



Memorial Elementary School E-Newsletter

Week of January 30, 2022

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A Note from Principal Alford

Hello Memorial Elementary families!

Seems like a quiet week to come with no snow/rain/ice/whatever else could fall out of the sky.

This past weekend one of my nephews had his 12th birthday so I went up further into Maine to see him (I live in southern Maine as an fyi). During my time with him he was chatting about things of interest but nothing overly in-depth until he shared topics of direct interest. Once he started to share facts he was a fountain of knowledge! This sparked an idea for me to share in the newsletter. A fun way to see what your child(ren) are learning without the dreaded “what did you learn at school today?” to only hear “nothing” is to ask them questions about what they are interested in. This will allow for your child(ren) to be the expert while you can sneak in some questions that will require them to apply what they have learned in school. Showing your curiosity in their activities may encourage them to be even more engaged at school by asking more questions and being excited to bring home more facts.

- [Scholastic: 9 Cool Questions to Ask Your Kid](#)
- [FamilyEducation: 60+ Get To Know You Questions to Ask Kids \(and Get Them Talking\)](#)

Have a superb Sunday!

Adrian

Mark Your Calendars! Important Upcoming Dates



- **Feb. 6-8:** NWEA Testing (please see below)
- **Feb. 24:** NO SCHOOL—PD Day
- **Feb. 27-Mar. 3:** WINTER BREAK



Food Services Menus & Information

View or download the January and February breakfast and lunch food services menus [here on our website](#). This page also contains information on the free meals program and how to set up and replenish your student(s) food service program account in MySchoolBucks.

Sign Up for Text Messages from Memorial School

If you haven't already done so, we encourage you to sign up to receive text messages from Memorial School via School Messenger to be alerted to important news and information. [Please see the instructions on this flyer to sign up!](#)



NWEA Testing Scheduled for the Week of February 6

Students will take the NWEA assessment the first week of February. Students will test for reading on Mon, Feb 6, and math on Tue, Feb 7, with makeup testing on Wed, Feb 8. These online tests are used for a variety of instructional purposes and provide teachers with research-based interventions to target specific skills or learning gaps. **Please send in earbuds/headphones with your child the week they are testing.** [Please click here for a detailed schedule of testing days and times by grade and team.](#) Thank you!

Counselor's Corner

Hello Memorial Families! We are back with more tips for how to help your child manage worries and anxiety.

Tips to help children learn to manage anxiety



Mrs. Nippert



Mrs. Collins

Personalize and externalize: Ask your child to give anxiety a name. Your child can draw pictures of anxiety, too. Then, help your child acknowledge anxiety when it rears up: 'Is that spiky-toothed, purple Bobo telling you no one wants to play with you?' Labeling and distancing anxiety can help your child learn to be the boss of it.



Preview anxiety-provoking situations: Consider meeting camp counselors or touring new places ahead of time.

Model confidence: Children are emotional Geiger counters, registering anxiety radiating from parents. Try to be mindful of what you model through words and body language. Work on tempering overanxious reactions.

Narrate their world: "Children are coding the world. Particularly through early childhood their brains are just sponges, taking everything in," says Dr. Mona Potter, medical director of McLean Anxiety Mastery Program and McLean

Child and Adolescent Outpatient Services. "We can help them with the narrative they're constructing: 'Is the world a safe place or a dangerous place where I have to be on guard all the time?'"

Allow distress: Avoiding distressing situations invites anxiety to ease temporarily, only to pop up elsewhere. Rational explanations won't work, either. The whirring emotional center of the brain known as the limbic system requires time and tools to calm down enough to let the thinking (cognitive) center of the brain come back online. Instead, try distress tolerance tools: one child might splash her face with cold water, another might charge up and down stairs to blow off anxious energy, or tense and relax her muscles, or distract herself by looking around to find every color in the rainbow.

Practice exposure: Gradual exposure helps rewire an anxious brain and shows a child he can survive anxious moments. Let's say your child is anxious about talking in public, ducking his head and squirming if addressed. Pick a pleasant, slow-paced restaurant for a fun weekly date. Then coach your child to take charge of ordering foods he likes in small steps. At first, he might whisper the order to you and you'll relay it to the waitress. Next, he might order just his drink or dessert, and finally a full meal as distress tolerance and confidence grows.

Save the date! Helping Your Family's Emotional Health: Practical Solutions for Managing Worry, Enhancing Flexibility, and Creating Wellbeing | Presented by Lynn Lyons | April 20, 2023, 6:30-8:30 pm | Sanborn Regional High School Auditorium

2022-2023 Memorial School Yearbook

Great news! You may now place your order for the **2022-2023 Memorial School yearbook**. Each copy is \$16 (or an additional \$4.50 to upgrade to hard cover). The **last day to purchase is Thursday, April 20, 2023**. Here's how to order:

1. Visit the [Lifetouch yearbook order page](#).
2. Type in our school's yearbook code, **14653223**, then click the "Next" button:

Order Your Lifetouch Yearbook

Enter your school's Yearbook ID code or search for your Yearbook ID code below.

Next



3. Enter your student's information, including first name, last name, and grade. **Note: If you are purchasing a yearbook for more than one student**, please submit each student individually to avoid any mishaps in the sorting and distribution of yearbooks (see Step 5).
4. Choose **softcover (standard)** or **hard cover (upgrade for an additional \$4.50)** and the number of copies you'd like for your student. You may also donate a dollar amount to students in need in this step. Then click the "Next" button:

Select Yearbook: **Amber Lohnes**

Yearbook	\$16.00
<input checked="" type="radio"/> Standard Yearbook	\$16.00
Additional Yearbook Options \$0.00	
<input type="checkbox"/> Upgrade to a Hard Cover	\$4.50
Number Of Copies	<input type="text" value="1"/>
Donation to School	<input type="text" value="\$ 0.00"/>
Total	\$16.00

Next

Contribute to our school's yearbook donation program. By selecting this option you're providing an opportunity for someone to have a book of memories that they otherwise couldn't receive.

5. If you have another student who'd like to purchase a yearbook, press the green "Place additional order for the same school" button and repeat steps 3 and 4 for each student.
6. Proceed to complete billing and payment information and submit your order.

Thank you for purchasing a yearbook! If you have any questions about the yearbook, please reach out to memyearbook@sau17.net.

PTO Lollipop Grams



For just a dollar or two, tell someone how much they mean to you!

The Memorial PTO is hosting a **Valentine's Day Lollipop Gram Fundraiser**. Students are able to purchase lollipops for \$1 each to send to friends and/or teachers within the school or bring home to family and friends.

Students will receive a flyer and a sheet with cards to complete for the lollipop grams from their homeroom teacher (you also may [download the flyer and cards here](#)). There is no limit to how many a student may send.

How to order: Please send money and completed cards in an envelope to the school **no later than Friday, February 10**. Checks should be made out to Memorial Elementary PTO.

****Please note: This is not an SRSD-sponsored program.****

There's still time to join Memorial PTO! Your membership goes directly to supporting the amazing students and staff at Memorial. Membership fees help to fund things like transportation for field trips, school improvement projects, and student activities. You can join by [sending this form to school with your student](#) or [registering online here](#). If membership costs may be a hardship for you or someone you know, please direct reach out to Mr. Alford.

All are welcome to join us for the next PTO meeting Thursday, February 23 at 6:30 pm in the Memorial School Gym/Cafeteria.

APPLICATIONS ARE NOW BEING ACCEPTED FOR SANBORN REGIONAL INTEGRATED PRESCHOOL PROGRAM

PRESCHOOL



The Sanborn Regional *Integrated* Preschool Program is currently accepting applications for the 2023-2024 school year for the three-year-old and four-year-old preschool programs. The Preschool is located at the D.J.Bakie Elementary School in Kingston, NH.

- **Three-year-old program:** Held Mondays through Thursdays from 8:30 AM to 11:00 AM. Eligible children must be three years old by September 30, 2023, and residents of Kingston or Newton.
- **Four-year-old program:** Held Mondays through Thursdays from 12:00-3:00 PM. Eligible children must be four years old by September 30, 2023, and residents of Kingston or Newton. There are limited openings in the four-year-old program.

Tuition & Application

Tuition for the three-year program is \$165 per month and \$200 per month for the four-year-old program. A tuition agreement form must be completed and returned in order to participate in the program. Enrollment is limited, and the **deadline for submitting an application is Friday, February 24, 2023**. To register your child for the lottery, please [complete this Google form by Friday, February 24, 2023](#).

Required Screening

All applicants must participate in a developmental screening process. Please note that this is not a Child Find. You may call to schedule a Child Check Appointment if you are questioning a possible educational issue.

For more information, please contact Emily McGowan at 642-5272, Ext. 188, or emcgowan@sau17.net.

Community Events, Activities & Programs

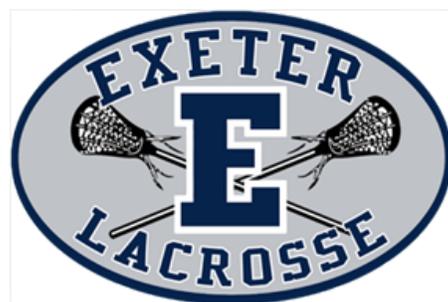


Exeter Adult Education Classes | Winter/Spring 2023 | 30 Linden Street, Exeter

Exeter Adult Education offers a wide range of adult learning opportunities including courses for academic skills and preparation, computer and technology, health and wellness, cooking, language, handcrafts, and much more. [Click here to view the flyer for winter/spring courses](#) or [visit their website for more information](#).

EYLA SPRING 2023 REGISTRATION IS OPEN!

We are excited for the spring 2023 Season! NEW TO EYLA Spring 2023 Season: EYLA has removed the uniform cost from the registration. Each player will order their own individual uniform through our online store opening this month. **Each player will be REQUIRED to purchase the uniform through our store, which closes mid-January 2023.** [Click here to register NOW](#) to get the uniform in time! Any questions please email Dorine at dccaswell@aol.com.
Eyla is a local youth organization not affiliated with any NH SAU



Seacoast Youth Flag Football | Spring 2023

Seacoast Flag Football's spring season starts April 22nd. This coed flag football league for ages 3-17 is the largest NFL in New England. offering 10u, 12u, and 15u female leagues. [Click here to learn more and register](#).

Sanborn Baseball & Softball | Spring 2023 Registration is now open for all levels wishing to participate in baseball or softball this spring. The four baseball divisions start with t-ball for ages 4-6 and go through Majors for ages 10-12. The five softball divisions start with ages 7-8 and go through ages 15-16. [Click here to learn more and register](#).





**COMING SOON
TO KINGSTON RECREATION**

**PARENT'S NIGHT OUT...
MOVIE NIGHT FOR KIDS!**

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❤️ **SATURDAY, FEBRUARY 11TH** ❤️

5PM - 8PM

AT KINGSTON RECREATION



**KIDS WILL VOTE ON A MOVIE TO WATCH,
ENJOY PIZZA, POPCORN + TREATS**

\$5 PER CHILD/ \$10 MAX FOR FAMILIES

.....
PARTICIPANTS MUST REGISTER
CONTACT PAUL BUTLER AT 603-418-5306
OR KINGSTON.RECREATION24@GMAIL.COM

FEBRUARY VACATION CAMP DAY

AT KINGSTON RECREATION

Thursday, March 2 8:00am – 5:00pm

PIZZA * ICE CREAM * GAMES * FUN

MUST PRE-REGISTER FOR CAMP DAY

*Limit of 12 participants * Ages 5 to 13*

**\$25 per child (\$50 max per family)
includes pizza and ice cream!**

Board games, Crafts, Pool, Air Hockey, Inside basketball game and access to
Playground (weather permitting)

Staffed by adult volunteers with many years of experience caring for children

Contact Paul Butler to Register

Email – Kingston.recreation24@gmail.com

Phone – 603-531-3337



SPIKED FLAG FOOTBALL



SPRING 2023 REGISTRATION

WE OFFER

Play Flag and Soccer without Conflicts!

Coaches will draft their Own Teams!

Learn real football that will translate into Tackle.

Same Scheduled Time for each age group every week for the busy Family!

Championship Games and 3rd Place games at the end of the Season.

Adult Referee on field at all times!

QB's can scramble when Blitzed
Only two Blitzes per half per team

1, 2 and 3 point conversions
Throw Offs

Onside Kicks (or a version of it)
Pro Style Stop Clock in last minute

Pitches and laterals Allowed

www.spikedflagfootball.com

**NOT SPONSORED BY
SANBORN REGIONAL
SCHOOL DISTRICT**



Thank You

As always, thank you for your support, and please don't hesitate to reach out to us with any questions or concerns.

Adrian Alford, Memorial Elementary School Principal Aalford@sau17

Meredith Davine, Memorial Elementary School Assistant Principal Mdavine@sau17.net