

Mastricola Upper Elementary School Mastricola Upper Elementary School



YOU ARE INVITED TO PROJECT SAFEGUARD – GRADE SIX

Principal: Dr. Nicole Rheault

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Dear Sixth Grade Parent or Guardian:

This is to inform you of the details regarding the registration process for Project Safeguard. Please review the following information carefully.

1. The Project Safeguard conference will be held at **James Mastricola Upper Elementary School on Friday, May 30, 2025.**
2. Please find attached the following items:
 - Project Safeguard schedule
 - Most frequently asked questions sheet
 - Workshop descriptions
 - Lunch order form (optional)
3. Please review the workshop descriptions with your child and complete the online registration form. You should have received an electronic copy of this letter via email and the links are below for the online registration. The registration links will also be on the JMUES website. **The registration form must be submitted by Wednesday, May 21st.**

[Student Registration Form](#) (Required for all 6th grade students)

[Parent Registration Form](#) (Only needed if attending)
4. **The paper optional Lunch form and money must be returned to your child's homeroom teacher by Wednesday May 21st.**
5. Parents are invited for the entire day, but please note you may come for only part of the day if that is what your schedule allows.

**SIXTH GRADE
PROJECT SAFEGUARD SCHEDULE
JMUES, MERRIMACK, NH
Friday, May 30, 2025**

Daily Schedule of Events

8:30-8:50 am	Schedule Pick-Up for Parents
9:00-10:00 am	Keynote Address (Smith Gym)
10:15-11:15 am	Session 1 Workshops
11:25-12:25 pm	Session 2 Workshops
12:30-1:00 pm	Group A Lunch/Group B Presentation
1:05-1:35 pm	Group B Lunch/Group A Presentation
1:40-2:10 pm	Closing Presentation
2:15-2:45 pm	Ice Cream on the Field
2:50-3:15 pm	Dismissal in the Classrooms

IMPORTANT POINTS OF INFORMATION

1. **Schedule pickup for parents and/or guests** will take place in the lobby in front of the Smith Gym (8:30 a.m. – 8:50 a.m.). Anyone arriving after the first workshop begins should go to the front table to check in and pick up their schedule.

PROJECT SAFEGUARD'S MOST FREQUENTLY ASKED QUESTIONS

Q1. What does my child do if I am unable to attend Project Safeguard?

Your child will go to school as usual and attend the conference with the other students.

Q2. Can I send another family member in my place if I am unable to attend?

Yes, you are strongly encouraged to send another family member or representative in your place. The only stipulation to this is that older siblings may not be high school students.

Q3. Can I attend the conference for just part of the day?

Yes, many parents have attended a conference for only part of a day in past years. You are welcome to come for whatever time your schedule will allow.

Q4. How many workshops should I attend with my child?

Workshops are arranged to provide you and your child with the opportunity to be together as often as desired during the day. It is highly recommended that you attend at least one workshop together.

Q5. Can the parent of a student attend an Adult / Student workshop alone?

Yes, parents may attend Adult Only and Adult / Student workshops but may not attend Student Only workshop.

Q6. Can a student attend an Adult / Student workshop alone?

Yes, students may attend a Student Only and Adult / Student workshops but may not attend an Adult Only workshop.

PROJECT SAFEGUARD WORKSHOP DESCRIPTIONS

Grade Six – May 30th, 2025

JMUES, Merrimack, NH

1. THE DOPE SHOW

NH Teen Institute

A Teen Institute exclusive, this game has been requested by schools statewide. This is a fun and interactive way to learn some facts about the dangers of alcohol, tobacco, and other drugs. **(Student Only)**

2. SIX STEPS TO SURVIVING THE TEENAGE YEARS

Jack Agati, Encouraging Concepts, Londonderry, NH

These six reminders can serve as a guide for parents over the coming years. Six key strategies that could allow us and them to survive these “crazy” years while still loving one another will be discussed. Tips like: pick and choose your battles, key words, their excuses, their dreams, and their nightmares. This session will be practical, immediately useful and a bit of fun, too! **(Adult Only)**

3. ADVENTURES IN TRUST AND COMMUNICATION

Jason Holder, Ed.D, Director, Adventurelore Programs by Health Wealth, Inc. Danville, NH

Learning to trust and communicate with other people isn't scary or embarrassing in this workshop. Dr. Holder uses typical predicaments kids get into to show how to handle home, school, and social situations. Be ready for some very active and physical participation. You will be jumping in the aisles! Come prepared to have fun while learning how to communicate more effectively with others. **(Adult / Student)**

4. INTERNET SAFETY...PROTECTING YOURSELF AND YOUR CHILD

Merrimack Police Department

With all the new technology out there, it's hard to keep up to make sure we're keeping our kids safe. Come learn about things you as parents can do to keep your kids safe. This workshop isn't so much about internet safety, but more about technology safety. Information about keeping your personal information safe will also be discussed. **(Adult/Student)**

5. MINDFUL MOVES

TBD, Merrimack, NH

Spend an hour learning about one way students and adults can manage their stress. This session will include both movement and mindfulness as well as an education portion about the ways movement can benefit our minds and bodies. This workshop is accessible for individuals new to yoga as well as those who are more experienced. **(Adult/Student)**

6. THE SCIENCE AND SAFETY OF FIRE/ Meet K-9 “Anthem” an Accelerate Detective Dog

The Merrimack Fire Department

Learn more about the science behind fires and why they start, as well as tips and tricks for fire safety **(Adult/Student)**

7. CHOOSE LOVE: COURAGE, GRATITUDE, FORGIVENESS, COMPASSION

Shannon Desilet, Choose Love Movement

Circle is the most important work we do. It's about creating a culture of empathy and empathic concern by creating a space where listening is key, and all voices are heard. The best way to learn about the magic of Circle is to experience it! **(Adult/Student)**

8. MOVIE: SCREENAGERS: THE NEXT CHAPTER

Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help us all flip the script on stress, anxiety, and depression. We follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to understand these challenges in our current screen-filled society, and how we as parents and schools empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience. **(Adult/Student)**

9. OVERCOMING ADVERSITY

Sweethearts & Heroes (Keynote Speakers) St. Albans, VT

Rick has undergone adversity and hopelessness few others know, and yet he's come through it all being able to say, “This is the best thing that's ever happened to me.” Come hear his many stories of overcoming adversity and ask ANY question about the challenges he's gone through and the mindset he takes toward life. **(Adult/Student)**

PROJECT SAFEGUARD LUNCH FORM (Optional)

Dear Parent or Guardian:

This year at Project Safeguard we are offering parents / guardians the opportunity to stay and have lunch with your child. You can either purchase lunch for Project Safeguard at a cost of **\$11** per person, or you may bring your own. If you are buying lunch, you must **prepay** and return this form to school. Lunch is being purchased from D'Angelo Subs. **Please note:** Regular school lunch will still be available **for students only**, if they choose not to purchase this lunch.

Please complete the information below and return this form to your child's homeroom teacher by May 21st, 2025. You will receive your lunch tickets the day of the event.

The menu includes: Choice of D'Angelo deli sandwich (Ham, Turkey, or Veggie), chips, cookie, and a bottle of water.

CHECKS SHOULD BE MADE PAYABLE TO JMUES.

STUDENT NAME _____

TEACHER NAME _____

WE ARE PURCHASING _____ LUNCHES

_____ HAM

_____ TURKEY

_____ VEGGIE

ENCLOSED IS: CHECK (\$ _____)

CASH (\$ _____)