

SILVER ARROW NEWSLETTER

AUGUST 31, 2013

Thank you for a fantastic first week of school! Everyone seemed eager to be back and ready to take on the challenges of the new year. Summer is hard to leave behind, but our school year is always filled with extraordinary accomplishments, great memories and tons of fun!

CURRICULUM

This year all schools in the SAU are implementing the Common Core Standards in Math. Therefore, you will notice some changes in the items your students bring home. Everyday Math is not being used much as we look more at our SAU developed CCSS Pacing Guide. This guide will aid teachers in their progression through the standards. Since the standards are based on mastery of each skill before moving a student on, other resources are needed for teaching. In addition, the depth of knowledge that students will be asked to perform is different. You will see more tasks that require persistence, problem solving, and multi-steps. There will also be math projects that require small group or partner work. It is exciting! Teachers have been working hard to get ready for this change. It is the first year and we have high expectations for ourselves and the students. We know the Pacing Guides are new and will need some tweaking by the SAU Math Committee, but that is part of the process. You can find these guides on the SAU website under Curriculum. As always, if you have any questions, please be in touch with your child's teacher or the principal.

WELLNESS

Last year the Wellness Team worked on the guidelines for our school wellness policy. One of the most important pieces of this work related to foods offered at school. The federal Dept. of Education

and NH DOE have handed down regulations to the schools to assist in this process. With these in mind, the team, that includes teachers, parents, the school nurse, food service and physical education staff, created

guidelines that are reasonable and offer choices. For birthday celebrations: teachers will brainstorm with their class a list of ways to recognize the birthday person. One of these choices may be a food treat. Other ideas that have been popular are: PJ day, special extra recess

, lunch with the teacher, sitting in a special class chair for the day, wear your favorite hat for the day, etc. If a snack is chosen, teachers have agreed that it will be offered to the class after lunch at about 2:00pm, instead of at morning snack (kindergarten-1:00pm). This idea came about as teachers observed students throwing away a healthy snack sent from home for morning snack to have a sweet birthday treat instead. We know what the research says about good food for the learning brain, so have opted to offer these snacks in the afternoon. Also, to help parents when creating a birthday treat, we will send home some ideas and guidelines from a national nutrition resource to help these items to be the best they can be for the children.

These guidelines mainly focus on portion size, and fat and sugar content. I think you will agree that practicing good nutrition habits now will build good habits for life! If you have any questions on this topic, please contact your child's teacher or the principal.

Music is in the Air

The Instrumental Music program for grade 4 and 5 is expanding at the small elementary schools this year. Now students can take lesson during the school day as well as after school. Curt Mackail will be offering free group lessons at lunch or recess on Tuesdays. There will be a beginners and advanced group- one will meet at recess and one at lunch. If there is enough interest, there will also be a strings/percussion group. Students will need to rent instruments, but the lessons are free. Mr. Bartosiewicz will still be offering after school lessons for a fee, for those interested. He will be giving smaller, more individualized lessons based on skills and instruments. You can choose to do both lessons or just one. The group that meets

during the day is going to be called Superband. Students will be having an in class introduction to this program during the week of Sept. 9. There will be a Superband Fun Night at the Cooperative Middle School on Sept. 19 for all interested in this program. Stay tuned for more information. Mr. B will begin his lessons this week. Please contact him if you are interested in after school lessons.
rbartb3@gmail.com

From the Nurse

Welcome back to all the Newfields' families. I hope that everyone had an enjoyable and healthy summer. Thank you for returning the health information on the "Health Update" page. It helps me keep up with everyone's needs at school. Thank you also for reading/reviewing the information below.

Kathy Bird RN

1. Communication about illness and infection

- Please remember to **call in your child's absence and providing the needed information about that absence**. We track illness to aide the school teachers and families of children who might be more vulnerable to certain illnesses. We need to know whether your child has a fever (>100.0F) and respiratory symptoms (cough, or sore throat). These are signs of an influenza like illness. Your student should **stay home until 24 hrs. fever free** without the aid of medicine to control it.
- Upon recovering from respiratory illnesses, young children are not great at controlling their symptoms, such as a cough and/or a drippy nose. **Please employ measures that control the symptoms is helpful (for example nose drops, decongestants or cough medicine)**. Extra water is a helpful aide in cold symptom recovery. Water bottles with easy pop tops are OK with most teachers. **Personal tissues and a personal hand gel**, for the students who are old enough to handle it, is helpful.
- Please **let us know if your student has strep throat, bacterial pink eye, and impetigo** etc. Children should stay home until he/she has been on antibiotic x 24hrs.
- **Some germs may be hazardous for women who may be pregnant** (eg. Fifth's Disease). When you are at the pediatrician's office to check out a complaint, please **help us by asking the doctor if this is a health issue for women who may be pregnant, or individuals who may be vulnerable to germs.**

2. What is needed for your child to have medicine at school:

- **All medicines should be brought in by an adult.**
- **All medicines should be in the original properly labeled container.**
- **Over the counter medicines should be accompanied by a signed parent note** with instructions on how much to give and when, is needed.
- **Prescription medicine needs a written and signed doctor's order along with a parent permission and signature.**

3. Mosquito borne illness is present in NE and ticks are still around:

- There are still notices about **WNV and EEE (mosquito borne illnesses) for New England**. Newfields town does monitor mosquito activity for signs of the illness being carried and has a mosquito management plan.
- We are most vulnerable to mosquitoes biting before and during early daylight and sunset/evening hours; **waiting for the bus and participating in outdoor play at the end of the day are your child's highest risk times.**
- You may increase protection from mosquitoes by **dressing yourself / your child in layers**: light longer length sleeves and leg layers (pants or leggin' tights). As the day warms up your child may shed the longer layers.
- **Bug repellent** for the AM bus stop (or AM play before you all leave for school), and for recreational play in the late afternoon should be considered.
- **Tick checks at the end of the day are a must, until we have hard frosts.**

ANNOUNCEMENT FOR PARENTS OF 4TH AND 5TH GRADERS:

Looking for a new after school activity for your 4th or 5th grader? This week NES starts up its Cross Country Running team for the 5th year! We welcome any 4th or 5th grader with the spirit to try his/her running skills. We practice on Mondays, at the school from 3:15-4:15. On Wednesdays, we race at area schools. This is an exciting event where the runners try to run their best over fields and through woods for 1 mile. Look for promising group growth and exciting personal effort. Cross Country meets for 6 weeks. The last race is on October 9th. Come join us. For more information open up the XC attachments.

Holiday Fair Committee

Thi
s will be the
last year

for our Holiday Fair volunteer

parent
organizer.

It is time for others to step up and take the reins.
The fair
is a very organized, and with enough people helping out
it's not too difficult, and it can be fun. If anyone is
interested they should contact

Deb Thompson
-jeff.debbie@mac.com.

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his is a great way to begin your volunteer time at NES.
There are many small jobs that together make for a
fantastic event.

Coming Events:

Sept. 8 Back to School BBQ- NPTO

Sept. 9 School Board Mtg- 6:30pm

Sept. 12- Fifth Grade only- Parent Information

Night 6:00pm

Sept. 26 Parent Information Night/Open House- all
grades 6:00pm

Have a great week!

Helen Rist
Principal