

FLORENCE RIDEOUT NEWSLETTER

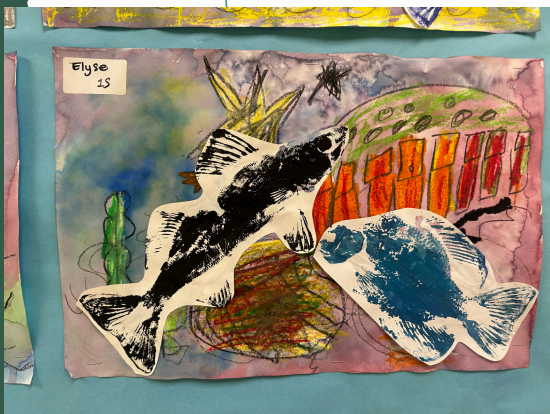
JANUARY 31ST 2025

What is
new at
FRES?

This week at FRES testing continued for all students. With that being said outdoor recess is a much needed time to stretch legs and get some energy out. With temperatures low still, we encourage families to dress students accordingly. If you need help in securing a warm jacket for this time of the year, please reach out to the front office were your request will be handled discreetly.

We would also like to remind parents/guardians that in the next few months we do have a few field trips approaching. If you are not vetted and would like to chaperone, we strongly encourage you to reach out to the SAU building at your earliest convenience to begin the process.

**Early release
Tuesday, Feb. 4th
NO Boys & Girls Bus**



Read - A -Thon

Most reading minutes for each school:

FRES: Zaahkari Beadle - 900 minutes
LCS: Camryn Serva - 630 minutes

Most donations for each school:

FRES: Camryn Serva - \$715.00 raised
LCS: Grayer Thomas - \$495.00 raised

Spend RAT Bucks by February 7th!!!



LYNDEBOROUGH CENTRAL NEWSLETTER

What is
new at
LCS?



Students and staff had another great week of kindergarten! On Wednesday, students enjoyed a visit from Miss Allie of J A Tarbell library.



Ms. Allie read all the kindergartners a book about Groundhog Day! Half of the students predicted we will have an early spring, while the other half predicted we will have a late winter. We were able to get outside most of the week for recess. Students were excited to go sledding and build snowmen! Friday, we practiced a secure campus drill and students reacted quickly and safely through-out the drill. Next Tuesday, February 4th, we will have an early release day for all students. LCS parent pick up is at 11:15 am. We hope you have a great weekend!!!



PHYSICAL EDUCATION WITH MR. SHENK



Hello FRES and LCS families! Students are doing a great job in physical education class.

Hard to believe we've already made it to the halfway point in this school year. Here is a recap on all the things students have learned and practiced so far in the gymnasium. We started the year off reviewing and reacquainting with physical fitness practice and coordination activities.

Students practice jump rope every class period for a warm up, and they practice juggling every class after their water break. We completed a passing and catching unit that featured using a flying disc (frisbee/ soft). They worked on cooperating with a partner or small group to complete passes. Students also learned how to play disc golf. We used mats and other materials to be obstacles like trees or water hazards. They learned the rules of disc golf and practiced math skills too. Students completed a basketball unit working on dribbling, layups, rebounding, and passing. They worked in small groups so everyone could practice using the basketball goals. They practiced math skills by keeping track of their points for a group total. Each week the class would try to match or beat their previous tally. Students then completed a floor hockey unit. They learned how to play games in small groups culminating with a round robin tournament at the end of the unit. They practiced stick handling, the wrist shot, and spin move. Students completed five days of dance with our artist in residence program, New Hampshire Institute of Dance. Students have just begun the gymnastics unit. They will learn and practice basic gymnastics shapes, tumbling, and apparatus. Students at LCS have been doing an incredible job in physical education as well. They are learning to move and exercise for increasingly longer periods of time. They practice tossing and catching on their own each class and jump rope. They have completed a basketball shooting unit and are currently completing a bowling unit.

Please remember to wear sneakers to every physical education class. Sneakers are required to participate in all class activities. Socks must be worn for the gymnastics unit. There is an incentive program for sneakers. Classes receive a star everytime they all wear sneakers to class. The class gets a Soccer Game day (or other choice) when they have received 5 stars. Looking forward to the second half of the year!

Best regards,
Mr. Shenk
Physical Education/ Health Educator

NURSE

Hello LCS and FRES Families,

I appreciate those who took the time to read my message in Parent Square related to the Norovirus that has made its way into our buildings. I would like to provide you with some additional information and education.

We all know illnesses are inevitable, especially during the winter months when it is far too cold to open the windows in our homes to release the germs and acquire fresh air. We can also empathize with how difficult it may be to take time off work due to having a sick child or other family member. I would like to review some of our district's policies on illnesses and exclusions.

A student shall be excluded from school if they exhibit one or more of the following (not limited to): Fever within the last 24 hours (may return once fever-free for 24 hours without the use of antipyretics such as Tylenol or Motrin), diarrhea or vomiting within the last 24 hours, rash (with fever), conjunctivitis/pink eye (may return after 24 hours on antibiotics), and strep throat (may return after 24 hours on antibiotics). Please find the complete list of exclusions here on the SAU63 website.

<https://www.sau63.org/cms/lib/NH01912507/Centricity/domain/80/j%20policies/JLCG-R%20-%20Exclusion%20of%20Students%20from%20School%20For%20Illness.pdf>

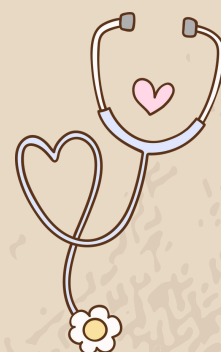
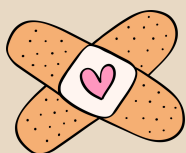
We have students and staff in our buildings who are immunocompromised, meaning they are more susceptible to illnesses due to low immunity; sending in sick children is putting them, as well as everyone else, at risk.

I respectfully ask that parents and guardians consider what I have said above. Please practice appropriate hand hygiene at home with your child (warm soap and water for at least 20 seconds) and keep them home when they are ill. If we can come together, we can help provide our students with a happy and healthy environment.

As always, I am here to help, support, and provide education to the best of my abilities. Thank you for your time.

Respectfully,

Marissa Hofstetter, RN BSN
LCS/FRES School Nurse



Riddle of the Week:

**What can travel around the world
while staying in a corner?**

The first 5 students who know the answer and
who come to the front office will receive a
small prize.



*Last weeks answer to the
riddle is a "coin"!*

**HELP
!!!**

SAU 63 is currently looking for
substitute teachers for all areas
and all grades. If you would like
to be a part of our team, please
fill out the applications today!



Upcoming Events

- 2/4 Early Release - @ 11:30AM
- 2/21 Winter Dance at FRES PTO
- 2/24-2/28 Mid-Winter Break
- 3/7 Skate Night at FRES
- 3/8 Annual District Meeting -
Child care will be provided
- 3/20 Spring Concert (K,1st,2nd)





4TH GRADE FUNDRAISER
HELP US MEET OUR GOAL!

PREORDER YOUR POPCORN EACH THURSDAY IN THE MONTH OF FEBRUARY!

The fourth graders are trying to raise money to purchase greenhouses with grow lights for our upcoming economics unit.

AN ALLERGY SAFE ALTERNATIVE POPCORN WILL BE OFFERED FOR STUDENTS WITH FOOD ALLERGIES.

**STUDENTS CAN PREORDER 1 BAG OF
POPCORN FOR \$1.00. PAYMENT IS DUE ON
THURSDAY. POPCORN WILL BE DELIVERED
ON FRIDAY MORNINGS.**

Preorders will be taken on February 6th , February 13th and February 20th