

FALCON NEWSLETTER

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



Happy Holidays!

We hope you enjoyed the holiday shows. They were once again well attended and lively. Our students are singing well and the chorus is something we can all be proud of. I hope you had the chance to see them at the Met and Settler's Green this weekend.

Like many, I start feeling sentimental around the holidays. Somehow we are able to take a softer view of the surroundings and see the important things that we often overlook at other times. This is a great school. More important, it is a great place for children to spend their childhood.

The teachers in our school are good at what they do. They know children, they know curriculum, and they have the two in the right order of importance. Although we can and do measure teacher results in terms of student achievement, we can never measure the results of their continuous efforts to engage children, support them, accept them, understand them, and convince them that they are capable. These types of efforts happen numerous times each day, often unnoticed, but always important to the success of the students. Your children are in good hands.

The parents of this community have always supported our efforts and have made a successful school possible

PBIS Quotes of the Week

"There is no greater gift than the gift of friendship"

Santa Claus in the Polar Express

through that support. The support goes far beyond the necessary finances to operate a school. As with our teachers, how can we measure the effect of your moral support for the school mission, your volunteer energy, your involvement in school matters, and your commitment to a healthy childhood for the students? Although we cannot measure these things, we can feel them and they are a major factor in why this school is such a good place to be.

The students are why we are all here. They are good students with few exceptions, and great kids without exception. They are enjoyable to be with and often teach us as much as we teach them. We like to cite what we give to them, but sometimes we need to look at what they give to us. They give us a sense of hope for, and meaningful connection to, the future. They affirm in us a sense of importance and duty. They give us daily challenges to our intellect that keep us sharp and daily humor which keeps our perspective. They present us with regular dilemmas that force us to define priorities in life and take uncomfortable stands based on what we believe. Without them, much of our learning and growth would be lost. They are more expert at being kids than we are at being adults.

Although I reference teachers, parents, and students separately, it is how they come together as a community that brings the real power to this school. Let's keep a good thing going as we remind ourselves that we have accomplished much and we will continue to meet the challenges that we know will await us in the future. Happy Holidays!

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

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Important Dates

Mark your Calendar

- Holiday Recess
December 23rd-
January 1st 2012!
- **Ski Program begins on Jan, 2, 2012. This is the first day back, so come ready to ski!!**

PLEASE take a moment to check the LOST & FOUND! All items will be donated on the Dec 23rd.



JOHN FULLER / ESSC JUNIOR SKI PROGRAM



The John Fuller school will have a check out system for ALL students skiing at Mt.

Cranmore on Mondays in the Jr. Ski Program, starting January 2, 2012.

Students will ski until 3 pm. (**This is a change from last year, when 2:45 pm was the specified time to be off the mountain.)

The same procedure used for dismissal of students at school holds for the mountain.

ALL STUDENTS WILL BE CHECKED OFF A PARTICIPATION LIST TO INSURE THEIR PRESENCE ON THEIR

APPROPRIATE SCHOOL BUS OR PICKED UP BY PARENT. For supervisory reasons, only the following exceptions can be made:

A. A written, signed and dated note from the parent indicating a different arrangement for their child at the close of the program. *We cannot accept word of mouth messages.*

B. A parent personally picking up their child and checking him/her off the participation list.

Remember, this procedure is for the safety of your child. We have to be able to accurately account for all students. Your cooperation is essential.

Remember that Cranmore requires a Cranmore ski & board pass (ESSC pass not acceptable) for any use of the mountain after the end of the program (3 pm).

We will accept "blanket" written notes for the season if you know in advance what the arrangement will be.

Cross Country Skiers will be dismissed from school. Dismissal notification will still be needed for these skiers, as they are not dismissed from their classroom.

Ski equipment is the student's responsibility and must be picked up on Monday's after skiing.

A printable permission slip can be found on the website if needed.



News From Multicultural Club

Here are some of the interesting facts our students learned about these holidays:

In 1966, Dr. Maulana Karenga wanted African-Americans to have a holiday so he created Kwanzaa. – Nick

Kwanzaa goes from December 26 to January 1. – Kate

I learned how to spell Chanukah in Hebrew חנוכה

— Seda, Kiana

They used oil to light the Chanukah menorah. – Willow

In Eastern Europe, bad children got a potato in their boot on St. Nicholas's December 5th. – Erin

I liked that I learned something new because we celebrate Christmas and it's cool to know what others celebrate. – Tanner

Chanukah is eight days long. – Hailey, Sadie, Zara and Dara

I like how it took eight days to make more oil. – Eric

I learned there are many ways to celebrate Christmas. – Claire

Children receive coins ("gelt") for Chanukah. – Mrs. Kurtz

In Sweden, they celebrate St. Lucia Day on December 13th. – Mrs. Gibson

John Fuller Jacquie Sutton Spelling Bee



Two participants from each classroom in Grades 3-6 will be competing in the JFS Jacquie Sutton Spelling Bee on Tuesday, January 24th at 1:30pm in the gymnasium. Please come cheer on our students!! See the bulletin board next to the office for more information.

School Nurse Notes

Reminders for Ski Season!

Please remind your child to dress in layers.

For downhill skiers remember gloves, helmet, ski boots, poles, skis, ski pants and jacket.

For snowboarders remember helmet, boots, gloves, ski pants and jacket.

For cross country skiers remember skis, poles, boots, gloves, ski pants, jacket, and hat.

For snowshoe students remember your hat, gloves, ski pants and jacket, and winter boots.

Please label all of your equipment.

Always let an adult know what trail you are taking and where you will meet.

REMEMBER to pack your water bottle in your back pack and stay hydrated.

REMEMBER to check lost and found if you are missing items.

Be safe and have fun!



Dear Project SUCCEED parents,

Our new "Friday Field Trips" have been incredibly successful and we owe many thanks to those who made it all possible. Please note that there will be a change to the Friday Field Trip Schedule. The 4th-6th graders will be visiting the Mount Washington Valley Arts Association on Friday January 13 instead of the Children's Museum.

Date	Location	Group
January 6	Old Village Bakery	K-3
January 13th	MWV Arts Association	4-6
January 20th	Children's Museum	K-3
January 27th	Fire Station	4-6

The MWV Arts Association will have the art exhibit "Let it Shine" on display. The theme suggests images of light and illumination to brighten the dark days of winter. Fran Duncan, our host, will arrange an art related activity for some hands on fun. The MWV Arts Association is an independent, community focused, non-profit organization promoting the study, appreciation and display of the visual arts, particularly the art of the Mt. Washington Valley. The Friday Field Trip on January 20 with the Kindergarten-3rd graders to the Children's Museum will remain the same with a possible visit from the traveling zoo.

If for any reason you would prefer that your child not participate in a field trip, please contact me at 603-662-6064. I can be reached at this number during the day or during afterschool hours. We are looking for "Friday Field Trip" volunteers so please contact me if you are interested!

Sincerely, Carrie McLane

Site Director

JFS Project SUCCEED

603-662-6064

Carrie.mclane@gmail.com

K-Kids News



The K-Kids have had a busy December with many projects to benefit the community. The K-Kids traveled to Angels & Elves headquarters to

wrap presents, went caroling and played games with the residents at Mineral Springs, and made ornaments for a Christmas tree at Settler's Green (winning \$100 to donate to Angels & Elves).

Student Council News

The Student Council has had a busy December by organizing the annual JFS Basket Raffle and annual school Yard Sale. With your help the Student Council was able to sponsor 20 children. In addition,

some proceeds from the Yard Sale will help to purchase supplies for the Recess Hut and benefit school-wide



Lunch Accounts

We would like to wish all our JFS families a Happy Holiday and a wonderful New Year.

Please make sure your child's lunch account is current. This is a great help and allows us to keep our accounts up-to-date. We appreciate your help in this matter.

Happy and Healthy Holidays,

Mrs. Pandora and
Ms. Wilkins



Read For Hunger

Thank you to all who participated in the Read Along for Hunger program. Here is a list of students who help to raise money to feed less fortunate children:

Allison C., Olivia C., Elijah W., Harper W.,
Kathryn H., Lily L., Reed K., Sam S.

These students raised \$142 which will pay for 568 meals! Way to go!!!! With our help, the Read Along for Hunger program has raised over \$11,000. So again a hearty thanks to these students for reading all those books and supporting this program.

 KIDS.  READING.
National Reading Incentive Program.



Counselor's Corner



The holiday season is upon us, and for many people that means decorating the house, baking cookies and shopping. The sound of holiday music can be heard everywhere you turn. But if you listen carefully, you may hear sounds of children who are suffering from **stress** associated with the holiday season.

Families want their holidays to be special and happy for everyone, especially the children. But the holiday season can be a time of hustle and bustle...and a never-ending whirlwind of stress for their children.

You can help your children beat the holiday stress beast by following these tips:

- **Limit TV and video games** — It's very easy at this time of the year to allow the TV and video games but children who are stressed need some type of physical activity or exercise.
- **Remember routines** — For parents of small children, this is especially good advice. During the holidays children will find their routines disrupted. They are often dragged along on shopping expeditions or taken to events over which they have no control. And when a routine is broken, stress can result.
- **Nutrition** — Ever notice the lines at the fast food restaurants as it gets closer to the holidays? They are getting longer because parents typically are too busy to go home and cook a nutritious meal. And factor in all of those sugary holiday treats, and you end up with a stressed out, hungry family. Plan at least one healthy meal as a family everyday.
- **Family traditions** — Many people fail to underestimate how important traditions are to themselves and their children. Family traditions offer great comfort and security for children when everything in their lives is being disrupted by the holiday season.
- **Rest and relaxation** — Everyone, especially children, needs to take a "time out" over the holiday season to rest and relax. For parents of younger children this is especially good advice, because a well-rested child will be much happier on a trip to the mall than one who is in desperate need of a nap.
- **Laugh** — Laughter is still the best way to beat stress and change everyone's mood from bad to good. Take time to read the comics to your children, or find a holiday joke book with family humor at your bookstore or library.



The holiday season doesn't have to be a time of stress and exhaustion. Make sure you do your part to make the most wonderful time of the year live up to its reputation. You and your children will be glad you did.

Happy Holidays!
Mrs. Memoli

JOHN FULLER SCHOOL

JANUARY 2012

LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>ASSORTED MILK&JUICES OFFERED DAILY W/EACH MEAL</u>	2 CHICKEN PARMESAN W/WHEAT PASTA/FRUIT GREEN BEANS	3 BAKED BEANS & HOT DOGS PASTA SALAD FRUIT	4 SHEPARD'S PIE DINNER ROLL FRUIT	5 VEGETARIAN TACO BOATS WHITE RICE FRUIT	6 BAKED POTATO BROCCOLI CHILI FRUIT	7
8 	9 TOMATO SOUP GR CHEESE ON WHEAT BREAD CHIPS, FRUIT	10 OVEN BAKED CHICKEN PASTA SALAD FRUIT	11 TURKEY TACOS BROWN RICE FRUIT	12 AMERICAN CHOP SUEY GREEN BEAN CASSEROLE FRUIT	13 PIZZA W/ ASSORTED TOPPINGS TOSSED SALAD FRUIT	14
15 	16 NO SCHOOL~	17 MACARONI& CHEESE W/FISHSTICKS BUTTERY PEAS FRUIT	18 PORK STIRFRY WHITE RICE PINEAPPLE	19 ASSORTED WRAPS PASTA SALAD FRUIT	20 CHICKEN BURGER ON WHEAT ROLL POTATO PUFFS VEGGIE/FRUIT	21
22 ALTERNATES ARE; MON~PB&JELLY TUES~ GRINDER WED~ GR CHEESE THURS~HOT DOG FRIDAY~PIZZA	23 SPAGHETTI W/MEAT SAUCE TOSSED SALAD FRUIT	24 CHICKEN FAJITAS BROWN RICE FRUIT	25 HAM & CHEESE QUICHE BLUEBERRY MUFFIN/FRUIT	26 TUNA NOODLE CASSEROLE MIXED VEGGIE FRUIT	27 PIZZA W/ASSORTED TOPPINGS TOSSED SALAD FRUIT	28
29 <u>NEW ENGLAND SPORTS FESTIVAL~+</u>	30 <u>RED SOX BASEBALL~</u> FOOTLONG HOT DOG BAKED BEANS FRUIT	31 <u>BRUINS HOCKEY</u> BAKED LASAGNA CAESAR SALAD FRUIT	1 <u>NASCAR RACING</u> ROAST TURKEY &GRAVY MASH POTATO CORN/FRUIT	2 <u>CELTICS B-BALL~</u> SOUP HAM&CHEESE ON CROISSANT CHIPS/FRUIT	3 <u>PATRIOT FOOTBALL~</u> CHEESEBURGER WHEAT ROLL OVEN FRIES FRUIT	

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