it through our school website. I went to the session to learn more, both as the parent of teenagers and as a school counselor. The main speaker was Jayne A. Hitchcock who discussed texting, Facebook, MySpace and other social media sites and technologies. I came away with lots of information and two important realizations. The first is as parents, we must be sure our children understand that technology is a *privilege not a right*. The second is that although parents of young children might feel they are years away from dealing with these issues, they must become educated now, *before* their children start using the internet and cell phones. Most of our children, even at a very young age, are using computers and learn quickly about surfing the internet, YouTube, etc. As parents, it is our responsibility to know what our children are doing on line and to set rules as to the use of the computer and cell phones.



We must monitor cell phone and computer use and set boundaries so that these types of

technologies remain useful and safe. By learning more and thinking how you want to deal with technology use in your family, you will be better capable of dealing with these issues once your child starts using cell phones and social media sites. Below is a list of several helpful websites for parents and families that I hope you will find useful. This is new territory for many of us but one we need to take the time to learn about, ask questions, set expectations, set examples and monitor. Please let me know if you have any questions or concerns.

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887-8505 x317

www.ikeepsafe.org/PRC/
www.connectsafely.org
www.haltabusektd.org
www.mediawise.org (click on the
Technology & Media tab)
www.connectwithyourkids.org
www.getnetwise.org
<http://www.netsmartz.org/netparents.htm>

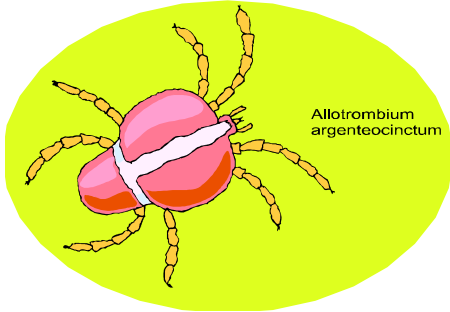
NURSE'S NOTES



It is that time of year again to be cautious outside when it comes to ticks and insects. Below please find advice about ticks and tick bites from The NH Department of Health and Human Services. For more information, please check their web site @ www.dhhs.nh.gov/DHHS/CDCS/lymedisea

[se.htm](#) or check the Timberlane District website for updates @ www.timberlane.net

Avoiding Tick Bites



- Stay on trails outdoors; avoid areas of overgrown brush and tall grasses.
- Wear light-colored clothes so ticks can be easily seen.
- Wear a hat, long-sleeved shirt and long pants tucked into boots or socks.
- Check yourself often for ticks.
- Use insect repellent containing DEET or permethrin (follow directions).

What Is It A Tick Bite?

- Spider Bite – Several fluid-filled bumps appear at the site of the bite.
- Tick Bite – The bite is hard, itchy, and forms into lumps. A red, rash-like halo surrounds the bite and then slowly spreads outwards.

Removing An Attached Tick

1. Remove the tick promptly. The sooner you remove it, the less chance of infection.
2. Use tweezers to grasp the tick's mouthparts at the surface of the skin.

3. With a steady motion, gently pull the tick straight out.
4. Wipe the bite area with an antiseptic, or wash with soap and water.
5. Be alert for symptoms of illness over the next 7-10 days.

- DO NOT squeeze the tick.
- DO NOT rub petroleum jelly on the tick.
- DO NOT use a hot match or cigarette.
- DO NOT pour kerosene or nail polish on

I would also like to take this opportunity to encourage parents to send ONLY healthy snacks with your child. Scientists have shown over and over that our bodies work better with better food. High sugar and low nutrient snacks interfere with the brain's ability to think properly.

BETTER SNACKS=BETTER BRAIN POWER

Wishing you healthy days ahead,

Ellen Zimmerman RN
Sandown North School Nurse

"You can't educate a child that isn't healthy and you can't keep a child healthy that isn't educated." Jocelyn Elders, former US Surgeon General



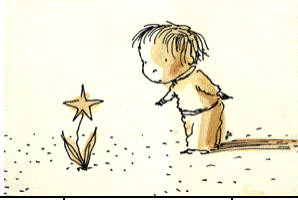
Spring Picture Day!



May 12th

Sandown North Elementary

May, 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 ★ Monday Morning Meeting 9:00am	11	12 Spring Art Show 6-7pm	13	14 Early Release Day 1:10 pm	15
16	17 Gr. 3 Field Day	18	19	20	21	22
23	24 ★ Monday Morning Meeting 9:00 am	25	26	27	28	29
30	31 Memorial Day NO SCHOOL 					

*Field Day Rain Date – May 24th