



# Memorial Elementary School E-Newsletter

Week of October 10, 2022

QUICK LINKS		
<a href="#">School Website</a>	<a href="#">Portrait of a Graduate</a>	<a href="#">Join the PTO</a>
<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!

This was a nice weekend to squeeze in one last trip or vacation, I hope you were not stuck in the leaf peeping traffic (you got a healthy view of all those colors if you were). Northwest Evaluation Association (NWEA) testing will start this week for our kiddos so it will be beneficial to get a good night's sleep and breakfast.

Speaking of learning, have you found when you ask your child(ren) how their day was at school or what they learned about, you get answers like "nothing, really" or "it was fine" and nothing else? Take a look at this resource which could help engage your child(ren) in sharing what is happening at school and deepen the positive connection between home and school!

- [How to get your child to talk about school](#)

Hope everyone has a wonderful Monday!

Adrian



## Mark Your Calendars! Important Upcoming Dates

- Oct. 12–14: Grades 4 & 5 NWEA Testing
- Oct. 18, 19 & 21: Grade 3 NWEA Testing

## Food Services

View or download the October 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

SCHOOLMESSENGER® 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!](#)

## Cold and Flu Season Is Approaching— Helpful Ways to Keep Everyone Healthy from Nurse Nikki!



**Wash hands regularly before eating**

**Coughing and sneezing etiquette—Turn your head away from others and cough/sneeze into your elbow or a tissue**



**Bring a reusable water bottle to school**

**Remember as the weather gets colder to bring warm clothes to school for recess**



**Get plenty of sleep, eat healthy foods, and exercise**



## Counselor's Corner

### This Week at Memorial

We hope everyone had a relaxing long weekend and we are looking forward to seeing everyone back on Tuesday!

### Tip of the Week: Managing Big Feelings

Everyone deals with big emotions from time to time. Anger, anxiety, and sadness are just a few of the big emotions that students may be dealing with. It's important to check in with your child about their emotions. Remind them that all feelings are normal and ok! Some ways to deal with big emotions ([click here](#) for more ideas):



Mrs. Nippert



Mrs. Collins

www.thepathway2success.com

## 6 Simple Ways To Help Kids Manage Emotions

 <p><b>LISTEN</b> Ask about their feelings and help them feel heard</p>	 <p><b>CO-REGULATE</b> Practice calming strategies right alongside them</p>	 <p><b>GIVE SPACE</b> Allow time and space for them to get back on track</p>
 <p><b>DISTRACT</b> Talk about favorite hobbies to give mental separation for a few minutes</p>	 <p><b>DRAW or WRITE</b> Draw or write to express feelings, thoughts, and needs</p>	 <p><b>PROBLEM-SOLVE</b> Come up with solutions for the challenge together</p>

Clipart by Katie Hadfield & Sarah Pecorino

## PTO Update

### It's not too late to join the PTO!

Memorial PTO is gearing up for a wonderful year. We've welcomed many new members these past few weeks—welcome aboard! PTO counts on volunteers, as much as donations. Please consider helping in whatever way you can. We typically meet the second Thursday of the month at 7:00 and would love to see you there!

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.

### Upcoming Events

- **Owl craft with The Maker's Post | Wednesday, October 19, After School**  
See information under “Events” below or [register here](#).
- **Halloween party bags:** A sign-up genius will be shared soon for donations.

Join us! Next PTO meeting: Thursday, Oct. 20, 7:00 pm | Memorial School Gym

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## Community Events, Activities & Programs



### Sanborn Community Basketball

Registration is now open for students in grades 3–8. Skills sessions will be held from mid-September through October. Teams will be formed at the end of October, with practices in November and games starting in December. [Click here to view the flyer](#) or [click here to register](#).

### Fall Clothing Drive | Throughout October

Partners Bank will be **collecting gently used fall/winter clothing and footwear** for all ages to benefit the kids of the Sanborn District through the end of October. Donations can be dropped off at the Kingston Partners Bank Location at 53 Church Street, Kingston (in the Carriage Towne Plaza) or The Bakie Elementary School Spooktacular on October 28th.





**2022 Girl Expo | Sunday, October 16, 2022, 10:00 am to 4:00 pm | NH Sportsplex | 68 Technology Drive, Bedford, NH**

All are welcome to attend the Girl Scouts of the Green and White Mountains 2022 Girl Expo for a day of discovery, exploration, and fun. The event will feature more than

75 family-oriented exhibits with hands-on activities and is open to the public. [Click here for event information or to purchase tickets for \\$5 per person.](#)

**Owl Wood Disk Craft with The Maker's Post | PTO-sponsored event | Wednesday, October 19, 3:15-4:00 pm | Memorial School**

Come get in the fall spirit and create an (1) owl to hang in your window! Cost is \$8 per student and is limited to the first 25 participants to sign up. **At this time, students must be accompanied by a parent or guardian to attend this event.** [Sign up here by Friday, October 14 on CheddarUp.](#) (This is not an SRSD sponsored event.)



**Adult Event: Sip & Sign Night with Get On Board | Wednesday, October 19, 6:30 pm | Kingston Recreation Center | 24 Main Street, Kingston**

Get On Board is returning to the Kingston Recreation Department for a DIY workshop on Wednesday, October 19th at 6:30 pm. Let your creative side shine! You will create your own one-of-a-kind project. You choose your design from a variety of options and select your stain finish. All of the supplies you need will be brought to you at the event and you will be instructed on how to create your professional-looking

accent piece. Head on over to [www.getonboarddiy.com](http://www.getonboarddiy.com) to shop the designs. Choose your design and stain color and pay for your sign right on the website (note: please enter "Kingston Rec" as the host). Becky will bring your sign, stencil, and our vast selection of paint colors to the party. Please have orders in by Thursday, October 13th! If you have any questions, email Becky at [getonboardllc@gmail.com](mailto:getonboardllc@gmail.com).



## Town Trunk or Treat Celebrations:

- **Newton:** Trunk or Treat | Saturday, October 4:30–7:00 pm | Memorial School
- **Kingston:** Trunk or Treat | Monday, October 6–8 pm | Kingston Recreation Center | 24 Main Street, Kingston



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24,



## Exeter Adult Education Classes | Fall 2022 | 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 fall courses](#) or [visit their website for more information](#).

## Holiday Craft Fair | Sanborn-Epping Ice Hockey Fund-Raising Event | Saturday, Nov. 26, 9:00 am to 3:00 pm | Sanborn Regional High School, Kingston

Come on down and help support this amazing event that includes 80+ vendors and a scratch ticket raffle. [Click here to view the event flyer](#).



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## 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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