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## **PRINCIPALLY SPEAKING....**

With Mrs. Ralph, Principal

Dear Parents,

Winter in New England is always a challenge. We are never quite sure what we will get with weather. We try very hard to get our children outside for recess but with the recent cold and rain and mud and snow it has been very difficult. Children should dress in layers so they are ready for any changes that come our way. Please make sure that your contact information is up to date in case we need to contact you for any reason.

The PTA has scheduled Bingo for Books for March 17. This is a very popular activity and you should expect information coming home in the next couple of weeks. As usual, we will make up themed baskets from each classroom that will be raffled off during this event. You will receive a notice about the theme for your child's class. A small gift that could be included in this basket will be requested. If you have any questions, please do not hesitate to contact the PTA.

This time of year can be very challenging for some children. New material is being introduced all the time and the expectations are higher than in the fall. Homework is assigned more frequently and the children should know the routine by now. If you have any concerns, please make sure that you check with the teacher. Working together we can make a difference.

## **NUTS & BOLTS**

Nancy Hart, Asst. Principal &  
Curriculum Coordinator

We have had a very 'wet' winter! Our playground reflects the ice, puddles, mud, and snow. It is our goal to be outside when the weather is above 20 degrees, taking into account wind chill. We want our students to have active movement and fresh air. Unfortunately, ice and mud have covered our play areas. We have not gotten outside as much as we would like. We are hoping that the new month brings us snow and a safe place to enjoy a NH winter! Please make sure that you continue to pack 'snow gear' as we will be outside whenever possible. Just a reminder, we have an incredible collection of coats, boots, snow pants, hats, mittens, backpacks, and lunch boxes in our lost and found. Please label the items your child brings to school and that will help us find the rightful owner. Please encourage your child to check the items in the cafeteria corner if something is missing. We will be donating unclaimed items to shelters over vacation.

## **CURRICULUM CORNER:**

Between January 25<sup>th</sup> and February 1<sup>st</sup> progress reports are going home to students that are experiencing difficulty. Please note that it is our goal to keep parents accurately informed concerning their child's progress in school. We want to work together to help each



child be successful in school. Please contact your child's teacher and set up a meeting to discuss any concerns that you may have. If you did not receive a progress report, it indicates that your child is progressing appropriately. Our next report cards will not be going home until the end of March.

We have completed the first half of our pilot year with our new math program, 'Everyday Mathematics'. We know that this program is rigorous, exciting, and different! Students are exposed to several methods to solve problems. The goal is that they will understand why and how a problem is solved. Eventually the student will settle on a method that makes sense to them. Skills are presented in a 'spiraling' approach. Students will have many exposures to all skills. When a topic is introduced, it is a 'beginning' concept. Students will have many, many opportunities to practice skills over time while it is developing. It is only after lots of instruction, practice and review that a skill is expected to be secure. You have probably seen these labels beginning (B), developing (D) and secure (S) on Home/Study Links and Family Letters. Please encourage your child to be a confident mathematician. They may not know every answer but with practice and perseverance they will develop their skills. Please encourage students to play their math games, as that will build their math facts and knowledge!

### **COUNSELOR'S CORNER**

With Louise Janelle

#### Cutting TV Reduces Aggression

A recent study done by researchers at Stanford University indicates that a reduction in exposure to media violence makes school aged children less aggressive. The study, which was published in the Archives of Pediatrics and Adolescent Medicine, involved elementary school children who received lessons on reducing their TV viewing. It was found that children who watched no more than

7 hours of TV per week were noted to have measured changes in verbal and physical aggression, as observed by monitors on the school playground.

A larger and longer study is being done to look at whether or not there would be a long-term reduction in aggressive acts.

A school-aged child is not emotionally developed enough to cope with the level and type of violence many of them see on television. Due to the daily hours they spend watching TV, they frequently carry the emotional impact into school, and have difficulty learning as a result. Monitoring your child's TV viewing for its level of violent acts is one way to help your child make the most of his/her education.

### **FROM THE FRONT LINE**

Lucy Landry & Cathy Keehan

Early dismissal from school due to inclement weather will be handled by the Superintendent of Schools. If school is dismissed earlier than usual due to weather or other emergencies, a phone chain will be activated to notify you or a person you have listed on the emergency card who will take responsibility in your absence. **The school may dismiss up to 30 minutes early without activating the phone chain and notifying parents.**

### **NOTES FROM THE NURSE**

Rosemary Thorne, RN, Carla Taylor, RN

Dear Parents, Please remember that we have outside recess on all but the coldest and snowiest of days so please check that your children are appropriately dressed in winter clothes; jackets, hats, mittens, long pants--your child will be expected to participate in recess in the clothing that he/she wears to school in the morning. As always, water bottles are a good idea to keep your child well hydrated in the classroom, it is also the best way to lessen the effects of a routine upper respiratory infection



and the accompanying symptoms of stuffy nose and dry throat.

Lately, we have had a few more cases of head lice. This is a nuisance problem in school and in your home and I again urge each of you to take time to assist your child in using a hair dryer after each shampoo. This is the only measure that we know of that discourages the growth of the lice. It is almost always effective if done routinely.

We will be starting Growth and Development classes shortly for the 4th and 5th grades. You will receive a notice from your individual teacher regarding this matter. If you have any questions, please feel free to call me or stop in at the Health Office.

### **PHYSICAL EDUCATION**

We are finishing up with the basketball unit in PE. It is exciting to see how many younger students are involved with the basketball program after school. The children were more knowledgeable and skilled starting out this year in class, nice work everyone.

Our school is working with a UNH program to promote health in the New Hampshire schools. As I have reported we are doing the Physical Best Fitness test as part of the research for the university and for fun and fitness for our students. Some of our students will have a chance to work with some of the students for UNH in the fitness testing. They will come to help test the children and teach any volunteers who would like to help me test in the future. When that date has been decided I will send out a notice so anyone interested can try to come to the training.

Some other upcoming activities in PE include first graders learning to jump rope, cooperative adventures for third, fourth and fifth grade, basic tumbling and floor hockey!

Stay active and take care,  
Mrs. Dresser



### **MUSIC NOTES**

Ms. Soha

#### **Congratulations band members!!**

Sophia Rendo earned her X  
Kelly Crofts earned her X  
Katherine Psarris earned her 1<sup>st</sup> C  
Rhiannon MacLean earned her X  
Skylar Labbe earned her X  
Shailyn Ireland earned her 1<sup>st</sup> E  
Shawn Grenier earned his 1<sup>st</sup> C  
Erik Nelson earned his 1<sup>st</sup> E  
Ben Chretien earned his X  
Jake Perkins earned his 1<sup>st</sup> C  
Gage Gallant earned his 1<sup>st</sup> L  
Anthony Amorelli earned his X  
Danielle Gajewski earned her 1<sup>st</sup> C  
Samantha Boucher earned her 2<sup>nd</sup> L  
Gabrielle Perreault earned her 2<sup>nd</sup> L  
Masha Lange earned her 2<sup>nd</sup> E  
Kyle DeChane earned his 1<sup>st</sup> E  
Alissa Bredbenner earned her 1<sup>st</sup> E  
Tyler Guilmette earned his 1<sup>st</sup> E  
Julian Obi earned his 1<sup>st</sup> E

### **FROM THE ART STUDIO**

Mrs. Squires

Greetings from the Art Room!!!  
We are about to begin our next units of study: grade 1 will be working with collage materials, grade 2 with construction, grade 3 with drawing, grade 4 with clay, and grade 5 with printmaking.

Be on the lookout for some great artwork from your children!

Each week we celebrate the artwork of one child in our school who submits work and applies for "Artist of the Week". **Our Artists of the Week for January have been: Kaleigh McLaughlin-Grade 2, Karissa Braga-Grade 3, and Faith Riley-Grade 3.** Great Job!

I have changed a few items to our on-going list of supplies to be donated to the art room.

Please read through it to see if there are any items that you could help out with:

Wood scraps  
8" x 8" wood squares  
Textured papers  
Fabric  
Wax paper  
Metal washers  
Toilet paper rolls  
Boxes  
Craft Supplies  
Magazines with animals or outdoor themes  
(National geographic, Ranger Rick, etc.)

Lastly, **PLEASE keep your children's artwork that comes home in a safe place. Just like last year, we will have our yearly ART SHOW during April's Academic Fair.** Every child is expected to have at least one piece in the show. Also, I'll be looking for additional volunteers as we get closer to that time to set up the show.  
Thanks so much and Happy February!

### **SCHOOL LUNCH PROGRAM**

Barbara Sargent, Manager

The holidays are behind us now and it is time to make sure that all our lunch accounts are paid in full. If circumstances change, and you are in need of help please contact us. There are forms to fill out for free or reduced price lunches. If you would like a copy of your child's account please call or drop a note. I try to send home letters of money due each week in the Danville Delivery except when there is a short week.

Our school is still small enough for us to provide a good home cooked lunch with bread and desserts baked each day. The bread for our toasted cheese sandwiches is the only one we buy. If you have any questions please call us or stop by.

Thank you for letting us serve your children.



### **IMPORTANT DATES**

Feb. 9<sup>th</sup> District Deliberative Session at PAC  
Feb. 10<sup>th</sup> Spelling Bee Grades 4 & 5  
Feb. 15<sup>th</sup> All School Field Trip to PAC  
Feb. 27<sup>th</sup>-March 3 Winter Break  
March 14<sup>th</sup> no school – Professional Development  
March 17<sup>th</sup> Bingo for Books  
March 27<sup>th</sup> Early release – 1:00 PM  
April 25<sup>th</sup>-28<sup>th</sup> Spring Vacation