



# SANDPIPER NEWS



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

## Important Dates

### October

- 24 - PTA Halloween Ice Cream Social 5:00 - 7:00
- 30 - Halloween Parade @ 8:50

### November

- 8 - Parent Teacher Conference By Appointment
- 9 - Veterans Day Assembly
- 14 - Parent Teacher Conference By Appointment

## Vacation Approvals

We are asking parents to try to schedule vacation outside of the school year, however we know that sometimes you can not. If you are planning for your child to be out of school on vacation you will need to complete the Vacation Approval Request Form and send into the main office. We have attached the form to the newsletter. You may also contact the main office for a copy.

## Ice Cream Social

The PTA is sponsoring an Ice Cream Social Wednesday, October 24th from 5:00-7:00.

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



## Cromwell Center for Disabilities Awareness

Renee St. Laurent was the guest presenter for the Cromwell Center for Disabilities Awareness at Horace Mitchell Primary School. Each presentation is appropriately planned for the grade level. Each class received a book and poster for the classroom and stickers for the children. The focus on the lessons are on the “abilities” all students have and how to include all children.

The classroom programs, which are provided at no cost to schools, have become an integral part of many Maine schools’ anti-bullying, inclusion, and community-building efforts. We work with one classroom at a time so that students can be involved and engaged in a way that larger groupings don’t allow. Because the programs are so participatory, the children are not only program recipients but also steer each session’s direction and drive the discussion based upon individual experiences and existing school and community dynamics. The interactive, lively, hands-on activities allow children to:

## Art to Heart at Kittery Estate

Amy Nucci, art teacher, and Dana Rickerich, school counselor work with 3rd grade Mitchell students in the Art to Heart Program. Residents from Kittery Estates partner up with third grade students where they share an art project. Students and residents work together to create a product while all profit from this experience.



- Understand that disabilities are an aspect of human diversity and do not define a person
- Break down stereotypes about differences and similarities
- Explore the power of unkind words, exclusion, and bias
- Identify and roleplay solutions to disability-related mistreatment and bullying
- Practice empathy and inclusion.

## Kittery Firemen Provide Training for Mitchell Students

Last Wednesday, on a warm fall day, students from Mitchell walked down the hill to visit the Kittery Point Fire Station and firefighters. Students watched a video starring Pumba and Timon telling students how to be safe. In case of a fire they were taught to: **GET DOWN...GET OUT & STAY OUT!**

They also emphasized **NEVER PLAY with MATCHES or LIGHTERS!** Children watched a firefighter put on the fire gear and crawl to find them if their home was on fire. Children were also allowed to go in the truck. The students have been learning about fire safety this month. Do you have a plan and place to meet at your home?





## Lice Check Reminder

As you know, here at Mitchell School, we ask parents to perform weekly lice checks in order to be proactive. If you need more information on what to look for, check out the Nursing Blog on the Kittery School District Website at: <http://kitteryschoolnurses.blogspot.com/> Please call the nurse if you have any questions at 439-5855.



## 5-2-1-0 Let's Go

### 5-2-1-0 Let's Go

Attention all families—please take this five minute survey from The Barbara Bush Children's Hospital.

Everyone who completes the survey will be entered into a drawing and five lucky winners across the state will each receive a \$100 Amazon.com gift card for their personal use AND our school will receive \$1,000 if you win. Other schools are participating, so the more families from our school who complete the survey, the greater our chance of winning \$1,000!

Contact information for the drawing will be collected at the end of the survey and will not be connected to your survey responses. All survey responses are anonymous. Click the following link to begin the survey:

<https://www.surveymonkey.com/r/2018FamilySurveySCHYork>



## 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!



## 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 Ledgemere 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

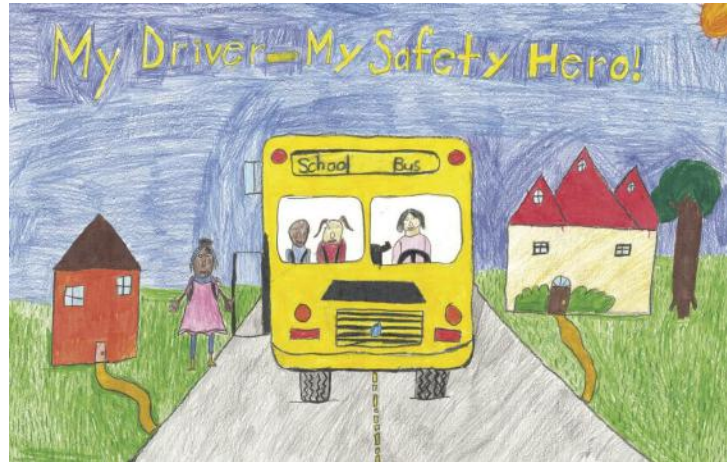
**SEATED** - Sit with your legs facing forward, stay seated, and keep your hands to yourself.

**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.



## BUS SAFETY RULES

Students will be practicing bus safety rules and evacuation next Thursday. Ledgemere staff and drivers along with the support of the teachers will be practicing bus safety. Please review the bus rules with your child.

## October is National Safety Prevention Month

### 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 - for places fire could start.**

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

#### **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 - 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

### Parent/Teacher Conference

Parent/Teacher conferences are just around the corner. November 8th and 14th are the nights for conferences at Horace Mitchell Primary School. Classroom teachers are reaching out to parents to sign up for a date and time. Last year we had 94% of parents attend, what a great turnout. This year we are hoping to meet or exceed last year's attendance. Here is an article that may help you prepare for your child's conference. We value parent involvement and sharing information about your child.

### 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

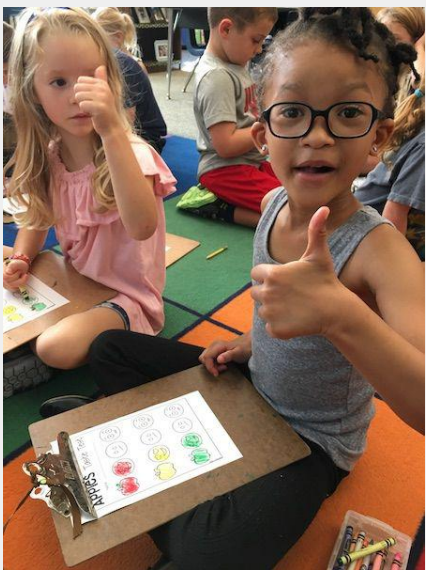
Don't be afraid to engage in a frank conversation with your child's teacher. Your goal is to develop an action plan for your child's success at school. Good questions to ask the teacher include:

- What are my child's strengths and weakness.
- How does my child get along with classmates?



## Sneak Peak in Mrs. Campion's 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.



- 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 a child have a successful school year."

## Sneak Peak in Mrs. Nucci's Art room

The art room is a busy place! All our Mitchell artists have finished a unit on LINE, each in different ways. Third graders are onto Gesture Drawing in preparation for a Figurative Sculpture unit and are having fun posing for each other.



First grade has launched into creating habitats using mixed media collage.

Second graders have work on display at the Kittery Community Center and here at Mitchell celebrating their work as Abstract Expressionists.

Kindergarten has mastered the concept of lines becoming shapes and used organic shapes to create their own monster paintings!



# Parent Check-ins

WITH SOCIAL WORKERS

KYLE GANSON AND CHRISTINE ROGERSON

## In York:

October 17th  
4-5:30pm

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

at York Public Library  
Co-sponsored by York Public Library

## In Kittery:

October 22nd  
6-8pm

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

November 14th  
4-5:30pm

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

at York Public Library  
Co-sponsored by York Public Library

November 26th  
6-8pm

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](mailto:mmason@yorkhospital.com)



**Choose To Be Healthy** COALITION

Creating a healthier Southern York County  
[www.ctbh.org](http://www.ctbh.org)



# How can we help meet your family's needs?

*Winter clothing, food/meals, holiday baskets, toiletries?*

*Small group or individual counseling (i.e., family change/divorce, loss/grief, traumatic experience, making/keeping friends)*



**Please contact your school counselor with your specific needs:**

Monica McKeon or Dana Rickerich (K-3) - [mmckeon@kitteryschools.com](mailto:mmckeon@kitteryschools.com)  
[drickerich@kitteryschools.com](mailto:drickerich@kitteryschools.com) (207) 439-1707

Kelly Martin (Grades 4-8) - [kmartin@kitteryschools.com](mailto:kmartin@kitteryschools.com)  
(207) 439-2572 x 136

Mathew Kiernan (Grades 9-12, Last Names A-O) - [mkiernan@kitteryschools.com](mailto:mkiernan@kitteryschools.com)  
Charlene Westervelt (Grades 9-12, Last Names P-Z) - [cwestervelt@kitteryschools.com](mailto:cwestervelt@kitteryschools.com)  
(207) 439-5849





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## Halloween | Ice Cream Social

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*Join the Kittery K-8 PTA*

*for some scary good fun!*

*Wednesday, October 24<sup>th</sup>*

*5-7pm @ Mitchell School's Cafeteria*

*Come in your Halloween Costume,  
fill up on ice cream, and dance the  
night away to some spooky tunes!*



# HORACE MITCHELL PRIMARY SCHOOL



7 MITCHELL SCHOOL LANE  
KITTERY POINT, MAINE 03905

Allison Gamache, Principal  
[agamache@kitteryschools.com](mailto:agamache@kitteryschools.com)  
[mdurost@kitteryschools.com](mailto:mdurost@kitteryschools.com) FAX 207-439-9198  
TELEPHONE 207-439-9198

Marcelle Durost, Assistant Principal

## VACATION APPROVAL REQUEST FORM

Date of request: \_\_\_\_\_

In order for an absence to be excused, a request is required to be processed by Ms. Gamache or Mrs. Durost 1 week in advance.

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Dates of Absence: From: \_\_\_\_\_ To: \_\_\_\_\_

Reason for Absence: \_\_\_\_\_

It is difficult for teachers to keep up with all requests for homework when students leave for a vacation while classes are in session. We do not require teachers to provide make-up work for students on vacation.

### Instead, students are asked to do the following:

- Read (or be read to for younger students) for at least 1/2 hour per day. Have them report to you orally about the book they are reading and keep a log.
- Keep a daily journal of events during the vacation. They should write for up to 30 minutes per day depending on the skill and grade level of the student.
- Give practical math problems as situations arise during the trip (for example, "How much will it cost for our family of four if tickets for Disneyland cost \$25.00 per person?").
- Make or buy flash cards to practice math facts daily.

*Teachers have the option of having students complete assignments they miss during their absence when they return to school.*

I have read and understand the above information and the back of this form.

Parent Signature Date: \_\_\_\_\_

Approved:  
Yes \_\_\_\_\_  
No \_\_\_\_\_

Administrator Signature: \_\_\_\_\_

Date: \_\_\_\_\_



Dear Families,

It is our intent at Mitchell Primary School is to provide the best possible educational opportunity for all students. To reap the benefits of such an opportunity, students and parents must take an active role in the learning process, beginning with regular and punctual attendance. Students are expected to be in school every day. Regular school attendance has a significant impact on a student's academic, social, and emotional success. Building a habit of attending school on time everyday at a very young age helps ensure children will be successful in school, college or career preparation, and in the workforce. These habits built at this young age affect your child's future.

The message we tell our students is that school is *their most important job*. They are learning about more than math and reading. They are learning how to show up for school on time everyday and how to be ready to learn.

We understand that there are many reasons why children are out of school from being ill, to transportation, or homelife challenges. However, no matter if the reason is excused or unexcused the child has missed the classroom instruction that can not be recreated. Over time this may have a negative impact on a child's school performance and success.

Research has shown that children who have missed 10% of the school year can drastically affect a student's academic success.

We will notify parents/guardians by letter if your child has been absent 10% of the school year. We know sometimes parents are not aware of how many days their child has been absent. We are here to help parents and students with attendance concerns. Please feel you can reach out to your child's teacher, school counselors, nurse, or administrators for assistance.

Under Maine law, the only legitimate excuses for an absence that a school official will accept are listed below.

- a. personal illness
- b. an appointment with a healthcare provider that must be made during the school day
- c. observance of a recognized religions holiday
- d. family emergency
- e. a planned absence for personal or educational reasons that is pre-approved

We thank you in advance for supporting your child and his/her attendance at school.

Sincerely,

Alli Gamache, Principal

Marcelle Durost, Assistant Principal

Approved:  
 Yes \_\_\_\_\_  
 No \_\_\_\_\_

Administrator Signature:  
 \_\_\_\_\_

Date:  
 \_\_\_\_\_