



Idlehurst News

Administrator's Corner

Volume 5 Issue 1, www.sau56.org, September 2022



Welcome to the 2022-2023 school year! Miss Gove and I are so incredibly happy to have all of your wonderful children back with us this year. While we are only a few weeks into the school year, we have hit the ground running. Students and staff have begun this year getting to know each other. We are building trust, learning about each other, and starting to understand what we each need to "Be as successful as we can be."

The PBIS Universal Team has kicked off this year with "Be your best..." . Be the most respectful, responsible and safe student you can be. Each month, based on data, we are addressing specific ways to be our best. This month we are asking students to practice being Hallway Heroes, bring in their blue folders, and keep hands and feet to themselves. The children attended our first community day, where we welcomed in our Kindergartners with our annual tradition of cheering them across the stage. We reviewed schoolwide expectations, introduced our school song, and celebrated our September birthdays. The students learned that if we fill our Community Board by earning bees, we will get to have a HUGE FALL FESTIVAL on Oct 29th.

We are so amazed at how well our children have settled into the school year. All students are being assessed academically so that when interventions start, all students will be getting what they need to be successful and make growth. Social and Emotional lessons will be starting this week by both of our guidance counselors.

MINDFUL MEMOS from the Administrators:

- We will be taking our annual SCHOOLWIDE PHOTO spelling the word BEE on September 23rd. Please send your student in yellow, black or white, if you have something in your home.
- Now that all the students are settled in their morning routines we no longer allow parents to walk their children to the classrooms.
- Parent Drop Off- ALL PARENTS PLEASE STAY IN THE VEHICLE and wait for staff to get your child out. When staff pick up your child, if you are struggling to unbuckle the seat belt please pull forward, pull over to the right hand side and park, and we will help.
- Please remember to keep your child home if they are not feeling well. We continue to encourage students and staff to wear masks if they are showing cold symptoms or not feeling well.
- Please make sure your child is signed up for MEAL TIME for school lunches, or if you are sending cash and checks please make sure you are staying current with amount due. If you do not want your child to receive a breakfast or lunch for the year make sure your teachers are aware.
- As the weather is starting to fluctuate- please make sure your child is dressed appropriately.

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Coming Events

October

- 7th:** Teacher Workshop Day, NO SCHOOL
- 10th:** Indigenous Peoples' Day, NO SCHOOL
- 18th:** Fall Picture Day
- 20th:** Lights On for Learning 6:00-7:30pm, Idlehurst School

November

- 8th:** Teacher Workshop Day, NO SCHOOL
- 11th:** Veteran's Day, NO SCHOOL
- 23rd-25th:** Thanksgiving Break, NO SCHOOL



Title I Tips for Reading Aloud to Your Child



It was great to talk with many of you at our Annual Meeting during Open House and share our focus on reading aloud. Reading stories to your children is one of the most significant ways you can help them improve as a reader. When reading to your child, you are helping them foster an interest in books, strengthening their comprehension skills and increasing their vocabulary. A study by Dominic Massara (2015) found that “children listening to the reading of a picture book are roughly three times more likely to experience a new word type that is not among the frequent words relative to their caregiver’s speech.” The more words we expose them to, the more words they learn. Watch this corner of the monthly newsletter for some tips on reading books to your children at home. We hope you enjoyed the free book we gave you to get you started!



Happy reading,
Your Title I Team



Parent’s Right to Know

Somersworth elementary and middle schools receive Title I funds to help students reach established academic standards. Currently teachers within each school are qualified to teach in their assigned grade levels and subject areas. Under the Federal law, Every Student Succeeds Act, we are required to notify parents of their rights.

Maple Wood, Idlehurst, and Somersworth Middle School parents may request information about the qualifications of the student’s classroom teachers. In particular, a parent may seek the following information:

- Whether the teacher meets the State qualifications for the grade level and subject area of instruction;
- Whether the teacher is teaching outside the certification;
- The degree held by the teacher and any other graduate certification or degrees and the field of the certification or degree; and
- Whether the child is provided services by paraprofessionals and if so their qualifications.

If you would like to request any of the above information, please call Robert Godbout, Title I Project Manager at 692-4450. A written request may be sent to 51 West High Street, Somersworth, NH 03878. All responses will be made in a timely manner.



Welcome! Somersworth School District has partnered with My MealTime, a fast, secure online service for making credit or debit card deposits and monitoring your student's lunch account. You may also be able to make other school payments such as sports/activities fees, yearbook purchases, library fines, fundraisers and more.*

Go to: www.mymealtime.com



Download the mobile app

Use your device's web browser and go to mymealtime.com. If you're on a mobile device, from the My MealTime sign-in screen, choose the appropriate button to download the My MealTime app.



Easy steps to use My MealTime

Step 1: Register. Click or tap the Register button and follow the onscreen prompts to create your My MealTime account.

Step 2: Link Your Student. Click or tap the 'Add Student' button, then find your student's school. Link them to your profile by using their student ID number that was provided by your student's school.

Step 3: Make a Deposit.** You may choose to store your credit/debit card for quick and easy repeat use.



My MealTime keeps you current

Stay informed. Monitor your student's lunch account activity.

Be notified. Email reminders tell you when your student's account is low.

Schedule deposits. Weekly, monthly or in any frequency you choose.

Make secure payments. Using your credit or debit card.**



Need help?

- Read the 'Frequently Asked Questions' (FAQ) under the 'About' section of the menu.
- Email your questions to our Support Team at: support@mealtimelcm.com

*Your school or district chooses which fees to make available on My MealTime.
** A small transaction fee will be assessed.

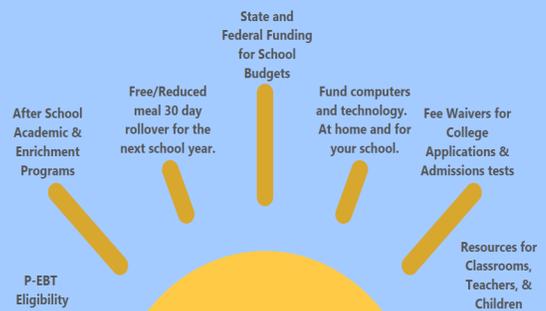
It's more than a meal application.

Completing an application takes less than 10 minutes and application information remains private and confidential. Only one application per household is needed.

Meal Applications may be downloaded from your school's website or obtained from the district's food service director.

DON'T DELAY! COMPLETE AND SUBMIT AN APPLICATION TODAY!

FILLING OUT THE SCHOOL MEAL APPLICATION MAY HELP PROVIDE:



Distributed by NHED
Office of Nutrition Programs and Services July 2022
This institution is an equal opportunity provider.

End 68 Hours of Hunger

Please reach out to one of the school contacts for more information or if you would like your student to receive a weekend food bag. These go home with students every Friday and include: can meat (tuna), can soup/spaghetti, can fruit/veggies, crackers, peanut butter, cereal, breakfast item (oatmeal, breakfast bar), mac and cheese and snacks.



End 68 Hours of Hunger

SOMERSWORTH
SOMERSWORTH@END68HOURSOFHUNGER.ORG

SCHOOL CONTACTS 2021-2022

Idlehurst
khilliard@sau56.org
Maplewood
jtousignant@sau56.org
Middle School
awalsh@sau56.org
High School
nsoule@sau56.org

Somersworth Youth Connection (SYC) Information

SYC Before School Program

Our Before School Program is off to a great start with about 30 students signed up! Starting at 7am, students have fun at a variety of rotating stations including STEM challenges, building blocks, puzzles, board/card games, and more! Then, they have the option of participating in physical activities in the gym or playground before preparing to go off to class! This program is now on a short wait list, but if you are interested in enrolling your student, please reach out to cdonohue@sau56.org.

SYC After School Program

SYC After School is off to a great start! There are about 70 elementary students signed up! There are several enrichment choices being offered throughout the week, including STEM, cooking, mindfulness, art, and more! [Click here](#) for a full list!

SAVE THE DATE!



Please join us at our “Lights On for Learning” event on Thursday, October 20th from 6-7:30 to celebrate the importance and benefits of out-of-school-time learning! A FREE dinner will be served, there will be fun minute-to-win-it games for kids, and a presentation for families!



Please review this flyer regarding information about transitional housing and eligible students rights under the McKinney-Vento Act. If you believe you may be eligible please contact Amy Pillsbury, our district liaison at 692-4450 with any questions.

INFORMATION FOR PARENTS



IF YOUR FAMILY LIVES IN ANY OF THE FOLLOWING SITUATIONS:

- In a shelter
- In a motel or campground due to the lack of an alternative adequate accommodation
- In a car, park, abandoned building, or bus or train station
- Doubled up with other people due to loss of housing or economic hardship

Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act.

Your eligible children have the right to:

- Receive a free, appropriate public education.
- Enroll in school immediately, even if lacking documents normally required for enrollment.
- Enroll in school and attend classes while the school gathers needed documents.
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference.

* If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.

- Receive transportation to and from the school of origin, if you request this.
- Receive educational services comparable to those provided to other students, according to your children's needs.

If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. There also may be supports available for your preschool-age children.

 Local Liaison Amy Pillsbury - (603) 692-4450 apillsbury@sau56.org	 State Coordinator Christina Dotson - (603) 271-3840 christina.l.dotson@doe.nh.gov
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If you need further assistance with your children's educational needs, contact the National Center for Homeless Education:
1-800-308-2145 • homeless@serve.org • <http://nche.ed.gov>



Welcome Back to School! I am so excited for the new school year 2022-23. I am looking forward to seeing everyone and being healthy and ready to learn.

Healthy Tips: Start each morning with a healthy breakfast. Children who eat breakfast can concentrate better and are ready to participate. Breakfast is available at school.

Handwashing is the best way to keep germs from spreading. Cold and flu season will be here before we know it. Remind your child/ren to cover their coughs and sneezes into their upper sleeves or into a tissue, not their hands. Washing after is so important to not spread germs.

When to Keep Your Child Home:

- Vomiting, stay home until vomiting has stopped for 24 hours.
- Diarrhea, stay home until diarrhea has stopped for 24 hours.
- Earache, consult a physician for ear pain or drainage.
- Fever, if their temperature is 100 degrees or higher, stay home until fever has resolved for 24 hours without fever reducing medicine.
- Diagnosed illness - stay home until 24 hours on antibiotics or return to school with a doctor's note.

Please refer to the School Illness Covid Management Flowsheet.

Our schools are following the same Illness Protocols this year as we did last year. The only change is if/when exposed to a positive Covid-19, whether vaccinated/ not, your child/ren can return to school. The school & CDC recommend watching for symptoms, testing and wearing a mask for 10 days from first exposure. Please email Ms. Mey, RN at jmey@sau56.org if you have any questions.



SOMERSWORTH SCHOOL DISTRICT – COVID-19 ILLNESS MANAGEMENT PROTOCOLS (REVISED 8-19-2022)

Our goal is to safely offer in-person learning for the duration of the 2022-2023 school year. Please adhere to the following illness management protocols:

Exposure Protocols

If you are exposed to someone who has been diagnosed with COVID-19, **REGARDLESS** of your vaccination status:

- You can stay in school **UNLESS** they start to show symptoms. You do NOT need to isolate or quarantine **UNLESS** you start to show symptoms.
- The CDC recommends that you wear a mask for 10 days after exposure to someone with COVID-19.
- You should monitor yourself for symptoms for 10 days after exposure to someone with COVID-19.
- You should consult with your health care provider to discuss any concerns.

Symptom Management

If you are showing ANY symptoms of COVID-19, please stay home from school.

If you develop symptoms **at school**:

- You should notify the school nurse immediately.
- You CANNOT return to school for **5** calendar days and must be FEVER FREE AND OTHER SYMPTOMS IMPROVING for 24 hours without the help of medication **UNLESS** you get tested for COVID-19. To be sure when you can return to school, please contact your school nurse. You can also consult the CDC's isolation calculator at: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
- You CAN return to school before the 5-day period ends **IF** they get tested **and** have a negative result. Proof of a negative test must be shown to the school nurse. Home test results **WILL BE ACCEPTED. TEST RESULTS MUST BE SHOWN TO THE SCHOOL NURSE AND MUST INCLUDE YOUR NAME AND DATE OF TEST.**
- You can also be **tested for COVID-19 at school.** Please contact your school nurse for more information.

If you develop symptoms **at home**:

- Please stay home from school.
- You should contact the school nurse to inform them that you have developed symptoms.
- You CANNOT return to school for **5** calendar days and must be FEVER FREE AND OTHER SYMPTOMS IMPROVING for 24 hours without the help of medication **UNLESS** you get tested for COVID-19. You can also consult the CDC's isolation calculator at: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
- You CAN return to school before the 5-day period ends **IF** they get tested **and** have a negative result. Proof of a negative test must be shown to the school nurse. Home test results **WILL BE ACCEPTED. TEST RESULTS MUST BE SHOWN TO THE SCHOOL NURSE AND MUST INCLUDE YOUR NAME AND DATE OF TEST.**

IF YOU HAVE TESTED POSITIVE FOR COVID-19

- You will need to remain home from school for 5 calendar days. Please contact the school nurse on day 5. You can also consult the CDC's calculator at: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
- You must be fever free without the help of medication and other symptoms are improving for 24 hours before they can return to school.
- DHHS still requires that you wear a mask on days 6 through 10 when they return to school. If you do not wear a mask, you will need to remain home for the entire 10-day isolation period.

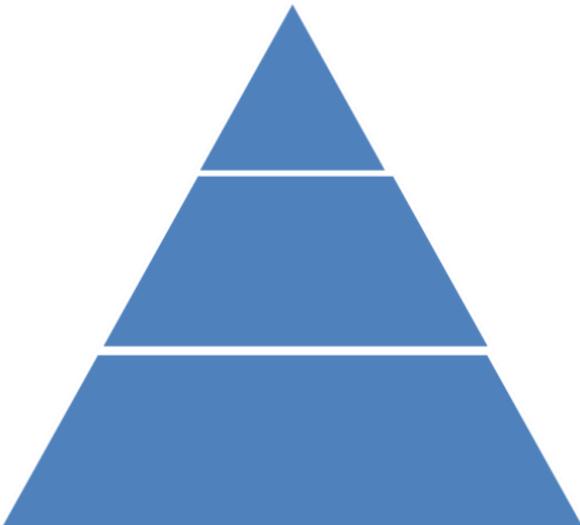


Bringing the Harvest into Our Cafeterias with Farm to School Fridays

Last year our students got to sample locally grown foods in our cafeterias on a monthly basis. They learned that kale is pretty delicious, on its own and especially in the form of a kale chip. They tried the most simple yet tasty roasted potatoes, and many decided that they liked them more than french fries. The simple salad cups assembled with tender local greens showed kids that salad is great- especially when the greens aren't trucked across the country several days or weeks prior.



We're doing it again this year, and Maple Wood is spearheading "Farm to School Fridays" starting Sept 30th. Food Service Director Tracey Fitch, 3rd and 4th grade teachers at Maple Wood Tori Janetos & Emily Wilson, and Farm to School Coordinator Wendy Berkeley are joining forces, using the NH Harvest of the Month calendar <https://www.nhharvestofthemonth.org/> to engage students in local food education and sample locally grown foods in a fun, interactive format at lunch every Friday. Whereas last month your child may have turned their nose up at cauliflower or kale, the goal for these events is to expand kids' palates after they try a bite of something new and different each week. As momentum grows, we hope to bring this opportunity to all 4 schools this school year. Happy back to school to our families, and eat well.



RTI = Response to Intervention

- Rtl stands for Response to Intervention
- Rtl = Response to Intervention
- Rtl is a way that we help ALL students to be successful academically and behaviorally



Home to School Connection

SERVICES IN THE COMMUNITY

DIAL 2-1-1, available 24 hours 365 days per year

An easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community. **Toll Free Out of State: 1-866-444-4211**

TTY Line: 1-603-634-3388 After dialing, press “8” and someone will help answer your question!

Child Care Resources Clothing and Thrift Shops Utility Assistance Food Pantries & Nutrition Programs

Housing – Homeless, Prevention Parenting Programs Youth & Family Services ...and much more...

FOOD STAMP PROGRAM (SNAP)

Supplemental Nutrition Assistance Program is about good nutrition and health. It provides eligible individuals and households with benefits used to purchase food items at grocery stores, supermarkets, or other participating food retailers.

Phone: **603-271-9700 or 1-844-275-3447**, <https://www.dhhs.nh.gov/dfa/foodstamps/index.htm>

FOOD PANTRY

The Community Food Pantry, 176 West High St., Somersworth, NH Mon. 10am – 12pm; Wed. 6pm – 8pm; Thurs. 3pm – 5pm Phone: **603-692-2907**

Seeds of Faith Food Pantry 1 Front St., Rollinsford, NH Mon. 10am-12pm (No appt. necessary) Phone: **207-703-3185**

Community Action of Strafford County, 577 Central Ave., Suite 10, Mon.-Fri. 8:30am-4:30pm Phone: **603-435-2500**

SOUP KITCHENS

Table of Plenty, Berwick United Methodist Church, Rt. 9, Berwick, Maine Wed. 5pm – 6pm Phone: **207-613-5807**
First United Methodist Church, 34 South Main St., Rochester, NH Sun., Tues. & Thurs. 5:00pm – 6:00pm Phone: **948-1179**

St. Thomas Episcopal Church, 5 Hale St., Dover, NH Tues. & Thurs. 5pm – 6pm Phone: **603-742-3155**

House of Hope, 25 Saw Mill Hill, Berwick, Maine Mon., Tues. & Thurs. 5:00-6:00pm. They offer sit down, drive through and a pantry on these days/times. Phone: **(207) 698-9944**

SCHOOL BREAKFAST/LUNCH PROGRAM

The National School Breakfast/Lunch Program serves nutritious meals to students each day.

SAU 56 Food Service - <https://sau56.ss20.sharpschool.com/cms/one.aspx?portalId=82336&pageId=124038>

FUEL AND HEAT ASSISTANCE PROGRAM

Provides income eligible households with assistance in paying home energy bills during the winter season. Households can also apply for and receive electrical assistance at the same appointment, if eligible. Contact Strafford Community Action Outreach Office to see if you qualify. Phone: **603-435-2500** <http://www.straffordcap.org>

MEDICAL ASSISTANCE

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Provides medical assistance at little or no cost to the family for children under the age of 19. Phone: **603-271-9700 or 1-844-275-3447**, <https://www.dhhs.nh.gov/dfa/medical/index.htm>

GOODWIN COMMUNITY CENTER: Provides integrated, comprehensive, quality healthcare to the community, payment for which is based on ability to pay. 311 Rt.108, Somersworth, NH. Phone: **603-749-2346**

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Share Fund: Provides clothing, emergency financial assistance, food assistance and a diaper bank. 150 Wakefield St. Rochester, NH. For more information please call, Phone: **603-335-0011** <https://www.sharefund.org/>

The Berwick Community Closet: Provides gently used clothing and bedding, at no charge, to families in surrounding communities. They accept monetary donations along in addition to clothing/bedding. Berwick United Methodist Church, Rt. 9, Berwick, Maine Wed. 12am-4:30pm Phone: **207-698-1065**

CITY OF SOMERSWORTH HUMAN SERVICES DEPARTMENT: Assists citizens in need in non-financial ways by acting as liaison with other private and public services. Reviews and grants general assistance to qualified applicants in accordance with City guidelines. Phone: **603-692-9509**, <https://www.somersworth.com/welfare-human-services>

HOUSING/HOMELESS

SOMERSWORTH HOUSING AUTHORITY: 25 Bartlett Ave., Somersworth, NH Phone: **603-692-2864**

www.somersworthhousingauthority.org

SAU56 Families— For families in transition with housing, please contact Amy Pillsbury Special Education Liaison 692-4450 x 1612 apillsbury@sau56.org, Sue Garand SHS 692-2431 x1326 sgarand@sau56.org, Kathi Hilliard MW, IH & SMS khilliard@sau56.org with any questions or needs you may have.

Strafford CAP, Community Action: Provides homeless prevention and diversion services as well as shelter referrals to individuals and families in Strafford County. They offer short-term assistance to prevent eviction and secure housing for those who are homeless. They also provide information and referral services for individuals and families in need of emergency shelter. Phone: **603-435-2500** <https://straftordcap.org/our-services/housing-homeless-outreach/>

Homeless Center for Strafford County: The Homeless Center for Strafford County provides safe sheltering and programming to homeless community members and families. 9 Isinglas Dr., Rochester, NH Phone: **603-332-3065**.

Cross Roads House: <https://www.crossroadhouse.org/>, 600 Lafayette Road Portsmouth, NH, **603-436-2218**

My Friend's Place: <https://myfriendsplacenh.org/> 368 Washington Street, Dover, New Hampshire 03820, United States, **603-749-3017**

Families in Transition: <https://www.housingbenefitsnh.org/>, intake@fitnh.org or **603-641-9441**

New Generation Inc (Greenland): 568 Portsmouth Avenue Greenland, NH, **603-436-4989**

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