

Ellis School Newsletter

432 Main Street, Fremont, NH 03044

8TH GRADE SCIENCE & MATH RTI

Mousetrap Cars with Mrs. MacEachern & Mr. Herrmann

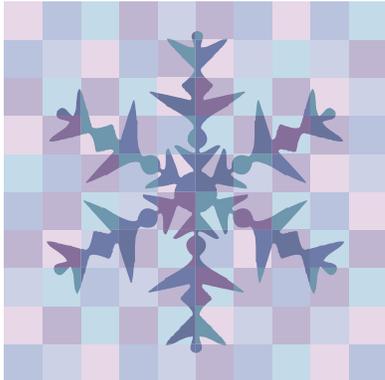
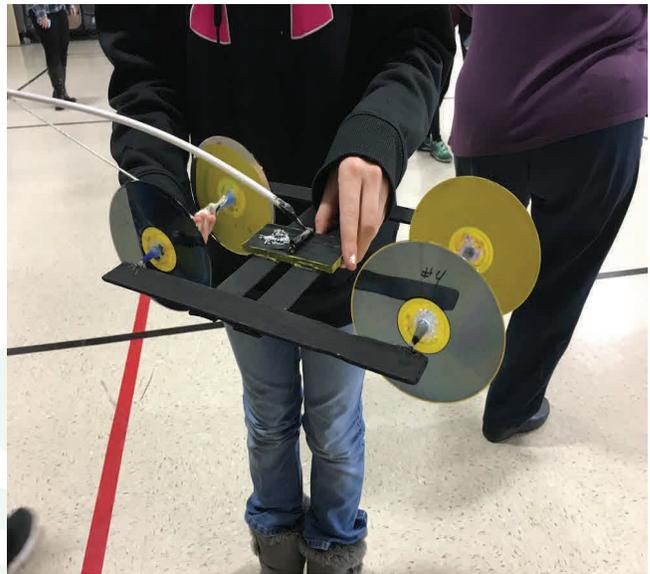
During the first trimester of Math and Science RtI, the 8th graders had the opportunity to learn about measurement, and unit conversion. Then they had the chance to build a "mousetrap car."

As the students measured how far their "mousetrap car" traveled, they also learned about Potential Energy and Kinetic Energy.

This was an awesome experience for all the students that participated. The "mousetrap car" that traveled the farthest was able to move 62

feet on the gym floor. Will the next class be able to make a "mousetrap car" that can travel farther than 62 feet?

Submitted by Mrs. MacEachern



SPECIAL POINTS OF INTEREST:

- **Mousetrap Cars**
- **Christmas Around the World**
- **Mix It Up Lunch**
- **Flu or Cold? Information on how to tell the difference**
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THIRD GRADE NEWS

“Christmas Around the World” has started in all of the classrooms! The children learned how to sing “Feliz Navidad” and “Dreidel, Dreidel, Dreidel. These songs were song at the Holiday Concert on December 16th. Researching foods, traditions, and languages are all part of the learning process that allows the children to understand how others live and respect their

ways of life.

Practice, practice, and practice those times tables — that’s the key to success in third grade math. The students are learning that flashcards are not the only way to grasp math. Cards, Yahtzee, Battleship, computer games and apps are the ways that third grade teachers demonstrate facts and concepts.

The New England Aquarium trip was a great success. Students were prepared for the trip through the use of the aquarium website, and the classroom research on animals by using the chrome laptops. Knowing what to expect and what to look for on a field trip makes the trip a lot more enjoyable for everyone.

Happy Holidays - 3rd Grade Team

7TH ANNUAL MIX IT UP LUNCH—11/24

Students thrive socially and academically within schools. For far too many students, school is where they feel excluded. Social scientists maintained that contact between diverse groups helps alleviate tensions and reduce prejudice. Mix It Up seeks to break down the barriers between students and improve intergroup relations so there are fewer misunderstandings that can lead to conflicts, bullying and harassment.

On Tuesday, November 24th, all students at Ellis School participated in Mix It Up at lunch. They were encouraged to sit at the table that was labeled with their birth

month. Mix It Up is a national campaign to improve intergroup relations, reduce prejudice and build inclusive learning communities. Many students identify the cafeteria as the place where divisions are most clearly drawn. Mix It Up Lunch is a simple call to action, asking students to move out of their comfort zones and connect with someone new over lunch.

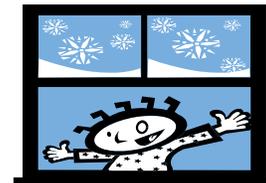
Dessert was provided to all staff and students who participated. This year, students and staff were also encouraged to mix up their clothing. Mixed patterns, unexpected color combinations, or wearing clothing backwards — all were spot-

ted that day.

School counselors were busy teaching in the classrooms to prepare for the Mix It Up lunch. Such topics included: bullying, empathy, diversity and acceptance. With over 40 new students to Ellis School this year, it was the best Mix It Up Lunch to date!

Melissa Simard, Elementary School Counselor

Michelle Farrar, Middle School Counselor



7TH GRADE MATH NEWS

Seventh graders have recently finished a unit on adding and subtracting rational numbers (fractions, decimals, and integers). This unit combined a review of operations learned in previous grades with advanced calculations (like adding and subtracting negative fractions). In Unit 4, students have been multiplying and dividing rational numbers. Both units have allowed students to work more at their own pace by utilizing a “Work List.” This is an outline of all work available to students for the unit (using a scaffold that builds from beginning skills to advanced). As students are ready to move to the next skill, they are provided with

the lesson and activities needed. Students have commented on how much they like this method because it allows them to move ahead or practice a skill more as needed. Students showed great success on the Unit 3 assessment and I expect I will see the same with Unit 4!

The holiday season is upon us, which means changes in schedules and stress for everyone. Homework completion can often go to the bottom of the priority list. If possible, help your child manage their busy schedules and set aside time for school work each day. They are getting older, and want more control and inde-

pendence, but will still benefit from you checking in. Looking at their planners for nightly homework, checking teacher websites at www.sau83.org, or calling the HW Hotline 895-2511 x177 are all options for information. Cleaning out and organizing backpacks and binders shows your support for what they are doing in school. If you are finding that HW is becoming a burden, please let me know so we can formulate a plan! Thanks! You can contact me at any time at 895-2511 x308 or kkane@sau83.org.

Sincerely, Kristine Kane



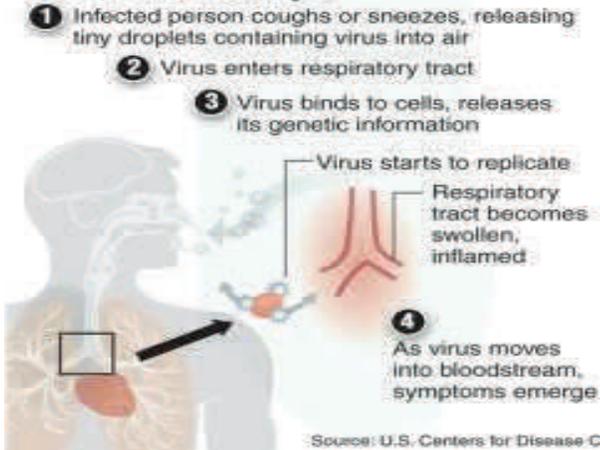
How many buttons are on that snowman?

IS IT THE FLU, OR IS IT A COLD?

Is it the flu, or is it a cold?

Flu is often confused with the common cold, but flu symptoms typically develop more quickly and are more severe than those of a cold.

How the flu infects you



Source: U.S. Centers for Disease Control and Prevention

How to compare symptoms

Symptoms	Cold	Flu
Head	Headache rare	Achy
Nose	Runny, sneezing	Stuffy sometimes
Throat	Sore	Sore sometimes
Chest	Severe or hacking cough	Dry cough; can become severe
Appetite	Normal	Decreased
Muscles	Fine	Achy
Onset	Slow	Sudden
Body temperature	Low or no fever, no chills	High fever (over 102°F), chills
Fatigue	Mild	Severe; can last two to three weeks

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Flu season is here! Know the Symptoms & Protect Your Family

Influenza, or the flu, is a very contagious viral infection, which infects the nose, throat, and lungs. Peak flu season is between late December and early March. The influenza virus's most common way of spreading is by "droplet transmission" which occurs when an infected person coughs or sneezes droplets of virus into the air that enter the nose or mouth of people nearby. The flu virus also can be spread when a healthy person touches droplets from an infected person and then touches his mouth or nose without first washing hands.

Help protect yourself and others from the flu this season by practicing the following

habits:

To protect against the flu, the first and most important thing you can do is to **get a flu vaccine** for yourself and your child. Vaccination is recommended for everyone 6 months and older.

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands. If a tissue is not available, cover your

mouth and nose with your sleeve, not your hand.

- **Do not share drinks or eating utensils and avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Wash your hands often** with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect surfaces or objects. **Clean and disinfect frequently** touched surfaces at home, work or school, especially when someone is ill.
- Additional information can be found at <http://www.cdc.gov/flu/index.htm>

FREE influenza vaccines are available at Convenient MD. No appointment is required, they are open daily from 9am-9pm, just walk in!

ConvenientMD

URGENT CARE

Voucher
Free Flu Shot



**Redeemable between
9am to 9pm, 7 days a week!**

BEDFORD

(603)472-6700

3 Nashua Rd., Bedford

CONCORD

(603)226-9000

8 Loudon Rd., Concord

DOVER

(603)742-7900

14 Webb Place, Dover

EXETER/STRATHAM

(603)772-3600

1 Portsmouth Ave., Stratham

MERRIMACK

(603)471-6069

2 Dobson Way, Merrimack

WINDHAM

(603)890-6330

125 Indian Rock Rd., Windham