



# Memorial Elementary School E-Newsletter

Week of April 3, 2023

## QUICK LINKS

<a href="#"><u>School Website</u></a>	<a href="#"><u>Past Newsletter Issues</u></a>	<a href="#"><u>Join the PTO</u></a>
<a href="#"><u>Academic Calendar</u></a>	<a href="#"><u>Café Services Menus</u></a>	<a href="#"><u>District Tech Support</u></a>

## A Note from Principal Alford

Hello Memorial Elementary families!

World Autism Awareness Day is today, April 2nd. This day is meant to bring more of an understanding to people about what autism is. This diagnosis may have personal or professional significance to you as you may know someone that has autism. Educationally speaking, a student with autism could have a lot of knowledge and interest in a subject (math, sci, literacy, etc) but social skills may need additional assistance. Just like anything else we do, the more background and information we have the better we are prepared to understand. Please consider supporting Autism Awareness Day tomorrow by wearing clothing items which are blue or puzzle piece patterns like in the picture below. Here are some resources as well to look over in case you have any questions.

- [National Autism Association: Autism Fact Sheet](#)
- [Mass General for Children: 30 Facts to Know about Autism Spectrum Disorder](#)



Have a superb Sunday!

Adrian

## Mark Your Calendars! Important Upcoming Dates



- **April 3:** Please wear blue for World Autism Awareness Day
- **April 7:** Invention Convention forms due
- **April 18:** Invention Convention
- **April 21:** No school—Professional Development Day
- **April 24-28:** No school—Spring Vacation

## 2023-2024 Sanborn Regional School District Academic Calendar

The Sanborn Regional School District calendar for the academic year 2023-2024 has been approved and is available to [view or download here](#).



### Food Services Menus & Information

View or download the April 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!](#)



## 2022-2023 Memorial School Yearbook

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 are the details on how to order your copy.](#)

## Counselor's Corner

### Choose Love this April!

Hello wonderful families! We are so glad the weather is getting warmer and we are seeing more sun! Here are some awesome ways that you and your students can keep the positivity going and CHOOSE LOVE this April! 😊



Mrs. Nippert



Mrs. Collins

You may also [view a larger image of or download the CHOOSE LOVE April calendar pictured below here.](#)

April is the **NATIONAL MONTH OF HOPE.**

**APRIL 2023**

**SUN MON TUES WED THUR FRI SAT**

**Choose Love April 2023 Calendar**

**Carin Day is April 22!**

**THE CHOOSE LOVE FORMULA: COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN ACTION =**

**choose love movement**

When we face challenges, finding things to be grateful for gives us hope. This month, enjoy the things in Spring that you are grateful for and make you feel happy and hopeful. Enjoy the flowers blooming, warmer weather and longer days. Remember to practice Choosing Love every day to continue the ripple effect that reaches far and wide.

1	Why is everyone exhausted on April 1? Because they had a 31-day March. Give yourself a hug.
2	Take time outside to look for flowers blooming.
3	It's Find a Rainbow Day. Create your own rainbow.
4	Take a 1-minute meditation break.
5	What do you have to do today? Change "I have to" to "I get to" and see how you feel.
6	What are you grateful for today?
7	Make a handprint flower!
8	Kindness brings happiness. Do an act of kindness.
9	Have a lot of fun!
10	Think of all the new possibilities that Spring brings.
11	Get crafty! Paint gratitude rocks.
12	Show self-compassion by creating a daily affirmation to keep you strong.
13	Say something complimentary to 3 people today.
14	Have the courage to try something you've never done before.
15	Tell someone how much you care about them.
16	Life is a gift. Smile and enjoy it!
17	It's Earth Week. Why are you grateful for Earth?
18	Take a hike and leave some of your gratitude rocks along the way to brighten someone's day.
19	Listen to the song, "What a Wonderful World" by Louis Armstrong.
20	It's National High Five Day!
21	Reuse. Reduce. Recycle. Today and every day.
22	It's Earth Day! What can you do to make the world better?
23	Visit a local farm or plant your own herb garden.
24	Take a walk outside and look for heart shapes in nature.
25	Laugh, smile or extend a helping hand. It costs nothing to be kind.
26	Take a gratitude breath.
27	Hakuna Matata means "No Worries." Make this your theme for the day!
28	It's Superhero Day! What's your superpower?
29	Today is International Dance Day! Take a dance break. Do your happy dance!
30	It's Arbor Day. Do you have a favorite tree?

**"Be a rainbow in someone else's cloud." –Maya Angelou**

**Sanborn Regional School District Presents:**

# **PARENT EDUCATION NIGHT**



**Helping Your Family's Emotional Health: Practical Solutions for Managing Worry, Enhancing Flexibility, and Creating Wellbeing**

**Join us on April 20, 2023 6:30-8:30pm**

**In Person at Sanborn High School Auditorium**

---

This parent-focused presentation provides a framework of positive, action-based strategies to help children/teens effectively mitigate and cope with symptoms of anxiety and depression, strategies made all the more relevant by our current environment. Using creativity, connection and energy, parents will learn how to increase flexibility, support the tolerance of uncertainty, and emotionally equip children as they move into this school year.

## **Speaker: Lynn Lyons**



Lynn Lyons is a licensed clinical social worker and psychotherapist. She speaks on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. Lynn's newest book *The Anxiety Anxiety* offers an eye-opening look at the seven sneaky ways that anxiety and worry weave their way into our families, our friendships, and our jobs, and provides actionable steps to reverse the cycle and reclaim our emotional well-being. She also is the co-author of two books:

*Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.



## **Deadline extended and each invention recognized!** **Invention Convention comes to Memorial School!**

Dear Memorial Students and Families,

This year we are excited to introduce Invention Convention to our school! The convention is a great way to allow students to problem-solve creatively and make the world a better place to live.

**All participants will be awarded a certificate!**



Almost every day we use an invention that has made our lives easier or better in some way. Not all inventions have to be complicated. In fact, some of the best inventions happen by accident.

The Invention Convention will allow your child to think like an inventor. If your child decides to participate, he/she will be designing or improving an invention that will solve a problem in their home or community. All of the work is to be completed at home. Students should submit [this “Intent to Invent” form](#) to register for the convention. **Deadline extended to allow a bit more time for our inventors to work on their creations! Intent forms are now due by April 7th.**

**The Invention Convention will be held on the evening of April 18th from 6- 7 pm.** All inventions will be allotted a tablespace of 3 feet x 3 feet. Due to limited space in the school, the inventions will need to arrive on the day of the Invention Convention.

Please limit yourself to helping your child only with time management skills and design work that requires adult supervision, (e.g., hot glue guns). Guide your child where necessary but let the final project reflect his/her own individual effort and design. At the Invention Convention, inventors will need to answer judges’ questions about all aspects of design. **To promote equality, we are limiting the amount each child may spend creating to \$30. Don’t forget the power of recycled materials!**

I look forward to sharing the joys of inventing with your child at the Memorial School Invention Convention, Tuesday, April 18th!

Marianne Klemarczyk, M.Ed, Memorial School Invention Convention Coordinator

## PTO Update

**Thank you to everyone who has already participated in upcoming events!** We have received over one hundred forms so far from students voting for the spring dance theme. And springtime raffle basket entries have been rolling in all week. As a friendly reminder, **both forms are due back by Monday, April 3, so please hop to it if you're planning to participate!** 😊 Here are the details in case you've missed them:

- **Springtime Raffle Basket:** Items include a dozen cookies from Celebrations by Chrysty! Funds raised will be used for spring/end-of-year events for students! [This flier went home with students last Friday, March 24](#), and [tickets are available for purchase here on Cheddar Up](#). Or check out the [Memorial PTO Facebook page](#) for more details!
- **Spring Fling Dance:** The Memorial School tradition is back! Our spring dance will be held Friday, May 19. Students received both [this save-the-date flier](#) and [this flier and form to vote for the dance theme](#) (forms are due by April 3).
- **5th Grade Celebration Class Shirts:** Students have the opportunity to submit a shirt design that will then be voted on! The winning design will be featured on this year's shirt!

**Next meeting:** Please join us for our **next meeting Thursday, April 20, at 6:30 pm at Memorial School**. All are welcome!

---

## World Autism Awareness Day is April 2nd!



Every April is World Autism Month! The Light It Up Blue campaign celebrates Autism Awareness worldwide.

**Please wear blue on Monday, April 3rd** to support kindness, increase understanding, and show your support for Autism Awareness.

## Kindergarten Registration is Now Open at Bakie School



If your child will be 5 years old by September 30, 2023, and you are a resident of either Kingston or Newton, NH, he or she is eligible for full-day kindergarten for the 2023-2024 school year.

Please [visit the Bakie School kindergarten registration page](#) for details or to register your child. For questions, please contact Kim Rousseau at 603-642-5272, Ext. 101 or send an email to [krousseau@sau17.net](mailto:krousseau@sau17.net).

## Camp Sanborn Registration is Now Open

**7/10/23-8/3/23**  
Monday-Thursday  
8:00am - 3:00pm  
\$160 a week

**Be Sure to apply for the \$750 Rekindling Curiosity Scholarship by clicking the link below**  
<https://rekindlingcuriosity.education.nh.gov/>

**USE THE QR CODE OR THE LINK BELOW TO REGISTER**  
[HTTPS://FORMS.GLE/HPYTRFLYYQ8OZTR56](https://forms.gle/HPYTRFLYYQ8OZTR56)

**CALLING ALL CAMPERS!**  
**CAMP SANBORN**  
**REGISTRATION IS OPEN!**

**CAMP OFFERINGS**  
Drama  
Cooking  
Cheer  
Dance  
Sports 1&2  
Art 1&2  
Nature  
STEM  
Cooking  
Find Your Talent  
Dungeons & Dragons  
AND MORE!

**Email questions to**  
Sarah Brown, Camp Director  
[sbrown@sau17.net](mailto:sbrown@sau17.net)

**Location: Sanborn Regional**  
Middle/ High School  
17 Danville Road, Kingston, NH

## Community Events, Activities & Programs

### Easter Egg Hunt | Saturday, April 8, 9:00 AM | Kingston Recreation Department



Are you ready to hop into the spring? If so, come join the Kingston Recreation Commission at their annual Easter egg hunt on Saturday April 8, 2023. **PLEASE BE THERE AT 9 AM** at the Kingston Recreation, 24 Main Street. All children are welcome to a morning full of egg hunting, prizes, crafts, and a chance to meet and take a picture of the Easter Bunny himself! The Kingston Recreation Commission will be providing yummy snacks and refreshments but don't forget to bring your Easter basket to fill up with eggs! Any questions or concerns, feel free to contact Recreation Director Paul Butler at 603-531-3337.



### 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.](#)







## School Age Childcare

# LEARN. GROW. THRIVE.

## Southern District YMCA

# NOW Enrolling!

At the **Southern District YMCA** we believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn fundamental skills, develop healthy, trusting relationships and build self-esteem through the Y values of caring, honesty, respect and responsibility.

**Financial assistance is available.**

**\*\*Now serving: Exeter, Kingston, East Kingston, Newton, Hampstead, Kensington, Stratham, Danville, Hampton and Brentwood.**

**Anthony Panciocco, Director of School Age Childcare**

(603) 319-5942

[Anthony@sdymca.org](mailto:Anthony@sdymca.org)

**Southern District YMCA**

56 Linden St, Exeter, NH 03833

(603) 342-3361 [www.SDYMCA.org](http://www.SDYMCA.org)



**\*\*Not a school sponsored event.**

## 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](mailto:Aalford@sau17)

Meredith Davine, Memorial Elementary School Assistant Principal [Mdavine@sau17.net](mailto:Mdavine@sau17.net)