

From the desk of

Dillard Collins, Principal

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September 2018

Bits and Pieces

Newsletter for

Hampstead Central School

<http://www.hampsteadschools.net>

Our school year is now in full swing after a mild summer. We now watch unusual weather patterns across our nation and here in Hampstead. Earlier this month, we endured horribly hot and humid school days with temperatures reaching the 90s outside and in the classroom. A few days later we were in the midst of cool evenings and sweaters emerged. This week we experienced unprecedented rain with some NH communities experiencing 6 inches of rain, while others have dry wells. We need to remind ourselves of this in winter, as the snow returns and challenges our patience. Very soon, we will be organizing ski trips, snow-shoe adventures and On-Line Learning Blizzard Bag days.

**HOMEWORK
RETURNS OCTOBER 1ST**

UPDATE ON PAGE 2

A major point of emphasis over the past two years is the improvements to security of our schools. This has been a costly venture both in dollars as well as compromises in educational space. Fortunately, we received some financial support through state grants to abate some of some big ticket expenses for security. We also shifted around educational spaces with a few carefully chosen compromises. As an example, we have moved all student instructional spaces inside the main building. HCS no longer has any classrooms or programs in the portables behind HCS. We have one portable dedicated to storage, one portable for staff usage and the other portable will be removed this fall.

One major upgrade that you have probably seen or heard about is the change of building access. When you enter the school during the school day, you need to go through two check points before gaining access to the hallways, classrooms and other instructional spaces around the school. With this inconvenience, we implemented security designs to make the school significantly safer for every staff member and especially all of our children. Thank you for your patience when visiting.

As part of our security upgrades, we postponed the start of Lunch Buddies. We simply needed a few weeks to make sure all systems are working. We are now ready to invite families into HCS for Lunch Buddy visits starting Monday September 24th. Lunch Buddy visits are open to parents and older family members, as long as they have a connection with a child in K-4. When arriving at HCS, lunch buddies must sign in and wear the identification sticker making it clear you are here as a lunch buddy. You will meet your child in the front stairwell as they go into the lunch room. After lunch, you will be asked to sign out in the main office as part of our tracking of visitors.

Lunch Buddies

begin Monday September 24

Lunch schedule

11:15-11:45	Full day K
11:25-11:50	Grade One
11:50-12:15	Grade Two
12:25-12:50	Grade Three
12:50-1:15	Grade Four

One problem we all share is the traffic in and around HCS. We have far too many drivers who are unaware of the routine. Most have learned the routines and times have been improving. Of particular concern is the traffic on Emerson Ave. No vehicle is allowed to stop and wait on Emerson Avenue during arrival or dismissal hours and police may be called if necessary. Always follow the direction of our crossing guards.

Please take a few minutes to review pages 4 & 5 of this newsletter. It is especially critical to share this information with anyone driving children to or from HCS.

Last year, a Superintendent's Advisory Committee on Homework was convened to address the Hampstead School Board's homework goal. The committee reviewed research and best practices to guide our school district in the development of a new policy and procedure. A new homework policy was approved earlier this month. We will fully implement our new homework practice the first week of October.

Below are some excerpts from the board policy that defines a continuum of homework practices. I added a few clarifications that parents can expect as we change our practice to meet this new policy.

Policy for grades K-2: "... no homework is to be assigned. Teachers will provide parents with recommendations to extend students' learning which parents may use at their own discretion."

Students and parents can expect:

- Teachers will provide parents with recommendations to extend students' learning, such as: reading independently or with their parents, practicing of math facts, using the online Xtra Math, Reflex Math, and Lexia programs, etc.
- Teachers will reach out to individual parents regarding specific areas of practice. This notification can include digital methods such as: email, Google Classroom, Google Calendar, or teacher websites.

Policy for grades 3-5: "... assigning nightly homework is not required, and will only be assigned when it is purposeful and meaningful. If assigned, students are expected to spend no more than 30 minutes per night on these activities. If parents prefer that their child be excused from homework assignments, they will notify the teacher."

Students and parents can expect:

- If homework is assigned, it will be communicated to parents through methods such as: student assignment notebook, email, Google Classroom, Google Calendar, teacher websites, or PowerSchool.
- Options for assignments may include: reinforcement of skills, application of skills, transfer of knowledge, challenges, or extensions of learning.
- If homework is assigned, students are expected to spend no more than 30 minutes per night on these activities.
- Long-term classroom projects may be assigned which may include optional work to be completed at home with parental agreement.
- Feedback on completed homework will be given in a timely manner. Homework will not be reported on the report card and will not be included as part of the achievement/academic grade.

The policy for grades 6-8 calls for the expectation of homework participation and completion. Expectations will increase as middle school students go through their last three years of transition onto High School.

Here is a quick link to this new policy [**IKB NEW HOMEWORK POLICY**](#)

As our students and teachers move forward with this change of practice, we want to provide consistency and quality with this new approach to homework. Our administrators and teachers will regularly review our progress and report to the board in December. Major points you will find in our new approach include:

- Use of strategies to differentiate the homework to meet students' learning needs,
- Clear instruction for students on what is expected and when homework is due,
- Consistency of homework delivery among grade level team members and specialists,
- Communication about extenuating circumstances and professional discretion to address individual student challenges with homework completion,
- Sensitivity to students' availability, adult assistance, and access to resources outside of the school setting which may be necessary for the completion of homework, and
- Assigning homework as an individual task and not as a group project.

Thank you for your patience and feedback as we improve our practices to enhance the learning of our students. Please reach out to your child's teacher or any member of the school administration with any questions or concerns.

HCS STAFF - One of the strengths of the Hampstead School system is the wonderful staff that return each year, as well as the new staff that join us. Below is a list of the new staff members who will be taking care of your children at HCS.

SCHOOL ADMINISTRATION

Dr. Terrilyn Cheney Assistant principal

TEACHERS AND SPECIALISTS

Miss Roisin Bermingham Speech Therapist working with students in the preschool program

Mrs. Sue Clark Special Education teacher working students in grades 2-4

Mrs. Cheryl Craig Technology Integration teacher working with students in grades 1-4.

Mr. Ryan Hatfield School Psychology Intern working with students in both schools

Mrs. Kailee Huston Occupational Therapist, working with students in grades 1-4

Mrs. Sherry LeBlanc Classroom teacher in Grade Three

TITLE ONE TUTORS

Mrs. Regina Kuhl was hired recently as our Title One Tutor, to provide math and reading instruction to students in grades K-4.

Open Tutor Position We are in the process of interviewing another Title One Tutor to work with Mrs. Kuhl in a substantially similar role.

CAFETERIA AND CUSTODIAL STAFF

Mrs. Dru Farrell Cafeteria assistant

Mr. Dwight Lark Evening custodian

PARAEDUCATOR STAFF

Mrs. Cheryl Keefe Special Education paraeducator working in grades K-4

Mrs. Aileen Wall Special Education paraeducator working in grades K-4

Mrs. Leslie Pothier Returns to HCS as a Special Education paraeducator, working in grades K-4

Mrs. Karen Geaney transferred from HMS to HCS this fall as a Special Education paraeducator, now working in grades K-4

Mrs. Aideen Scally Full day kindergarten paraeducator in Mrs. Smith's classroom

OPEN PARAEDUCATOR POSITIONS

Kindergarten We are finalizing the process to hire another new paraeducator for Ms. Pekalsky's classroom. The new para will start October 1st.

Two Open Positions We are in the process of interviewing to fill two more openings for paraeducator positions. One position is a special education opening in preschool. The other position is to provide classroom support in grades 1-4.

Hampstead Central School and Middle School continue to fill a few open positions. The open HCS positions are noted on this page. We are also looking for those interested in working as a substitute teacher, nurse or paraeducator.

If you are interested in joining the staff at either of our schools, please contact either school office and we can guide you through the application process.

HCS TRAFFIC SAFETY *We hope to avoid accidents, especially those that are potentially tragic events. They may be avoided with a bit of caution by all. Please review the information below regarding dangers that are being caused around HCS due to impatience and misunderstandings.*

HCS CROSSING GUARDS

One of the most difficult jobs at Hampstead Central School is that of our Crossing Guard. We have two crossing guards each morning (8-9 AM) and afternoon (3-4 PM). We are very lucky to have two experienced and very patient crossing guards.



At all times, it is critical that everyone follow the direction of the crossing guards to insure safety of children, adults and vehicles. Those failing to follow the direction of the crossing guard will be reported to the Hampstead Police department for potential motor vehicle violations.

At all times, make sure to keep your full attention on the crossing guard to keep everyone safe AND during those times of the day without a crossing guard, please increase your eye on safety.

After going through the car loop, all vehicles must exit down the ramp in front of HCS. At the foot of the hill is a stop sign to maximize safety. If the crossing guard is present, please wait for his/her signal to exit. If no guard is present, proceed with caution. Failure to stop at the sign may result in injury to a child, adult, driver or vehicle.

PRIORITIES FOR ALL EXITING VEHICLES

All traffic is expected to exit Hampstead Central School near the main entrance covered by our crossing guard. This exit area is especially busy, as it is also the entrance to the St. Anne's parking lot.

- The crossing guard will follow the 4 priorities listed below in order of importance.
- If there is no crossing guard present, please be sure to follow them as well.

NUMBER 1 - BUSES - *All school buses must be allowed to enter and exit the HCS parking lots as soon as possible. Timing for our bussing is important to the families of many students. Our buses come and go from every neighborhood in Hampstead and East Hampstead. We need to move these buses before all other traffic.*



NUMBER 2 - PEDESTRIANS - *There are many staff members, visitors, parents and students who need to cross Emerson Ave. due to the parking at St. Anne's. Due to the limited parking in and around HCS, we find it necessary to use the St. Anne's parking lot frequently. This supplemental parking is critical as there is limited passenger car access during arrival (8:30-9:15) and dismissal (3:00-3:45).*

NUMBER 3 - EMERSON AVENUE TRAFFIC FLOW - *There are hundreds of automobiles going up and down Emerson Avenue each day. The crossing guard must stop passing street traffic. Please be aware that we must be good neighbors to those travelling on this main community road. We need to minimize the number of times Emerson Avenue traffic is stopped. At the same time, please remember to drive slowly as you approach your child's school... as an example to all drivers, and also to avoid an encounter with the HPD patrol car.*

NUMBER 4 - EXITING AUTOMOBILES - *Unfortunately, someone needs to be last in the list of priorities and that will be those in exiting autos. Drivers should expect to wait while buses, pedestrians and neighborhood traffic are moved first. This will create a line of vehicles backing up the ramp in front of HCS, until **directed to move by the crossing guard**. If you are in front of this line waiting to exit to Emerson Ave, please do not edge forward and cross the line at the stop sign, as we have seen near-misses involving cars, buses and children.*



The safest form of transportation for elementary children is a school bus, according to studies of student safety. Please consider minimizing the trips to and from HCS in your auto.

ADDITIONAL TRAFFIC SAFETY CONCERNS

PINK SLIPS All children picked up in the traffic loop need a pink slip issued by the office. The pink slip will be issued after a written note has been received in the office or a parent enters the information in Pickup Patrol, as means of tracking safe dismissal of every child. Telephone calls for pink slips should only occur in rare unforeseen circumstances. The major cause of school dismissal problems is due to misunderstandings through a phone message left in the office. If at all possible, please plan accordingly.

OTHER DRIVERS It is very important that parents make sure any driver (family or friend) is aware of school procedures prior to dropping off or picking up children. There have been many instances where the lack of understanding creates confusion for the family member or friend helping out. Please make sure they know the expectations and the safety we are trying to maintain for everyone.

CAR LOOP BACK UP - If the car loop is full (backed up to the HCS entrance), always go around St. Anne's church and wait to cross the street. If you see cars are lined up to the entrance, please be courteous and wait at the exit to St. Anne's parking lot. Remember to enter the St. Anne's lot at the foot of the hill, with the crossing guard. The back-up wait is never more than a few minutes in the St. Anne's lot.

EMERSON AVENUNE BACK UP Automobiles are NEVER allowed to wait on Emerson Avenue. This includes any portion of your vehicle to project out onto Emerson Avenue. Emerson Ave. is too busy and narrow to allow for a street backup. Hampstead police monitor this traffic issue and may intervene if necessary.

CHILD SEATS FOR EASY EXIT/ENTRANCE – Please set up your auto so all children can quickly exit/enter vehicles on the right side of your auto. This is safer and will make this process quicker for all. Staff members may assist a child; however, the driver needs to secure the child into an appropriate seat. If you need additional time, please pull forward to the last space in the loop to the side.

CELL PHONES – State law prohibits cell phone usage while driving your vehicle at HCS, unless hands free. There are too many adults and children going in many directions, and a driver distracted by a cell phone call could cause (and has caused) an accident. *Suggestion:* Children always appreciate a few kind words when leaving for school. A cell phone conversation is a distraction to this important time with your children.

PASSING VEHICLES - The only reason any automobile should be passing vehicles in the car loop, is when a vehicle needs additional time in area #1. This is a safety concern that is highlighted when impatience causes a driver to hurry and create a hazardous situation. We have and will continue to report these vehicles to the Hampstead Police Department.

AUTO EMISSIONS – If you are sitting in your vehicle for more than a couple of minutes, you must turn off the engine. The traffic lane runs very close to the school building and our ventilation system brings the unhealthy exhaust fumes directly into the building.

EXIT & ENTRY TIMES – There are necessary limits on automobiles entering and exiting the main HCS parking lot during the high traffic times of the day. This is specifically 8:30-9:15 AM & 3:15-4:00 PM. These are times that buses and cars transport 430+ children and nearly 100 staff members to and from school each day. If you need to come or go during these times, please park across the street and cross with the assistance of our crossing guard.

CROSSING GUARD *The crossing guard needs a great deal of cooperation from everyone.*

Please be aware that the crossing guard is managing a multitude of traffic issues, including:

- Buses coming and going (top priority)
- Children/Staff/Parents crossing Emerson Avenue (another top priority)
- Automobiles exiting at the foot of the hill, at the end of a pick up or drop off
- Traffic entering the St. Anne's parking lot
- Traffic in two directions on Emerson Avenue

Please do not wait in the former police station parking lot. This creates an additional danger that could easily contribute to an accident as vehicles cross Emerson Avenue.

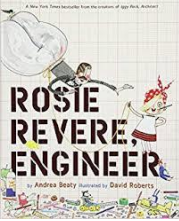


Assistant Principal's message

Hello Hampstead Families! I wanted to take a moment and introduce myself. I am Dr. Cheney, the new Assistant Principal at the Central School. This month I have appreciated getting to know your children.

I have had the opportunity to read some of my favorite books to each class and spend time in each room. The book I read to second grade is Rosie Revere Engineer by Andrea Beaty. This story is about a second grade girl who dreams of becoming a great engineer. When her invention flops, she is devastated. Her aunt, however, teaches her that the great first flop is merely a start. "Life might have its failures, but this was *not* it. The only true failure can come if you quit."

We are off to a strong start, and I look forward to working with all of your children.
Please feel free to reach out if you need anything!



Read With a Hero

This September 11, Hampstead Central School honored the memory of the heroes from 9/11 by inviting heroes from our school and local community in to read. Police and Firefighters from across the state joined us on this memorable event.

Thank you to Dale Gordon, Steve Morse, Joseph Beaudoin, Terri Moore, Jonathan Houde, Maurie Worthen, William Warnock, Catherine Warnock, Allan Fratis, Stephanie Laveu, Francis Enos, and Chris Dane.



33rd Annual HMC Craft Fair

The 33rd Annual Hampstead Mothers' Club Craft Fair & Raffle will be held Saturday, November 3rd from 9am-3pm at Hampstead Middle School. With over 80 Crafters, a HUGE Raffle Table and delicious food, there's something for everyone in the family to enjoy. Admission is FREE. The Craft Fair is the HMC's biggest fundraiser of the year and all proceeds go to the benefit of the children and community of Hampstead. Find us on Facebook @hampsteadmothersclub or visit Hampsteadmothersclub.org for more information.

Important Dates

- Sept. 27** - Picture Day
- Oct. 5** - No School, Professional Development
- Oct. 6** - Town Wide Yard Sale
- Oct. 8** - No School, Columbus Day
- Oct. 11** - PTSA Meeting, 7:00PM, HMS
- Oct. 13** - Hampstead Rec Mother/Son Luau, 6:00-8:00PM
- Oct. 19** - PTSA Halloween Party, 6:00-8:00PM, at HMS
- Oct. 23** - HCS Book Fair Family Night
- Nov. 3** - Hampstead Mothers' Club Craft Fair & Raffle, HMS 9AM-3PM

PHYSICAL EDUCATION NEWS

7

Ms. Ingraham and Mrs. K (Kwiecien) are very excited about the start of this year. All students are receiving Physical Education twice a week. We have reviewed the rules and expectations with all the classes.



Things parents can do to help make this a successful year:

1. Know which days your child has PE, so she/he remembers to wear sneakers and comfortable clothing for movement.
2. Please have your child wear **regular sneakers** for proper foot and ankle support – not slip-ons or laces tucked in. (If you are not sure, have your child ask Mrs. K or Ms. Ingraham)
3. Have your child **EAT BREAKFAST** everyday...help your child get a wonderful start to the day!

3rd GRADE STUDENTS ARE GOING SWIMMING!

As part of the third grade Physical Education Curriculum, students learn how to be SAFE around water. We take a bus to the Cedardale Aquatic Center in Haverhill, MA. They watch an American Red Cross Water Safety video and answer water safety questions. Then students get to swim, under lifeguard supervision, for one hour. This is always one of the favorite PE activities and an excellent learning experience. There are different pool depths – so students can swim at the level they are most comfortable.

DATES: October 26th – Eaton & Kretschmer
November 2nd – LeBlanc & Carberry

We will be sending home more information and permission slips for this 3rd grade swimming field trip soon.

Art at HCS

We are off to a creative start in the HCS Art Room! "Young artists" at all grade levels have begun the year making self-portraits using various materials and strategies. It's been fun reconnecting with returning students and meeting our new ones. We are looking forward to a productive and creative year exploring and developing our art skills.

Please remember to dress your "young artist" accordingly on art day. Please, no fancy or favorite outfits. We wear smocks when using messier materials, but even so, accidents do occur.



The HCS Art Department is always accepting smock donations. Please consider cleaning out a closet and sending your old shirts into the HCS Art Dept. to be used as smocks.

Library Bits



- **Book Bags:** Protect books from food & drinks when being transported in backpacks, **please keep all year.**
- **Gr. 4:** Opportunity to check out Nook e-reader with signed permission slip (October).
- **Audiobooks:** Gr. 2-4 "Playaway" Titles (October)
- **Book Fair Save the Date: Family Night Tue. Oct.23rd**



September is Library Card Sign-up Month. If you don't have a card, you should consider signing-up at the Hampstead Public Library. It's one of the most valuable tools for students and adults. With it you'll get free access to homework help databases, books, DVDs, museum passes, eBooks, audiobooks, Universal Class online courses, a telescope, and more! Students, moms and dads are welcome to each get their own card. Teachers at Hampstead schools can also get a free card for the Hampstead Public Library, whether or not they live in town! Plus, if you get a card this month, you'll be helping the Hampstead Public Library get closer to their goal of winning a statewide contest in which

libraries compete to see which can sign-up the most new patrons in September.

There is an **Open House** at the **Hampstead Public Library** on Saturday September 29th from 10 am to 2 pm. Staff will be on-hand to demonstrate online resources and direct you to new materials and features in the building. There will be stories and crafts in the Children's Room for young visitors. Members of the Garden Club will show you the Storybook Garden. You'll also have the opportunity to meet librarian/children's book author Marcia Strykowski, who is celebrating the release of her third novel, **Roller Boy!** Refreshments will be available. Door prizes will be awarded frequently, and all those who visit and complete the simple Library Scavenger Hunt can be entered to win a **Boston Red Sox** prize basket. Come join the fun!

The Library has added a new monthly **Saturday Storytime**, for children ages **3 to 8**. The first session is September 22nd at 11 am. The theme for this special Storytime is autumn. Children are invited to come listen to stories, sing songs, have a snack, and make a fall craft. Next month, Saturday Storytime will be on October 20th, and the theme that day is Halloween. Children can wear a costume, and trick or treat around the Library after story and craft. Please **sign-up in advance**; go to the Library's website calendar, www.HampsteadLibrary.org, and click on the event for further registration instructions, or call 603-329-6411.

Are you interested in having a healthier home for family and pets? Want to learn about simple changes to your daily cleaning routines that can make a huge difference? Come to the Hampstead Public Library for a presentation, "**Healthy Homes, Healthy Kids, Healthy You,**" on Wednesday October 3rd at 6:30 pm. You'll be astounded by the results of research done on the effects of some common household cleaning agents on health and behavior. The presenter is Marianne Pelletier, and she'll also have suggestions for changes that will be good for your pets and for the environment. Handouts will be available, and there will be time for Q&A.

Children can come create **Glow-in-the-Dark Pumpkins** at the family craft night on Wednesday October 24th, from 6 to 7 pm. Design and paint a pumpkin using glow paints. The Library supplies all materials; however, advance registration is required so we can be sure to have enough pumpkins for all. Go to the Library's website calendar at www.HampsteadLibrary.org, and click on the event for further instructions. This event is designed for students in grades pre-K through 4.

The Library now has the **1000 Books Before Kindergarten** program for babies and preschoolers. Read a book (any book) to your newborn, infant, and/or toddler. The goal is to have read 1,000 books (yes you can repeat books) before your child starts kindergarten. If you would like more information, ask at the Library, message us on Facebook, or email dvancuren@HampsteadLibrary.org.

For information about all Hampstead Public Library events and services, visit us at 9 Mary E. Clark Drive, or view our complete calendar on www.HampsteadLibrary.org. You can also follow us on Facebook @HampsteadNHLibrary, Instagram @hampsteadnhlibrary and Twitter @HampsteadPubLib.



Become a PTSA Member Today!

The Hampstead PTSA provides fun, engaging programs and events for the students, staff, and community all year long. We continually welcome new members to join our organization. If you would like to become a member, please fill out a membership form and return to school with your child, along with your membership dues, in an envelope marked "PTSA." Forms are available for download on the PTSA website (hampsteadptsa.org). Dues are \$10.00 for each parent/guardian or staff member (\$7 for second household members). **If you have any questions, please contact a member of the PTSA Executive Board via email info@hampsteadptsa.org.** Thank you for your continuous support!

Enrichment Classes

Fall Enrichment Classes will begin in October. Information on class sign ups will go home with students in the next couple of weeks. We have so many exciting and unique classes to offer this year – we are looking forward to sharing these opportunities with the HCS students! If you have any questions after class info is distributed, please contact Jenn at enrichment@hampsteadptsa.org.

Box Tops for Education

The first Box Tops contest of the year is up and running! Our first prize this year is a \$20 gift certificate to Wamesit Lanes. Prizes will be awarded to the two students turning in the most boxtops. Deadline for entries is October 19th.

Reflections

Information has been sent home about the 2018-2019 National PTA Reflections contest. The theme this year is Heroes Around Me. Time to get creative - there are so many ways to participate, from dance choreography to photography to film production. Submissions are due to Mr. Terrile by November 20th, with the Reflections Celebration being held on December 12th from 6-8 PM at HCS. Forms can be downloaded here: <http://www.hampsteadptsa.org/programs/reflections>. Please contact Tori and Denise with any questions at reflections@hampsteadptsa.org.

HCS Halloween Party

Calling all ghosts and goblins – the annual HCS Halloween Party will be Friday, October 19th from 6-8pm at the Hampstead Middle School. The PTSA can't wait to celebrate Halloween with all HCS students and their families. Ticket information will be coming home with students in the near future. This year, we are looking for members to be part of a Halloween Party committee. We would love some fresh ideas! As always, we are looking for volunteers to help with games/activities at the party and also will be seeking baked good donations as well. Please contact Ellen at halloween@hampsteadptsa.org if you are interested in joining the Halloween Party committee, volunteering at the event and/or contributing baked goods. Thanks!

We hope everyone has had a GREAT start to the school year! Our next General Membership Meeting will be held on Thursday, October 11th, at 7pm in the Hampstead Middle School Library.

**Reflections is turning 50!
Please join us for this very special anniversary year!**



Welcome back!

10

Here are a few reminders as we kick off a new year:

It is so important that students eat a healthy breakfast every morning to equip them for a successful school day. Sending your child with a water bottle is also important as we are still experiencing some warmer days.

If you have not yet turned in a copy of your child's physical/immunization form, blue health history form, or completed your child's student emergency and health information in SchoolMint, please do so ASAP. Keep in mind that I need a current year medication form signed by a physician in order to dispense any prescription or over-the-counter medications during the school day. Tylenol or Motrin will be provided as needed with signed parental permission (provided in the health section of SchoolMint). Thank you so much. If you need to speak with me, I can be reached at 329-6326 x1225.

Tips for taking care of children (and household members) with the flu and other contagious illnesses/conditions

Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.

Teach your children not to share personal items like drinks, food or utensils.

Teach your children to cover up their coughs or sneezes using their elbow, instead of their hand when a tissue is unavailable.

Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Get your annual flu shot...it's your best source of protection from the flu

Keep sick children at home for at least 24 hours *after* they no longer have fever/illness or signs of fever/illness, without using fever-reducing drugs. Keeping children with a fever/illness at home will reduce the number of people who may get infected. Any child determined to be sick while at school will be sent home.

Head lice is occasionally an issue at school. The best way to protect your child from getting head lice is through prevention. Routine and regular head inspections at home are important. **Teaching your children to avoid head-to-head contact** and sharing of personal equipment such as combs, brushes, hats and helmets, is the best means of protection. All cases of head lice are handled on an individual basis. Protection of student confidentiality and student dignity is our highest priority. When a student is found with head lice at school, a parent will be notified so that treatment can begin promptly. Close contacts of the child may also be screened. As the school nurse, I am here to support these efforts and offer assistance as needed. Please call the health office if you need help with identification or further information.

Visit our website at hampsteadschools.net
Click on the Departments tab / Health Information link
Here you will find lots of useful information about health and wellness
School health forms can be downloaded from this site as well

Dental Clinic

The Children's Dental Network will be at HCS November 5th through November 7th to conduct dental screenings and provide preventative treatments for students. If your child does not currently receive routine dental care or if you have any concerns regarding your child's dental health and would like your child screened, please contact the health office ASAP for a permission form.



Vision, Hearing, Height and Weight Screenings

Each year Hampstead Central School students are screened for vision, hearing, height and weight. Research is clear that the earlier problems are identified, the easier they are to treat and correct. For the 2018/2019 school year, the Hampstead Lions Club will partner with HCS, in the Operation Kids Sight program. Lion's Club vision screeners will be coming to HCS in the fall to provide free vision screenings for your child. This screening uses the Spot Vision Screener by Welch-Allyn which takes an instant scan of your child's eyes to determine the possible presence of eye disorders. No physical contact is made with your child and eye drops are not necessary. The child simply looks at some blinking lights for about a second.

Visit www.welchallyn.com on-line to learn more about the Spot Vision Screener.

Hearing screenings will be conducted during the school year using PureTone audiometry. Using audiogram headphones worn during testing, your child will listen to a series of sounds presented at various speech decibel levels. Your child's recognition and response to these sounds will evaluate your child's ability to hear at a normal level. Parents/guardians of students with results outside of the normal hearing parameters will be notified, and a referral for audiologist examination may be recommended.

Letters will be sent home with students in the next few weeks.

Please don't hesitate to call if you have any questions.

The school nurse can be reached at 329-6326 x1225 or at houstond@hampsteadschools.net