



SANDPIPER NEWS



7 School Lane | Kittery Point, ME | Allison Gamache, Principal

Important Dates

October

- 15 - Flu Clinic
- 15-17 - Cromwell Center
for Disabilities
Classroom Workshop
- 17 - Fire Station Walking Trip
- 17 - Cromwell Center - Building
Kinder Communities
6:00-7:30 @Traip Academy
- 24 - PTA Halloween Ice Cream
Social 5:00 - 7:00
- 30 - Halloween Parade @ 8:50

Flu Shot

Flu vaccines will be given on
Monday October 15th
from 8am to 10am.

If you would like to be with your child while they get their vaccine, please come in at 8am and speak with the school nurse so we can make that happen.

We will notify you if your child refused the vaccine.

We will send home a copy of the vaccine for your child's immunization record



Halloween Costume Parade

On Tuesday, October 30th we are going to be having a BRIEF Halloween parade to give the students a chance to show off their costumes and have a little fun! The parade will start at 8:50 and students will walk around the circle a few times.

For this to work smoothly we are asking students to follow a few rules:

- Come to school in your costume - the parade is first thing!
- No masks or face paint - we will ask them to wash off face paint if it is on.
- Costumes cannot interfere with the students ability to walk/move freely. No weapons of any kind - even if they go with the costume.
- Children regular daily clothing should be under their costumes for easy transition.
- The students will have a regular day following the parade.

At 8:50, students will begin exiting the front doors and walk around the circle a few times. They will then proceed down the walkway beside the playground to the back door and return to their classrooms. While you are invited to catch a good spot outside to take pictures and wave to your students, we respectfully ask that you do not come inside to help your child "get ready." Please make costumes easy as possible for your child to wear and change out of. They are going have so much fun!

Thank you in advance for your support in following these guidelines! We truly appreciate it!

Ice Cream Social

The PTA is sponsoring an Ice Cream Social Wednesday, October 24th from 4:00-6:00.

Come and join the fun in the Mitchell School Cafeteria! This is an opportunity to meet other families and enjoy ice cream with your family



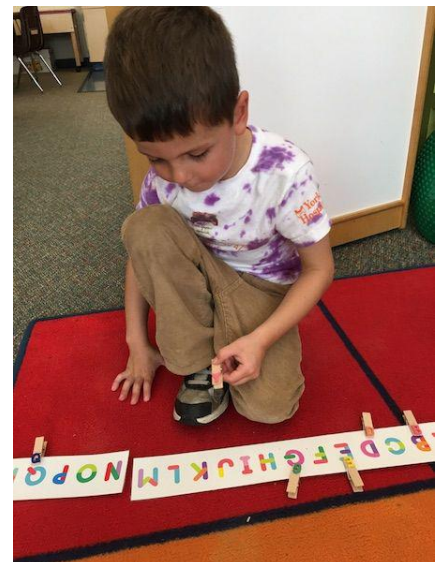
ToBe Fit - The Juggling Nutrition Magician

On Tuesday, October 2nd we had an amazing program by Foodplay Productions called ToBe Fit - The Juggling Nutrition Magician. In two presentations to students, one to K-1 and the other to 2-3, ToBe (pronounced Toby) shared what foods and healthy habits can make each of us a superhero. Students participated, danced, and laughed throughout the show. Students left with a card with reminders on choosing healthy foods throughout the day. ToBe Fit travels the country with Foodplay Productions and teaches students all over how to build healthy habits. Thank you to Bob's Clam Hut for sponsoring the program and the Kittery Nutrition Program for being a supporter as well. We are so lucky to have had this opportunity.



Sneak Peak in Mrs. Campions Classroom

We are busy learning letters and sounds in kindergarten! Each week, we learn two new Lively Letters, brainstorm words that start with the sounds for our circle maps, and make silly hats to go along with our letter sounds. This week, one of our letters was Gg, so we made silly grape hats to wear! In science, we have been learning all about apples. We did an apple taste test to decide which apple we liked the taste of best. We graphed our results, and discovered that most of us liked the taste of red delicious apples the best! Our work tub time is one of our favorite parts of the day! During this time, we work independently on literacy and math skills.





National School Bus Safety Week in October 22-26

During this week students will be learning about bus safety procedures as well as practicing how to evacuate the bus in case of an emergency. Personal from Ledgemoer as well as our school staff will be sharing safety tips with the children. This would also be a great time to review the bus rules with your child at home. School bus drivers are the first to greet your child in the morning on their way to school. Our drivers try very hard to make sure your child is safe to and from school. We will take this week to also thank our drivers.



Bus Safety Rules

SEATED - Sit with your legs facing forward, stay seated, and keep your hands to yourself.

KIND WORDS - Speak respectfully and quietly.

RELAX and STAY CALM - Stay calm and keep the aisle clear.

NO EATING - Without driver's permission.

BE NICE - Always listen to the bus driver.



October is National Safety Prevention Month

The Kittery Fire Department will be hosting our students the week of October 15th to teach children about fire safety. This year's National Message is: LOOK. LISTEN. LEARN. It is a great time to review your home safety plan with children in case of a fire at your home or other places they may visit.

2018 Campaign

This year's FPW campaign, "Look. Listen. Learn. Be aware. Fire can happen anywhere," works to educate people about three basic but essential steps to take to reduce the likelihood of having a fire—and how to escape safely in the event of one:

LOOK

Look for places fire could start.

Take a good look around your home. Identify potential fire hazards and take care of them.

LISTEN

Listen for the sound of the smoke alarm.

You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should know to meet.

LEARN

Learn two ways out of every room

make sure all doors and windows leading outside open easily and are free of clutter.

Also, Sparky the Fire Dog® has a new friend, Simon, who is helping teach this year's FPW messages – He's a smart, resourceful character who will join Sparky in spreading fire-safety messages to adults and children alike.

Birth Day Celebrations

At Mitchell School we have many children who have birthdays during the school year. We also know parents would like to do something special for their child in school. Due to the number of children who have food allergies we ask parents not to send in food to the class. If you would like to do something please contact your child's teacher for some classroom ideas. We appreciate your understanding.

**PLEASE NOTE WE ARE A
NUT BAN SCHOOL**



Birthday Invitations

We understand it is hard for parents to know the addresses of children when you want to plan a birthday party for your child. However our staff is not allowed to distribute birthday party invitations. This practice has frequently placed staff members in an awkward and difficult position and is often hurtful to students. Please DO NOT send birthday invitations to school with your child. The PTA has a staff directory that parents use to share addresses that you may find helpful.

Parent Corner:

This section of the newsletter is to share articles from educational literature to provide parents with information that may be helpful. Please let me know if there are topics you would like to see in the Sandpiper. Mrs. Durost

Talking Strategies

There isn't one right way, one perfect question, or one right time to have these conversations. Here are some suggestions to try:

Greet your child with an enthusiastic hello. Try saying "great to see you!" or "I missed you!" or simply, "I hope you had a good day," instead of "How was school?" These statements communicate what you really feel without instantly putting your child on the spot with a question. As a result, your child is more likely to speak about her day.

Allow your child not to talk right after school. Many kids don't want to talk the minute they walk in the door. They want to have a snack, call a friend, or just chill out. (Think about how you feel when you walk in after a long day at work. Wouldn't you rather put your feet up and talk later?)

Learn about your child's life at school. The more details you know about your child's school experience, the more valuable your questions will be. If you know the teacher reads a story every day, ask "What story did Mrs. Younger read today?" If you know the teacher's newsletter comes home on Wednesday, set up a ritual to read it together at dinner. If you visit your child's classroom, make note of new things you might want to discuss with your child later.

Say what's on your mind. If what you really need to know is "How did you do on the math test?" just ask. If you fish around, your child will resent it more. "But keep in mind that if you frequently ask questions about tests, that's all kids will think you care about," notes Lawrence Cohen, Ph.D.

Avoid face-to-face interrogations. You might do better in situations where you're not face-to-face like the car, when your child takes a bath, or when you are cooking. In this way, your child won't feel put on the spot.

Let the talk emerge naturally. Discuss the day while you cook dinner, read together, or check homework. But try not to use dinner as a time to talk about problems like homework or tests. Everybody needs a break!

Listen before you talk. Let your child lead you into conversations on her own. Sometimes your child will drop hints without your asking, like “We planted seeds today!” or “Where’s the atlas? I need to find Antarctica.” These are perfect openings to talk together about school.

Try communicating without words. The best way to make contact with your child isn’t necessarily through talking. “We want our children to talk with us — because talking is our way of communicating. But talk is not how all kids express themselves: play is,” notes Lawrence Cohen, Ph.D. “If we insist they talk our way, we may not get much information, but if we play on their terms, we might. Many children would prefer to reconnect with a hug, by playing a game, or rough housing. Some are more physical than verbal, so you might ask them to give you thumbs up or thumbs down about school, instead of describing it.”

Talk about funny things that happened to you. One of the best ways to stimulate conversation is to talk about funny stuff kids can relate to. “A great way to start conversation is to describe an interesting and funny event from your day. Kids will then respond and talk about interesting things that happened to them,” adds Cohen. Talk about the skunk you passed on the way to work. Talk about the toilet paper that got stuck to your shoe. Talk about the booger you saw hanging from your boss’ nose. Your kids will laugh and probably start talking to you — even the older ones.

Don’t jump in to fix your child’s problem immediately. If your child brings up a problem like “I hate my teacher!” take it in stride. First, find out what else your child has to say and what he wants to do about it. You might encourage your child to figure out solutions by asking, “What do you think you want to do about this?” and “Is there something you’d like me to do?” Follow up later with “How did your new strategies work?” or “You haven’t mentioned math class lately, does that mean it’s going better?” If the problem is serious, discuss it with the school.

Help children develop their own solutions. Don’t feel you need to supply the right answer yourself. Instead, share ideas about possible solutions that will help your child feel better. “This is a way to help your child see you as an ally who will support him when problems come up. By helping your child figure it out for himself, you are also giving him a whole set of tools for solving the problems independently as he gets older,” advises Diane Levin, Ph.D.

Retrieved from:

<http://www.pbs.org/parents/education/going-to-school/talking-with-kids-about-school/talking-strategies/#.W7YON1uBEzQ.email>



Parent Check-ins

WITH SOCIAL WORKERS

KYLE GANSON AND CHRISTINE ROGERSON

In York:

In Kittery:

October 17th
4-5:30pm

**SOCIAL MEDIA: THE GOOD,
THE BAD, AND THE UGLY**

October 22nd
6-8pm

at York Public Library
Co-sponsored by York Public Library

at Kittery Community Center
Co-sponsored by
Kittery Youth Committee
***RSVP Required!**

November 14th
4-5:30pm

**ANXIETY: HOW MUCH
IS TOO MUCH?**

November 26th
6-8pm

at York Public Library
Co-sponsored by York Public Library

at Kittery Community Center
Co-sponsored by
Kittery Youth Committee
***RSVP Required!**

At York sessions light refreshments provided.
RSVP not required but space is limited.

*Dinner and childcare provided at Kittery sessions.
RSVP to Michelle at mmason@yorkhospital.com



Choose To Be Healthy COALITION

Creating a healthier Southern York County
www.ctbh.org



Plant Strong Culinary Workshop

hands-on plant-based culinary and educational training for school districts

Whether children choose an occasional meatless meal, or follow this eating pattern full-time, experts agree that vegetarian foods are healthful choices for individuals at all life stages.

Program Description

The training is designed to discover how and why schools are helping students and staff embrace plant-strong programs and opt for fresh fruits and vegetables and whole, plant-based options.

Education doesn't stop once students leave the classroom. This training will inspire ideas on how you as a foodservice professional can use your cafeteria as a learning laboratory to positively influence dietary habits. Meeting the national nutrition standards for schools, while reducing plate waste and increasing the volume of locally sourced ingredients, can be accomplished in schools all over the country by appealing to customers' senses.

Hear how schools are preparing delicious, plant-strong recipes students are choosing and how the meals are being marketed, while maintaining a fiscally responsible child nutrition program.

Program Format (2 hours)

- Light refreshments
- Check in

Welcome & Introductions

- Why promoting plant-strong meals is important
- Marketing tips & tricks
- Menu planning & recipe development

Demonstrations & Tasting

All recipes are NSLP-compliant.

- Protein packed pasta marinara
- Sracha lime lettuce wrap
- Spanish rice
- Caliente corn salsa
- Rockin' roasted chickpeas
- Fiesta beans & rice shaker

Group Activity

- Marketing meals at your school
- Final questions

Workshop can accommodate

25-100+ attendees.

Featured recipes can be modified per district preference. For more recipes, visit: forwardfood.org/foodservice

For more information contact:

Karla Dumas, RDN
kdumas@humanesociety.org
 240-620-4969



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- No appointment needed
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AFFORDABLE

- Affordable rates
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NEW HAMPSHIRE LOCATIONS	
★ BEDFORD 3 Nashua Road	603-472-6700
★ CONCORD 8 Loudon Road	603-226-9000
★ DOVER 14 Webb Place	603-742-7900
★ EXETER/STRATHAM 1 Portsmouth Avenue	603-772-3600
★ KEENE 311 Winchester Street	603-352-3406
★ MERRIMACK 7 Coburn Way	603-471-6069
★ NASHUA 181 Amber Street	603-578-3347
★ PORTSMOUTH 599 Lafayette Road	603-942-7900
★ WINDHAM 121 Indian Rock Road	603-890-6330

MAINE LOCATIONS	
★ PORTLAND 111 Marginal Way	207-517-3838
★ WESTBROOK 151 Main Street	207-517-3800



JUST WALK IN!
8am-8pm, 7 Days a Week



FIND OUT MORE:
www.convenientmd.com

Nutrition Nuggets

Food and Fitness for a Healthy Child October 2018



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

BEST BITES

Cut the salt

Many jarred and canned foods—like pasta sauce, soup, and gravy—are high in sodium. Consider making your own versions when possible. Instead of salt, add herbs and spices for flavor. *Tip:* Let your child find a new sauce, soup, or gravy recipe she wants to try, and make it together.

What did you do in PE today?

When you talk to your youngster about his day at school, ask about PE class. You'll show him that physical activity is important. Which activities does he like best? Turn his favorites, such as hula-hooping, into a family activity night. He can be the "teacher" and show everyone how to keep the hoops spinning longer.



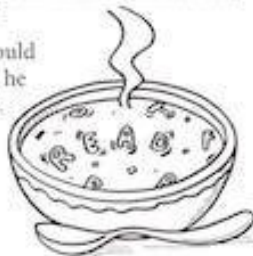
DID YOU KNOW?

Some fruits and vegetables—including apples, bananas, tomatoes, potatoes, and avocados—give off a gas that makes other produce ripen faster. Prevent spoilage by keeping them separate. Or use this to your advantage! Ripen a green banana by sealing it in a brown paper bag with an apple.

Just for fun

Q: Why did Sam want alphabet soup for lunch?

A: So he could read while he was eating.



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Build character with family meals

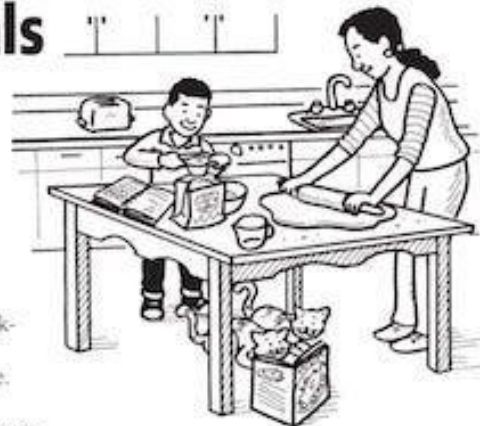
Family meals let you share healthy foods and bond with your youngster. They also offer the chance to instill character traits like independence, politeness, and responsibility. Try these ideas.

Develop kitchen skills

Teaching your child basic cooking skills is a great way to boost his confidence and independence. Depending on his age, he could squeeze juice from a lemon, measure and mix ingredients, crack eggs, or follow a simple recipe. While the two of you work, talk about healthy cooking methods like steaming vegetables or baking chicken instead of frying it.

Eat politely

The family dinner table is the perfect place for your youngster to practice manners and graciousness. As you pass dishes around, model saying "Thank you" and "You're welcome" so he will do the same. Also, talk about how to be polite if he's not sure he likes something, perhaps by



taking a small amount and trying a bite or two. *Tip:* Be sure to remind him to thank the cook.

Use teamwork to clean up

Your child can learn about cooperation and responsibility by pitching in after a meal. Give each person a job like carrying dirty dishes to the sink or wiping off the table and counters. You might also show your youngster how to put leftovers into containers, label with the contents and date, and store in the refrigerator or freezer. ●

Fun autumn outings

Get your youngster moving with active outings perfect for the season. Here are suggestions.

- **Pumpkin farm.** Your child could run through a corn maze or navigate an obstacle course at a local pumpkin patch. Let her pick the perfect pumpkin to take home—then carve it, and roast the seeds for a healthy snack.
- **Fall festival.** Look in the newspaper or online for events like a harvest festival with fun runs, relay races, or other activities for kids. If there's live music, encourage your youngster to dance to the beat! ●



This institution is an equal opportunity provider.

Looking for grocery "treasure"

The next time you go grocery shopping, bring your youngster along for a "treasure hunt" to find healthy foods. You'll teach her to make good choices in every aisle.

Produce section. Ask your child to look for a fruit grown in your state. Or let her seek out vegetables of a particular color (say, orange or purple). Another idea is to search for an exotic fruit she's never tried, perhaps jackfruit or guava.



Meat department. Challenge your youngster to compare ground meats like beef, turkey, and chicken. She can put the one with the least fat and sodium into your cart. Also, have her look for cuts of steak or pork that include the word "round" or "loin" — explain that these are typically leaner.

Dairy case. Have your child name her favorite flavor of yogurt, perhaps blueberry or vanilla. Then, help her read nutrition labels to look for the one that's labeled "nonfat" and has fewer than 10 grams of sugar and at least 5 grams of protein. Or she could search for cheese labeled "part skim" or "made with 2% milk." ●

O&A

Why whole grains?

Q: I know whole grains are healthy. But how can I explain to my daughter why they're good for her and get her to eat them?

A: Here's a fun way to present this: Tell your child that a whole grain is like a superhero with a cape! Whole grains contain the entire grain kernel, while processing removes the nutrient-rich bran (the "cape," or outer part) and germ from refined grains.



You can also explain that whole grains give her more energy to run faster and play with her friends. They help her think better at school, too.

To get your child used to eating more whole grains, try mixing brown and white rice or whole-wheat and regular pasta—half and half. Then gradually increase the whole grains. Once she gets used to the flavor, she probably won't even miss refined grains. ●

OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
 Resources for Educators,
 a division of GCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 800-399-9052 • rfcustomer@wolfcrskdriwer.com
 www.rfconline.com
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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ACTIVITY CORNER

Fairy tale workouts

Your child can get exercise while acting out scenes from his favorite fairy tales. Share these activities.

The Gingerbread Man

Have your youngster draw a gingerbread man on brown construction paper and cut it out. Then, one player hides it while the others run around to find it. The first person to spot the "cookie" gets to hide it next.

Jack and the Beanstalk

At the playground, let your child climb up a ladder or rock wall. He's Jack climbing the beanstalk high into the sky to see what's at the top!

Hansel and Gretel

Suggest that your youngster collect a dozen pebbles and pretend they're bread-crumbs. He can skip along a path, scattering them behind him one at a time. When he has dropped them all, he could skip back, bending down to pick them up. ●



IN THE KITCHEN

Not your average breakfast

Take a break from scrambled eggs and cereal with these unusual breakfast recipes that you and your child can make together.

Banana pops: Cut a peeled banana in half. Let your youngster push a craft stick into each cut end. He can spread 1 tbsp. almond butter over each half, and roll them in $\frac{1}{2}$ cup crushed granola.

Shakshuka: Add 2 cups marinara sauce and a pinch each of coriander

and cumin to a frying pan. Simmer on medium-high heat until it comes to a boil. Crack 4 eggs into the sauce, each one in a separate spot. Cover, and cook 5–8 minutes on low heat. Serve with pita wedges.

PB&J in a bowl: In a blender, mix $\frac{3}{4}$ cup nonfat milk, $\frac{1}{2}$ cup frozen pineapple, $\frac{1}{2}$ cup frozen mixed berries, and 2 tbsp. peanut butter. Pour into a bowl, and top with halved fresh strawberries or grapes. ●



Building Kinder Communities: A Free Disabilities Awareness Program for Parents & Teachers

How to help your children understand differences and develop awareness, empathy, and respect for those with special needs

Date: Wednesday, October 17th

Time: 6:00-7:30

Location: Traip Academy Library

RSVP: Dana Rickerich, School Counselor at Mitchell School

drickerich@kitteryschools.com

Dear Parents and Guardians:



Do you know that kids with disabilities are teased, left out and bullied more than those without special needs? Or that adults with disabilities are often ignored when it comes to jobs and other opportunities?

But we can start changing this for the next generation. We can give our children the understanding and the tools to build better schools and communities for people with disabilities.

The Cromwell Center for Disabilities Awareness is offering a fun and interactive evening program to help parents/guardians of our students:

- Have positive conversations with our kids about disabilities
- Model positive attitudes and language for our children at home and in the community
- Help children be more supportive and respectful of people with all types of special needs: learning, behavioral, developmental, emotional and physical



You will receive take-home resources and activities to share with your children.

We hope you will join us!

