

Ellis School Newsletter

432 Main St. Fremont, NH 03044

www.sau83.org

School District Budget Information!!

The Fremont School Board and SAU Administration will be holding a public forum for an informational review of the proposed 2009-2010 School District Budget on March 4, 2009 at 7:00pm to be held at the Ellis School. Some key factors to be reviewed are proposed program and staffing changes that have been recommended. Inclusive in the recommendations is a review of the current management structure of SAU 83. The Fremont School Board, in considering the financial and educational impact of a part-time Superintendent position vs. a full time Superintendent position, has began a Superintendent Search Process. More detailed information will be available at the public forum.

HAVE A HAPPY AND ACTIVE VACATION!

Looking for ideas to get your children out and active during vacation week or the rest of the cold weather season??? There are lots of activities locally that our students can participate in! Has your family tried snowshoeing or Nordic skiing? How about an afternoon of sledding, tobogganing, or tubing? There are 3 ski areas within a 90 minute drive that offer these different winter activities! (Gunstock, Pat's Peak, and Mt. Sunapee)

There are many local facilities that are offering special activities for vacation week. There are also "learn to" programs in many different activities that run for 4 to 8 week sessions. Public skating, "Learn to Skate," "Learn to Play Hockey," dance classes (hip hop, tap and jazz), gymnastics classes, Tai kwon do, karate and indoor rock climbing classes. Several of the area gymnastics facilities also offer "Open Gym Nights" where the children can go in and play in the gym under the supervision of the facility's staff.

There are also several indoor soccer facilities located only short distances away!

There are lots of opportunities to keep all of us active and healthy! Have some fun and join your children in learning a new activity!

Have a fun and active vacation!!!!

February 20, 2009

Upcoming Events:

- **February 23-27 No School**

February Break

- **March 4- Informational Budget Meeting**

7pm

- **March 13- Middle School Dance**

Grades 6-8 only

Energy Drinks

Just a reminder that caffeinated energy drinks are not allowed in school or on the school bus. We have had many middle school students drinking them on the school bus ride to school in the morning and having them in their backpacks. Remember these are not healthy and not allowed on the bus or in school. Thank you for your understanding and cooperation.

Mrs. Lewis & Mr. Marston

Elementary School Counseling News
Winter 2009

It has been an exciting school year so far. This past fall I went into all the elementary classes and read developmentally leveled books for each grade level and taught the students relaxation breathing as a stress reducing technique. Small group work teaching social and friendship skills began and will continue through June in six week rotations. Organization group began as well working with students in grade four to get them ready for the transition to middle school. Chester the Cat was introduced to grade one students who now know how to Be Cool instead of acting Cold (whining or crying) or Hot (yelling or hitting) when someone teases them or is unkind. Acting Cool is about taking a breath and thinking before you choose how to act. As we prepared for the holidays and some of the joyful stress it brings with it, I went into all of the elementary classes to teach the children physical ways to relax. They learned to squeeze their muscles tight and let them go as they took relaxing breaths. We talked a lot about when to use these stress busters, like when they were Christmas shopping and didn't want to go or when a day out was just too long for them. We had a lot of fun trying these out

The new year provided the students in grade one with a review of Chester the Cat. I find the second visit helps students remember the skills taught in the fall as we role play what we know. In addition, as students move through the elementary grades, Chester's strategies are always reinforced.

February highlighted the meaning of friendship in grade two, an area that the teachers asked about my focusing on. Students talked about the qualities of a good friend. Overall they pretty much agreed that a good friend is fun, kind, honest, a good sport, and fair.

As we return from February break the focus will be on some girls groups as well as other small group work. Additionally, lunch lottery continues with great enthusiasm. I still pull names "out of a hat" each week and invite students to come have lunch with me and to bring a friend. We always have a lot of fun and laughs when we have lunch together and I get to know your child in a different and relaxed atmosphere.

Lastly, I am very aware that these are very tough economic times. Prices of everything seem to keep going up. I hear a great deal of anxiety with parental concerns because of the times we are currently in. Anxiety is a normal reaction to these events. However, it is important to remember that children will take their cues from you, especially very young children. Having adult alone time to process what might be affecting you is very important. Try to be reassuring to your children by maintaining routines and keeping them as normal as they can be. Another way to help reduce your child's anxiety is to limit the news they hear from the television. They may not understand what they hear, but it may add to their already high concerns about what the words mean when they hear "economic crisis." Also, keep an eye on your child for any changes you might see in their behavior. Your pediatrician would be a good place to start if you have concerns about behavioral changes. And finally, take care of yourself too. If you are often upset or anxious, your children will pick this up and become more anxious and upset. Go for walks outside when you can, play in the snow, play games together or cook something together. Doing routine family things together will help everyone get through the challenges that are before us. Enjoy the winter break for the simple gifts it will present to you.

Gina Genest

Hood Milk "3-A-Day" Cap Challenge

Has your son/daughter taken the Challenge (mentioned in the 1/16 newsletter *and* on two "Milk it for all it's worth" posters at Ellis) and begun to collect twenty-five (25) "3-A-Day" Hood milk caps to receive his/her coupon for a FREE slice of pizza and a small drink at the Fremont Pizzeria? This Challenge is on until April, when the 2009 Sox Tops will begin to appear on Hood milk. Forms are available near the lobby milk jug collection container, to be included in your baggie of Hood "3-A-Day" milk caps. Please rinse and dry your milk caps before putting them in your collection baggie ~ Thank You! Call Faith Levesque [679-9537](tel:679-9537) with questions.

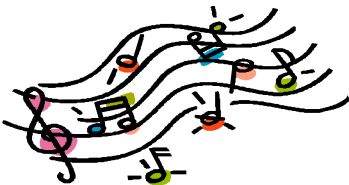
What's Happening in Health?

The kindergarten students are finishing up their stop and exit signs. The first grade is finishing the 3-D foods and then putting them in proper food groups. They are now creating full day meal plans in small groups. The second grade is making hand washing posters and hanging them near the bathrooms. The third grade is working on their "My pyramid" and creating their own healthy lunch, breakfast and dinner. The fourth grade just finished their personal hygiene pamphlets and hanging them outside of their classrooms. The fifth grade is working on smokeless tobacco with Mr. GrouthSmelth and creating anti-smokeless tobacco banners. The eighth grade just finished the High School Survival video. It was about how bullying is destructive and how it breaks down a person's self-esteem. It was enjoyed by all and it was a very powerful video. State standard completion notices are coming home. If you have any questions Mrs. LT can be reached at extension 602, or by email hlanetheri-ault@sau83.org.

Written by Shauntel Brown

What 2nd Grade Is Learning

Mrs. Lathrop's class had currently made structures with tooth picks and marshmallows. Being two inches tall it had to hold an egg. They also read books on Abraham Lincoln and George Washington. The class worked hard on taking notes and had to write a paragraph on the book. We also went to Mrs. Maher's class room. In her room the kids don't have desks; instead they sit on the floor or in comfortable chairs! Sounds way different then the sixth grade! They're working on fractions and listen to calming music. They kids have a reading/writing group that they enjoy.



Since 1985, March has been filled with sound as music in our schools is celebrated around the nation. Sponsored by the National Association for Music Education, the event focuses the nation's attention on the need for and benefits of quality music education programs. Schools and community groups celebrate with creative activities and events, based on a designated theme. This year's theme is "Music! Just Imagine..." We will be celebrating this great event with lots of children's performances and the inclusion of the auditions for the Talent Show.

The chorus is working diligently on "Snoopy" and all the children are starting to work on the Memorial Day Theme for the May concert.



Fifth Grade Language Arts

Our Fifth grade teacher, Mrs. Lee, is teaching an interesting literature circle unit on mystery. The class started by lying down; pretending to be dead while their friends traced them. After that they cut them out and wrote the

elements of mystery on them.

Students are also working on reading comprehension, homonyms, and "sizzling" their sentences using figurative language.

Mrs. Lee's class will end the unit by writing a short mystery, recording it with sound effects, and making a CD out of it.

By: Haley Corning 6M

6th Grade Language arts

In the 6th grade language arts class, the students are working on projects using their literature circle books. The literature circle books they read are: Schooled, Pool Boy, Tangerine, and Getting Air. Mrs. Marggraf has just assigned a project for the students to complete on their literature circle books. The students have a choice of what they would like to do for a project. They could create a powerpoint presentation, a puppet show, a song, poster, board game, poetry, newscast, or a newspaper. The next unit of study will be myths and legends. Mrs. Wentworth will be teaching about Greece at the same time.

By: Brooke Fenderson and Kaylea George

5th Grade Math With Mrs. Polizzo



First of all Mrs. Polizzo is happy to be back with her students and baby Luke is doing great! This Friday the 5th grade Unit 5 assessment is going home. Right now they are in Unit 6. They are learning how to make line plots and stem & leaf plots. Also they are graphing data. They will continue working on fractions in Unit 6.

By: Jamie F. Shauntel M. and Megan A.

7th Grade Language Arts

Students in Mrs. Pipitone's language arts classes have just finished writing their final drafts of a persuasive essay. During this unit, students have learned about the 5 steps of The Writing Process—Pre-Writing, Drafting, Revising, Editing/Proofreading, and Publishing. Also, students have learned about the 6+1 Traits of Writing. These traits are the qualities found in good writing. They are the following:

Idea/Content: No paper has value without ideas. Ideas should be presented clearly and developed fully with reasons, examples and support from a text. Insightful development of interesting ideas makes a paper great.

Organization: Writing should be organized logically and be easy to follow.

Word Choice: Precise and effective word choice adds clarity to writing.

Sentence Fluency: Sentences should be varied and effective in sound and in purpose. When read aloud, a paper should sound fluent and even rhythmic. Short, stilted sentences impair readability.

Voice: This is the personality and conviction of the writer showing through the words.

Conventions: Spelling, mechanics, usage, agreement are all conventions of writing. Too many errors in conventions impair readability.

Presentation: This is how the paper looks. Is it typed according to a format? Does it have a title page? Presentation affects readability.

After vacation, we will begin a unit on the genre of Fantasy. Please make sure your child has a fantasy book for their free read choice when we return from February break.

Concerned About Your Child's Lunch Account?

Did you know that if your child is eligible for free or reduced lunch, they can also get free or reduced breakfast? You can also determine what your child is allowed to buy. There are plenty of extras available for your child to choose, such as crackers, cookies and bottled juice. You can limit your child's choices as you deem appropriate. Check out the insert inside this newsletter to see what's available and make choices that fit your child's needs.

Middle School Homework Helpline

Parents or students call the school number of 895-2511 after school hours and dial one of the following extensions:

175 - 5th grade 176 - 6th grade
177 - 7th grade 178 - 8th grade.

Middle School Hours—7:50—2:20

Elementary Hours—8:35—3:05

Telephone Extensions

Nurse—dial—8

Absent & Tardy Line—dial 7