

*From the desk of*

*Dillard Collins, Principal*

*collinsd@hampsteadschools.net*

**October 2018**

## **Bits and Pieces**

*Newsletter for*

**Hampstead Central School**

**<http://www.hampsteadschools.net>**

### **CONGRATULATIONS 2017-2018 VOLUNTEERS and PARTNERS**

Hampstead Central and Middle Schools will receive recognition for outstanding volunteer efforts Friday, October 25 at the Grappone Center in Concord. HCS and HMS join nearly 100 NH schools to celebrate volunteer work in schools as well many Gold Circle Partners.

*Go to page two for more info.*

### **HCS BOOK FAIR IS NEXT WEEK**

*The book fair will be in the HCS gymnasium.  
K-4 classrooms will visit during the school day.  
The family night is Monday, October 22, 4-6 PM*

### **HALLOWEEN AT HCS**

Hampstead Central School will be having an *in house school event* for Halloween on Wednesday, October 31st.

Students are invited to wear costumes on this day. Here are some important guidelines for families to prepare for the day. Children are invited to arrive at school in costume. Children should dress in their costumes at home, over school clothes. Send a bag to school to store the costume after the morning events. Face makeup is allowed, but must be applied at home and will remain on for the school day. If you think your child's skin will be sensitive to having the make-up, please be aware it may stay on all day. Weapons are not allowed as part of any costume. Please make sure your child's costume is appropriate to be seen by our youngest students.

Oct. 31 at HCS is an *in house school event*. Please enjoy the many other community and family events, as that is the most appropriate time for family photo time. We will reach out if any parent volunteers are needed.

### **PARENT CONFERENCES AND REPORT CARDS**

During the first full week of November, our first report cards will go home with students and all parents are invited to schedule a parent teacher conference. Reports cards will be distributed in the middle of the week, tentatively scheduled for November 7<sup>th</sup> or 8<sup>th</sup>. Most of the parent conferences will be scheduled during the day Friday, November 9. Please note students will have the day off Friday the 9<sup>th</sup>, as teachers will be very busy all day with the parent conferences.

### **RETIREMENT IN THE HCS OFFICE**

Maggie Bolen will be retiring next month from the Central School Office. **Mrs. Bolen** has worked at HCS for 30 years and is retiring to have more time with her family. As one of our school secretaries, she provides an important personal link to families each and every day. We wish her the best.

### **HAMPSTEAD SCHOOL RESOURCE OFFICER**

The School Board and Board of Selectman worked together to assign a Hampstead Policeman to the new role of School Resource Officer. School administration and the boards developed the plans, and we now can refine the position of SRO as an integral part of our schools. This officer will help us promote safety, build positive rapport and foster positive community relations. This is yet another important means to establish and maintain a school culture and climate conducive to safe learning for all students.

The SRO will be working in our schools 2 days per week for the next few weeks, and then is expected to ramp up to 5 days a week at some point during this school year.

The new SRO is Mark Conway, a Hampstead policeman. Detective Conway has years of experience working with the schools and families. Most recently he provided safety training for the staff at both schools.

## **PORTABLE #1 TO BECOME THE COMMUNITY FOOD PANTRY**

Portable #1 is moving across the street to be repurposed as a new facility for the community. The portable building will be moved and refurbished in early November to a location behind the St. Anne Parish church.

Portable #1 is the unit currently located behind the school cafeteria/gym, most recently our music classroom. We no longer use the portable, as all music classes moved inside the school building this fall. At HCS, we look forward to having a bit more hot top area for recess during the day and parking for after school events.

This renewed building will house the community food pantry, an important resource for many families throughout this area. At HCS, we send our thanks to all at St. Anne's and many other community members that provide time and funds to make this possible.

## **NEW HAMPSHIRE PARTNERS IN EDUCATION**

Hampstead Central School will be recognized later this month along with nearly 100 NH schools. We will receive the Blue Ribbon Award for the volunteer program. We will also receive Gold Circle awards for our partners. These awards will be formally announced October 26th in Concord at the Grappone Center.



Our Gold Circle partners are Hampstead Lions Club, Hampstead Mothers' Club, Hampstead PTSA, Childrens' Dental Network, Northeast Resource Recovery Association, Greater Salem Rotary Club, Hampstead Fire Rescue, Hampstead Police Department and the Friends Foster Grandparent Program.

## **ASSISTANT PRINCIPAL MESSAGE ABOUT NOTES HOME**

This month, I want to inform you about our A Notes Home system. For some of you this may be new, and for others- you may already be familiar with this practice.

We use A Note Home to document when students have expected and unexpected behaviors in common areas during their school day. The common areas include cafeteria, playground, hallways and unified arts. Students could be recognized for an expected behavior when they go above and beyond in demonstrating respect and kindness toward others. A student's behavior would be considered unexpected when it is not following our rules. The purpose of the note is to remind students to follow the school rules and/or recognize students who go above and beyond expectations.

All notes home must be signed by the student and a parent/guardian and returned to the child's teacher the next day. Thank you for your continued support of your child and our school.

## **WHAT ARE OUR SCHOOL RULES?**

The notes home are built around our school rules. Each classroom has systems built on these basic school rules. Many students know the rules as RLS, referring to three core terms including respect, location and safety. We help students identify behaviors that are expected and exceptional as well as unexpected. Here is a simple graphic to remember the meaning of RULES.

<b>R</b>	<b>Respect</b>	<i>Is the student showing respect for people and things around our school?</i>
<b>U</b>	<b>Unexpected</b>	<i>Is the behavior that of what we would not expect of a student?</i>
<b>L</b>	<b>Location</b>	<i>Is the student doing what is expected in a specific location in and around the school?</i>
<b>E</b>	<b>Expected</b>	<i>Is the behavior that of what we expect of an exceptional student at HCS?</i>
<b>S</b>	<b>Safety</b>	<i>Is the student being safe or helping others be safe at school?</i>

## **PHYSICAL EDUCATION NEWS**

### **THROW WITH YOUR CHILD**

Our two PE teachers, Ms. Ingraham and Mrs. Kwiecien (Mrs. K), are working on a proper/mature throwing pattern. This is an excellent time to play catch with your child! Some things to remember: turn sideways to your target, and let your child show you the throwing cue: "T - elbow - step and throw". Observe if your child is stepping with the opposite foot as their throwing hand.

### **SWIMMING**

The third grade students will be swimming at the Cedardale Aquatic Center in Haverhill, MA. October 26th: 3-Kretschmer and 3-Eaton students are swimming. November 2: 3-Carberry and 3- LeBlanc students are swimming. The emphasis of this field trip is Water Safety. The third grade students will watch the American Red Cross Water Safety video and then swim in the heated, indoor pool.

### **RUNNING SAFETY**

Parents, it is a huge help if you can make sure your child has athletic sneakers that are tied properly on their PE days.

If your child is still learning to tie, help them to practice. Boot season is coming...and they will need to put their sneakers on in the morning and after recess. It is helpful when students gain confidence to do this on their own.

## **33<sup>rd</sup> Annual Mothers' Club 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*

- Oct. 19** - PTSA Halloween Party, 6-8 PM at HMS.
- Oct. 22-23** - HCS Library Book Fair. Family Night, Mon. 10/22, 4:00-6:00PM
- Oct. 31** - Trick or Treat, 6-8PM.
- Nov. 3** - Mothers' Club Craft Fair and Raffle, HMS, 9AM-3PM
- Nov. 8** - Early Release, HMS dismissed 12:00, HCS dismissed 12:45
- Nov. 8** - PTSA November Meeting, 7PM, HMS Library
- Nov. 9** - No School, Parent Conferences
- Nov. 12** - No School, Veterans' Day
- Nov. 21-23** - No School, Thanksgiving Holiday
- Nov. 29** - PTSA Jingle Bell Shop, 5:30-7:30 PM
- Dec. 1** - Hampstead Mothers' Club Santa's Breakfast, HCS 8:00AM-11:00AM



## WEE DELIVER

Wee Deliver started this month with an assembly to kick things off. We had the pleasure of having the Postmaster, Mr. Doug Masson, from the East Hampstead Post Office come to administer the oath of office to the newly employed third and fourth grade students.



## News from the PTSA

### HCS Halloween Party

Calling all ghosts and goblins – the annual HCS Halloween Party will be October 19<sup>th</sup>, 6-8pm, at Hampstead Middle School. There will be plenty of games, crafts, dancing and fun! NEW this year - a magician will be performing! Drinks will be provided and snacks will be available for purchase. A big thank you to Ellen

Cabral for again organizing this fun event. To make this event a success, parent volunteers are STILL needed. Please contact Ellen at [halloween@hampsteadptsa.org](mailto:halloween@hampsteadptsa.org) if you can help or if you have any questions.

### NH PTA Reflections Program

The NH PTA Reflections program allows children to get in touch with their creative side and express themselves through a variety of mediums. The theme of the competition is “Heroes Around Me.” We look forward to seeing what awesome projects are created this year! Deadline for entries is November 20th. Please visit the PTSA website, [www.hampsteadptsa.org](http://www.hampsteadptsa.org), for more information. You can email Denise or Tori at [reflections@hampsteadptsa.org](mailto:reflections@hampsteadptsa.org) if you have any questions.

### Enrichment Classes

Fall Enrichment Classes are in full swing! Thank you to Jenn Abbott and Adam Israel for all the planning and organizing they have done. Students are enjoying the numerous classes that have started, but there is still room in some classes (particularly K-1 offerings). Please note that there is a new pick-up procedure in place this year. Parents MUST come to car pick-up/drop-off loop located by the preschool entrance to pick up their children at the end of the class. Parents will not be allowed to enter the school building. Please consult the PTSA website for any remaining class openings at [www.hampsteadptsa.org](http://www.hampsteadptsa.org) and, if you have questions, contact Jenn and Adam at [enrichment@hampsteadptsa.org](mailto:enrichment@hampsteadptsa.org).

### Jingle Bell Shop

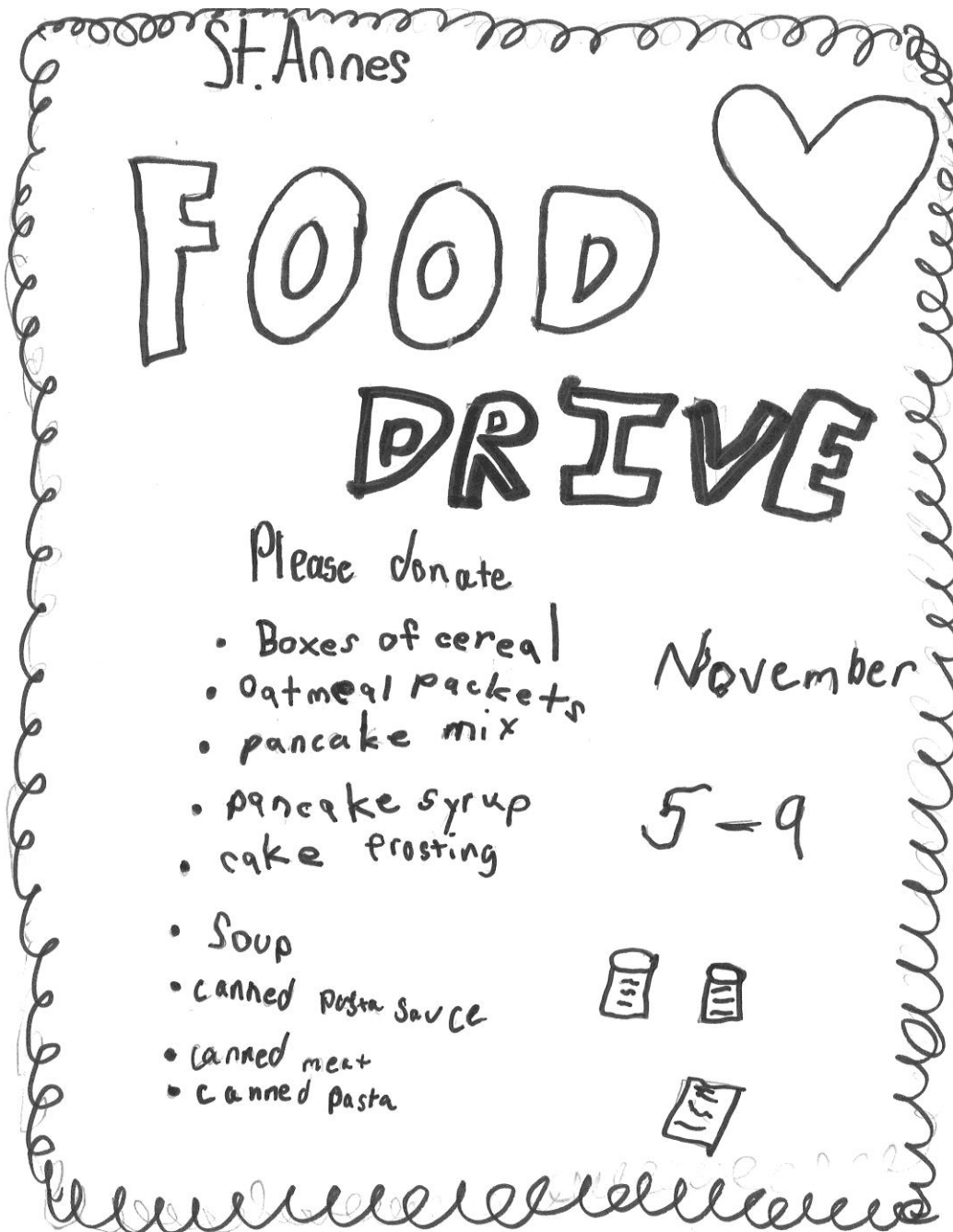
Mark your calendars – the 2018 HCS Jingle Bell Shop will be held on November 29<sup>th</sup>, 5:30 – 7:30pm! Students can shop for holiday gifts for loved ones with the help of our PTSA Kids. More information will be coming home with students in the near future.

**Our next General Membership Meeting will be held on Thursday, November 8<sup>th</sup>, at 7pm in the Hampstead Middle School Library. Members who join us will be entered into the drawing for a \$100 Copper Door gift certificate at the end of the year.**

**We hope to see you there!**

## Third Grade Cardboard Arcade Challenge

Third grade students have been using the Engineering Design Model to design and construct a cardboard arcade game. The idea for this task came from a documentary about another young boy who spent a summer constructing cardboard arcade games and now has a large following through social media (Caine's Arcade). The students practiced the 21st Century skills of: collaboration, communication, critical thinking, and creativity to plan and design their game. They were then provided with time to construct, test, and improve their design. Students will have the opportunity to play each other's games in the near future. This engineering project integrated with the forces and motions science topic from the new Elevate Science curriculum.



### HCS Student Council

The HCS Student Council is holding a food drive to benefit the food pantry at St. Anne Church. Donations may be made between Nov. 5 and Nov. 9 and should be non-perishable food items. The food pantry assists families in need from Hampstead and neighboring towns.

## Stories, Music, and Apps @ the Hampstead Public Library

**Saturday Storytime** for families is on October 20th at 11 am, and the theme is Halloween. Children can wear a costume, and trick or treat around the Hampstead Public Library after story and craft. This program is most suitable for children ages 3 to 8, and their families or caregivers. Please [register](#) in advance.

Still need a Halloween costume? The Elaine David Thrift Shop at the Hampstead Public Library has a selection of Halloween costumes for children and adults, including a witch, plush dinosaur, Elmo, Star Wars Clone Trooper, Iron Man and more. All items are available for bargain prices. The Shop is open on Tuesdays and Saturdays from 9 am to 1 pm.

Find your rhythm at the free **Drums Workshop** on Saturday October 27th at 10 am. Learn drum basics and how to play a rock beat at this hands-on interactive workshop. The instructor is Wil Latulippe from Let's Play Music. He demonstrates a variety of styles like jazz, funk, blues and Latin. This program is most suitable for children ages 4 and up. Adults are also welcome to give it a try.

On Thursday, October 25th from 6:30 to 8 pm, get together at the Hampstead Public Library with Tech Librarian Kate for **'Appy Hour!** Learn more about fantastic free apps from the Library, including Flipster and Libby. Discuss other apps you might like the Library to get in the future (e.g. Hoopla.) Share your favorite apps for children and adults – what do you find most useful? There will be mocktails and snacks. Advance [registration](#) is not required but is appreciated.



The **November Saturday Storytime** for families is on November 17th at 11 am, and the theme is Thanksgiving. Listen to stories, do a craft, and sing songs. This program is for children ages 3 to 8, with their family or caregiver. Please [register](#) in advance, so the librarian can be sure to gear the activities to the particular ages.

Upcoming events for older students and adults which may be of interest: UNH Assistant Professor of German, Charles Vannette, gives a history presentation about **1968 German Student Protests** and their lasting impact on the world, on Monday, November 5th; **Halloween Science** experiments with candy for middle school students on Wednesday, November 7th, advance [registration](#) required; and a **Harvest Centerpiece** workshop with Kari Allard on Saturday, November 10th, materials fee and advance registration required.

For more information about all Hampstead Public Library events and services, visit us at 9 Mary E. Clark Drive, call 603/329-6411, or view our complete calendar on [www.HampsteadLibrary.org](http://www.HampsteadLibrary.org). You can also follow us on Facebook @HampsteadNHLibrary, Instagram @hampsteadnhlibrary and Twitter @HampsteadPubLib.



# NURSE'S NOTES

## Action Steps for Parents to Protect Your Child and Family during this Cold/Flu Season

The Centers for Disease Control and Prevention (CDC) recommends four main ways you and your family may keep from getting sick with the flu at early childhood programs or at home:

1. **Get your children vaccinated** for flu. Parents and caregivers of children less than 6 months of age should also get vaccinated for flu because these children are at higher risk for flu complications and are too young to be vaccinated.
2. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) or signs of a fever (chills, feel very warm, flushed appearance, or sweating) WITHOUT the use of fever-reducing medications. Keeping sick children at home means that they keep their viruses to themselves rather than sharing them with others.
3. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Parents and child care providers should wash the hands of children who cannot yet wash themselves, and closely monitor children who have not yet mastered proper hand hygiene.
4. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands. Teach your children how to do this.

**Children with illness symptoms should remain at home until they have been symptom/fever-free for at least 24 hours**

### Screenings

Screenings will soon be underway at HCS. Height, weight, vision and hearing will be screened for all students. Information letters will be sent home with students. Please sign and return the excusal form and return it to the school health office if you would like your student excused from screening.

### Dental Clinic

The Children's Dental Network will be returning to HCS on November 5th, 6th and 7th to offer dental screenings and treatments for students who have returned parent permission forms. If you would like your child to be screened/treated at school and have not returned a signed parent permission, please call the HCS office or health office at 329-6326 and another form will be sent home.

### Head Lice (Pediculosis)

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 child 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.

