



Memorial Elementary School E-Newsletter

Week of May 15, 2023

QUICK LINKS

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<u>Academic Calendar</u>	<u>Café Services Menus</u>	<u>District Tech Support</u>

A Note from Interim Principal Davine:

What a great week we had at Memorial! We were able to celebrate the amazing teachers and staff during Teacher & Staff Appreciation Week! The students also had the opportunity to dress up like Mr. Laporte on Monday, for his birthday. Students got off the bus and danced to the music and mostly looked at me trying to dance, which I think that I had more fun with. The Spring Dance is coming up, May 19th. Just a quick reminder that parents do stay for this event! The Book Fair was a success, and so was the beginning of SAS testing for the 5th graders. SAS will be in full swing this coming week. To help prepare your child for standardized testing, you can encourage them to get a good night's sleep and eat a full breakfast.

The weather was perfect, and allowed for more happy thoughts that spring has arrived. Also, keep your eyes open for a WMUR segment featuring Officer Oljey, Memorial students, and Lucca, the comfort dog!

Meredith

Thank You PTO and Families!

A big thank you to our wonderful PTO and the many generous families who made last week so special! From the beautiful walkway drawings and hallway decorations to the delicious treats, breakfast, and luncheon to the thoughtful cards, gifts, and words, you sure made us feel appreciated! Thank you, also, for all the amazing and creative raffle baskets and prizes! The teachers and staff here at Memorial truly appreciate all that you did for us last week! 💖 😊

Mark Your Calendars! Important Upcoming Dates

Please note: Events in green are those to which parents and families are invited.

MAY & JUNE 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15	16 SAS Math Test - All Grades	17 SAS Math Test - All Grades	18 SAS Reading Test - All Grades 6:30 pm: PTO Meeting	19 SAS Reading Test - All Grades 5-7 pm: "Hollywood" Spring Dance
22 SAS Writing Test - All Grades	23	24 SAS Writing Test - All Grades	25 SAS Make-up Testing	26 SAS Make-up Testing
29 Memorial Day - NO SCHOOL	30	31 Chorus Field Trip to Fisher Cats game	1	2 Grade 5 Field Trip to Camp Lincoln
5	6 6-7:30 pm: Spring Band & Chorus Concert	7 Grade 5 Move-Up Day - Visit to SRMS	8 Field Day	9 Elementary Walk (HS Seniors walk through Memorial) HS Graduation Preparation - Early Release at 12:55
12	13	14 1:00-2:30: Grade 5 Graduation & Celebration	15	16 Last day of school - Early Release at 12:55

Spring 2023 Statewide Testing at Memorial School

Each year, New Hampshire public schools are required to assess students using a standardized assessment. These statewide assessments are an important part of a student's core educational program and, along with student work, provide teachers and parents with important information about where students are on their path toward academic success. [This letter from the NH Department of Education](#) provides detailed information on the assessments including requirements by grade level, exemptions, results, and practice tests. Memorial School's statewide assessments continue this week through May 22nd. **Please send in earbuds/headphones with your child the week they are testing.** See the calendar above (p. 2) for test days and [click here to view a detailed schedule of testing days and times by grade and team](#). Thank you!

SPCA Fundraiser

Memorial School's Student Council is fundraising to support New Hampshire's Society for the Prevention of Cruelty to Animals (SPCA) and our new comfort dog, Lucca. (In case you missed it, [check out the April 30th article in *The Eagle Tribune*](#), which describes the comfort dog program and the benefits it provides to our students and community.) Students are encouraged to discuss with their families ways to help support this fundraiser. From Monday, May 8th through Wednesday, May 31st, students may bring contributions to the school. The classroom that raises the most money will get popsicles and the grade level that raises the most money will get popcorn!

Grade 5 Graduation & Celebration—Save the Date!

We are looking forward to honoring our 5th-grade students as they move on from Memorial School at the end of this school year! Memorial's **Grade 5 Graduation & Celebration will be on June 14th at 1:00 pm** (with a rain date of June 15th).

We invite parents, guardians, and immediate family members to join the ceremony, which will be held outside on our playground fields. We will require all visitors to check in for the event with a driver's license or another form of identification at designated tables. To make this process easier, [please pre-register by completing this short form](#).

Families may begin arriving at 12:45 pm and the ceremony will begin at 1:00 pm. Following the ceremony, students will have a celebration on the playground. **Please understand that families need to leave right after the graduation ceremony by 2:30 pm** to ensure that there is no disruption to bus and parent pick-up dismissal that day. **If you plan to dismiss your child immediately at the conclusion of the ceremony, please be sure to update PickUp Patrol to "Early Dismissal."** There will also be a designated area outside to sign your child out before you leave the school.

Counselor's Corner

May Choose Love Calendar

Hello Memorial families!

Your School Counselors are here to bring you the Choose Love Calendar for May (image below and [the calendar is available for download here](#))! Each day has a fun activity to encourage your student to practice COURAGE, GRATITUDE, FORGIVENESS, and COMPASSION IN ACTION.



Mrs. Nippert



Mrs. Collins

Mrs. Nippert's favorites on this calendar are the grounding meditations! When she feels stressed, she likes to use the 5 senses to calm herself down. Give it a try if you can and let her know how it went! :)



COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA

choose love
movement

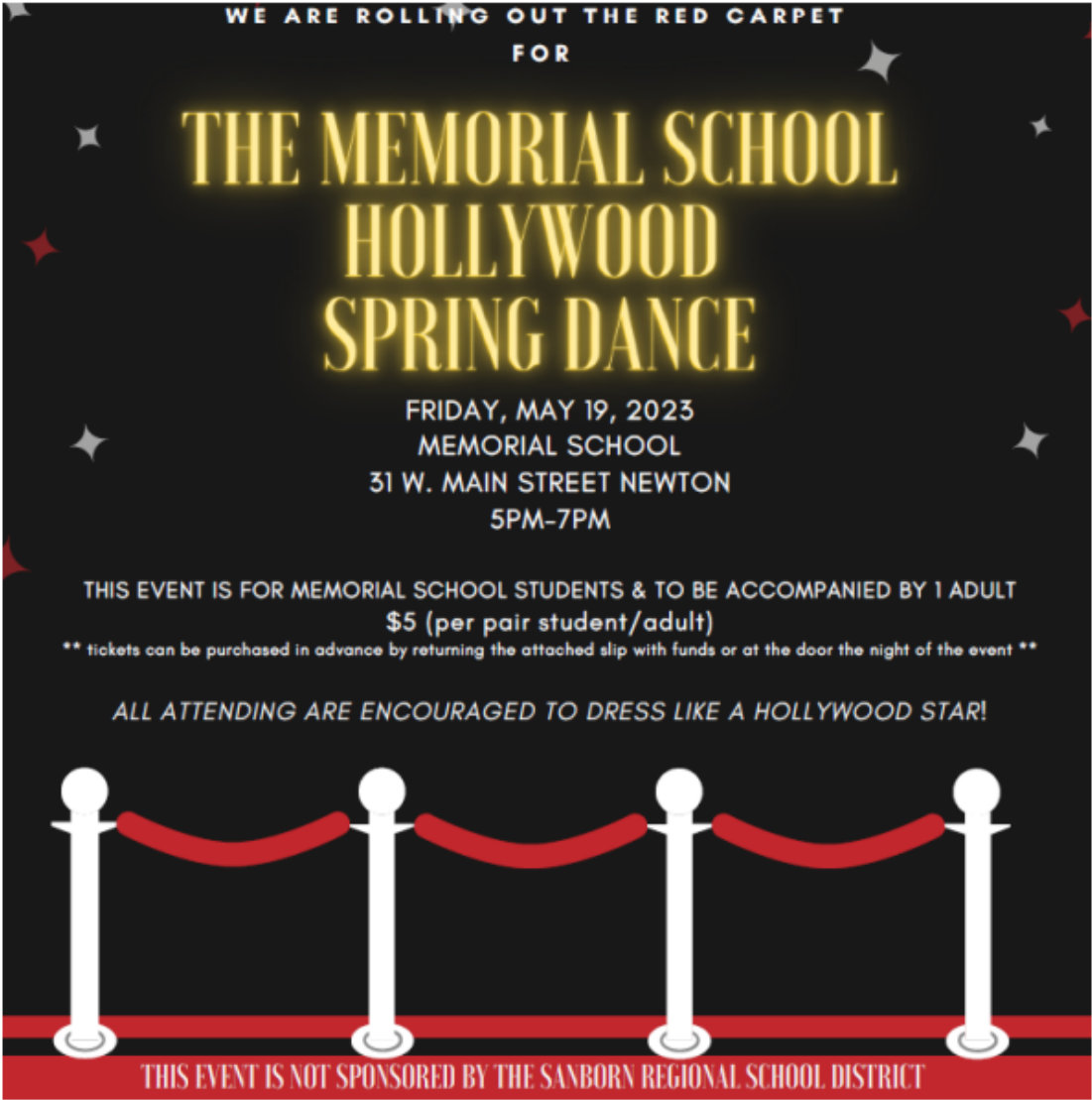
WE CAN BE MINDFUL of all that's around us.

MAY 2023

Take time to focus on your mental health and well-being. Being mindful and getting in touch with your feelings helps with your self-control and compassion, gives you the ability to resolve conflict, and can decrease stress, anxiety and depression. Take a mindful minute every day to think about how you are feeling. Most of all, be kind to yourself and others and always do your best to Choose Love.

SUN	MON	TUES	WED	THUR	FRI	SAT
 1 It's Gonna Be May! Be N'SYNC with your feelings.	2 Find a quiet place to sit and read.	 3 Be mindful of your heart. Count how many times it beats in a minute.	4 Slowly take a deep breath in and say, 'I am love'. Breathe out slowly and say, 'I am calm'.	5 Be mindful of things you like about yourself.	6 Be mindful with art. Coloring is a calming activity that can help you to focus.	
PRACTICE MINDFUL MEDITATION THIS WEEK. BE AWARE OF HOW YOU ARE FEELING.						
7 Go out for a walk and try to find a red, yellow and purple flower.	8 Be kind to your teachers. How can you make their day special?	9 It's Teacher Appreciation Day! Write a thank you note.	10 Give your teacher a quiet minute of meditation.	11 Make a paper balloon with a special message or design.	12 Teachers are superheroes!	13 Make a positive affirmation poster.
IT'S TEACHER APPRECIATION WEEK! CELEBRATE YOUR EDUCATORS!						
14 It's Mother's Day. Make your mom—or anyone who takes care of you—something special.	15 What are 5 things you can see?	16 What are 4 things you can feel?	17 What are 3 things you can hear?	18 What are 2 things you can smell?	19 What is 1 thing you can taste?	20 Do some star-gazing. Find the Big Dipper and the North Star.
PRACTICE GROUNDING MEDITATION. TAKE A FEW MOMENTS TO IDENTIFY THESE 5 THINGS EVERY DAY.						
21 It's World Baking Day. Engage all your senses by baking a special recipe.	22 Try the karate chop tap. Tap four fingers on the outer edge of your other hand.	23 Tap your fingers in the middle of your eyebrow.	24 Tap under your eye.	25 Tap your collarbone.	26 Tap under your arm, like hugging yourself.	27 Tapping sends calming signals to your brain. What are other ways to keep you calm?
PRACTICE TAPPING MEDITATION. SAY "EVEN THOUGH I FEEL (ANXIOUS, SCARED, STRESSED) I ACCEPT HOW I FEEL."						
28 Draw with sidewalk chalk and play hopscotch.	29 Memorial Day. Honor those who gave their life in the Armed Forces.	30 Be kind to your body by eating fruits and vegetables.	31 Honor someone. Bow and say "Namaste."			

PTO Hollywood Spring Dance



----- cut here & return bottom portion -----

Student's Name: _____ + 1 Adult

Grade/Teacher: _____

Amount Enclosed \$ _____

Next PTO meeting: Thursday, May 18, at 6:30 pm
The current board will be accepting nominations for the next school year. Voting is to be held in June.

SRSD 2023-2024 Academic Calendar

The 2023-2024 academic year calendar is [available to download here](#).

SANBORN REGIONAL SCHOOL DISTRICT • 2023-2024 CALENDAR

21 New Teacher Orientation 22 - 24 Teacher Workdays 25 No Staff Day 28 Students Return 4 student days 7 teacher days	<table> <tr><th colspan="7">AUGUST '23</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	AUGUST '23							S	M	T	W	Th	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<table> <tr><th colspan="7">FEBRUARY '24</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td></td><td></td></tr> </table> 23 PD Day for Professional Staff 26- 29 Winter Vacation 16 student days 17 teacher days	FEBRUARY '24							S	M	T	W	Th	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29																
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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

Southern District YMCA

56 Linden St, Exeter, NH 03833

(603) 342-3361 www.SDYMCA.org



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

A vibrant, tropical-themed banner for Camp Sanborn registration. The background is a light blue sky with a sun, palm leaves, and a pink hibiscus flower. The text is arranged in a dynamic, slightly tilted layout. At the top left, it says '7/10/23-8/3/23 Monday-Thursday 8:00am - 3:00pm \$160 a week'. In the center, large red letters read 'CALLING ALL CAMPERS!' followed by 'CAMP SANBORN' and 'REGISTRATION IS OPEN!' in blue. To the right, a list of 'CAMP OFFERINGS' includes Drama, Cooking, Cheer, Dance, Sports 1&2, Art 1&2, Nature, STEM, Cooking, Find Your Talent, Dungeons & Dragons, and AND MORE!. Below the central text is a QR code with a small 'b' logo in the center. To the left of the QR code, it says 'Be Sure to apply for the \$750 Rekindling Curiosity Scholarship by clicking the link below https://rekindlingcuriosity.education.nh.gov/'. Below that, it says 'USE THE QR CODE OR THE LINK BELOW TO REGISTER HTTPS://BIT.LY/3P9Q2WW'. At the bottom left, it says 'Email questions to Sarah Brown, Camp Director sbrown@sau17.net'. At the bottom right, it says 'Location: Sanborn Regional Middle/ High School 17 Danville Road, Kingston, NH'. A small illustration of a white van with pink flowers and a surfboard is in the bottom right corner.

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

CALLING ALL CAMPERS!
CAMP SANBORN
REGISTRATION IS OPEN!

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

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

Thank You

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

Meredith Davine
Memorial Elementary School Interim Principal
Mdavine@sau17.net