



Centre Elementary School

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Timothy J. Lannan, Principal

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November 2021 - Centre School - Newsletter

Mr. Tim Lannan, Principal

Mrs. Jamie Hayward, Assistant Principal

GENERAL INFORMATION

I want to start off this newsletter by expressing my sincere “thanks” to each and every one of you for all you are doing to make this school year successful! The children have settled into their new routines and are adapting quite well to the guidelines in place for safety! All of this would not have occurred without your help!

November is a busy month with the holidays and parent conferences coming up. Please make sure you sign up for a conference time slot with your teachers. Also, please note November 11th is a non-school day due to the Veteran’s Day holiday as well as November 24-26 as non-school days due to Thanksgiving break.

SAFE SCHOOLS /HEALTH UPDATES

At Centre, we continue to practice *Fire* drills and will practice *Lockdown /Evacuation* drills in the coming months so that students are prepared to safe shelter/evacuate should an unusual event occur at school. It is very important that we have current phone numbers so that we can reach you in case of an emergency. Please be sure to notify the school office, if a change occurs.

At school, we continue to make sure students feel safe so they can enjoy learning. We have established school wide rules. The Centre School Rules are as follows:

- Stay safe and healthy with yourself and others.
- Obey the Golden Rule: Treat others the way you want to be treated.
- Always bring your best behavior to school every day.
- Respect and take care of everything in our school and in our classrooms.

I want to sincerely thank all of you for your cooperation and understanding as we balance working towards normalcy while still doing all we can to decrease the risks of spreading COVID-19 in our community.

A few reminders as the days get colder and the holidays are approaching:

- Please remember to send your student to school in warm clothing appropriate for the weather. We will still try to be outside as much as possible when the weather allows it.
- Remember when visiting friends and family the safety precautions you can take to minimize any contagious illness, including COVID-19: social distancing, frequent hand washing, cloth mask use, avoiding large group gatherings and non-essential travel.
- Flu shots are highly recommended, especially this year, as flu and COVID symptoms can be very similar and we could see peaks of these illnesses at the same time.
- Please remember to check in with your student daily prior to sending them to school in the morning. Reference our daily screener here ([COVID-19 Screening Form](#)) and on our school websites.
- [Return to School Protocols](#) can be found on our school and district websites. Please refer to these protocols that are updated regularly consistent with NH DHHS current guidance.

COUNSELOR'S NEWS

Effective July 2020 legislation for our state was passed that requires all New Hampshire school districts and public charter schools to develop suicide prevention policies and education for all students. Click here for more information <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/office-of-social-and-emotional-wellness/suicide-prevention>

On October 13, 2021 the SAU 90 Mental Health Team hosted the Connor's Climb Foundation to provide an in person training at Hampton Academy, SOS Signs of Suicide - Training Trusted Adults for Parents and Community Members. If you missed the training you can view the recording of last year's virtual training here: <https://my.demio.com/recording/rYcCGKAx>

Suicide prevention looks different at all three schools in our district. At Centre, I focus on talking with our students about how to identify trusted adults, making good choices and helping each other in our daily lives. I use the book What if Everybody Did That? By Ellen Javernick and follow up with students identifying three trusted adults in their lives. It is a fun and positive lesson that focuses on the basics of these skills.

You can continue the conversation at home by praising good decision making, validating concerns that your child may voice to you and helping them to problem solve in positive ways.

Conversation starters:

1. What can you do if a classmate/brother/sister/friend takes your toy from you? Who could you ask for help?
2. What if a classmate pushes/hits you? Who could you ask for help?
3. If a friend is hurt, what can you do? Who could you ask for help?
4. What should you do if you see a friend taking something that does not belong to them? What can you do? Should you tell someone? Who should you tell?

Book suggestions:

What Should Danny Do? By Ganit & Adir Levy

No David! By David Shannon

The Favorite Book by Bethanie deeney Murgula

Please reach out if you have any questions.

Samantha Connell

School Counselor

DISTRICT SOCIAL WORKER'S NEWS

Greetings Centre Families,

November is a month to reflect on what we are grateful for. It is also a month when we start to think of others. In years past, the Hampton School District has been involved in food drives and collections. This year we have all had to get creative! In the spirit of generosity, if you would like to donate (contact-free) to local causes here are a few ways to get involved...

End 68 Hours of Hunger is a public non-profit effort to confront the approx. 68 hours of hunger that some school children experience between the free lunch they receive in school Friday and

the free breakfast they receive in school Monday. Here is the link to donate to the community in Hampton.

End 68 Hours of Hunger

Operation Warm is a national non-profit the Firefighters of Hampton have partnered with to gift brand new coats to kids in our community. This is not a coat drive. Operation Warm will provide brand new coats in a variety of styles and colors. Every \$20 raised provides a new coat to a local child in need. Tax-deductible donations can be made through their fundraising page. Even a small donation will bring warmth and happiness to many children!

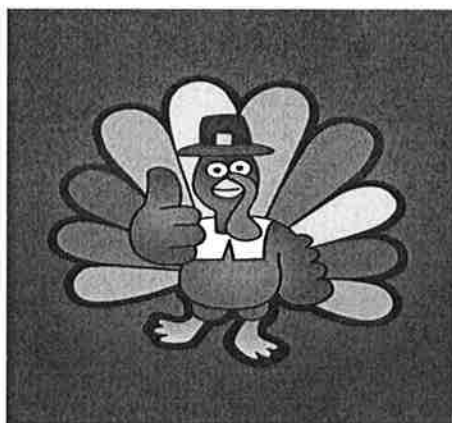
Operation Warm

If you have any questions, please reach out to Emily Buchan-District Social Worker at ebuchan@sau90.org

IMPORTANT DATES/INFORMATION

Please refer to the following list of dates and upcoming events. Especially notice that on; **Thursday, November 11th; Wednesday, November 24; Thursday, November 25; and Friday, November 26** are **NO SCHOOL DAYS FOR STUDENTS**. This newsletter is published at the end of each month and sent home with each student. It is also published on the school's website.

Nov. 4 – Parent/Teacher Conferences
Nov. 7 – Daylight Savings Ends (Turn those clocks back 1 hour!)
Nov. 9 – Hampton School Board Mtg.
Nov. 9 – Parent/Teacher Conferences
Nov. 11 – Veterans' Day- **No School**
Nov. 16 – PTA Meeting 7 PM @ Hampton Academy
Nov. 23 – Food Drive
Nov. 24-26 –Thanksgiving Break- **No School**





LUNCH

NOVEMBER 2021

Hampton School District

ALL SCHOOL MEAL ARE
FREE UNTIL JUNE 2022

Monday

Maple-Barslyn Pancake

Yogurt & Cheese Stick

Baked Beans

Or

Cheese Sandwich

Fruit, Veggie, Milk

Pop Corn Chicken

French Fries

Or

Sun Butter & Jelly Sand

Fruit, Veggie, Milk

Teriyaki Chicken Dippers

Steamed Rice

Or

Ham & Cheese Sandwich

Fruit, Veggie, Milk

BBQ Pork Rib Patti

Side Salad

Or

Chicken Salad

Fruit, Veggie, Milk

Cheese Burger on Bun

Pickles

Or

Ham Sandwich

Fruit, Veggie, Milk

Tuesday

Crispy Fish Sticks

Smiley Fries

Or

Egg Salad Sandwich

Fruit, Veggie, Milk

Taco Tuesday

With all The Fixings

Or

Cheese Sandwich

Fruit, Veggie, Milk

Cheese pizza Bites

Texas Toast

Or

Bologna Sandwich

Fruit, Veggie, Milk

Carnival Corn Dog

Baked Beans

Or

Bologna Sandwich

Fruit, Veggie, Milk

French Toast Sticks

Sausage Pattie

Or

Turkey Sandwich

Fruit, Veggie, Milk

Wednesday

Hot Dog on A Bun

Sweet Baked Beans

Or

Sun Butter & J Sandwich

Fruit, Veggie, Milk

DOMINO'S SMART SLICE

PIZZA

Or

Chicken Salad Sandwich

Fruit, Veggie, Milk

TURKEY DINNER

MASHED POTATO

Or

Sun Butter & Jelly Sandwich

Fruit, Veggie, Milk

Thursday

CHICHEN MASHED

POTATO BOWL

OR

Chicken Salad

Fruit, Veggie, Milk

VETERANS DAY

NO SCHOOL

THANK YOU FOR YOUR

SERVICE

Chicken Pattie on a Bun

Or

Italian Sub

Fruit, Veggie, Milk

Friday

Wedge of Turkey Sub

Pickles

Or

Tuna Sandwich

Fruit, Veggie, Milk

Meatball Sub

Cucumber Rounds

Or

Italian Sub

Fruit, Veggie, Milk

Wedge of Tuna Sub

Bag of Chip

Or

Ham & Cheese Sandwich

Fruit, Veggie, Milk

HAPPY TURKEY DAY
NO SCHOOL

THANKSGIVING



MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com