

# Pelham Elementary School



## November 2018



### Principally Speaking.....

Dear Pelham Elementary School Community, Our 2018-2019 school year is well under way and we have had a nice opening few months. We are nearly through our first Trimester here at PES and grades will be closing on **November 29**. Everyone has settled into the routines for the 2018-2019 school year here at Pelham Elementary. Our first trimester of instruction, assessment, and data collection is nearly complete and this information will be incorporated into our report cards to be **available electronically the week of December 10**. Parent-Teacher Conferences were held October 22-25 and we hope you took the time to meet with your child's teacher. We encourage you to meet and communicate regularly as this provides valuable insight regarding your child's yearly progress.

It was very exciting to end October with a Halloween Celebration. Classroom parties were held on Wednesday, **October 31**. Also, representatives from the Pelham Police Department were visiting classes to discuss Halloween safety tips in preparation for Trick or Treat on Tuesday evening. They handed out small treats and provided safety tips to help ensure all have a great time. With all the candy that students gathered during Trick or Treat, The Pelham Elementary Wellness Committee asked students to donate some of their extra candy to our **Treats for Troops** collec-

tion. Students had the opportunity to bring in candy and place it in the collections containers in the building. These treats will then be packaged up and sent to troops deployed overseas. This year we collected over 600lbs of candy to send overseas to our Troops. Nice Job.

**Mustache Day** -Tuesday, **November 20, 2018** is Mustache Day at PES. Students and staff will have the opportunity to wear a novelty Mustache for Men's Health Awareness. This is voluntary but for a good cause. Students and staff have the opportunity to purchase a mustache for \$1.00 to wear for the day with proceeds going to Men's Health Awareness. **WINTER COAT DRIVE (Please see brochure)** -Pelham High School Senior Meghan Montminy is once again seeking gently worn or used coats to help provide those without this coming Winter. There is a Collection Box at Pelham Elementary and donations will be accepted through **November 30th**. Thank You for your help.

Also attached to this message is a brochure from the **PES School Council for iGive**. Sign up for this FREE program and every time you shop (from over 1500 online stores) the PES School Council receives a percentage. Monies raised helps to fund grade level presentations to reinforce curriculum, support literacy, and enhance the educational experience for the students here at PES. With the Holidays coming this is a great way to



shop while also helping PES.

Please remind your students to please check the **LOST AND FOUND** table near the Gymnasium at PES by **Friday, December 21st**. There are many items on this table so please have your students check for missing items. Remaining items will be donated after the Holidays.

Just to remind you: **Wednesday, November 21st** is a Teacher Workshop Day so there is no school for students. This coincides with our **Thanksgiving Break November 22nd and 23rd**.

Our Holiday Break will run from **December 24th, 2018 to January 1st, 2019**. Students will return to school on Wednesday, **January 2nd, 2019**.

I would like to take this opportunity to say thank you for a great beginning to this school year and to wish you all a safe and very Happy Thanksgiving.

Thomas Adamakos



### Preschool

Welcome new and returning students to

Preschool! These first few months have gone by so quickly. The children have been busy getting to know their teachers, meeting new friends, along with learning classroom routines and schedules. In the month of September, as the children became familiar with their new environment, classroom learning activities were centered around an "All About Me" theme as we get to know one another and find common interests and connections with new and

familiar friends. Preschoolers have also been learning about Apples with stories, crafts, songs, and activities. In October, classroom themes focused around seasonal changes, such as fall leaves and favorites such as pumpkins and Halloween! November is about family, friends, and community as we head into Thanksgiving. Children have begun exposure to letters, numbers, colors and shapes. They have also been building those finger muscles by using play-doh, cutting, tearing, and pinching activities. Along with the other grades in the school, preschoolers have participated in an awareness of kindness to oth-

ers. They are learning what kindness looks like and what it feels like to be kind and this will be an ongoing theme for us throughout the school year. It's amazing to see how quickly they appreciate kindness in others and strive to be kind themselves.



# Kindergarten

This kindergarten year is off to a great start! Students came in excited, some, for their first school experience. We worked hard on learning routines and centers for free choice time. The students have been participating in a daily morning meeting to build a positive classroom community. In morning meeting students have learned how to greet their peers in a friendly way. Kindergartners made hopes and dreams for this year and from those we worked together to make classroom rules. We already have such a kind and cooperative community of learners.

In literacy we have been rolling out lowercase letters, students have been so

## Grade 1

A BIG thank you to those who came to Parent-Teacher conferences in October. It is wonderful to share how much progress all the students are making in First Grade. We have been very busy! This month we will be studying The First Thanksgiving, Light and Sounds Waves, and continuing along in our phonics and math programs. November is a short, but busy month in school. You will be receiving access to your child's report card this year online. Also, we want to remind you that the children go out to recess every day and they need to have a coat, gloves, and hat for those cold days that will surely be

## Grade 2

It's amazing to think that our first trimester of second grade is already behind us! It was a pleasure to see everyone at Parent Information Night, and hopefully you found the night useful and informative.

Throughout this trimester, second graders worked on reading fluency. We also worked on recognizing the character, setting, problem and solution in different types of fiction text. We started developing our nonfiction reading skills by finding the main idea and details and going back into the text to confirm facts. We ask that you continue to read with your child at home as much as possible. Encourage them to choose a book they are comfortable with and read it aloud to you.

excited when new letters make their appearance. Through songs and games we have also been working on rhyming words, syllables in words and beginning sounds of words. Students have used their growth mindset to tackle the challenge of writing lowercase letters. As part of our introduction to growth mindset and social emotional learning, students have learned about empathy with the book Leonardo, the Terrible Monster By: Mo Willems, Optimism through the reading of Everyone can learn to ride a bicycle By: Chris Raschka, and Flexibility with the text Sky Color By: Peter Reynolds.



heading our way. It is also helpful to label everything with your child's name, to help them keep track of their items. Please continue to spend time each night with your child reading to and/or with them. The children have been given BookIT calendars, which is a Pizza Hut incentive program. If they read or listen to a book for 20 nights per month, they will receive a free pizza at Pizza Hut. Also, continue to practice addition and subtraction facts to and within 10 and reading and



In math, we have been using different strategies to improve our addition and subtraction facts. We have also been learning about place value. This means we are finding the one's, ten's, and even the hundred's place of a number. We have worked hard on recognizing and continuing number patterns, and will continue to work on mastering addition with regrouping. We will be learning to regroup in subtraction before you know it! Math is always easier for students who are comfortable with their math facts, so please keep practicing at home. Reach out to your child's teacher if you need ideas about good apps or websites to help with this.

In science, second graders wrapped up our study of matter. We learned about the 3 states of matter, observed properties of matter, and even investigated changing the state

Students have loved our first math study of numbers 0-20. They have learned letter formation through Dr. Jean's chant and write. Students have played an exciting math game with ten frame cards to compare values. Students have counted amounts and practiced number formation through finger tracing then writing. We look forward to our upcoming learning adventures in kindergarten!



writing of trick words. As always, we are very thankful for your continued support! We hope that you all enjoy a wonderful and restful holiday with your loved ones.

Thankfully,

The First Grade Team



of matter. In social studies we are working on map skills. As we move into the holiday season, we will be using these map skills to track the Pilgrims' journey, and we will "travel" around the world discovering how other countries and cultures celebrate winter holidays.

We have had a very busy first trimester, and we are all looking forward to another exciting trimester ahead!





## Grade 3

During the first trimester, third grade students have been busy expanding their knowledge and building their brains. In Math, they have learned about place value and how to add and subtract three digit numbers with regrouping. Most recently, we have embarked on the meaning of multiplication. In Social Studies, students have explored the regions of the United

States, and learned about the varying landforms, climate, landmarks, and resources of each region. They will apply this knowledge to our study of Native Americans. The focus of this unit is how Native Americans used their natural resources to help them survive. In reading, we have completed our first unit and are midway through Unit 2. Stories have focused

on what it takes to solve a problem. The Salem Rotary club will visit on November 16th to present students with their own dictionaries. The students and teachers are appreciative of this group's generosity. In closing, the third grade team would like to thank parents for their continued support and extend our wishes for a happy holiday season!

## Grade 4

PES Fourth Grade students had a very busy fall! They started their year learning all about their new classrooms and routines and then jumped right into academics. In math, the 4th graders explored place value and learned how to add and subtract large numbers. They worked hard to memorize their multiplication facts and even started to multiply multi-digit numbers. Did you know estimating is a helpful tool we can use to check if our answers are reasonable or not?

Reading brought fun classroom read alouds like Because of Winn Dixie and Charlie and the Chocolate Factory. Students learned to dig deeper into their reading using comprehension strategies like compare and con-

trast, plot structure, and theme. As young authors, students developed their writing skills by churning out personal and fictional narratives.

In Science, students learned all about different forms of energy. They tested out force and motion concepts and figured out how to wire series and parallel electrical circuits. Social Studies brought an exciting unit all about the history of New Hampshire. The 4th graders traveled to Strawberry Banke in October and learned a little bit about what it was like to live in New Hampshire long ago. Students also enjoyed participating in Colonial NH Day in November. During this day long event classes traveled to

each fourth grade room to experience different aspects of colonial life. Students learned how to play colonial games, make colonial toys, quilt, and write with a quill pen.

It was also wonderful to meet all of our fourth grade families at parent-teacher conference time. We hope that you were able to get a glimpse into your child's day to day progress in their classroom. Remember to always contact your child's teacher with any questions or concerns. Thank you for all of your support at home. We look forward to many more exciting learning experiences in the months to come.



## Grade 5

Welcome back to school! We are off to a great start, and we are excited to share the happenings in and around our classrooms from September and October. In Reading, students continued to develop their skills in fluency, vocabulary, literary and informational comprehension, while teachers continued to share with each other all the activities and instructional methods they are using in their classrooms. All students were introduced to EPIC and Freckle, both important ways of using technology to support our instruction and personalized learning. All classrooms read *The Top 10 Ways to Ruin the First Day of School*, and then students created their own top 10 lists. Speaking of writing, instruction has focused on Narrative and Opinion styles of writing. In Math, all students continued to develop their skills in fluency, problem solving, and concepts and applications - including such topics as place value, multiplication of whole numbers and decimals, along with dividing with single-digit divisors. Practice in ALEKS

and Freckle also allowed us to blend technology into our lessons while meeting each student at his/her instructional level. In Science, all students participated in hands-on activities and research gathering experiences related to Physical Science. Finally, in Social Studies, all students began their studies of US History, covering content from the early explorers.

As part of our Lead to Succeed program, we began our year-long study of stories to inspire to success. Students were introduced to the text *7 Habits of Happy Kids* by Stephen Covey as a method to establish common expectations and language in our classrooms and beyond. Our mentors from Enterprise Bank were introduced to the students, and have had several visits to their classrooms several times. Guest Leaders, who shared their own personal stories, included Mr. Adamakos, Ms. Marandos, Ms. Bielik, Officer Kelly, Mrs. Kaufmann, Miss VanVranken, and Jennifer Lee (Chief Creator Officer,

Walt Disney Animation Studios). Finally, during our weekly meetings, we continued to celebrate the amazing student growth demonstrated on monthly iReady testing and make progress towards our individual, classroom, and grade level goals.

Last, but not least, how can we forget about Halloween? What a great day was had by all. Thanks to Miss Liston, we began our day with a MakerSpace presentation, and then began construction of our own Candy Corn Catapults. Planning, designing, testing, and adjusting took place all morning in our classrooms, leading up to the class competition to determine the most success catapult. After recess, each winning classroom catapult faced off to determine a grade level winner - congratulations to Mrs. Roberson's classroom! Competition was followed by classroom celebrations, which included activities, stories, and fantastic costumes! What a great day to be a kid (and a teacher)!





### **A NOTE FROM THE NURSE:**

**Flu Season is coming! Please get your flu vaccine. ALL Convenient MD locations offer FREE FLU VACCINES for all ages!**

**Windham NH location is located at:**

**125 Indian Rock Road, Windham, NH 03087 Open 8am - 8pm, 7 days a week No Appointment Needed!**

**They also offer School and Sports Physicals for only \$20**

**As always please send updated physicals and immunization records to the nurse's office. If you need a free physical, please contact the school nurse.**

### **A NOTE FROM UNIFIED ARTS: HEALTH**

**Miss DiRenzo continues teaching the Health program with a focus on mindfulness, body systems and helping students make good healthy life choices. Miss DiRenzo and Mrs. Bielik, our school social worker have teamed up to bring Wednesday morning meditation across all of PES during the announcements, called Panther Pause, a moment where the whole school can pause and meditate together. Mrs. Gamble and Miss DiRenzo created a digital distress unit for 5th graders, which allows them to merge the use of technology, meditation, and coping skills during stressful situations. We are looking forward to this unit and the outcome which will allow all students to use the 5th grader's videos.**

# Welcome to the Media Center!



Welcome to the PES Media Center! We have lots of amazing learning happening during our Unified Arts class. **Grade 1** is doing a great job at returning their Easy Fiction books on time. Soon they'll be introduced to the Easy Nonfiction section of the library as well. They have enjoyed several seasonal book titles and have learned about titles, authors, illustrators, characters, setting, and events. **Grade 2** just finished writing their own scary stories and are sharing their book creations around our library campfire. **Grade 3** can successfully log on/off and attach classwork into Google Classroom....thank you GenYes for your help. **Grade 4** is learning about Plagiarism, Paraphrasing, and how to summarize their research for classroom projects. **Grade 5** is wrapping up their Digital Citizenship unit on citing their research sources. We have been quite busy...stay tuned for more info!! Happy Fall ...

Cheers!

Mrs. Gamble & Mrs. Sauer

**The more that you read, the more things you will know ~ the more that you learn, the more places you will go. ~ Dr. Seuss.**

# November 2018



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

				1	2 8:45 Money Club	3
4 Daylight Saving Time Ends	5	6 Picture Retakes	7 School Store	8	9	10
11 Veteran's Day	12 Veteran's Day Observed	13 6:30 PTA Meeting	14	15	16 8:45 Money Club	17
18	19	20	21 No School Teacher Workshop	22 No Thanksgiving	23 School Recess	24
25	26	27	28	29	30	

Notes from your:

Reading Specialists, Mrs Kearney & Mrs. Murphy



# ***IT'S TIME TO READ YOUR HEART OUT!***

Our 2018 - 2019 "Book It" program has begun for students in grades K thru 5. The program runs during the months of October through March. Reach your classroom targeted reading goal for the month and receive a pizza hut coupon for a personal pan pizza each month.

The program is part of The Literacy Project sponsored by Pizza Hut.



- Parents! How can you help?
- Review your child's monthly reading goal and set aside daily reading time.
- Be a role model and show your student how reading is part of your everyday life.
- Celebrate! Redeem your child's "Reading Award Certificate" at Pizza Hut for a free one-topping Personal Pan Pizza.

While your there, pick up a Reading Journal to record the months your child hit their goal!

Pizza Huts near Pelham are:

199 Daniel Webster Hwy. Nashua NH

131 Church St. Lowell MA

216 Haverhill St. Methuen MA

**Upcoming events:**



The 13th. Annual PES School Spelling will be held on January 9, 2019 with a snow date of January 10, 2019. The event will be open to parents of students participating in the Spelling Bee and the entire 3rd 4th and 5th grade classes. There will be two representatives from each class competing for the title of Pelham Elementary School Champion. The winner of the Bee will represent Pelham Elementary School in the statewide Spelling Bee.

February 22, 2019 will be our annual "Read Across America Day" where we have retired teachers/staff, community members and current Pelham School District staff go into our classrooms throughout the day to share their love of reading.



The more that you read,  
the more things you will know.  
The more that you learn,  
the more places you'll go.  
- Dr. Seuss







**FREE**  
**Flu Shots**

**JUST WALK IN!**  
*8am-8pm, 7 Days a Week*



**QUALITY CARE**

- Full medical team on site
- State-of-the-art facility
- X-ray, labs, procedures, EKGs & IV fluids



**CONVENIENT**

- No appointment needed
- Average visit under an hour
- One stop shopping for illness & injury



**AFFORDABLE**

- Affordable rates
- Office visit co-pays
- Insurances accepted, but not required

**NEW HAMPSHIRE LOCATIONS**

★ <b>BEDFORD</b> 3 Ashua Road	603-472-6700
★ <b>CONCORD</b> 8 Loudon Road	603-226-9000
★ <b>DOVER</b> 14 Webb Place	603-742-7900
★ <b>EXETER/STRATHAM</b> 1 Portsmouth Avenue	603-772-3600
★ <b>KEENE</b> 351 Winchester Street	603-352-3406
★ <b>MERRIMACK</b> 2 Dobson Way	603-471-6069
★ <b>NASHUA</b> 565 Amherst Street	603-578-3347
★ <b>PORTSMOUTH</b> 599 Lafayette Road	603-942-7900
★ <b>WINDHAM</b> 125 Indian Rock Road	603-890-6330



**JUST WALK IN!**  
*8am-8pm, 7 Days a Week*



**MAINE LOCATIONS**

★ <b>PORTLAND</b> 191 Marginal Way	207-517-3838
★ <b>WESTBROOK</b> 950 Main Street	207-517-3800

# The Counselors' Corner

Helpful Information from our School Counselors,  
Lisa Laroche Oliver & Traci Flaherty

We talk with students a lot about what zone they are in.

The Blue Zone is low energy. When kids are in the Blue Zone they feel tired, sick, sad or bored.

The Green Zone is just right energy. When kids are in the Green Zone they feel happy, calm, focused, and ready to learn.

The Yellow Zone is high energy. When kids are in the Yellow Zone they feel frustrated, hyper, silly or wiggly.

The Red Zone is super high energy. When kids are in the Red Zone they feel furious, terrified, elated, and sometimes yell or hit.

Zones are not good or bad. We just feel best when we are in the Green Zone.

There are some tips for getting back into the Green Zone at the bottom of the chart.

What zone am I in?



Use tools to get in the green zone



# November 2018

## Pelham Elementary Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

5

- Whole Grain Cinnamon Crumb Bar
- Whole Grain Protein Granola Bar
- 100% Fruit Juice
- Apple
- Applesauce
- 1% Milk
- Strawberry Milk
- Chocolate Milk

6

- Whole Grain Cereal With Cheese Stick
- Whole Grain Protein Granola Bar
- 100% Fruit Juice
- Apple
- Applesauce
- 1% Milk
- Strawberry Milk
- Chocolate Milk

7

- Whole Grain Blueberry Muffin
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

8

- Whole Grain Banana Bread Slice
- Whole Grain Protein Granola Bar
- Apple
- Applesauce
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

9

- Whole Grain Cinnamon Roll
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

12

No School

13

- Whole Grain Chocolate Bread Slice
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

14

- Whole Grain Chocolate Chip Muffin
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

15

- Whole Grain Cinnamon Roll
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

16

- Whole Grain Banana Bread Slice
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

19

- Whole Grain Cinnamon Crumb Bar
- Whole Grain Protein Granola Bar
- 100% Fruit Juice
- Apple
- Applesauce
- 1% Milk
- Strawberry Milk
- Chocolate Milk

20

- Whole Grain Cereal With Cheese Stick
- Whole Grain Protein Granola Bar
- 100% Fruit Juice
- Apple
- Applesauce
- 1% Milk
- Strawberry Milk
- Chocolate Milk

21

Teacher Workshop

22

Thanksgiving - No School

23

No School

26

- Mini Maple Waffles
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

27

- Whole Grain Chocolate Bread Slice
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

28

- Whole Grain Chocolate Chip Muffin
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

29

- Whole Grain Cinnamon Roll
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk

30

- Whole Grain Banana Bread Slice
- Whole Grain Protein Granola Bar
- Apple
- Orange
- Raisins
- 1% Milk
- Strawberry Milk
- Chocolate Milk



# November 2018

## Pelham Elementary Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Chicken Patty with a Whole Grain Bun with Corn</li> </ul>	<p><b>6</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Maple Burstin Pancakes with Scrambled Eggs and Tater Tots</li> </ul>	<p><b>7</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Hot Dog with a Whole Grain Bun and French Fries</li> </ul>	<p><b>1</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Chicken Noodle Soup with Grilled Cheese and Whole Grain Crackers</li> </ul>	<p><b>2</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Whole Grain Cheese Pizza Mixed Salad and a Mini Treat</li> </ul>
<p><b>12</b></p> <p>No School</p>	<p><b>13</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Mini Cinnamon Buns with Greek Yogurt and Potato Smiles</li> </ul>	<p><b>14</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Cheeseburger Or Hamburger Whole Grain Bun, Bacon, Crispy Cape Cod Potato Chips and Baked Beans</li> </ul>	<p><b>15</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Chicken Nuggets with Brown Rice Steamed Broccoli</li> </ul>	<p><b>16</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Gill's Fresh Cheese Pizza with Caesar Salad, and a Mini Treat</li> </ul>
<p><b>19</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Turkey Shaped Chicken Nuggets BBQ Dipping Cup Whole Grain Roll and Steamed Carrots</li> </ul>	<p><b>20</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Whole Grain Chocolate Chip Muffin with Greek Yogurt and Warm Cinnamon Peaches</li> </ul>	<p><b>21</b></p> <p>Teacher Workshop</p>	<p><b>22</b></p> <p>Thanksgiving - No School</p>	<p><b>23</b></p> <p>No School</p>
<p><b>26</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Plain or Parm Chicken Patty with a Whole Grain Bun and Corn</li> </ul>	<p><b>27</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• French Toast Sticks with Greek Yogurt and Hash Brown</li> </ul>	<p><b>28</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• BBQ Pulled Pork Sandwich with Sweet Potato Waffle Fries Steamed Broccoli</li> <li>• Whole Grain Cheese Pizza and Steamed Broccoli</li> </ul>	<p><b>29</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Beef or Chicken Tacos Choice of Hard or Soft Shell served with Cheese, Salsa and Lettuce</li> </ul>	<p><b>30</b></p> <p><b>Main Meal Choices</b></p> <ul style="list-style-type: none"> <li>• Gill's Fresh Cheese Pizza with Caesar Salad, and a Mini Treat</li> </ul>

**News! The Resilient Child Summit runs FREE online Nov 12-16, 2018 here -**

<https://resilientchildsummit.com/>

**Here are the stats that scare me:** 1 in 3 children will meet the criteria for an anxiety disorder by the age of 18 in the US. And the whopper... 80% of these kids will never receive help. This doesn't even take into account kids who may not meet the criteria, yet are still chronically stressed.

**Here is the hope:** Research shows us that resilience is a skill that can be *learned*. When kids learn resilience skills, they can transmute stress into power. At GoZen! our mission is to empower as many children, parents, and educators with these skills as possible. In fact, our moonshot goal is to reach 1,000,000 kids by the year 2020.

**How:** As you know, we take research-based skills and teach them to kids using animations. These skills come from experts around the world. But what if we could bring you the expertise directly? What if 21 of the foremost experts in resilience could talk to you for one hour each about best practices for cultivating resilience in the face of stress and adversity? Done and done!

We introduce to you [The Resilient Child Summit](#), a **FREE** online summit running from November 12-16, 2018 including 21 experts outlining 50 practical strategies to cultivate greater resilience. Grab your free spot today:

### **Is the summit for me?**

We receive emails each day from parents with concerns regarding their children. We tried to address many of these concerns in the summit. If any of these statements resonate with you, the summit will as well:

*"My child seems overwhelmed by so many things."*

*"My child worries so much it's disrupting their sleep."*

*"I want my child to know how to cope with challenges and deal with stress. Nothing I say helps."*

*"I'm concerned about all this pressure my child is under."*

*"I get so stressed myself! How can I hope to help my child?"*

*"Why am I arguing with my child?"*

*"How can I get my kids to listen to me?"*

*"My child always seems distracted."*

*"My child erupts in anger all the time."*

The experts will answer your questions during the free, online Resilient Child Summit.

From your School Counselors: [Lisa Laroche Oliver & Traci Flaherty](#)







# We Collect Box Tops All Year!

*Bring in your Box Tops for Education*

All Box Tops need to be turned into school by January 31, 2019

Put Box Tops & Bonus Box Tops (ONLY) into “zip-lock” bag(s) and write the teachers name on only the bag. Please do not write the teacher’s name on each Box Top

Please NO EXPIRED Box Tops

Please trim each Box Top carefully

Please NO Labels for Education coupons, as that program has been discontinued by Campbells

The money collected from Box Tops is used to fund in-house field trips and educational presentations for all students in the school.

One class from each grade (PK-5) that turn in the most Box Tops will win a non-monetary fun prize!

Start Sending in your Box Tops today!

See reverse side for a list of participating products!

Thank you from the PES School Council.





iGive.com<sup>+</sup>

You Shop. Your Charity Gets Money. For Free.



# Holiday Gifts that Give Back

This holiday season, send a gift that means an automatic donation to **Pelham Elementary School Council!** When you shop at any of over 1,900 participating online stores through iGive, a portion of each purchase comes back to us in the form of a donation check.

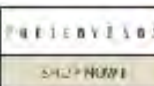
It's free for you, free for us, and you pay the same (or less!) than you would by going directly to the store. Shopping online means no wasted gas and no more standing in long lines at the mall. And to all you smart shoppers: don't miss iGive's treasure-trove of coupons, sales, and free shipping.

Save money, save time, and send gifts that give twice. What could be better than that?

See for yourself at:

[www.iGive.com/PelhamElementarySchoolCouncil](http://www.iGive.com/PelhamElementarySchoolCouncil)

Here are just a few of iGive's 1,900+ online stores, where a portion of each purchase benefits our cause:







## **Attention Students, Parents, and Teachers:**

I am asking my hometown to support my platform by helping our neighbors in need this winter with the donation of a nice warm coat. Any reasonably or gently worn coats you would be kind enough to donate are greatly appreciated. The last day to donate is November 30th. Donations can be dropped off in the donation bin outside the front office in either the Elementary or Memorial School. Thank you in advance for your support and generosity, which is so greatly needed!

Sincerely,  
**Meghan Montminy**

\*Not a School Sponsored Event

**Your old coat can keep  
someone warm this winter!**