

D E C E M B E R 2 0 1 9

Reeds Ferry

# Tigger Times

A Message from the Principals

Kimberly Yarlott – Principal

Bonnie Painchaud – Assistant Principal

Dear Families,

A few flakes have fallen signaling that winter is just around the corner. Mother Nature is unpredictable, and it is important that all students are dressed appropriately when sending them to school, in preparation to play outdoors. This includes a coat, hat, gloves or mittens, snow pants, and boots. We want to remind you that students will go out for recess when the temperature feels 20 degrees or above, including wind chill. Once the snow begins, students who are dressed properly are encouraged to play in the snow; those children without winter gear will need to remain on the blacktop areas. Planning ahead ensures everyone will enjoy the snowy winter weather.

Due to the cooler weather, our Lost & Found continues to grow. Please help support our efforts in returning student's belongings by labeling all your child's clothing with his or her name. In addition, stop by the Lost & Found often to look for missing items. It is located in the front hall of RFS. Along with the fun of playing in the snow, winter weather can produce situations in which school is delayed, released early, or cancelled. These decisions are made by the Superintendent with input from the Highway Department, Merrimack Police Department and Transportation. We understand delays and school cancellations can be an inconvenience for working families, however, the decisions made reflect the school district's concern to keep all children safe.

Announcements to cancel or delay are made no later than 6:30 a.m. using the Alert Now Automated System, WZID radio, and WMUR Channel 9 television. A delayed opening means bus transportation will run two hours later than the normal schedule. Due to a lack of supervision, students may not be dropped off at school prior to 10 a.m. There will be no morning snack cart on these days. All students will be dismissed at 2:45 p.m. Morning preschool will not attend school on delayed start days. In the event of an Early Release from school, the same alert notifications listed above will be used and afternoon preschool will not attend school. Bus transportation home will be provided for students. In any weather situation, we ask for your continued patience, understanding, and support with keeping all children safe.

In addition to the cold winter weather comes cough and cold season. Two recommended strategies to reduce the chance of getting sick this winter are getting plenty of sleep and washing hands regularly.

We wish you joy and happiness in your celebrations this season! Enjoy your family and friends and one another.

## Dealing with Holiday Stress

Although most children look forward to the holidays with enthusiasm and excitement, it is important to remember that the season may also bring stress and anxiety to many families. Children may feel stress when they have changes in routine, frequent special events and activities, or unrealistic expectations about gifts and gift-giving. Below are some Holiday Stress Busters from the Duke Children's Hospital Department of Psychology:

- Remember that children are also impacted by stress in the family. Work to manage your own stress by taking time for yourself.
- Accept that traditions change as families change. Holiday events don't have to be the same or perfect to be special.
- Discuss plans in advance so activities are predictable and children know what is expected of them.
- Try not to abandon healthy lifestyle habits, such as regular meals, good nutrition, and good sleep habits. Limit watching TV or playing computer or video games alone. Try to balance periods of rest with activity.
- Attempt to stick to established routines and continue to consistently enforce established rules and consequences even if you are traveling or relatives are visiting.
- Anticipate times when children will be waiting and bring something to entertain them.
- Be prepared with healthy snacks and drinks if you are out of the house longer than expected.
- Plan ahead. Accept that you may not be able to do or participate in everything.
- Acknowledge feelings and help children find ways to appropriately express them.
- Establish a budget and attempt to stick to it. Don't promise children gifts that you cannot realistically give them and don't be afraid to let children know if something is too expensive or if they are asking for too many gifts.
- Consider alternatives to buying or giving gifts. Things such as sharing your time, talents, or resources with others or making homemade gifts can become a wonderful tradition to share as a family.



It is hard to believe that December is already here! The library is in full swing with preschool, kindergarten and first grade students enjoying their weekly visits and second, third and fourth graders visiting for books, STEM activities and research. With chilly days and the holiday season upon us, it's a good time to remember that books make great gifts! Books provide an opportunity to unplug from electronics and improve the skills of reading! With so many well-written children's books being published, there's sure to be something for everyone on your shopping list.

### ***This Book***

Written by Avis Harley

This book is the best –  
I woke up to read it  
Before getting dressed.

This book is so cool –  
It's the first thing I grabbed  
When I rushed in from school.

This book is a winner –  
I forgot I was hungry.  
I almost missed dinner.

This book is just right –  
I'm reading by flashlight deep into the  
night  
Deliciously thirsty to see how it ends.

Books are such mind-thrilling  
Spine-tingling friends.

### ***Book***

Written by Amy Ludwig VanDerwater

Buried in blankets  
Book in my bed  
Snuggled in story  
By heart  
In my head  
I wallow in words  
Chapter One  
Till The End.

Closing the cover  
I sigh –

*Good-bye friend.*





Welcome to December!!

It has begun, please be sure to take time out and relax this holiday season. Remember that children thrive on consistency and routines, so try to keep their schedules as close to "normal" as possible. Below are some tips to stay healthy and well this crazy time of year.

It is important for your child to get 10-12 hours of sleep every night. This falls under keeping their routines the same. Studies have shown that sleep deprivation not only affects cognitive ability, but also physical and emotional well-being.

We all know that healthy eating takes a backseat around the holidays. Remember, it is OK to eat those treats, but try to balance it with healthy selections as well. Everything in moderation.

Be sure that you and your children are drinking plenty of water every day. We tend to forget about drinking water when the warm weather is gone, but it is important all year long.

The CDC recommends that everyone 6 months and older get a flu vaccine every season. This will help protect your family and anyone that you may come in contact with. Please go to the CDC website to learn more facts regarding the flu vaccine, <http://www.cdc.gov/flu/protect/keyfacts.htm>.

And, as always, remember to wash your hands often, it is the simplest and most effective ways to stay healthy.

Please remember that students are not allowed to transport medication to and from school. This includes cough drops, as they are considered medication by the State of NH. An adult must drop off the medication and pick it up. We also need a Parent Permission to Administer form filled out.

Please make sure your child is wearing a winter coat, hat and mittens or gloves. Your child should also have boots and snow pants to wear if there is snow on the ground.

One more thing, if you received a letter from me stating that your student is not in compliance with the State of NH rules and regulations regarding immunizations and physicals, please take care of this matter ASAP.

Enjoy the holidays!! Parents...remember to take care of yourself!!

As always, if you have any questions or concerns please feel free to contact me.

Kelly Grassini, RN

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# Kindergarten

In November, students finished the first quarter of the year in Kindergarten! The children had a lot to celebrate! First, we learned about fire safety and prevention. The Merrimack Fire Department came to Reeds Ferry School. Kindergarteners saw close up how the fire truck and fire personal use all of the equipment to do their job and keep people safe.

Mrs. Cibotti's Class



Mrs. Bavaro's Class



Children in kindergarten spent three months learning the alphabet letters, including the sounds and formation of each letter. "Alphabet Boot Camp" concluded with each child making a vest to display a letter. We got together to show off our vests and have an alphabet parade!



In addition to learning the alphabet, kindergarteners learned to identify the color words. We had a rainbow day to wear your favorite color!





Kindergarteners learned to use their 5 senses to explore some ocean creatures! We enjoyed an in school field trip called Ocean Commotion! It was so exciting to have the Seacoast Science Center come to RFS to do an interactive workshop with the students. They sat and crawled on the floor, danced and learned about the 5 senses!

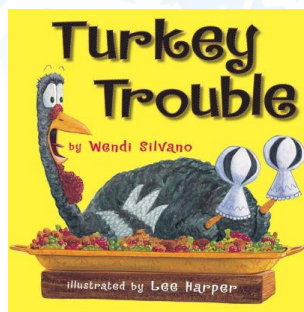


Finally, we ended November by coming together with all five kinder classes to celebrate Thanksgiving with a friendship snack! Families contributed items that were made into a trail mix and the children each had a baggie of the snack. We sang songs, did some movement activities and heard the story, "Twas the Night Before Thanksgiving". It was the perfect way to end a fabulous month of learning and friendship. We wish families a joyous holiday season! Thank you for sharing your kindergartener with us!

Mrs. Bavaro, Mrs. Cibotti, Mrs. Papp, Mrs. Rosswaag, & Mrs. Thibault



In keeping with first grade tradition, we read the book "Turkey Trouble" by Wendi J Silvano and illustrated by Lee Harper. Each first grader received a plain paper turkey to take home. Their challenge was to work with their families to disguise their turkey in hopes of saving him/her from being eaten on Thanksgiving!



**Room 15**

I disguised my turkey as a magician because magicians have lots of disguises. -Gabby  
 I disguised my turkey as Cooper from Trolls because it's one of my favorite movies. -Zoe  
 I disguised my turkey as Harry Potter because I like watching that movie. -Landon





## Room 17

I disguised my turkey as Spider-Man because Spider-Man is my favorite Avenger. Aidan  
 I disguised my turkey as a princess because that's what I was for Halloween. Kyla  
 I disguised my turkey as a DJ Marshmallow because I really like marshmallows. Gabriel



## Room 18

I made my turkey Poppy from trolls because she is funny and cute, and she makes me happy and I love to be happy! -Fatima  
 I dressed my turkey up as Myles Morales and I've been seeing him a lot and I was him for Halloween! -Hunter  
 I made my Turkey a seal because I like seals! -Lucas







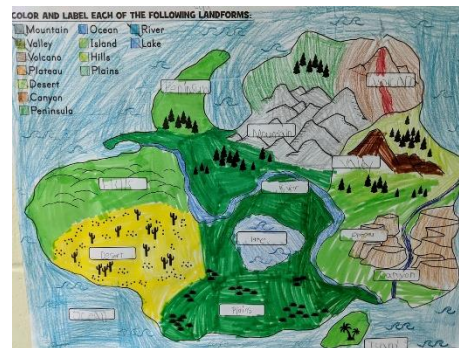
# Step into SECOND GRADE

This past month, second graders have been immersed in learning about North America. They have learned map skills and have been researching the land, animals, people, and traditions in North America. They have also been learning about important landmarks in North America.

As we do every month, we also learned about two important symbols of the United States. This month we learned about the White House and the Mayflower.

Our narrative writing unit is coming to an end. Students are working on revising and editing a piece of writing before having an opportunity to share their finished draft.

In math, we have begun learning strategies to subtract within 100. We are building fact fluency and automaticity, and are working on persevering through challenging words problems.







The Third Graders will be learning about the different groups of early settlers to New Hampshire and extreme weather events. The weather and climate were important factors in why certain groups came and settled here. One of our overarching questions is how does the climate impact living things? Our classes are beginning to research biomes by learning about our own biome (the Deciduous Forest Biome). We will be taking notes from informational resources and using that to write an informational text, which is the next writing unit. Students will continue this research into the new year about our biome and will choose a biome to research.

In math, we are currently working on Topic 5, which is deepening our understanding of multiplication and division, as well as fluently multiplying and dividing within 100. Students should continue to practice math facts at home for 5 to 10 minutes a night.

In Making Meaning, we have been focusing on questions and wonderings as a comprehension strategy. We continue to utilize the reading community discussions within the classroom to strengthen our reading comprehension.





# Fourth Grade

Students are currently learning about the various strategies for multiplying 2-digit by 2-digit numbers. Memorizing multiplication facts makes the multiplication of larger numbers much more manageable. The next unit is division and understanding multi-step word problems.

Fourth graders have demonstrated their growth in persuasive writing with their final pieces and post-prompts. Students are now moving on to informative writing and will select a topic from US history to research and write about.

In science, classes are continuing to work on their energy science labs. We are all learning about mechanical, light, electrical, and thermal energy. Students are enjoying using snap circuits and testing insulators/ conductors.

The artist in residence this year was Mark Rogonese. He is a furniture maker, sculptor, and teaching artist. The students enjoyed having their drawings turned into wooden structures and painting them. The last step in the process was to design their own stamp and use it on the art piece. Feel free to stop by and check out their creation. It will be hung near the lost and found before winter break.

Fourth grade hopes you have a wonderful Thanksgiving break with family and friends. Thank you for such a fabulous turnout at conferences. It was great to see all of you!



# PFA News

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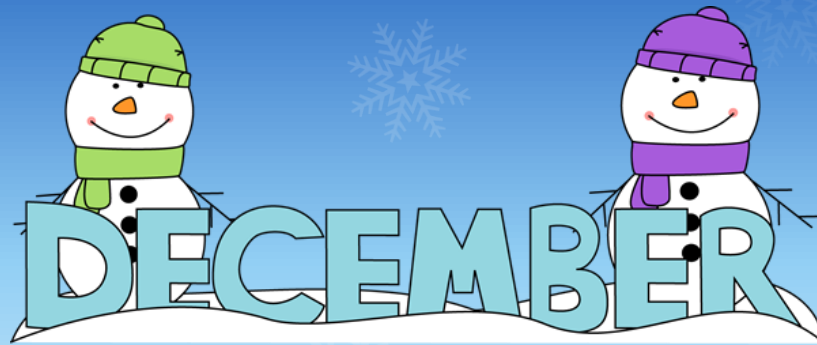
**The PFA (Parent Faculty Association) is a volunteer organization dedicated to the support and enrichment of education at Reeds Ferry Elementary School. Our goal is to provide enrichment to both the faculty and students by establishing the means to offer additional programs, field trips and materials to the school. All faculty, staff and parents of students at RFS are members of the PFA and are always welcome at the general meetings. It is with the continuing support of our members that we are able to offer all of the enrichment programs. It is the unselfish giving of time and effort by our many volunteers that have allowed our children the benefit of these extra resources. Please help us continue our goal by actively supporting the PFA in any way you can.**

We are always looking for volunteers to help make the many programs and activities at Reeds Ferry a success! Check the Volunteer Page on our website often for the latest opportunities or contact our volunteer coordinators with any questions or comments about volunteer opportunities at Reeds Ferry.

## Reeds Ferry Needs.....

**Wipes of all kinds!!** ALL our Reeds Ferry classrooms are in need of: **anti-bacterial HAND WIPES, Baby Wipes, and Clorox Disinfecting Wipes** (or any brand for wiping down surfaces).





| Sunday | Monday   | Tuesday                | Wednesday                           | Thursday | Friday | Saturday |
|--------|--|------------------------|-------------------------------------|----------|--------|----------|
| 1      | 2  | 3                      | 4                                   | 5        | 6      | 7        |
| 8      | 9  | 10                     | 11                                  | 12       | 13     | 14       |
| 15     | 16   | 17                     | 18                                  | 19       | 20     | 21       |
| 22     | <b>WINTER RECESS</b><br><b>December 23rd – January 1st</b> |                        |                                     |          |        | 28       |
| 29     | 30<br>winter<br>recess                                     | 31<br>winter<br>recess | 1 <sup>st</sup><br>winter<br>recess |          |        |          |

**Attention Volunteers:**

Don't forget to record your volunteer hours and send in with your child.