



Helen A. Thompson School



School Telephone: 724-3930
School Fax Number: 724-3934
Transportation: 582-6663
District Web Page: msad11.org

School Hours:

8:10 a.m. to 3:00 p.m.

As a matter of safety, please do not drop students off before 8:10. There is no supervision on the playground or in classrooms until that time.

Dates to Remember

December

- 1st: End of first trimester
- 5th: Crafting for PTA Holiday Fair after school, cafeteria
- 6th: Band & Chorus to HS for rehearsal, AM
- 6th: HTS Band & Chorus Concert, HS Little Theater, 6:30 pm
- 8th: Report cards sent home with students
- 12th: PTA set up for fair, after school
- 13th: PTA Holiday Craft Fair (*snow date, 14th*)
- 22nd: No school – start of Holiday Break!

January

- 3rd: Welcome back!
- 12th: Early release, students dismissed at 12:30
- 15th: No school - Martin Luther King, Jr. Day

February

- 16th: Early release
- 19th-23rd: No school, Winter break

Thank you to Mrs. Croteau for taking such good care of Mrs. Jordan's class while she was out! You will be missed!

Notes from the Principal

Dear Families,
 Today marks the end of the first trimester and you can expect to receive reports cards next Friday, December 8th. Report cards will be sent home with students.

With winter weather on its way, please remember to park ONLY in the designated parking areas at school. The bus loop MUST stay accessible for buses at all times. We have buses coming and going all day for student drop-off and pickup, morning and afternoon PreK classes, REACH sessions at the middle school, field trips and unexpected bussing needs.

Remember that our Holiday Fair is coming soon! You can help our PTA prepare by:

- sending in your gently used items
- sending in plastic shopping bags
- volunteering your time on Wednesday, Dec. 13th

If you're interested in helping out, please contact Lyn Traver at 3turtlecove@gmail.com.

Happy December,
 Kady Gould

Turkey Collection

Students from Mr. Smith's, Mrs. Shagoury's, Mrs. Brann's, and Mrs. Croteau's classes collected enough donations to provide twenty frozen turkeys to the High School for Thanksgiving Baskets! Thank you to everyone who participated!

The Golden Dustpan Award

Miss McGrother & Mrs. Duncklee

Pledge of Allegiance Hosts

Kya C. & Keegan K. from Mr. Smith's class used the intercom to lead the school in the Pledge of Allegiance.

HTS Band & Chorus Winter Concert

Featuring our Grade 4 & 5 Band & Chorus Students
 Wednesday, December 6th, 6:30 pm
 GAHS Little Theater



PTA Notes

Join us right after school on Tuesday, December 5th for one last holiday prep afternoon before the fair. Children are welcome!

Helen Thompson's 40th Annual Holiday Fair will be on Wednesday, December 13th. (Snow date is Thursday, the 14th.) The fair gives students an opportunity to shop for their family members. Please send in with your child a list of immediate family members who live with them and a reusable bag or plastic bag to bring gifts home. If your family can donate \$3.00, this will help towards next year's fair.

Volunteers are needed to set up on Tuesday, December 12th, directly after school. Many helpers are needed on the day of the fair! No time is too small. Volunteers are needed to help students shop, to help students pick out an ornament for themselves, or restocking the tables. You can also arrange to come by to help while your student's class shops.

To volunteer or for more information, please contact Lyn Traver at 3turtlecove@gmail.com or Chris Leavitt at leavitt87@hotmail.com.

Thank you,
Lyn Traver



A Note From the Nurse

Asthma Awareness- Asthma "season" is upon us and it's important to monitor your child's symptoms closely. If your child has asthma, it is very important to keep a "quick relief" inhaler at school for them to use in case of an asthma flare-up or sudden attack.

Asthma can be triggered by a variety of sources (including allergens, exercise, cold virus) and quick action must be taken when a student is experiencing symptoms of an asthma attack. If your child has an asthma diagnosis, please bring in a quick relief inhaler with a spacer and Asthma Action Plan (from your child's pediatrician) to be kept in the nurse's office in case of emergency or for use during asthma flare-ups. Also be sure to update emergency cards as needed with your most current contact information.

Thank you for helping us keep our school community safe and healthy!

Heidi Hinckley, RN

Guidance Notes

Many of the grades are switching from the Empathy unit in Guidance class to the Problem Solving unit. In the past we have learned about Kelso's Choices to help us solve problems and we will talk about these helpful choices again. We will also add some more components to becoming successful problem solvers. We will learn ways to calm down and important questions to ask ourselves when we are thinking of solutions to problems. We will continue thinking about empathy as we ask ourselves, "Is my solution safe? Is it fair? How will it make others feel? Will it actually work?"

Kelso's Choices teach us that we always have choices when faced with a problem or conflict. There are 9 choices: **Talk It Out, Make A Deal, Share And Take Turns, Walk Away, Ignore It, Go To Another Game, Apologize, Wait And Cool Off, and Tell Them To Stop.** Each choice is discussed as an introduction to this unit. Of course it is always easier to make good choices when one is just discussing conflict, and much more of a challenge when tempers are flaring, but the more they practice the more natural these skills will become for your child. That is why we also practice calming down techniques. Your child will be given a mini-poster to bring home that demonstrates the techniques they learned.

Each child will be given a mini-poster to color and bring home showing all of Kelso's Choices with the instructions to teach their family about making good choices when you are having a problem or in a conflict. When a problem arises at home remind your child to use Kelso's Choices to try to solve the problem respectfully themselves first. A tenth Kelso's Choice is **Tell An Adult About A Big Problem.** If your child has tried two or three of Kelso's Choices and the problem is still not being resolved, then it is appropriate for them to go to an adult for help. Also, if the problem or conflict involves anyone getting hurt or anything dangerous or breaking a rule then your child knows to get an adult's help immediately.

They will also receive another mini poster focusing on the problem solving steps taught in this unit.

If you have any questions or would like extra copies of any of the mini-posters please contact me at your child's school or at jtourtlotte@msad11.org.

Joan Tourtelotte
("Miss T.")
School Counselor



Please remember to collect and send in your Box Tops for Education!