



Memorial Elementary School E-Newsletter

Week of February 6, 2022

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A Note from Principal Alford

Hello Memorial Elementary families!

Whoa, what a bitterly cold weekend we had! My hands were turning red within minutes of being outside. I hope everyone was safe and sound through this cold snap.

NWEA testing is upon us again. Students will be participating in NWEA testing this week. The information we are able to extract from NWEA testing is really beneficial for us to see where students are excelling in or where additional support is needed. Some folks may be thinking “what is NWEA?” and if you are, you’re in luck! I will put in a link for families to access which will explain what NWEA (NorthWestern Evaluation Association) is all about.

- [NWEA Family Toolkit](#)

To go along with preparing for this test is the importance of getting solid sleep and a good breakfast in the morning. I don’t know about you but if I do get enough sleep or food then I can become a little grumpy.

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 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

When kids are anxious, it's natural to want to help them feel better. But by trying to protect kids from the things that upset them, you can accidentally make anxiety worse. The best way to help kids overcome anxiety is to [teach them to deal with anxiety as it comes up](#). With practice, they will be less anxious.



Mrs. Nippert



Mrs. Collins

When a child gets upset in an uncomfortable situation and their parents take them out of it, they learn that getting upset is a good way to cope. Instead, it's helpful for parents to let kids know that they're going to be okay, even if they're scared. You can't promise your child that nothing bad will happen. But you can express confidence that they can face their fears and feel less afraid over time.



You can show your child empathy without agreeing with their fears. For example, you might say: "I know you're scared to get this shot. It's okay to be scared. You can get through this, and I'm going to help you." It's usually helpful to avoid leading questions ("Are you worried about the test tomorrow?"). Instead, ask open questions ("How do you feel about the test tomorrow?"). You can use your tone of voice and body language to show your child that you're calm, which can help them stay calm too.

Parents can also help by keeping kids distracted before something that might be upsetting, like a doctor's appointment. Sometimes it helps to talk with your child about what might happen if their fears came true. What would they do? Who would they ask for help? Having a plan can calm anxiety.

Finally, parents can model healthy ways of handling anxiety. Parents get anxious too, and that's okay! The goal is to show your child that anxiety is normal and that it doesn't have to be a big deal. [Here is a quick read for more help on this topic.](#)

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.

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*.

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

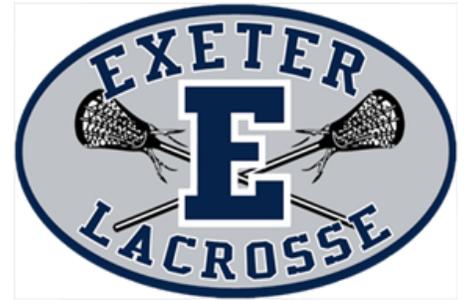
All applicants must participate in a developmental screening process. Please note that this is not a Child Find. You may call to schedule a Child Check Appointment if you are questioning a possible educational issue.

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

Community Events, Activities & Programs

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.](#)



CALLING ALL CAMPERS!
CAMP SANBORN IS BACK!

7/10/23-8/3/23
Monday-Thursday
8:00am - 3:00pm

CAMP OFFERINGS
Drama
Cooking
Sports
Art
Nature
STEM
Legos
Dungeons & Dragons

Stay tuned for more!

CAMP REGISTRATION WILL OPEN ON 2/20/23

Email questions to
Sarah Brown, Camp Director
sbrown@sau17.net



**COMING SOON
TO KINGSTON RECREATION**

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

♥ **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

GIRLS ON THE RUN



We believe that every girl is inherently full of power and potential. As the leaders of their lives, these are the girls that will change the world. At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Each session is led by trained volunteer coaches who guide and mentor the girls through dynamic discussions, activities and running games. Lessons are fun and engaging and teach specific skills and strategies such as how to manage emotions, help others, make intentional decisions, and resolve conflict. Girls can then use these strategies at home, at school and with friends. The program culminates with all participants walking or running a celebratory 5K event, which gives them a tangible sense of accomplishment, as well as a framework for setting and achieving life goals.

The 10-week program is for girls in 3rd, 4th and 5th grades of all fitness abilities.

Practice Times:

Mondays & Tuesdays

3:00 - 4:30 pm (Coaches: Martin-D'eon, Nippert, & Doggett)

Mondays & Thursdays

3:00 - 4:30 pm (Coaches: Dobson, Lee, & Lohnes)

Start Date: Week of March 20th

Location: Memorial School

5K Celebration Event: June 3 (Concord, NH)

To learn more about Girls on the Run, registration or financial assistance, please visit: <https://www.girlsontherunnh.org/>

Program lottery registration will open on February 13!

No girl will be turned away for financial reasons.

Not Sponsored by Sanborn Regional School District

GOTR-NH is a 501© 3 organization. Contact Betsy Cissel: 603-778-1389 or 117 Water Street, Exeter, NH

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