



Idlehurst News

Administrator's Corner

Volume 5, Issue 3
December, 2022
www.sau56.org



Dear family and friends of Idlehurst,

Welcome to winter, filled with learning and love, during this holiday season. The month of November began with a schoolwide community day celebrating Veterans Day. Our students honored 38 Veterans of our Idlehurst families by singing songs, handing out flowers and giving personal recognition and gratitude for all that we have. The month ended celebrating Thanksgiving, learning about the pilgrims, celebrating our annual grade one Thanksgiving feast and filling our live gratitude tree with leaves of all the things we are grateful for, “family, friends, school, animals, siblings, monsters, ice cream, Lunch Ladies, gymnastics etc. “

We began our November PBIS roll out, by helping our turkeys “spread their wings with kindness.” Being kind in our building focused on saying please and thank you, picking up after ourselves in the cafeteria, classroom (AND AT HOME), and using a kind tone with our friends. The month of December, the PBIS Universal team is continuing with kindness, as students now earn snowballs for showing kindness, to give the turkeys their new snowy habitat. We are starting off each morning opening a kindness wreath, that challenges students with specific ways to be kind. (Make sure you ask your students what was read on the morning announcements.)

Here at Idlehurst we continue to focus on building meaningful relationships with our students and families. We know that creating meaningful relationships and creating positive childhood experiences can have a profound impact on academics and social emotional growth. These relationships can be as simple as a Somersworth Police Officer visiting the building each day, reading to students, going out to recess or just sitting with a group of students at lunch. Relationships can also include parents attending parent teacher conferences, maintaining open communication with teachers and administration, and attending family events. Together we can make a difference, and our goal is to make sure every student is reaching their greatest potential.

Have a wonderful holiday season and know that we are all here for each and every one of you. Please remember to BUNDLE UP YOUR STUDENTS as the winter is rapidly rolling in.

Coming Events

December

26th-30th:

WINTER
BREAK
NO SCHOOL!

January

16th: Martin Luther King Day, NO SCHOOL

26TH: Family Game Night, Idlehurst School, 6:00-8:00pm

Inside This Issue

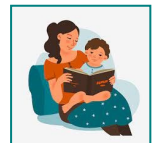
Summer Reading Celebration	2
Title 1 Reading Tips	3
Farm to School	3
RTI	3
Notes from the Nurse	4
Veterans Day Celebration	5
PTA News	5
SYC	6
Parents Make the Difference	7

Summer Reading Celebration

On November 16th, students who read more than 1,000 minutes over the summer were rewarded with a visit from the UNH SeaTrek program. This went along with our "Under the Sea" summer reading theme. Volunteers from UNH presented two different programs: one on lobsters, and one on echinoderms. In one center, students learned about the life cycle of lobsters, how traps work, how to band lobster claws, and how to preserve the lobster population. At the other center, students learned how sea stars eat and move, how sand dollars survive storms, and how all echinoderms have symmetry. Students got to touch and hold lobsters and sea stars and look at other creatures under magnifiers. It was a fabulous experience for our Summer Readers!



Title I Tips for Reading Aloud to Your Child



Here are a few things to try this month when reading books to your children:

1. Take time to process what happened on the page before turning it. Ask your child to retell the events or have them explain how the character might be feeling.
2. Ask questions that require more than a yes or no answer. Example - "What do you think will happen next?" or "Why is the boy crying?"
3. Repeat what your child says and then expand on it. Example - "Yes, he's crying because he can't find his stuffed animal. He must be a little scared to go to sleep without it."

Happy Reading,

Your Title I Team



For Farm to School, Fall is When Ideas and Plans Germinate

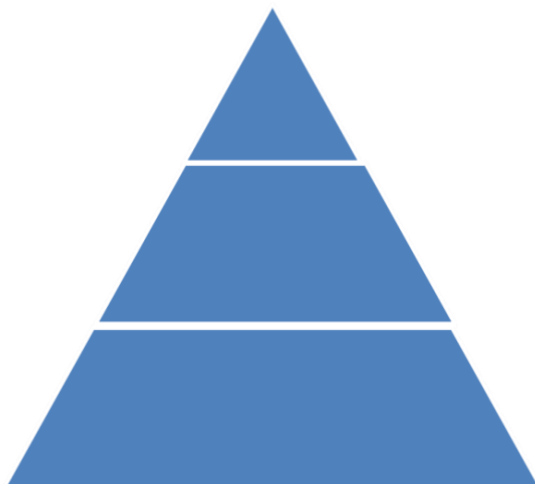
Farm to School may appear dormant right now, but all the best plans are laid this time of year.

For starters, Maple Wood gardens got a makeover! Over the past 3 years the gardens at Maple Wood have expanded, but the pandemic and remote schooling scrambled plans and they fell into a state of disarray as a result. The district's USDA Farm to School grant has helped fund regrading of the garden area in order to reduce pooling of water, creation of a pollinator area to encourage wildlife, and replacing two trees by Seacoast Plant Specialists of Rochester NH, in efforts to improve pollinators (and eventually, shade) near the vegetable gardens. At Idlehurst, a tree inventory was done by UNHCE and plans are underway for the spring replacement of some trees there as well. Idlehurst now has a "roadmap" to reference over many years, as funds allow for the purchase and maintenance plan for new, more suitable trees for the location.

It's all a blank slate right now. Come spring time, the pollinators will sprout, trees will leaf out, and butterflies & bees will begin their work. All the planning and fruits of our labor will be in full bloom. Until then, take care of yourselves and your family this holiday season.



Maple Wood student taking care of newly planted pollinator tree

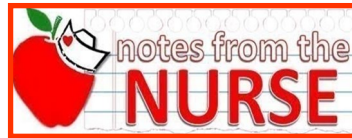


RTI = Response to Intervention
How we meet the needs of each student

- Instruction that is used is based on good solid practice and research.
- A variety of tests are used to determine and ensure that students are learning at the expected rate.
- In an RTI system student progress data is regularly monitored and reviewed.



Home to School Connection



Fall and cold weather is upon us - soon the snow and ice also. The weather can be cold in the morning, warmer during the day.

The children should be wearing **warm** clothing – coats, sweatshirts, etc. in the morning on these cool days. They will be going outside for recess and special breaks during the school day. Please let me know if you need anything to keep your children warm.



Germs, germs, germs are everywhere – and they like to be shared when we are all together.

The best way to prevent illness is HANDWASHING with soap and water or using hand sanitizer is the best way to reduce the spread of germs.



Many different viruses (coughing, stomachaches, runny noses, etc.) have been seen at School. The nurse will call you and let you know of any symptoms that have developed during the day.

*****If you feel your child is ill, please have your child stay home and call to schedule a Provider appointment.....Please do NOT send your child to school if sick before the appointment.**



Please call the school in the morning if your child is ill during the night or in the morning – any questions you may have – the nurse is available. **PLEASE HAVE YOUR CHILD STAY HOME IF NOT FEELING WELL OR ILL.** Your child needs to be **fever free** (without fever reducing Tylenol/Ibuprofen for 24 hours before returning to school. If your child has vomited or has diarrhea, they should also stay home from the last time this occurred.

****Most importantly, please send your student only if he/she is feeling well enough to participate in the learning environment when returning to school. Many students have returned not feeling well during the day and it is difficult for them to participate in the learning process.**

The **School Illness Protocol** has not changed since last year. THE ONLY change is Masks are voluntary. If a student or staff member has symptoms at school, a mask will be encouraged, and the nurse will call home to let you know of their symptoms and the option of wearing a mask. A copy of the Covid Illness Protocol is available to send home or to email to you.



Please call or email me at school if you have any questions or concerns, 603-692-2435

Thank you for your help in keeping our school community healthy.

Ms. Mey RN, Idlehurst School Nurse (jmey@sau56.org)

Veterans Day Breakfast and Ceremony

On November 10th, Idlehurst honored Veterans. Kindergarten teacher Ms. Cashman's father Master Sargent Cashman spoke to our audience, and it was such an honor to have him attend. A special breakfast was held and students invited family members that are or were Veterans to this very special assembly. Various songs were sung by the different grade levels and flowers were individually handed out to each Veteran by their student(s).



PTA News

Upcoming Meeting Dates

- January 11th, 4:00pm Idlehurst library
- February 9th, 6:30pm Maple Wood library
- March 6th, 6:30pm Idlehurst library
- April 11th, 6:30pm Maple Wood library
- May 17th, 4:00pm Idlehurst library
- June 1st, 6:30pm Maple Wood library

2nd annual Track or Treat had a great turnout of over 200 kids!



Past Events:

The Cherrydale Fundraiser was a huge success. The PTA thanks everyone who made a purchase and made sales to help raise over \$10K!

Calendar sales made over \$1,000! Thank you to all who purchased and congratulations to our winners!





SYC's Highlighted Enrichments & Activities

Beds for Paws

Students have been making stuffed fleece dog and cat beds, which we will be donating to Cocheco Valley Humane Society! Students are learning how to cut and tie in this community service enrichment.



Before Care

During SYC Before Care, students have been taking cup stacking to a whole new level! They've made towers with over 100 cups, as well as various forts. It's been great to see them cooperate and challenge each other to outdo themselves!



Mad Science

In our Mad Science enrichment, students conduct experiments, solve problems, use critical thinking, and get to leave with a take home every week!



Art Display

If you are in the halls of Idlehurst any time soon, check out the student painting display near the gym! It has added a great burst of color!



There are many more enrichments and activities not pictured here! You can always find the current list of enrichments on our website, [here!](#)

SYC Announcements

Sign ups! There is still plenty of room to sign up for SYC. The cost for after-school is \$65 a week, or \$33 a week if you qualify for free and reduced lunch. Before Care is \$30 a week, or \$25 a week if you qualify for free and reduced lunch. Additional discounts are given if your student does Before AND After School, and for multiple siblings. [Sign up here.](#)

Snow Delays There will be no Before Care program if a school delay is issued.

After School Cancellations With the snow coming, there may be times where after school activities are cancelled due to inclement weather occurring throughout the day, even if school was in session. In these cases there will be no SYC. Please make a plan with your student regarding how they will get home. Communication will come from the school/SAU in these events.

There will be no SYC on Fridays before vacation including [Friday 12/23](#), [2/17](#), and [4/21](#).

Parents Make The Difference

Regular exercise boosts your child's health and academics

Physical fitness provides many benefits for children. Studies show that regular physical activity is linked to higher self-confidence and attentiveness in school. It also lowers the chance of health problems such as type 2 diabetes. To increase your child's activity level:

- Plan family outings. Pick activities your family enjoys and create some new healthy traditions. You might bundle up and go for a short walk after dinner or head to a park every Sunday afternoon.
- Make suggestions. When your child has a friend over, suggest they play games that involve movement, such as tag, soccer and jumping rope. Indoors, try games such as Simon Says and Red Light, Green Light.
- Add movement to screen time. Have your child take breaks that involve activity when watching TV or playing video games. For example, see how many sit-ups your child can do during commercial breaks.
- Be creative. During chore time, play music or race to finish a job. While doing errands, park a few blocks away from a store and walk. Or, make a quick stop at a playground on the way home.
- Set an example. Children are more likely to be active when they see family members staying fit. Let your child see you stretching, biking, walking with a friend, etc.

Source: A. McPherson and others, "Physical activity, cognition and academic performance: An analysis of mediating and confounding relationships in primary school children," BMC Public Health, BioMed Central.

Reprinted with permission from the December 2022 issue of *Parents make the difference!*[®] (Elementary School Edition) newsletter. Copyright © 2022 The Parent Institute[®], a division of PaperClip Media, Inc.

Are you building a bridge between home and school?

Studies consistently show that when families and schools form a strong team, students are more likely to succeed. They learn more and do better in school. School has been underway for a couple of months, so it's a good time to think about the relationship you are building with the school. Answer yes or no to the questions below:

1. Have you met with your child's teacher at least once this year?
2. Do you talk with your child about school each day and review the information the school sends home?
3. Do you monitor schoolwork? If your child struggles with an assignment, do you ask the teacher how you can help at home?
4. Do you make sure your child gets to school on time each day?
5. Have you reviewed the school handbook together? Do you expect your child to follow all school rules?

How well are you doing? If most of your answers were yes, you are building a strong school-family team. For each no answer, try that idea from the quiz.

Reprinted with permission from the December 2022 issue of *Parents make the difference!*[®] (Elementary School Edition) newsletter. Copyright © 2022 The Parent Institute[®], a division of PaperClip Media, Inc.