

WALPOLE SCHOOL

J A N U A R Y * 2 0 0 9 * E D I T I O N

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Walpole Habits

1. Be cooperative and respectful.
2. Be prepared.
3. Be on time.
4. Be responsible in work and actions.
5. Reduce, reuse, recycle.

Mission Statement

The mission of the Walpole School is to support the educational development of our students in a safe and respectful environment so they may become responsible contributing citizens

PRINCIPAL NEWS

2009 – 2010 School Budget Process – Please participate in the school budget process. There will be a Budget Hearing on Tuesday, January 13 at 6:30 PM at the high school. On Thursday, February 5, the Deliberative Budget Session of the Fall Mountain Regional School District will be held at the high school at 6:30 PM.

8th Grade News – The eighth grade class will be holding a semi-formal dance on February 13 from 7 – 9:30 PM. Students need to wear nice clothing, no jeans. No need to go out and purchase new clothes. Just come by yourself, look good and have fun!

The eighth grade students will be selling Super Bowl grinders on Sunday, February 1, Super Bowl Sunday. Please call the school to place an order at 756-4728.

Walpole Primary School
756-4241

Walpole Elementary School
756-4728

North Walpole School
445-5450

Academic Best

Congratulations to the following students for achieving their academic best:

- KA** - Destiny Martineau: Popcorn Words
KA - Maeve Perron: Number Figuring
KA - Tyler Swain: Ten Frames
KY - Teresa Parker: Handwriting
KY - Nicholas Peltier: Popcorn Words
1Bro - Meghan Spaulding: Journal Writing
1Bro - Cody Wright: Improvement in Reading
1Bru - Sydnie Rogers: Effort in Reading
1Bru - Gabriel Andrus: Progress in Reading
2B - Hannah McCormick: Fluency with Math Facts
2K - Ethan Peltier: Math Facts Race Track
2N - Carter Smith: Showing Great Teamwork on the Christmas Research Project
2N - William Wilder: Showing Great Teamwork on the Christmas Research Project
3K - Gabrielle Anastasio: Recognizing Complex Patterns in Number Corner
3K - Tucker Wright: Great Effort on Colonial Diarama
3P - Hallie LaFayette: Colonial Presentation
3P - Jordan Wojchick: Colonial Presentation
4K - Liam Pammer: Descriptive Writing
5C - Leah Masten: Social Studies Community Project & Oral Presentation
5R - Acadia Brown: Class Participation
5R - Derek Dougherty: Current Events



ANNOUNCEMENTS



WALPOLE PARENT/TEACHER GROUP UPDATE

Our January meeting has been changed from January 20 to January 27. The meeting time for this special meeting will be 6:30 PM with pizza served and child-care provided. We are hoping to see new faces with new ideas. Please save the night and look for your personal invitation to be sent home in the middle of January. Please RSVP to Deb Clark at 756-4241. (We need to plan accordingly for pizza and childcare.)

We're on the Web!
See us at: www.sau60.org



UPCOMING EVENTS

No School Martin Luther King Day	Monday, January 19
No School Teacher In-service Day	Monday, January 26
Roller Skating	Friday, January 23
WPTG Meeting	Tuesday, January 27
Walpole Site Base Mtg	Wednesday, February 4
Walpole School Semi-Formal Dance	Friday, February 13 7:00 - 9:30 PM

WPTG Dance/Auction

The WPTG will be hosting a dance and silent auction on March 7th at the Walpole Town Hall.

All parents and townspeople are invited to attend. The theme for the dance will be "DANCING THROUGH THE DECADES." We will be soliciting for items for the silent auction. If you have a new item or idea for donating or soliciting, please let us know. Each grade level will be making a themed basket to be raffled off. Each student is asked to bring in an item for their grades basket. If each student were to bring in an item, what nice baskets we will have. The themes for each grade level are:

Kindergarten	Arts & Crafts
Grade 1	Beach
Grade 2	Chocolate
Grade 3	Game Night
Grade 4	Cooking
Grade 5	Sports
Grade 6	Garden
Grade 7	Movie
Grade 8	Spa

BOOK FAIR RESULTS

Thank you all!

The book fair results were amazing! Thank you parents, teachers, students and friends for your GENEROUS support of the Walpole School's literacy programs including the Holiday Scholastic Book Fair!

The Reading Enrichment Fund will continue to be used for reading incentive programs and author and illustrator visits.

I will keep you posted as to how the funds will be spent this year.

Thanks again!

Ms. Wheeler, Book Fair Chairperson

2009 - 2010

Kindergarten Registration

If you have a child who will be 5 years old on or before September 30, 2009, please call Mrs. Deb Clark at 603-756-4241 to register him/her for kindergarten.

SCHOOL NEWS

Grades K & 1 News

We hope everyone had a happy holiday season. The year is almost half over and the teachers are in the process of evaluating students and adjusting curriculum accordingly. First grade is administering math evaluations and a reading test called PALS. Report cards will be coming home in the near future.

Also, please remember to send your child prepared for recess. This means coat, hat, mittens, boots and snow pants. A decision is made on a daily basis just before recess, but your child needs to be prepared in case we do go out. Thank you.

Grades 2, 3 & 4 News

In December, second graders learned how different countries celebrate Christmas around the world. The students are now in the process of creating a PowerPoint presentation that showcases the different customs and traditions.

Third graders have completed their colonial unit. 3K presented what they learned about colonial jobs to second graders in the form of a diorama. 3P presented their information to parents in costume. They even churned butter!

Fourth graders are now learning about fractions and elapsed time. They are also studying the history, geography and economy of the Northeast.

Grade 5 News

Fifth grade students are finishing writing pieces for their Collins folders. We are going to be using the computer lab more this quarter for Tech Ed lessons.

This month we will start the Explorer unit. In math we are working on Geometry.

Grade 6 News

During December, Grade 6 continued working on their first booklet in Connected Math 2 Prime Time. We are expecting to complete the booklet next month. In January, Mr. Nick Zachary, a math consultant, will complete his work with teachers and students. He has been helping us make every student achieve district and state math benchmarks.

Our students have been submitting science project presentations based on the scientific method. We appreciate the support parents have given their children in this challenge.

Coming up next, in conjunction with Mr. Sayre, students will be working on a music essay. Stay tuned.

Grade 7 & 8 News

The seventh and eighth graders have chosen their topics for the Academic Fair to be held in March. Seventh graders had to choose some historical event and eighth graders were able to choose any topic of their interest. They were to read a book on the subject over vacation and have begun to take notes in language arts class. Mr. Perry has already begun working with the students on designing their headers for their presentation board. Students will compose a research paper over the next few weeks and then a week will be devoted to creating their boards, their interactive piece, and practice for their oral presentation. It is a huge undertaking and always worth the effort!

NURSE'S NOTES



Give Kids a Smile Day!

Free Dental Care for Children Sponsored by the American Dental Association

On Friday morning, February 6th, 2009, several local dentists are participating in "Give Kids a Smile."

On this day, dentists in Keene are opening their offices to give FREE DENTAL CARE to all children without regular dental care that are in need of dental services. This is part of a nation-wide effort to improve children's dental health.

The care on this day will be provided free – at no cost to parents/guardians. Please spread the word to all that may have a need. **A parent or legal guardian MUST be with the child receiving care.**

Please call a Participating Dentist for an appointment: (please mention if your child participated in the Cheshire Smiles Program)

Dr. Stephen Hoffman 358-6624

Dr. Blake Wullbrandt 357- 6385

Dr. Matthew Cielinski 352-0708

For questions or more information about this day, Contact:
Cheshire Smiles, School Dental Program 354-5494.

Dr. Jeffrey Dixon, Acting President of the Monadnock Dental Society 352-0255.

This is not a school-sponsored event.

Cheshire Smiles

Cheshire Smiles is a program developed to offer access to dental care to all children in public schools, grades Kindergarten through grade 3 throughout Cheshire County. Cheshire Smiles has offered to come to Walpole Primary School and North Walpole School to screen grades K-3 children free of cost. For more detailed information on the Cheshire Smiles program go to www.cheshire-med.com and type in Cheshire Smiles. **We are taking a survey** - Should Walpole School offer free dental care at school? The program would begin next school year. Please call me at the middle school 756-4728 or email me your opinion: schuda@sau60.org
Thank you, Sheryl



Are You Putting the Right Fuel in Your Child's Tank?

Happy New Year! During this time of resolutions, I thought I would discuss nutrition and improving the "fuel" we feed our children. I plan to meet with ALL the Middle School athletes to talk about how, when, and what to eat as well as the importance of proper hydration based on the recommendations of sports nutritionist, Carrie Peterson.

Breakfast: Athletes should make sure they eat breakfast every day. A good meal in the morning before going off to school will give you sustained fuel for the day. If you don't eat, you won't be able to perform or recover as well.

Lunch: It is SO important to eat something a few hours prior to a game or practice. Eat something about 3 hours prior to a game. Two-thirds of your plate should be carbohydrates (rice, cereal, bread, pasta, fruits & veggies) and one-third should be high in protein. **Don't** eat foods high in fat content (pizza, candy bars, and cookies) because they won't leave your system or provide the needed energy.

During the Game: Drink during your game or practice. Water is the best choice. If your practice is more than an hour of intense exercise, consider a sports drink **in addition to** drinking water. Drink water as often as possible. Once the game begins, cramping and fatigue can easily set in if players don't drink something. If your fluid levels are down, you can lose up to 10 to 20 percent of your ability to perform. That is very drastic! **Don't:** drink energy drinks. The "jolt" may make you feel on top of your game, but it is temporary and will be followed by a crash.

Post-Game Meal: Eat something after the game because your body needs to start putting away energy for tomorrow's practice or game. Concentrate on carbs along with a little protein and a little fat. Don't forget to eat right and to eat a balanced meal.

GUIDANCE NEWS



A New-Year's Resolution Worth Considering

Seventh and eighth grades are considered by many educators to be the most difficult years for students. There are many reasons for this. The students themselves are beginning to move out of childhood. They are lost in a sort of developmental purgatory/not child/not adult. It's a confusing time. Kids are suddenly driven to free themselves from parental controls and other forms of adult authority. They yearn to define themselves as strong, adventurous and independent people and are tired of being treated like kids. They still have the same needs as before.

They **DO** need you. They need you to stop what you're doing and check-in, listen (without judging or lecturing) hug them and tell them you love them (just, not in front of their friends). They still need you to be aware of what's going on at school. We often notice that many of our seventh and eighth grade students appear to be out there on their own, balancing and coordinating five core subjects; social studies, language arts, science, math and reading, as well as art, physical education, unified arts, music and possibly chorus, band and a sport. They **DO** need you. They need you to know what they are studying and to be interested enough to look over their work and be available to help if they ask. They need to talk about the middle school social dramas playing out in their daily lives. Don't let your 12, 13 or 14 year old fool you. They need you now more than ever. If you **TRY REALLY HARD NOT TO GIVE ADVICE**, they will probably keep right on talking to you. That's the New Year's resolution worth considering.



Thanks for listening,

Mr. Stan

WALPOLE COMMUNITY

Join us for
Conversations with our State Legislators
at the Vilas School Gym in Alstead

TUESDAY, JANUARY 13, 2009
7:00 PM

Take this opportunity to discuss topics of interest or concern with your state legislators.

SPONSORED BY THE WALPOLE SCHOOL SITE BASED COMMITTEE
AND THE TOWN OF ALSTEAD SELECTMEN.



WELCOME TO FAMILY MATH NIGHT

On Wednesday, January 21, 2008, between 6:00 – 7:00 PM. The Walpole School will be hosting a Family Math Night for Pre-K to Grade 5 at the North Walpole School.

6:00	Arrival and Registration Door prize tickets and Math Night packet
6:00 – 6:30	Math Session 1
6:30 – 7:00	Math Session 2
7:00 – 7:15	Door Prizes in gymnasium

Families are encouraged to select two math activities. One selection should be their child's grade level and the other a grade of your choice.

Each grade level will offer the same activity twice, therefore your family can attend another session.

Following Math Session 2, all participants are welcome to refreshments in the gymnasium and the announcement of door prizes.

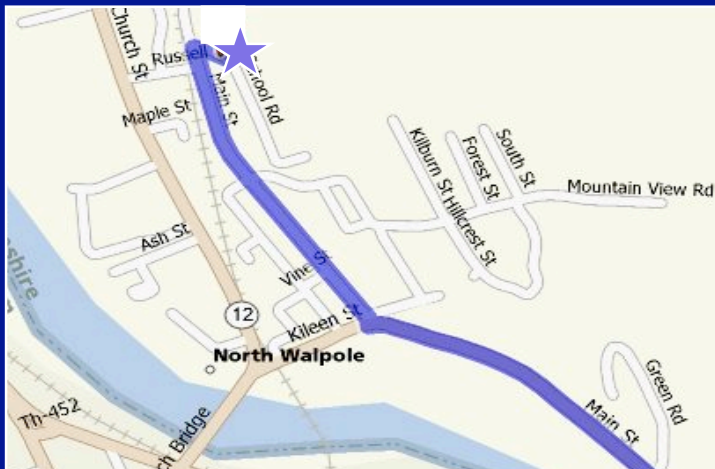
Room Assignments

Grade	Room
Pre-K	Gymnasium
K	Room 4
1	Room 3
2	Room 2
3	Room 7
4	Room 6
5	Library

Join Us For a Fun Evening

Let's Celebrate MATH!

Directions to the North Walpole School



- From Walpole, head NORTH onto NH-12
- Turn RIGHT onto MAIN ST in North Walpole.
- Turn RIGHT onto SCHOOL RD/CRAY RD.
- Drive up the windy road to the parking lot of the North Walpole School.