

Antrim Elementary Eagles December 1, 2017

Greetings AES Families,

Did you know that the Conval School District is hiring short term substitute teachers? If you are looking for a job, have a high school degree, and are 21 years old or older, I encourage you to go to the district website and apply for the job as we are in high need.

<https://www.applitrack.com/cvsd/onlineapp/default.aspx>

Still on the fence? Here are the top 5 reasons to apply today.

- 1- Every day is an adventure! When you get a call, you never know where you'll end up or what you'll be doing.
- 2- It's flexible! You can pick and choose when and where you work.
- 3- No matter what you teach, you will always learn something new yourself.
- 4- You have the opportunity to change the lives of young children for the better.
- 5- No one goes into education to get rich, but you will get paid because it is a respected and important job.

At AES and Pierce, we refer to our substitutes as "Guest Teachers". It is a perfect job for stay-at home parents, retirees, and recent college grads. We welcome new guest teachers to become a part of our team. If you are interested and would like more information, please feel free to contact me or the office administrative assistants.

Action packed December

December is always an action-packed month at school filled with fun educational activities. I wanted to alert you to an international event happening during the week of December 4th. It's called HOUR OF CODE, and it is meant to interest students in computer science. Popular coding tutorials and exercises can be found at the website code.org. I encourage you to take a look during December, and you might find some fun and educational snow day activities online. Speaking of snow, please remember to dress students appropriately for the weather, outdoor recess, and field trips. I have a funny feeling that the next four weeks are going to fly by. Enjoy your month ahead!

Stephanie Syre-Hager

Notes from the office

Winter is here almost here!! With that comes the cold and snowy weather. Please remember to send in hats, gloves, and warm coats with your child(ren) for recess time. An extra set of dry clothes is also a great idea this time of the year for those unforeseeable accidents.

Winter also brings in the cold and flu season. If your child will be out of school for any reason, please let the office know. You can do so by either calling the main office at 603-588-6371 or entering it into Pickup Patrol. We greatly appreciated your assistance with this.



Kindergarten

November was a busy month in Miss Lescarbeau's room. In Social Studies we began our Flat Stanley project which we are very excited about. We are eagerly awaiting our first journal entry! We talked about thankfulness this month and began our Thankfulness Tree! Each month we will decorate our tree with a seasonal decoration with different things we are thankful for. In December we will be focusing on holidays around the world! We will learn about celebrations that take place around the Winter Solstice. Some of the holidays we will be studying will include: Christmas, Hanukkah, Kwanzaa, Los Posadas, St. Nicholas Day, and St. Lucia Day!

Mr. Stultz's Kindergarten class will be learning our new set of sight words. The new words added this quarter are have, is, we, like, my, he, for. In math we are really starting to understand the concept of adding 2 numbers. In reading, we are learning why we read and reading for understanding is important. We question, inference, predict, visualize, and connect. Not only do all good readers do those things, but we do those things throughout the day no matter what we are doing.

Mr. Stultz's class will be continuing their Spanish lessons with Senora Pacheco at GBS. We have learned the days of the week, body parts, and animal names. We are also beginning an exciting social thinking curriculum called "Superflex". Superflex is a fun way to learn social thinking flexibility.

FIRST GRADE

In the month of November Mrs. Zawacki's first grade class worked on learning about the "olden" days and in particular about Pilgrims and Native Americans. Besides reading lots of books about the Pilgrims and Native American we spent two days learning through "hands on" activities. One day we pretended to be Pilgrims. We made candles the old-fashioned way by dipping a string into wax. We wrote with quills and ink. We made "pokets" or purses that we wore. Finally we tried playing with Pilgrim toys. The Hoop and Stick and the Ball and Cup were especially hard to do!

Then the next day we were Native Americans. We made a pot out of clay. We tried to carve an arrowhead out of soap---too hard! We flew "straw" arrows with and without tails to understand how important tails are to arrows/flying. We also wove a placemat and decorated a paper "deer hide" with Native American symbols! It was a fun and educational two days!

Mrs. Donovan's first grade class started learning about the Moon by asking, "How do we know when the day is ending?" We thought about what we see in the sky as it changes from day to night. We learned about why the moon "shines" and why it looks like it's changing shape over time. We read non-fiction books, watched science videos, and did an experiment to help ourselves understand.

Mrs. Donovan showed us some pictures of a Flat Stanley that she took to the Smithsonian Air and Space Museum in Washington, D.C. We saw Flat Stanley posing with pictures of the moon taken by astronauts and scientists!

We read some picture books about the moon as well. One was a poem called The Moon's Almost Here. Afterward, we wrote our own version. Each person chose a different animal, and wrote sentences following the pattern in the text. Another creative project was making a Moon Phases book with Jeannie Connolly from the Arts Enrichment program. They look great!



(MOON PHASE PROJECT IN MRS. DONOVAN'S CLASS)

SECOND GRADE

We are super excited in second grade to begin a Christmas Around the World unit as part of our social studies curriculum. We will pack our bags and travel to many different countries to explore their traditions including food

SECOND GRADE (CONT.)

and decorations! We will kick off this unit by making three different Christmas crafts from three different cultures with Jeannie Connolly next week. At the end of this unit, we will we will host a Christmas Around the World celebration! Stop in for a fun filled time!

THIRD GRADE

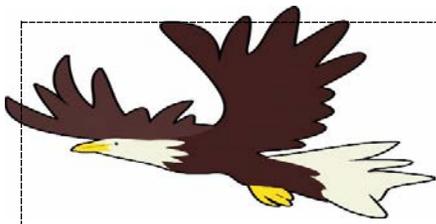
Third graders have continued their bird study by looking at beak characteristics. The Harris Center brought us six different bird mounts to observe up close. Once we knew which beak types were common in our area we conducted an experiment to see which beak was best for eating different food types. We soon realized that as the weather changes some birds can not stay here because their beaks don't allow them to eat seeds, nuts, or dig into wood for bugs. Finally, we have begun the construction of a bird feeding station outside of our windows so we can observe the birds that stay for the winter. We will be recording the birds we see and their behaviors each day. This data will be sent to scientists at the Cornell Lab of Ornithology in New York.

FOURTH GRADE



(TEAM BUILDING IN MR. MACLEOD'S CLASS)

In fourth grade, we have been working on our New Hampshire state symbols. We will be creating a book with the Arts Integration Program using the information we have gathered. In math we have moved on from place value to metric measures. In science, we continue to study light energy. We are reading fiction of one kind or another. The spelling lessons will be focused more on the syllable types from now on. Our writing is coming along. We have written personal narrative stories and will continue to do more of that. We created wreaths with our eagle groups based on Christmas stories. Check them out at the Antrim Town Library.



HEALTH & PHYSICAL EDUCATION

Wow! The month of November has flown by. In physical education all students continued to learn and review the basic manipulative skills of throwing, catching, kicking, and hand dribbling in preparation for applying those skills in game situations. Kindergarten, first and second students also worked hard on mastering their rope jumping skills. They seemed to be really excited about their progress.



Some of our students went back into the Health classroom where our focus was on keeping our bodies clean and germ free.

As we head into the holiday season, remember to put time aside to have fun and be active!

LIBRARY LEARNING COMMONS

Students in all grade levels have been enjoying reading all types of books for pleasure as well as information. The fourth grade has earnestly used a new research process in order to present a topical presentation of "Zoo Animals". The third graders have been investigating the Concept of Fact vs. Opinion, whereby many sources need to be researched in order to provide factual presentations.

The first and second graders during library times have truly enjoyed seasonal "November" literature whereby knowledge of our seasons can be enjoyed by all.

Our kindergarten classes have become thoroughly acquainted with our learning commons setting and have learn how to take care of books!

In December we are all looking forward to the annual AES Book Fair which truly encourages learning through literature!

TITLE I

The Storyteller

Kathie Morrocco, Pierce School Reading Specialist/Title I Project Manager

The Benefits of Reading Aloud

Here it comes...."Brrrrrrrrrrrrrrrrrrrr"! The chilly weather is here, reminding us that curling up with a good book is a really good idea! Additionally, it holds excellent benefits for our children and promotes warm and wonderful family time!

The benefits of reading aloud cannot be denied. The following link from Scholastic makes note that listening to stories read aloud is a very enjoyable adventure that can be shared and discussed with your children to motivate them to read more!

<http://www.scholastic.com/parents/resources/article/developing-reading-skills/literacy-benefits-listening>. Audio books and read-a-louds promote reading fluency, enrich vocabulary and engage your child's multi-sensory experiences. How great is that?!

Listed below are some amazing reading websites that I would like to share with you. Please enjoy these with your children on the days or evenings that are chilly or cold as you snuggle into a good book together! Have fun -Kathie Morrocco

<https://www.storyjumper.com/book/search> (Books to read loud)

<http://en.childrenslibrary.org/> (International Children's Digital Library)

<http://etc.usf.edu/lit2go/> (Online Collection of stories and poems for audio)



Schoolwide Title I Make and Take Games Event

Does your family like to play games? Would you like to help your child extend their learning at home? Well, you're in luck! Mrs. Bastarache and Mrs. Wilmot will be hosting a school wide make and take games event on Monday, December 18th from 5-6pm. Families will be provided with materials for making the games. Most game choices will be easily customized to meet your child's individual needs. Games will range in a variety from early to mid reading skills. We will also have some math games available. Sign-up sheets will go home in your child's Friday folder this week. Sign ups need to be received by December 8th so that we can order all our supplies. Childcare will be provided for the first 10 children to sign up. Hope to see you there!



RECENT CLASSROOM COUNSELING LESSONS AT AES

Robin Gregg, School Counselor

All students at AES, Kindergarten through Fourth Grade, experience regular “classroom counseling” lessons with the school counselor. The lessons generally occur every other week in each class. First Friends students also get to know the school counselor. Ms Gregg regularly visits both First Friends classrooms and occasionally has snack time in the counseling room with a small group of First Friends students or teaches a classroom lesson to the preschoolers.

KINDERGARTEN

In addition to stretching/yoga and “silent seconds,” classroom counseling lessons have focused on skills for learning, such as paying attention, focusing (using an “attentoscope”) and being assertive (asking for what you want or need in a respectful, brave way.) The children also enjoy visits from Impulsive Puppy and Slow Down Snail. They sometimes need to remind Impulsive Puppy about classroom rules!

(RECENT CLASSROOM COUNSELING LESSONS CONT.)

FIRST AND SECOND GRADES

Recent classroom counseling lessons have focused on focusing, listening, paying attention and following directions. First grade students participated in a “directions challenge” in which they needed to follow multiple directions after hearing them and being shown the expected actions only one time. They learned about assertiveness, practicing polite interruptions and asking for help. The book, *The Lion Inside*, by Rachel Bright reinforced the idea that all of us “have a mouse and a lion inside.”

Second grade students participated in some focused listening activities, learned the “Doodle Dance,” and practiced assertiveness skills. They also learned “four square breathing” and often ended the lesson with “silent seconds,” a chance to be quiet and restful, focusing on their breathing.

THIRD GRADE

Classroom counseling lessons in the third grade classes have focused on active listening, avoiding “knee-jerk reactions,” remembering that there are always at least two possible explanations for someone’s behavior, and self-regulation. Most recently, the students created their own “mind-control” remote controls.

FOURTH GRADE

Fourth grade students have been learning about some brain components (prefrontal cortex, hippocampus, and amygdala.) Classroom counseling lessons also have focused on mindfulness practices, such as mindful listening and mindfulness of touch. The lessons generally include some “mindful movement”/yoga and also a time for “silent seconds.”

Future classroom counseling lessons will focus on emotional literacy, empathy, dealing with strong feelings, and problem-solving, among other topics.

NOTES FROM THE NURSE’S OFFICE

Greetings from the Health Office,

Please see the district’s new procedure for head lice and the updated brochure attached here. Please feel free to contact me with any questions.

Mrs. Mellon RN

LICE FACTS

Head lice cause unnecessary absence from school and work, millions of dollars misspent on remedies, and unnecessary treatment of misdiagnosed infestations.

Studies demonstrate that screening for head lice in schools does not decrease the incidence of head lice. Results of studies suggest that education of parents in identifying and managing head lice is more effective and that class wide or school wide screening should be discouraged.

The National Association of School Nurses, the American Academy of Pediatrics, and the Centers for Disease Control and Prevention, have all recommended that students with nits and/or head lice infestation not be excluded from school.

For more information:

www.nasn.org
www.cdc.gov
www.aap.org
<https://iidentify.us.com>
www.dhhs.nh.gov

Disclaimer:

The ConVal School District **does not** endorse or recommend any product, process or services. It is not the intent of the ConVal School District to provide specific medical advice but rather provide users with information to better understand the treatment of head lice. Specific medical advice cannot be provided and the ConVal School District urges you to consult with a qualified healthcare provider for diagnosis and treatment advice.

The ConVal School District is not responsible for the availability or content of the external web site links nor does the ConVal School District endorse, warrant or guarantee the products, services, or information described or offered at these internet sites.

Prepared by the ConVal School District school nurses.

Updated October 26, 2017

GUIDELINES ON HEAD LICE

CONVAL SCHOOL DISTRICT



FAQ'S

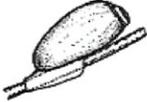
Q. What are head lice?

A. Head lice are insects about the size of sesame seeds, about 1/8th inch long, that only live on human heads. Their color can vary from gray to dark brown. Their food source is human blood. The presence of head lice is not due to lack of hygiene or cleanliness of the home. Head lice actually prefer clean long hair.



Q. What are nits?

A. A nit is a teardrop shaped egg that is cemented to one side of the hair shaft about 1/4 inch from the scalp. A female louse can lay 6 – 8 nits a day. Nits hatch in 12 days into a nymph. The nymphs immediately begin feeding on the human head and become adult lice in 9 – 12 days.



Q. How long do lice live?

A. Adult lice live up to 30 days. Head lice usually survive for less than one day away from the scalp. Their eggs cannot hatch at a temperature lower than that near the scalp.

Q. How do I get head lice?

A. Head lice are wingless. They cannot hop, jump or fly. Head lice cling to hair and are mostly transmitted by direct head to head contact. Transmission by shared combs, brushes, hats, and helmets is possible, but not likely.

Q. How do I know if my child has head lice?

A. The best way is to find a live louse on the head. This can be difficult as they move extremely fast. The nits may be easier to spot at the nape of the neck, behind the ears, and on the crown of the head. Scratching may be noticed. However, the first time a person is infested, scratching may not be evident.

FAQ'S

Q. How do I treat a head lice/nit infestation?

A. The ConVal school district does not endorse any particular treatment. Please consult your Primary Care Provider (PCP) for treatment advice. Some proper treatment options include:

- Pediculocides/ovicides – shampoos with pesticides are available over the counter and/or by prescription. **Be sure to read and follow all package instructions.**
- Suffocation – this includes suffocating the lice with mayonnaise or olive oil.
- Electronic devices – there are electronic combs available that detect and remove lice.
- Other agents, such as natural remedies, are available.

Check with your pharmacist or PCP to determine which method is best and safe for your family.

NEVER use any flammable substance such as kerosene or gasoline. Hair coloring, such as bleach or dye, is not an effective treatment.

Q. Should I treat all family members?

A. All family members should be carefully inspected for head lice and treated only if head lice are found.

Q. Who should be notified?

A. The parent/guardian should notify any close contacts such as playmates or friends who have slept over as transmission occurs by head to head contact. The school will send home notices if a student has been identified as having live lice.

Q. Can my pets get head lice?

No, head lice only live on human heads.

*Your school nurse is available for consultation.
Please feel free to call with any questions or concerns.*

FAQ'S

Q. Do I need to get rid of the nits?

A. Yes. Every successful lice removal program must include manual nit picking. Lice combs work well, as do fingernails. Getting rid of head lice requires time and patience. Every strand of hair should be examined. Comb all family members daily for 3 weeks.

Q. How do I treat my house?

A. The most important place to start is with the student and removal of lice/nits. Wash all recently worn clothing including outerwear. Wash all bed linen, pajamas, and towels. Wash/vacuum stuffed animals or store items that are not washable in a sealed plastic bag for 7 days. Drying items at temperatures greater than 130 degrees will kill stray lice or nits. Vacuum furniture, carpeting, and car where the student has been in contact in the past 24-48 hours.

Q. Should I spray my house with insect spray?

A. No, it is not recommended as exposure to humans cannot be controlled and nits are unlikely to incubate and hatch at room temperature. Note that head lice do not survive off the human head for more than a day or two and viable nits die within a week.

Q. Can my child get sick from head lice?

A. Head lice are a nuisance, however they are not known to spread any disease agents. The greatest danger is a secondary infection from scratching the head.

Q. Will a child with lice be sent home immediately?

A. Not necessarily. If a child has live lice, the possibility of transmission to others has been present for at least a month. Sending children home deprives them of valuable educational time. Using her/his professional judgement, the school nurse will determine if the student needs to go home.

Q. Will my child's class be checked?

A. No. Screening for nits is not an accurate way of predicting if children are or will be, infested. Screening for live lice has not been proven to have a significant effect on the incidence of head lice in school.

JLCC-R Head Lice Checklist for the Home

Treatment is focused first on the student, and then the environment

A. Treatment of hair as directed by your Primary Care Provider (PCP) – if using an over-the-counter product, repeat per label instructions

- Daily head check – under good lighting
- Use appropriate comb
- Manually remove nits
- Remove live lice – scotch tape may make this easier
- If live lice are noted after treatment, please call your PCP – your PCP may order a different medication

B. Continue daily head checks – for 3 weeks

- Check family heads daily for 3 weeks
- Bag linen, stuffed animals and other non-washable items for 48 hours
- Wash linens, towels, clothing worn during treatments and nit/lice removal – using hot water to wash and the hot cycle on the dryer for at least 20 minutes
- Vacuum floors, furniture and cars – only after initial treatment
- Soak combs and brushes for at least an hour in rubbing alcohol, Lysol, or washed with soap and very hot water

C. The family may consider checking incoming visitors to the home

October 26, 2017

< JLCC - Head Lice Policy

JLCD - Medication Policy (<http://schoolboard.convalsd.net/district-policies/j-students/jlcd-medication-policy/>)