

FALCON NEWSLETTER

**JOHN FULLER ELEMENTARY SCHOOL
51 PINE STREET, NORTH CONWAY, NH**

Hello to all of our parents.



It has been a great opening and I am pleased with our students and staff. Our school goals for the year continue to focus on literacy, math, and positive behaviors. These all contribute to the district goals to diminish the dropout rate and close the achievement gap between groups of children. We are currently in a round of grade level meetings to review class profiles and position resources where they can have the greatest impact. Although we have our share of struggling learners, it is also clear that we have a large contingent of upper level students and our focus includes engaging them at a challenging level.

Open House was an enjoyable evening and I thank the many of you who attended. The level of parental involvement continues to

be a strength for us. This year has the makings of an outstanding experience. I hope you were able to attend the first PTA "Coffee Talk" on Friday morning.

With October now upon us please help keep the good attendance going. There is a planned early release day on Friday, October 4th so we can coordinate professional development needs in the building. This is a good time for parents to plan on the Fryeburg Fair as it doesn't affect attendance. Students will be dismissed at 12:30. Also note, the following Monday is Columbus Day (October 10) so schools are closed.

NECAP testing for grades 3-6 begins on Tuesday, October 11 so please have students in attendance on time.

**Mark Zangari
Principal**

Phone 603-356-5381

E-mail: m_zangar@sau9.org

Important Dates

Mark your Calendars

- **12th Annual Gourmet Cookie Dough Sales. October 3rd-14th**
- **PTA Elections: Wed. Oct 5th, 6:30**
- **Early Release Fri. Oct . 7th @ 12:30**
- **Columbus Day, No School Oct. 10th**
- **Title 1 Parent Info Meeting in the library- Oct 13th 6:00-6:45**

CHECK OUT OUR WEBSITE!

[HTTP://WWW.SAU9.ORG/SCHOOLS/JFES/INDEX.HTM](http://www.sau9.org/schools/jfes/index.htm)

Notes From the Nurse

WE ARE OFF TO A GREAT START!

JUST A FEW REMINDERS:

PLEASE SEND IN ANY UPDATED HEALTH INFO YOU MAY HAVE FOR YOUR CHILD, INCLUDING PHYSICAL

EXAMS AND IMMUNIZATIONS.

REMEMBER TO DRESS YOUR CHILD APPROPRIATELY FOR OUTSIDE PLAY AND TO APPLY SUNSCREEN AS NEEDED.



John Fuller student are:

**RESPECTFUL
RESPONSIBLE
SAFE**

Happenings At The Library

Though we are only completing the fourth week of school, John Fuller students are already participating in various library activities. The **JFS Chess Club** started this year with over 20 second graders playing during their Monday recess. Half of the students already knew how to play. We paired them up and are very excited to report that the new students are fast learners. Mr. McCarthy and I are impressed with their patience and good sportsmanship. After four weeks, we will start another session, this time with 3rd and 4th graders.

Read-Aloud Lunch, a perennial favorite, has met only once so far. Thirty third graders bring their lunches into the library on Thursdays where they sit and eat while I read to them a couple of chapters in the hilarious

book, "My Mom the Pirate" by Jackie French. The mom in this story never went to school so she doesn't understand why her son wants to play football. "If you don't play it with one foot, shouldn't it be called feetball?" Chuckles and groans could be heard throughout the library. Once we complete this short novel, we will start another session and another book, this time with 4th graders.

Multicultural Club, a monthly presentation by a community member, introduces our students to the diverse cultures present in the valley. Open to 4th, 5th and 6th graders, the Club, co-hosted with Karen Gibson (ESOL teacher), will start mid-October with Mr. Ozkan presenting a slide show on his home country Turkey. He is also the father of Eray, one of

our second graders. Other cultures we will explore include India and China as well as the winter holidays of Kwanza and Chanukah. If you would like to present on your culture, please stop by the library to arrange for a date that will work for you and the library.



The JFS library continues to be more than just books but a place for your children to learn, play and explore.



Greetings from the Music

The music website is up and running, including pages for chorus, classroom music, and lots of extra goodies-- like games! I'll be updating it as the year progresses so you can check up on what your child is up to. So far, I'm very pleased with the level of music these students are capable of producing, and it only gets better from here!

Mark your calendars! Holiday concerts will be:
 December 6, Tuesday-- Grades 4-6, band, and chorus
 December 13, Tuesday-- Grades K-3

Music class website: <http://johnfullermusic.wikispaces.com/>
 ~ Miss Handspicker

News From your School Store

School Store will be opening Tuesday October 4th all lunches.

The results of Tee shirt contest will be announced Friday October 7th.

The 2010 / 2011 tee shirts are still on sale for \$6.

Get them while they last!!

Support the store that gives back to your school



AUDITIONS

Open auditions for **A Christmas Carol** will take place on Sunday, October 2nd from 4 to 6 PM and on Monday, October 3rd, from 6 to 8 PM at The Bartlett Church in Bartlett. These auditions are open to all students of SAU 9 from first

through eighth grades. **NO EXPERIENCE NECESSARY!** All parts will be played by kids, except Scrooge; played by Michael Murphy! Bob Cratchit, The Ghost of Christmas Present, Fezziwig; all of your favorite characters will be played

by kids! Students and adults are also needed for back-stage help. The play will be performed at the Eastern Slope Theater in December. For more information, please call Roger Clemons at 374-2228.

Falcon Farmers Garden Club- a great place to grow!

The garden at John Fuller Elementary was started by the school nurse a few years ago in order to promote health and nutrition. Lara Preece, a kindergarten teacher at the school, has since taken over. After receiving a \$10,000 Love Your Veggies grant from Hidden Valley Ranch, the school was able to purchase materials for raised beds, a composting worm bin and other garden supplies. Classrooms also have odor-free compost buckets to collect apple cores and other fruit or vegetable scraps which are then emptied into the compost bin near the garden. Other grant monies were used to have instructors from Tin Mountain Conservation Center come in

to teach each grade science lessons on composting.

Falcon Farmers is a student submitted name for the garden club, the caretakers of the garden, which was voted on by the student body. The garden club, led by Lara, meets after school on Mondays as part of the after school program, Project Succeed. Teachers also use the garden in various ways for example after reading the book "Stone Soup", the students pick vegetables and reenact the story in their classroom. The cafeteria also benefits from the garden as harvested vegetables are added to soups and salads for lunch. Signs in the cafeteria let students know when they are getting their own garden

produce. The garden is planted with items that can be harvested in September and October like carrots, potatoes, tomatoes, pumpkins and onions. The kids especially like digging around for potatoes and pulling up carrots. Continued donations and fund raising help maintain the garden.



www.nhfarmtoschool.org



NH Farm to School Case Studies

John Fuller Elementary School Garden
North Conway, NH

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NH Farm to School (NHFTS) is a statewide program working to connect NH farms and schools. Farm to school connections enable schools to serve healthy, locally grown foods in their cafeterias, integrate farms, food, and nutrition into their curriculum, and explore food and agriculture-based learning opportunities. NHFTS is a program of the University of New Hampshire's Sustainability Academy, and is grateful for the generous support of Share Our Strength and the New Hampshire Charitable Foundation.



JOHN FULLER SCHOOL

OCTOBER 2011

LUNCH MENU

Sunday

Monday

Tuesday

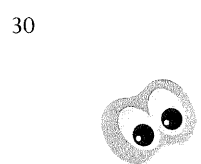
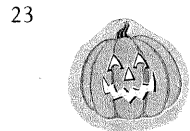
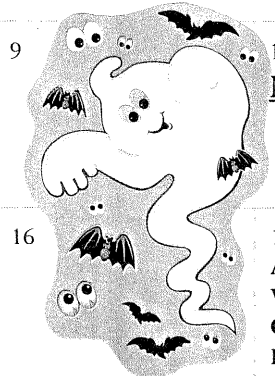
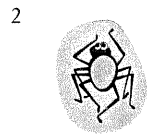
Wednesday

Thursday

Friday

Saturday

IN ACCORDANCE WITH THE FEDERAL AND US DEPT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY. TO FILE A COMPLAINT OF DISCRIMINATION WRITE USDA, OFFICE OF CIVIL RIGHTS, ROOM 336, WHITTEN BUILDING, 14TH & INDEPENDENCE AVE. S.W. WASHINGTON, D.C. 20250-9410



3 CHICKEN DIVAN
W/BROCCOLI
FRUIT

10 NO SCHOOL~

17 VEGGIE
ALFREDO
W/WHEAT PASTA
GARLIC TOAST
FRUIT

24 CHICKEN
CACCIATORE
WHEAT ROTINI
MIXED VEGGIES
FRUIT

31 TOMATO SOUP
GRILLED CHEESE
ON WHEAT BREAD
CHIPS, PICKLES
FRUIT

4 MINESTRONE
SOUP
TUNA MELT
FRUIT

11 CHICKEN
PARMESAN
W/WHEAT ROTINI
GREEN BEANS
FRUIT

18 SLOPPY JOES
W/WHEAT ROLL
OVEN FRIES
GLAZED CARROTS
FRUIT

25 MEATBALL SUB
VEGGIE STICKS
FRUIT

ALTERNATES ARE:
MON: PB&JELLY
TUES: GRINDER
WED: GR CHEESE
THURS: HOT DOG
FRIDAY: PIZZA

5 HAM STEAK
W/PINEAPPLE
SWEET POTATO
CASSEROLE
CORN/FRUIT

12 VEGETARIAN
TACO BOAT
RICE PILAF
FRUIT

19 CHICKEN&CHEESE
BURRITO
WHITE RICE
FRUIT

26 MACARONI &
CHEESE
W/FISHSTICKS
PEAS&CARROTS
FRUIT



6 SPAGHETTI W/
MEATLESS SAUCE
TOSSED SALAD
FRUIT

13 HAM&CHEESE
QUICHE
BLUEBERRY
MUFFINS
FRUIT

20 HAM&CHEESE
QUICHE
BLUEBERRY
MUFFIN
FRUIT

27 TURKEY TACOS
BROWN RICE
FRUIT

7 EARLY RELEASE
BUILD A BURGER
W/WHEAT ROLL
ASSORTED VEGGIE
FRUIT

14 PIZZA
W/ASSORTED
TOPPINGS
TOSSED SALAD
FRUIT

21 BAKED POTATO
BAR W/VEGGIE
CHILI
BROCCOLI
FRUIT

28 PIZZA W/
ASSORTED
TOPPINGS
CAESAR SALAD
FRUIT

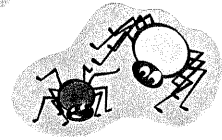
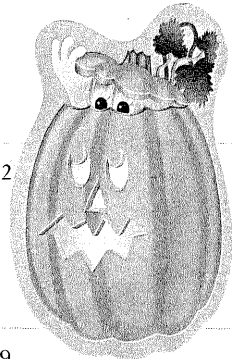
ASSORTED
MILK & JUICES
OFFERED DAILY
W/EACH MEAL

8

15

22

29



John Fuller PTA News

Volume 1 Issue 2
September 28, 2011



Thank you for supporting the 2011 Fall Scholastic Book Fair!

About \$3000.00 worth of books and book related accessories were purchased by John Fuller students and their families during the 2 day fair. Thank you to all the volunteers who helped pull together this annual event. See you in the Spring when Scholastic returns with our Buy One Get One Book Fair, a great opportunity to stock up on summer reading materials.

Last call for ads to be placed in the 2011 John Fuller Student Directory

The 2011 John Fuller Student Directory is approaching a final proof, if you would like to place your business card in the directory please drop off card and payment to the John Fuller office by Friday, September 30th. Thank you to the generous families and business owners who have already secured their ads, your support helps place a directory in each student's hands free of charge.



Please join us for Coffee Talk on Friday, September 30th 8:45-9:45am

Settle your students into their classrooms and then join us in the cafeteria for our first parent social of the new school year. A light breakfast munchie will be provided, bring a coffee mug and enjoy your morning beverage compliments of Frontside Grind. While enjoying the company of other John Fuller family members we will be clipping and bundling Box Tops and assembling Cookie Dough packets for distribution to students for the upcoming weekend. Look forward to Coffee Talk held on the last Friday of each month.

Box Top Collection Days: Friday, September 30th & Friday, October 14th

Checks are cut to participating schools twice a year, our first collection deadline is quickly approaching. Grab your scissors and check your groceries for Box Tops, each coupon earns John Fuller \$.10 it adds up quickly! Grab a collection sheet from the John Fuller PTA bulletin board, download one from www.boxtops4education.com or place them in a bag and drop in our collection envelope. Our goal this year is to raise \$500.00 for the PTA through Box Tops for Education.



Gourmet Cookie Dough Sales September 30th-October 14th

We ask each John Fuller Family to support our 13th annual gourmet cookie dough fundraiser. Whether you sell 2 tubs or 35 your support is greatly appreciated. Please look for complete sales packets to come home in student back packs on Friday.

John Fuller PTA Meeting Wednesday, October 5th 6:30pm new date!!

Please join us in our first meeting of 2011/2012. We plan to elect officers, if you are interested please contact Kelley Murphy at murphychaos@ncia.net by Tuesday, October 4th to be placed on the ballot. Must have paid \$5.00 2011 dues to be placed on ballot and/or vote in election, dues may be paid on election night.



Home & School CONNECTION[®]

Working Together for School Success

John H Fuller Elementary School
Ms. Alison Memoli, Guidance Counselor

SHORT NOTES



Picture this

Good readers form mental pictures as they read. To improve your child's comprehension, read a book without letting him see it. Then, ask him to guess what the illustrations look like. *Examples:* How are the characters dressed? Is the setting bright or gloomy?

Raising good sports

You can teach your youngster to be a good sport by being one yourself. When you attend a game, clap and cheer for players who try hard, even if they're on the other team. You'll help your youngster learn to be gracious to everyone in the game.

Line them up

Sometimes kids get math problems wrong simply because they haven't lined up the numbers correctly. Try this. Have your child work problems on graph paper, using one box per number. Once she gets used to this system, she'll be able to transfer her lining-up skills to regular paper.

Worth quoting

"Life doesn't require that we be the best, only that we try our best."

H. Jackson Brown Jr.

JUST FOR FUN

Teacher: Name one important thing we have today that we didn't have 10 years ago.

Brian: Me!



Study smarts

Sarah, a fourth-grader, takes a history test at the end of each month. Evan, a first-grader, has a spelling quiz every Friday. Studying is a skill these youngsters will need throughout their years of school. Help your child study effectively with these tips.

Start a habit. Encourage your youngster to treat studying as a daily assignment, not just something she does the evening before a test. For example, she might study 15 minutes every night for a spelling test on Friday. After she finishes her regular homework, she can spend a little time reviewing her notes and handouts.

Tackle textbooks. When your child has a chapter to study, have her "preview" it to increase her understanding. She should glance over headings, graphics, and photos and go to the glossary to look up boldfaced words. *Tip:* If she finds a section hard to grasp, she could read a picture book on the



topic. For a science unit on matter, for instance, she could try *What Is the World Made Of?* by Kathleen Weidner Zoehfeld.

Mix it up. If your youngster reviews information in several ways, she'll be more likely to remember it. She might use colored pencils to copy each spelling word or math fact onto a separate index card. Then, she can shuffle the cards and study them in a different order each time. For extra reinforcement, suggest that she spell each word or recite each fact aloud.♥

Parent power

There are many ways you can support your child's learning and school. Here are a few ideas:

- Spend a few minutes every evening looking over handouts your youngster brings home. Fill out forms to return the next day.
- Tell your child's teachers if you can help them out at school or home.
- Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an e-mail.
- Contact your youngster's teacher immediately if you see a problem. Working together will help your child succeed.
- Attend conferences, parent meetings, and school events regularly.♥

