



SANDPIPER NEWS



7 School Lane | Kittery Point, ME | Marcelle Durost, Principal

Important Dates

November

- 8 - Parent Teacher Conference
from 3:00 - 7:00 pm
- 9 - Veterans Day Ceremony
@8:30 Wear Red-White-Blue
- 10 - Veterans Day - No School
- 14 - 1st Grade Field Trip
Portsmouth Musichall
- 14 - Parent Teacher Conference
from 3:00 - 7:00 pm
- 15 - Early Release @ 2:00 pm
- 16 - 3rd Grade Grandparent
Luncheon Invitation
- 22-24 - Thanksgiving Break
No School
- 28 - Picture Retake Day

December

- 1 - End of the first trimester

Picture Re-Take

November 28th Tuesday

If parents would like their child's picture retaken they will need to send pictures back to school the day of the retake. Please call the office if you have any questions.

Mitchell School Winter Concert

Save the Date

When: Thursday, December 7th
Where: Shapleigh Gymnasium
Time: Grades K/1: 6:00 PM
 Grades 2/3: 7:00 PM



Veterans Day Ceremony

We are asking students and staff to **wear Red-White-Blue to celebrate the day!** We will be having an honors ceremony on **November 9th at 8:30** here at Mitchell School outside by our flagpole. This ceremony is to give thanks to the Veterans, as well as active military families, who have protected our country. The ceremony will consist of rising of the flag, singing patriotic songs, and have some third grade students sharing what Veterans' Day means to them. Families are invited to join us for the ceremony.

PTA News

Families are invited to join us for the ceremony. Students will be bringing home materials from Great American Company as a fundraiser for the PTA. As you know the PTA sponsors many activities for the students at Mitchell and Shapleigh Schools. You may share this fundraiser with your family and friends for the items may be great for holiday gifts. Students will be selling products from November 1st to the 15th. The products will be here by December 12th and 14th for pick up at school, more details will follow about times for pickup. If you have any questions please contact Alicia Aumun at 1-570-295-4831 or email Alicia.aumun@gmail.com.

Veteran's Day Bulletin Board

To help our students understand the importance of Veterans Day we invite families to honor a Veteran or Active Duty Member of their family. We invite families to send in a picture, or their child may draw a picture of someone in their family, who is a Veteran or is on Active Duty. We recommend that you use standard, letter-size paper of 8.5x11 inches. The photo or picture will need the Veteran or Active Duty Member's name on the front and the branch in which they served. On the back should be your child's name, grade, and classroom teacher. If you would like to participate, please place in your child's Red Folder by Friday, November 3rd! If you have any questions, please contact Dana Rickerich.

Box Tops

The PTA collects Box Tops from a variety of products. It is amazing how 10 cents can add up.....10 box tops is a \$1.00 and 100 box tops is \$10.00 and 1000 box tops is \$100.00 !!! Each 10cents adds up! So snip, cut and put labels in a baggie and send to school for every little bit helps! All proceeds goes toward funds to support our students. So get your family, grandparents, friends, and anyone you know to collect the Box Tops for the Mitchell students! Send to school with your child and your child's teacher will make sure they get in the Box Top container.



Tips for Parents on Parent-Teacher Conferences

How Should Parents Navigate This All-Important Meeting?

Educators Show the Way! A key ingredient for educational achievement is the parent-teacher conference, and to make sure they're successful for both parents and teachers, we've come up with a list of what educators would like parents to know.

The first on the list: Show up, please! "We know parents are busy, but it is important to carve out time to invest in your child's education and ensure success at school," said National Education Association President Dennis Van Roekel. "To get the most out of parent-teacher conferences, parents need to take an active role in their child's education year-round and come prepared to discuss how their child can reach their full potential."

Here are the rest of our tips for parents:

Get Ready. Do your homework prior to parent-teacher conferences. Prepare by writing notes to yourself concerning:

- Any questions about the school's programs or policies.
- Things you can share with the teacher about your child and his life at home.
- Questions about your child's progress.

Ask Important Questions

Don't be afraid to engage in a frank conversation with your child's teacher. Your goal is to develop an action plan for your child's success at school. Good questions to ask the teacher include:

- What are my child's strengths and weaknesses?
- How does my child get along with classmates?
- Is my child working up to her ability? Where could she use improvement?
- What can we do at home to support what you are doing in the classroom?

Initiate the Action Plan

Start immediately on the action plan you and the teacher put together. Discuss the plan with your child and track his progress. Stay in touch with your child's teacher throughout the year with regularly scheduled "report card" conferences that can keep the communication lines open. "Parents are the best resource for a child to make the grade," said Van Roekel. "When teachers and parents work together, we can help children have a successful school year."

Friday Folder

You can access all the fliers in the Friday folder by clicking [here](#) or viewing them below.

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2017

Let's Go! York County
Partners for Healthier Communities @ SMHC

BEST BITES

Count the ingredients

A long list of ingredients on a cereal box or a jar of pasta sauce often means the food is highly processed. At the grocery store, let your youngster compare several brands of an item on your list (say, cereal bars). She can count the ingredients in each—and put the one with the fewest ingredients in your cart.



Explore the great outdoors

Cooler temperatures offer the perfect opportunity to discover outdoor community "gems" with your child. Help him find local plants and animals while you walk along a trail or through a park or botanical garden. For extra fun and exercise, bring along helmets and explore on bikes, skateboards, or scooters (where permitted).

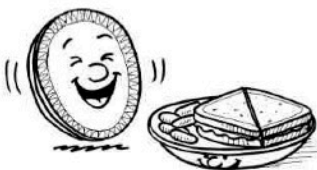
DID YOU KNOW?

November 6 is National Nachos Day. Make this popular appetizer healthier by using whole-grain tortilla chips and swapping plain Greek yogurt for sour cream. Melt real cheese on top (rather than store-bought queso). Then, add vegetables like chopped tomatoes, corn, shredded lettuce, and diced red onion.

Just for fun

Q: What did one plate say to another?

A: Lunch is on me.



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Just add water (or milk)!

Does your child ask for juice boxes, soda, or sports drinks when he's thirsty? Loaded with sugar and calories, these choices offer little nutrition. The best way to quench his thirst is to drink water or milk. Try the following tips to encourage healthier beverage choices.



Make it motivating

Let your youngster choose a special cup at the dollar store to use only when he drinks milk or water. Or have him decorate a reusable water bottle. Using permanent markers, he can jazz up a plain bottle with his name, colorful pictures, and creative designs.

Add flavor

Enhance the flavor of water and milk with these healthy twists. Fill an ice cube tray with water, invite your child to add a flavor mix-in (a mint leaf, a pineapple chunk, a raspberry) to each compartment, and freeze. Then, he could choose a cube to flavor his water. When

he drinks milk, he might try stirring in a sprinkle of cinnamon or a few drops of vanilla extract.

Go for fizz

Your youngster may enjoy the fizzy effect of plain seltzer or sparkling water. With zero calories, sugar, or artificial colors or flavors, this bubbly water is fun to drink—without all the unhealthy stuff that's in soda. And seltzer is now sold in a variety of interesting natural flavors like mandarin orange, cucumber, and pomegranate. ♥

Get your groove on

Keeping fit can be as simple as dancing! Put on music, and enjoy these ideas with your youngster.

● **Shadow dancing.** In a darkened room, have your child face a blank wall while someone else shines a flashlight on her from behind. She could create cool moves to make her shadow "dance."

● **Chain reaction.** Build a dance sequence together. The first person does a simple movement like swinging her arms overhead. The next dancer copies that move, then adds one of her own. Take turns, each time repeating the sequence from the beginning and adding a new move at the end. ♥



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**KITTERY SCHOOL DISTRICT
MacBook Air Sale 2017**

**Price: \$325.00 (11" device)
\$340.00 (13" device)**

Sales:

1. Beginning November 6th: Families of current senior students (limit 1 per senior)
2. Beginning November 9th: Families of K-11 Kittery students (limit 1 per family)
3. Beginning November 14th: Kittery residents (limit 1 per family)
4. Beginning November 16st: Non-resident staff (limit 1 per staff member)

Procedure:

1. **BEGINNING AT 8AM** on your priority date, email Marilyn Woodside at laptops@kitteryschools.com to reserve your laptop. *Please remember to indicate whether you would like an 11" laptop (\$325.00) or a 13" laptop (\$340.00) and include your contact information (phone number). In addition, please indicate if you would like an alternate size if your first choice is not available. DO NOT EMAIL THE ADDRESS PRIOR TO THE DATE AND TIME INDICATED AS YOUR REQUEST WILL NOT BE PROCESSED!*
IF YOU DO NOT HAVE ACCESS TO A COMPUTER, YOU MAY COME TO CENTRAL OFFICE ON YOUR PRIORITY DATE BEGINNING AT 8AM TO PUT IN YOUR REQUEST FOR A LAPTOP.
2. Within 24 hours, Ms. Woodside will confirm your reserved laptop along with details on payment and pickup.
3. **\$100.00 non-refundable deposit** is due to the Kittery School District within one week of the confirmation. Please come into the KSD Central Office to pay the deposit between the hours of 8:00am – 4:00pm M-F. The deposit can be paid by check (payable to the Kittery School District) or in cash. Note: you may pay the full cost of the laptop on the date of the deposit.
4. Pick-up between **December 1 – 13th at Traip Academy in the main office between 8am and 1pm.**
5. Pick-up between **December 14 -19th at Kittery School District Central Office between 8am and 4pm.**

Laptop Specifications:

1. MacBook Air (11-inch; Mid. 2013) 2.3 pounds
 - Operating System Mac OS 10.12 Sierra
 - 11.6-inch LED-backlit glossy widescreen display
 - 128GB flash storage
 - 1.3 GHz dual-core Intel Corei5 (Turbo Boost up to 2.6 GHz) w/ 3MB shared L3 cache
 - 4GB of 1600MHz LPDDR3 onboard memory
 - 720 FaceTime HD Camera
2. MacBook Air (13-inch; Mid. 2013) 2.96 pounds
 - Features/specs. Same as 11" with the exception of the display size and resolution

***NO Additional software included (the same as buying "out of the box") retail**

***Will come with original battery, case and charger. There is no guarantee regarding the life of the battery and charger- replacement cost is \$130.00-\$140.00 +/- (Must be done by Apple certified technician- liquid cell battery)**

***The laptop will be in working order; there are not warranties and no returns.**