



# Memorial Elementary School E-Newsletter

Week of April 10, 2023

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<a href="#">Academic Calendar</a>	<a href="#">Café Services Menus</a>	<a href="#">District Tech Support</a>

## A Note from Principal Alford

Hello Memorial Elementary families!

Did you know that April is poetry month?!? Poetry is a great way for students to work on their literacy skills while using creativity and personal expression. Classrooms have been busy working on all types of poetry but the one which holds a special place in my heart is the haiku. What is a haiku you ask? It is a short poem with three lines with the first line having five syllables, next is seven syllables, and the last having five syllables again. When I was walking around the school and swinging into classrooms I was able to hear some AMAZING student haikus. I would love to receive any haikus done by students this weekend! Please send them my way so I'm able to read them and share some in the CarriageTowneNews! Take a look at my haiku and let me know what you think!

- [The History and Artistry of Haiku](#)
- [Scholastic Parents: Why Poetry Matters](#)

Title: School in April

Vacation is soon  
Students love time outside yay  
Teachers run on dunks

Have a superb Sunday!

Adrian

## Mark Your Calendars! Important Upcoming Dates



- **April 18:** Invention Convention
- **April 20:** Lynn Lyons Presentation (see p. 6)
- **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

### Grateful Breath Exercise

Mrs. Collins and Mrs. Nippert hope all our families are doing well! Here is a simple, 30-second breathing exercise that focuses on gratitude and can help reduce stress and anxiety, increase optimism, and become happier. Let us know if you try it out with your child(ren)!



Mrs. Nippert



Mrs. Collins

- Take a full breath in through the nose and sit up a little taller. As you exhale through the nose, release the shoulders
- Take a few moments, with attention to breath, settling in to a neutral, upright posture.
- As you take a breath, say to yourself, "I am grateful for..." It can be simple, for example, a flower, the sun, or even just for the breath itself.



## Memorial School Drama Club Takes the Stage

Memorial School is so proud of all our wonderful actors and actresses who participated in Drama Club this year! These students worked so hard, conquered stage fright, and had so much fun! The troupe capped off their season by performing a medley of entertaining acts for parents & friends. Miss Lohnes and Mrs. Nippert want to thank our students and families for their participation. They also want to let the school community know that they are hoping to have more opportunities for students to participate in drama club next school year!



## PTO Update

**Spring Basket Raffle:** Thank you to everyone who participated in our **Spring Basket Raffle** and a special thank you to **Celebrations by Chrysty** and **Fresh AF Bakeshop** for their delicious donations!

**Savers Fundraiser:** Still haven't tackled your spring cleaning yet? Good news! The **Saver's Fundraiser Drop-Off Event** has been extended to **April 20!** You may drop off clothing and books to the PTO at the PTO meeting on Thursday 4/20 from 6:30 to 7:30. Thank you! [See this flyer for more information.](#)

**Spring Fling Dance:** The Memorial School tradition is back! Our **spring dance will be held Friday, May 19.** More than 100 students cast their vote for the theme of this year's dance and the winner is ...**HOLLYWOOD!**

Time to get red carpet ready and join us for some fun on **Friday, May 19th!** More details to come...

Join us! Our **next meeting will be held Thursday, April 20, at 6:30 pm at Memorial School.** All are welcome!

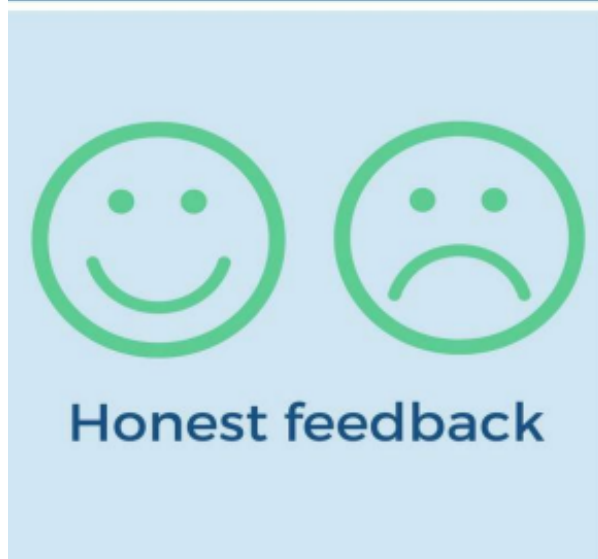
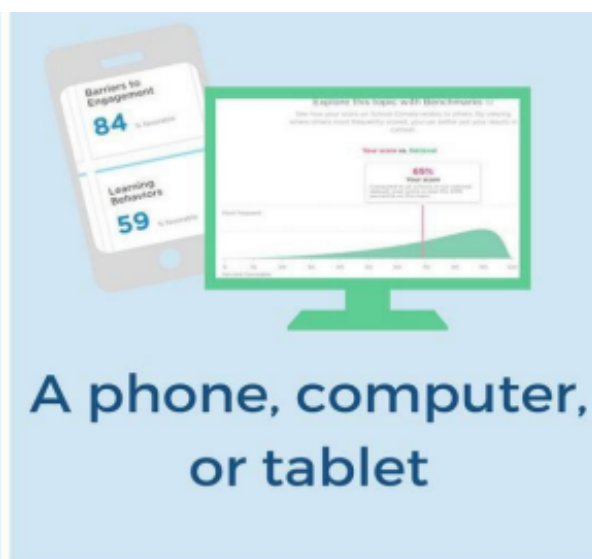
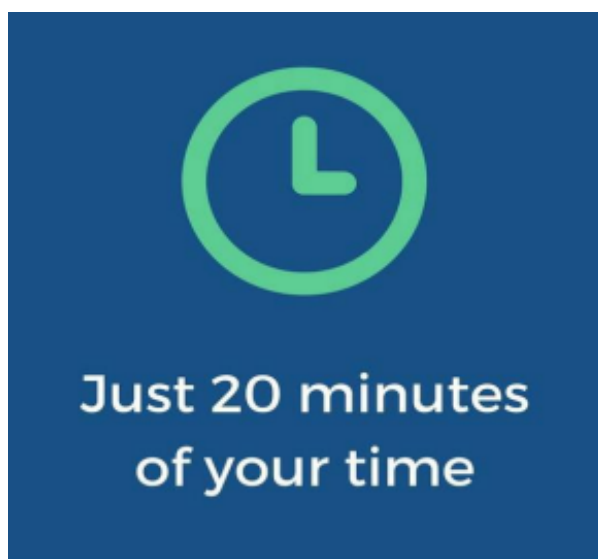






The Indicator 8 section of the 603 Bright Futures K-12 and Preschool Family Surveys is for parents of students currently on an Individual Education Program (IEP). Your responses will guide efforts to improve services and results for students with disabilities, so we value your voice! Click on the appropriate survey to get started:

- [Family-Survey](#)
- [School Staff-Survey](#)
- [Community-Survey](#)



**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**

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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*.

## Community Events, Activities & Programs



**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.**





# KINGSTON AGE FRIENDLY COMMUNITY FORUM

What makes Kingston a great place to grow up and grow old? Do you have thoughts on how Kingston can best engage and support older adults? Get results from this spring's community survey, learn about programs and services for older residents offered by the town, Rockingham Nutrition Meals on Wheels, TripLink, ServiceLink, Rockingham Visiting Nurses Association and Southern NH Services; and share your ideas.

We want to hear from you!

**Thursday April 20, 11:30am-1:30pm**  
Kingston Public Library

Please RSVP to help us plan for refreshments:

<https://publicinput.com/KingstonAgeFriendlyForum>





## Thank You

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

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