



SANDPIPER NEWS



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

Important Dates

December

23 - Jan 1 - No School
Winter Break!



**WINTER
BREAK
NO SCHOOL!**

January

17 - No School - Staff
Professional Development
20 - No School - MLK jr. Day
27 - 31 - Great Kindness
Challenge Week
31 - Kindergarten Report Cards
Goes home

February

17 - 21 - February Break

Upcoming Events

Report Cards for Grades 1-3 went home on Monday, December 16th. If you have any questions regarding your child's performance, please reach out to the classroom teacher.

Facebook/Instagram

Check out our FB and Instagram for pictures and updates! Also, check out the [Kittery Nutrition](#) programs FB for daily updates, lunch menus and more!



Holiday Concert

A huge congratulations to all students who participated in the winter concert!! Ms. Hanson did a fabulous job of getting students ready and guiding them through the performance. Thank you to all the family and friends who were able to join us!



Monthly Nursing Corner



Medications must be delivered to the school by an adult per Maine Law.

Find where the flu is in Maine and how to lower your chances of catching it as well as accessing lots of great health information and resources at the school nurses' webpage at <https://kitteryschoolnurses.blogspot.com/>

Hand washing is the single most important step in preventing the spread of germs, particularly the Flu! Share this funny video with your child and help them learn about stopping the spread of germs. <https://www.youtube.com/watch?v=O5PwLAZNnKc&feature=youtu.be>

With colder weather, children tend to share hats (even though we try to avoid it here at school). Please remember to check your child's head weekly for head lice.

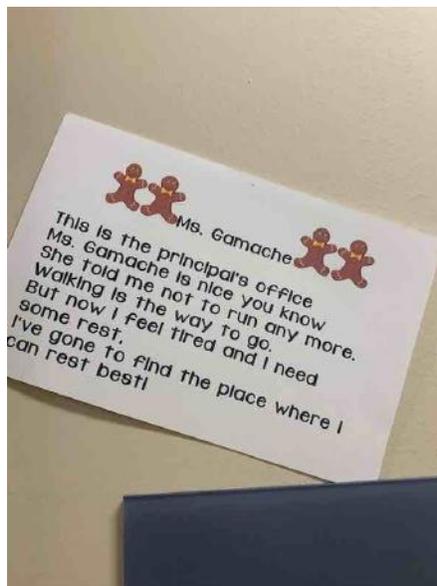


Veterans Day Ceremony

Captain John McKay, Paul Leblanc, and the Piscataqua Rangers Junior Fife and Drum Corps joined the Mitchell School students to honor our veterans in Kittery and beyond on Friday, November 8th. Thank you to all the veterans in Kittery as well as their families for all that you do



Grade Level Snapshots



Kindergarten - Gingerbread Cookies Escape!

Kindergarteners read "The Gingerbread Man Loose in the School" as the holidays approached. When they mixed their batter and put their cookies in the oven to bake...they ran away! Students were lead through the school by clues left by the sweet treats only to find them resting somewhere safe.

Procedures/Reminders:

Winter Gear/Clothing

Just a reminder to have students wear their snow pants, boots, hats, gloves, and jackets each day. Even if there is no snow on the ground, we are outside unless it is less than 10 degrees outside. The winter gear is helpful to stay warm!

Also, please send in a pair of shoes for students to wear in the building. Boots are uncomfortable to wear all day...not to mention they get stinky!



LOST AND FOUND

Lost items are collected in the area just outside our cafeteria. Students and parents are welcome to look through it to retrieve their lost items. Twice a year (December and June), all items not claimed are collected and given to charity. PLEASE MARK YOUR CHILDREN'S CLOTHING.

RECESS

Our Philosophy - It is important for the positive development of our students that they have an opportunity for fresh air, physical activity, and social play during recess. Recess is a vital part of a child's day and school life. We feel it is critical for children to be outdoors as much as possible during recess time.



Grade 1 - Animal Posters in Mrs. Seleb's Class

Students in Mrs. Seleb's class created posters to tell a story. They were given the animal and the background and asked to create stories using the poster. They did an awesome job!



Grade 2 - "Balloons Over Broadway" Activity

After reading "Balloons Over Broadway", 2nd graders created their own parade route in the hallway upstairs. Great creativity and teamwork by the 2nd graders!



Grade 3 - The Digestive System

Mrs. Hartley's and Mrs. Dorazio's third grade classrooms combined to conduct an experiment for their Science unit - The Digestive System. In groups of 3, the students needed to use the materials they were given to build a sorting system. With tubes, pumps, and filters, the goal was to get smaller pom poms through the tube and into a bag, but leaving the larger ones in the tube.

When the weather turns cold, the classroom teachers will remind children to bring hats and gloves and wear heavier jackets to school. Please remember that students go outside for recess unless it is raining or extremely cold (10 degrees F or colder, including windchill factor, we remain inside). When we have snow on the ground, we still have outside recess. In order to play on the playground when there is snow, students must wear boots, snow pants and mittens or gloves. While a majority of our children do not live near the ocean, frequently a strong sea breeze does make it very cold on our playground due to our location. If you need help with winter clothing for you child, please contact our school nurse. Thank you in advance for your support and understanding.

If we receive a written request for a student to remain indoors during recess, the student usually must stay in the office at that time because we do not have sufficient staff to supervise students remaining indoors. In general, if a child is well enough to come to school, he or she is well enough to go out to recess. Please if you have health concerns about your child going outside at recess, please contact our school nurse.



Art Club

3rd Grade students were able to join an after school art club with Mrs. Nucci. They created some amazing pottery pieces that were fired and glazed. Great job Mrs. Nucci and students!!!



Civil Rights Team

Our 3rd grade Civil Rights Team has been sharing messages to the school on the announcements. Here is one example: Did you know that Christmas is not the only winter holiday celebrated around the world? There are lots of others. In fact, religious holidays are celebrated throughout the whole year. The Civil Rights bulletin board outside the lunch room has highlighted lots of different holidays celebrated by lots of different religions. Maybe you and your class could set some time aside in the next week to look at and talk about the exhibit.



Lego Club

The 3rd grade lego club met for 6 weeks to create a city using legos and a robot. They were excited to share their work with their parents at the final meeting. We will be running more lego clubs after the winter break for 3rd graders!



Procedures/reminders:

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 build on lifetime success.

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, transportation, or home-life 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

VACATIONS WHILE SCHOOL IS IN SESSION

While we appreciate the quality time offered by a family vacation, we couldn't condone taking this time away from the school year. It is disruptive to the continuity of the student's instructional program and places additional work upon the classroom teacher to "catch the student up" on the work they have missed in their absence. Teachers will not be able to provide work packets for students outside of our scheduled, school vacation. Please schedule vacations and appointments outside of school hours whenever possible. We appreciate your support and understanding.

If you are going on a vacation and your child will miss more than a day of school, please fill out the form attached to this newsletter to get approval for the absences. The form must be filled out at least one week in advance.

Parent Check-In Schedule 2019-2020

Six interactive workshops in Kittery and York with childcare (for evening sessions) and meals provided. You don't have to be a parent--these events are free and open to all caring adults! See below for dates and locations. FMI and to RSVP visit www.ctbh.org

**October
23rd
12-1:30pm**

Keeping Teens Safe: Preventing Underage Substance Use/Misuse

Come learn about what kids in our area are using, including alcohol and marijuana, and hear about trends like vaping. We'll talk about what you can do as a caring adult in a quick 15-minute mini lesson format and discover what an ideal healthy community looks like. | Warner Building Conference Room, York Hospital Lunch provided (RSVP Required)

**November
18th
6-8pm**

Surviving Adolescence: Tools For Parents

This discussion will help parents manage adolescent stress and anxiety, promote healthy boundaries, and parent/peer relationships. The session will focus heavily on activities and discussions led by two Clinical Social Workers, Christine Rogerson and Kyle Ganson. | Kittery Community Center Dinner and Childcare Provided (RSVP Required)

**January
27th
6-8pm**

Adolescent Anxiety and Depression

This interactive session will focus on helping adults develop a stronger understanding of anxiety and depression in adolescents through activities and a discussion led by Christine Rogerson and Kyle Ganson. | Kittery Community Center Dinner and Childcare Provided (RSVP Required)

**February
24th
6-8pm**

Raising Adolescent and Young Men Today

This session will focus on the mental health, wellness, and development of adolescent and young adult men. Led by Clinical Social Worker Kyle Ganson, who specializes in helping young men navigate mental health concerns and life stressors, this session will focus heavily on activities, small-group discussions, and will provide resources for parents and guardians to support healthy male development. | Kittery Community Center Dinner and Childcare Provided (RSVP Required)

**April 1st
12-130pm**

MIYHS 2019: What Does The Data Say?

This session will include recently released results from the health survey taken by local youth every two years. What are they saying about their mental health and substance use? Are there factors that put some kids at a higher risk for problems than others? We'll discuss the data and answer questions. | Warner Building Conference Room, York Hospital Lunch provided (RSVP Required)

**May 6th
12-130pm**

Marijuana, Vaping and Mental Health

This session will address marijuana use, the recent uptick in vaping, and effects on the mental and physical well-being of our youth. This interactive session will feature activities and discussion led by Prevention Specialists. | Warner Building Conference Room, York Hospital Lunch provided (RSVP Required)



Choose To Be Healthy COALITION

Creating a healthier Southern York County
www.ctbh.org

These free workshops are sponsored by the Choose To Be Healthy Coalition and the Kittery Youth Committee. A \$5-\$10 suggested donation is appreciated to help offset costs.