

## October 2023 - Centre School - Newsletter

**Mr. Timothy Lannan, Principal**  
**Mrs. Jamie Hayward, Assistant Principal**

The warm weather has helped to keep a *summer* atmosphere with us but the reality is that it is now the *fall* and that means it is time to get back into the swing of things. The school bell rings each morning at 8:30 and the day begins. We are happy to report that the school year is off to a great start and the children are truly enjoying each and every day!

For a school to be successful, we need teachers, parents, and students working together. Our recent *Open House* was well attended as was our *Meet The Teacher Day* prior to school starting. We want to thank you for this great partnership! During our first full weeks of school, students have established routines, practiced emergency drills, and are fully involved in all aspects of learning. The 2023-2024 school year is truly off to a great beginning and we all look forward to a wonderful year. Please keep in close contact with teachers and don't forget to check our website at <https://centre-school.sau90.org/> for updated information about school events, emergency situations, and curriculum information.

As part of our Responsive Classroom approach, teachers have been busy working with their students on their academic *Hopes and Dreams* for the school year. For more information, visit the website [www.responsiveclassroom.org](http://www.responsiveclassroom.org) or call the Centre School Counselor, Samantha Connell. During the school year, Mrs. Connell will continue to visit all classrooms and conduct mini-lessons.

Students and teachers discussed their *Hopes and Dreams* together and created rules for their classrooms. We also use the Responsive Classroom strategies to create playground rules. At Centre School, we abide by the following rules:

### Playground Rules Centre School Rules

Walk near the equipment. Stay safe and healthy with yourself and others. Go down slides sitting with feet first. Obey the Golden Rule: Treat others the way you want to be treated. Wait for people to get off the slide. Always bring your best behavior to school every day. Use and get off equipment safely. Respect and take care of everything in our school and in our classrooms.

Planning ahead, please note that our fall parent/teacher conferences will be coming up next month. These conferences are individual appointments with the teacher to discuss student progress. We are planning on Nov. 14 and Nov. 16 for these conferences. Teachers will be contacting you with information on this in a few weeks.

### **School Nurse Message**

“SAY BOO to the FLU!” It's that time of year when viruses seem to circulate! To keep everyone as healthy as possible please remember these important steps:

- Get plenty of rest!
- Ensure adequate water and fluid intake
- Eat a wide variety of fruits and vegetables
- Stay active and incorporate exercise into daily routines
- Stay home when sick- even with mild symptoms
- We recommend that you conduct COVID testing for new COVID-like symptoms [Symptoms of COVID-19 | CDC](#)
- Wash your hands often with soap and water or use hand sanitizer
- Consider getting vaccinated for protection against FLU and COVID-19

- Communicate health-related concerns/ conditions to your school nurse [mrichard@sau90.org](mailto:mrichard@sau90.org)

### **School Counselor Message**

Effective July 2020 legislation for our state was passed that requires all New Hampshire school districts and public charter schools to develop suicide prevention policies and education for all students.

On September 28, 2023 the SAU 90 Suicide Prevention Team hosted the Connor's Climb Foundation to provide an in person parent and community member based training at Hampton Academy. SOS Signs of Suicide - Training Trusted Adults for Parents and Community Members is an informative session with presenters from the Connor's Climb Foundation. This informative training was recorded for anyone who was unable to attend. The recording can be found on the SAU 90 School Counseling website <https://sites.google.com/sau90.org/sau-90-school-counselors/resources>

Suicide prevention for our students looks different at all three schools in our district. At Centre, I focus on talking with our students on identifying feelings and who are trusted adults that will help them when needed. I use the book Little Mole Finds Hope by Glenys Nellist and the school is creating a community flower garden where all students will decorate a paper flower to be displayed schoolwide. This lesson is age appropriate and engaging for our Centre School students.

You can continue the conversation at home by validating any feelings and concerns that your child may voice to you and helping them to problem solve in positive ways.

Conversation starters:

1. What can you do if a classmate/brother/sister/friend takes your toy from you? Who could you ask for help?
2. What if a classmate pushes/hits you? Who could you ask for help?
3. If a friend is hurt, what can you do? Who could you ask for help?
4. Who are some trusted adults that you can talk to when you have a problem or are feeling sad?
5. What are some things you can do to help yourself feel better when you are feeling sad?

Book suggestions:

Everyone Feels Sad Sometimes by Daniela Owen

My Friend is Sad by Mo Willams

NH Crisis Hotline - New Hampshire Rapid Response Access Point call or text 988 or NH988.com

Please reach out if you have any questions.

Samantha Connell

School Counselor

### **Language Arts News**

Hello Centre School Families! My name is Molly Termorshuizen and I am the Reading and Writing Specialist at Centre School. I work with teachers and students to help your children learn to read and write! I have the best job ever! I also coordinate our supplemental reading program. Our students and teachers have been busy getting into a reading, writing, and thinking routine at school. In addition to settling into routines, we have been completing beginning of year assessments for our first and second grade students to determine how best to support your children. We will complete the beginning of year early literacy assessments with Kindergarteners in mid-October.

Breaking news! We will be launching our brand new school wide book sharing/swap program in October! Please be on the lookout for more information headed your way. Please do not hesitate to reach out to me with any questions or concerns. I am here to support you and your children! I can be reached at [mtermorshuizen@sau90.org](mailto:mtermorshuizen@sau90.org).

### Information & Ideas:

[How to Get a Library Card](#)

[Lane Library Children's Catalog](#)

### Book Share/Swap Days:

Preschool & Kindergarten: October 4th

Grade 1: October 11th

Grade 2: October 18th.

### Math News

Happy fall! October is a great time to continue developing your child's number sense. There are so many opportunities to estimate and count. Think tote bags of apples, pumpkin seeds, Halloween candies, piles of acorns, oh my! For kindergarteners, you can stay within 10 or 20. First graders can work within 20-50 right now and second graders within 100. A great way to work on estimating skills is to show your child a small amount and then demonstrate how to use it to make a solid estimate of the larger amount. *If this is 10 skittles, then how many do you think this is?* Once the estimates are in, be sure to count the objects together. Younger students will count by 1's (count and slide is a good strategy for accuracy) but older students might experiment with counting by 2's, or even making groups of 5 or 10. Have fun!

### IMPORTANT DATES/INFORMATION

Please refer to the following list of dates and upcoming events. Especially note that on **Monday, October 9<sup>th</sup> there is no school (holiday) and that Wednesday, Oct. 18<sup>th</sup> is an early release day (12:00 dismissal for teacher professional development)**. This newsletter is published at the end of each month. It is also published on the school's website.

### October Events

Oct. 4 - National Walk to School Day (meet at H. Academy parking lot at 8:10 AM)

Oct. 9 – NO SCHOOL – Columbus Day / Indigenous Peoples' Day

Oct. 10 – Hampton School Board Mtg 6:00 PM

Oct. 11 - Kdgn Field Trip to Crescent Farm

Oct. 16, 17, 19 – Fire Prevention - (walking trips to fire station)

Oct. 17 – Hampton PTA Meeting 5 PM @ H. Academy café

Oct. 18 – **Early Release 12:00**

Oct. 21 – PTA's Halloween Town @ Marston parking lot

Oct. 23 - Picture re-take day

Oct. 31 - Centre School Halloween Parade @ 1:30