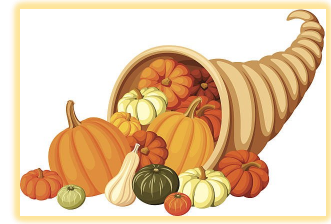




# Idlehurst News

## Administrator's Corner

Volume 5, Issue 2  
October/November 2022  
[www.sau56.org](http://www.sau56.org)



Welcome to fall, friends and family. It is amazing to think we are already 30 days into the school year, and so much has already been accomplished. All students have been assessed in math and literacy so that we are able to meet every student where they are at, during our two "WIN" blocks, each day. Every class has had the opportunity to delve into fall, with wonderful field trips to Butternut farm, Deerfield Fair, and nature hikes on our school grounds. The Universal Team has challenged our students to continue to "be their best" by being safe in the cafeteria, being responsible in the classroom, and being respectful in the hallways. They are earning Bees so that we can fill the board and earn our annual Fall Festival! Every student in the school earned a Bee last Thursday at our community day for being safe, respectful and responsible!

Our staff and administration are committed this year to creating genuine relationships with families and students. Research shows young people develop resilience when they have at least one well-rounded, strong, relationship in their lives. We know they thrive when they experience a broader web of relationships in their homes, schools, programs, and communities. It is our goal to provide a large web for each child as they grow and develop here at Idlehurst. Please feel free to call us anytime with any questions, thoughts, feedback, or concerns.

### FAMILY REMINDERS:

- Please remember to send your children to school dressed appropriately. It is getting chilly so we want to make sure we are prepared for the bus, recess, fire drills, etc.
- Please make sure ALL YOUR FORMS are updated and accurate in PowerSchool. This helps with communication between families and school.
- Please make sure you have registered with MEAL TIME for any student who wishes to charge school meals. If you have received a bill from the school please call 692-2435 and we can discuss this.

## Coming Events

### Inside This Issue

Kindergarten Field Trip	2
Title 1 Reading Intervention	2
Farm to School	3
RTI	3
Notes from the Nurse	4
PTA News	5
Parents Make the Difference	5 & 6

### November

**8th:** Teacher Workshop Day, NO SCHOOL  
**10th:** Fall Picture Retake Day  
**11th:** Veteran's Day, NO SCHOOL  
**23rd-25th:** Thanksgiving Break, NO SCHOOL

### December

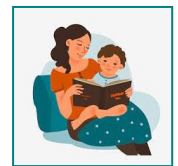
**7th:** Winter Concert at SHS, 6:00-7:30pm  
**13th:** Conferences  
**26th-30th:**



## MRS. BRETON'S KINDERGARTEN CLASS AT BUTTERNUT FARM!



## Title I Tips for Reading Aloud to Your Child



Here are a few things to try this month when reading books to your children:

1. Be sure to sit so that you are both facing the book, this way your child can see the words and the pictures as you read.
2. Talk about unfamiliar words, for example, “The fox is in a stream. A stream is a small river. Have we ever seen a stream?”
3. When reading books with lines that repeat or words that rhyme, have your child join in on these parts. Point to each word as you read them together.

Happy Reading,

Your Title I Team



October marks National Farm to School month, and Maple Wood Elementary School launched their latest '22-23 initiative Farm to School Fridays, to celebrate.

Fourth grade teacher Emily Wilson is adapting lessons from the NH Harvest of the Month calendar (<https://www.nhharvestofthemonth.org/>) all year to share during lunch times, while students sample the featured monthly produce prepared by our talented and kind Cafe Services staff. The lessons include the sustainability of eating locally, some fun food trivia, and drawing connections to curriculum content where relevant. She's made these shareable with other school staff, in hopes our other schools adopt Farm to School Fridays with her ready-to-go lessons.

This month Emily borrowed from the Massachusetts Harvest of the Month calendar, because apples seemed a better gateway food for 8-10 year olds than kale did. One student's reaction to the apples sampled was "this is the apple I've always dreamed about." Our USDA Farm to School grant has empowered us to purchase local produce through 3 River Farmers Alliance, a streamlined farm cooperative helping us eat locally and support the local farming economy.

We'll continue Farm to School Fridays at Maple Wood, and invite our other schools to join the fun of trying fresh, healthy, locally sourced food. And kiddos, don't you worry, kale is coming....



**Gala, Cortland, and Mutsu apples to sample at Maple Wood Elementary School**

**4th Grade teacher Emily Wilson presenting fun facts about apples**

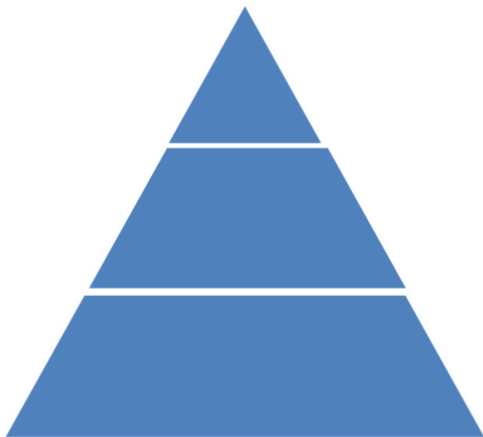


**Maple Wood students crunching into apples picked just days ago**

**Lisa and Kelly on quality-control duty in the café**



To find out what else Somersworth is up to in the sustainability and local foods arena, follow @farmtosomersworthschools on Instagram. Happy fall, and happy Farm to School month.



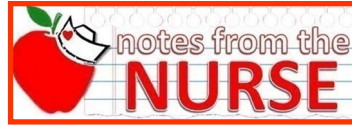
**RTI = Response to Intervention**

- Instruction is customized for all students based on individual data.
- RTI is just as much about how we provide supports to our students as it is about what instruction we provide to our students.
- RTI provides additional supports for students.



**Home to School Connection**





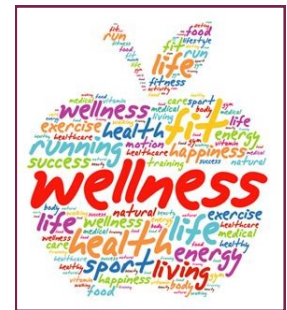
**SASS/COVID-19 Testing is available weekly**

The Somersworth School District is continuing to participate in the NH “Safer at Schools Screening” (SASS program) to offer asymptomatic COVID-19 testing at school for all students and staff. The NH SASS program will allow parents to have their child checked weekly for COVID-19. This program is voluntary, and parents may choose to have their child opt in or out at any time. Contact the School for the form.

**Flu Clinic at Idlehurst Wednesday November 2nd and forms have been sent home. Please call the school if have any questions or concerns.**

**Healthy Ideas to stay well and for learning success:**

1. Sleep at least 8 - 10 hours each night.
2. Eat Breakfast before school or at school. Do you know a healthy breakfast is available at school every day?
3. Healthy Snack: Fruits, vegetables, cheese, crackers, water to drink
4. Good hand hygiene: washing hands with soap and water, after coughing or sneezing. Alcohol-based hand cleaners are effective if you are not near a sink.
5. Good respiratory etiquette - 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. Avoid touching your eyes, nose, or mouth; germs are spread when we touch our face and will make us sick.
6. Wearing a Mask when have symptoms - Masks create a barrier that reduces the spray of a person's spit and respiratory droplets when we have symptoms of the Covid virus. Sneezing, coughing, runny nose are all symptoms of all viruses. Respiratory droplets can travel far when people sneeze or cough or raise their voices. [More information from the CDC can be found here.](#)
7. Exercise - activity is important for our health and our mind.



Please check the <https://idlehurstschool.sau56.org/resources/nurse> Idlehurst Nurse Website throughout the year for healthy information.

This is a great reference. Please call the school when your child is absent.

When Should I Stay Home?

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
Temperature of 100° F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with oozing, drainage or fever	Check with your school district policy	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

I am ready to go back to school when I am...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash or fever and have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
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🗣️ *It's ok to have a runny nose and/or small cough.*

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.

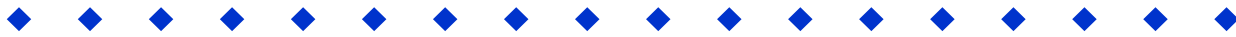
## PTA News

### Important Upcoming Events

- 2nd Annual Trick or Treat Friday October 28th from 5:30-7:00pm at the Idlehurst Track
- Maple Wood book fair 10/17-10/21
- Parent night Wednesday October 19th, 5:30-7:00 pm



- Next PTA meeting Monday November 7th, 6:30 pm at Idlehurst



### Parents Make The Difference

#### Help your elementary schooler discover the joy of reading

Some children seem to have their noses constantly in a book. But others haven't discovered the joy of reading yet. To encourage reading:

- Ask your librarian to recommend high-interest books. There are books that appeal to almost every child. Kids who enjoy adventure may find that they love the Percy Jackson and the Olympians series. Those who like to laugh may enjoy the Diary of a Wimpy Kid series.
- Keep track of how many books your child reads. Paste a sticker on a chart for each book. Or, have your child make a paper chain—one link for each book. Can your child make a chain long enough to stretch around a room?
- Have a fact scavenger hunt. Make a list of questions that require your child to use different reference materials at the library (without going online). What is the batting average of a famous baseball player? What is the average temperature at Disney World?
- Suggest audiobooks. There are wonderful recordings of favorite books—many may be available for free from your public library. Some-times just hearing the words in a book can encourage a child to go back and read it later.

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## *Parents Make The Difference*

November is a great month to teach and learn with your child

Education doesn't just happen at school—it happens everywhere! And November is a month full of learning opportunities:

- Nov. 4—King Tut Day. With your child, check out a book or go online to learn more about the discovery of King Tutankhamen's tomb.
- Nov. 8—Election Day. Talk to your child about rights, responsibilities and why it is important to vote.
- Nov. 11—Veterans Day. Talk about the sacrifices military people have made for our freedom. Ask your child to make a card for a veteran you know.
- Nov. 14-18—American Education Week. Try to visit the school one day this week to show your support for education.
- Nov. 16—International Day of Tolerance. Talk with your child about the importance of being respectful to people whose beliefs differ from yours.
- Nov. 21-27—National Family Week. Spend extra time as a family this week. Play games, cook meals and read together!
- Nov. 24—American Thanksgiving. Have family members make a list of all the people and things they are thankful for.

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