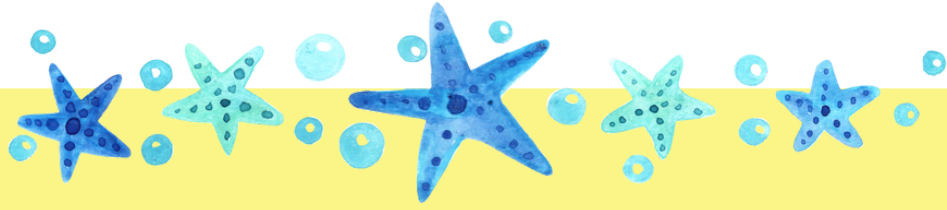
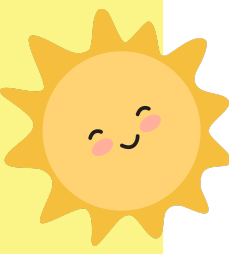


Quarterly Wellness Newsletter

A snapshot of Wellness in MSD



This season at MSD



It's Summer in the Merrimack School District, and our students are ready for fun in the sun! Thank you so much for all of the hard work and collaboration you have put in with our district to make this school year a success. If your child is transitioning to a new school, or graduating from our district, please check in with your school's office staff or your child's classroom teacher for information on end of year events.

Cell phone use in our children

Concerned about your child's amount of screen time? Check out the cool article below from Edweek about students curbing their own cell phone use:

<https://www.edweek.org/leadership/can-sel-help-students-curb-their-own-cellphone-use/2024/04>

Community Resources

The Nashua Public Health Newsletter is a great place to find information about nearby resources or events:

<https://www.nashuanh.gov/1390/Public-Health-Newsletter>


Dates to know

Mother's Day:
May 12th

Memorial Day:
May 27th

Last Day of School:
June 14th

Storybook Spotlight



Check out some great books you can read to your kids about Self-advocacy:

Kiki Kicks

Lola and The Troll

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www.sau26.org/Page/6978

