



Centre School – Family Newsletter – May 2022

Dear Parents and Guardians of Centre School Students,

As the month of April comes to a close, and we return from our annual week-long Spring Vacation, students and staff will gear up for the final seven weeks of school! The last day of school for students is June 17th (12 PM dismissal). May and June are the months when students are involved in formal year end assessments at Centre School. These formal assessments are just one measure of student performance. Every day, our teachers informally observe and assess student learning as part of the daily instruction. We encourage consistent daily attendance as we need all students present for our formal assessments and for these important learning days of school during this last academic trimester. Please contact your child's teacher if you have any question about your student's progress.

Now that daylight lasts longer and it is warm outside we appreciate that students and their families are busier. It is important to recognize that this is also a busy learning time at school and we ask that time and space be allotted each day for reading and math practice at home. While practicing reading and math is important, proper rest is also vital for successful learning. It is recommended that children this age receive 10-11 hours of sleep each night.

Please remind your children that we want all students at Centre School to be safe in school and on the bus and that each student has the right to an uninterrupted opportunity to learn. In school and on the buses we expect students to follow school rules:

- Treating others the way we want to be treated
- Keeping our bodies safe and healthy
- Taking care of our school and classroom materials
- Behaving like respectful learners

For the second summer in a row, all three schools in Hampton will be offering a summer school academic program. This program is for students who qualify based on academic need/projected learning gaps due to the pandemic. This is a 'no cost program' that will run for 4 weeks in July. It is a three day a week program (Tues.-Thurs.). The hours are from 8:30 to 11:30 AM. Bussing will be provided for those who need transportation. You will be contacted by mail if your child is being considered for this program. If you have any questions, please contact us.

We all appreciate the Hampton PTA's coordination of the upcoming Teacher Appreciation Week during the first week in May. We are also especially grateful for their continued support. The PTA certainly makes us all feel very special.

Nurse News

We are happy to welcome back the Hampton Lions Club to complete vision screenings on our students this month! Correcting possible vision issues early in childhood is very important for their eye health, education

and overall well-being! Vision screenings will be performed on first graders and preschool students at Centre School at the end of the month. More information to follow soon!

Nurse Amy

School Counselor News

May is Mental Health Awareness Month. Mental Health Awareness Month is a national movement to raise awareness about mental health. It focuses on fighting the stigma associated with mental illness, educating and providing resources and support for people with mental illness and their families.

The CDC defines children's mental health as including a children's mental, emotional, and behavioral well-being. It affects how children think, feel, and act. It also plays a role in how children handle stress, relate to others, and make healthy choices.

Listed below are some ideas to help promote your child's mental health and wellbeing:

Relax - Spend time relaxing in a quiet space away from stimulation. Reading, coloring or writing/doodling in a journal are all great choices.

Get outdoors - Spending time in nature is good for physical and emotional health.

Get moving - Movement is good for the mind and body. Being physical can build confidence, strength and improve cardiovascular health which leads to better emotional stability and reduced anxiety.

Practice gratitude - Spend some time naming a couple of things that you and your child are grateful for. Practicing gratitude regularly is known to increase optimism and decrease stress.

Family fun - Have a dance party, cook a meal together, take a walk, or play outside. Connection to family helps children feel they are loved and supported.

Deep breathing - Deep breathing exercises can lower your heart rate, blood pressure and relax the mind.

Random Acts of Kindness - Research shows that doing a kind act for another person is beneficial to mental health. Kindness can promote gratitude and increase a person's sense of happiness.

Pet a dog - Just petting a dog can improve one's mental health.

Listed below are some helpful resources where you can find more information:

National Alliance on Mental Illness: <https://www.nami.org/home>

New Hampshire Rapid Response Access Point: <https://www.nh988.com/>

Connor's Climb Foundation: <https://www.connorsclimb.org/>

Lynn Lyons, LICSW <https://www.lynnlyons.com/>

SAU 90 School Counselor Website: <https://sites.google.com/sau90.org/sau-90-school-counselors/home>

"A child's mental health is just as important as their physical health" - Kate Middleton

Samantha Connell
School Counselor

I would like to wish each of you a Happy Spring! Upcoming events are listed below for your information.

Upcoming Events:

May 2-6 –Teacher Appreciation Week
May 3, 10, 17, 23, 24 – Gr. 2 Minecraft with Mr. Dutton (Session 2)
May 4 & 18 – Gr. 2 Art Club with Mrs. Olson (Weds. Group)
May 5 & 12 – Gr. 2 Art Club with Mrs. Olson (Thurs. Group)
May 8 – Happy Mother's Day!
May 10 – Gr. 2 visits Lane Library
May 10 – Hampton School Board Meeting 6:00 PM
May 11 – Nurses Day
May 11 – **EARLY RELEASE DAY 12:00 DISMISSAL**
May 12, 17 & 24 – Incoming Kindergarten Registration Day
May 12 – Gr. 1 visits Lane Library
May 13 – Kindergarten visits Lane Library
May 17 – PTA meeting 7 PM
May 26 – Lion's Club vision screening (Pre-School & Gr. 1)
May 30 – NO SCHOOL - Memorial Day
May 31 – Gr. 2-3 Info Night 6:00 PM @ Marston
June 1 - **EARLY RELEASE DAY 12:00 DISMISSAL**
June 2 – Centre Arts Festival
 Kindergarten 9:00-10:30
 Gr. 1 10:45-12:15
 Gr. 2 1:00-2:30
June 2 – Incoming Gr. 1 & 2 Registration
June 10 – Field Day!
June 17 – **Last Day for Students –12:00 DISMISSAL**

LUNCH

MAY 2022
Hampton School District

"APRIL SHOWERS BRING MAY FLOWERS"

Monday	Tuesday	Wednesday	Thursday	Friday
Silver Dollar Pancakes 2 Sausage Patti Maple Syrup Green Beans Mandarin Oranges Milk	Chicken Nuggets 3 Baked Onion Rings Sliced Peaches Milk	Domino's Smart Slice 4 PIZZA Cucumber Rounds Grape Juice Milk	Chicken Teriyaki Dippers 5 Basmati Steamed Rice Maple Syrup Carrot Coins Fruit Coattail Milk	Baked Mozzarella Sticks 6 Marinara Dipping Sauce Garden Salad Sliced Peaches Milk
Chicken Drumstick 9 Rice Pilaf Ham and Pea Salad Pineapple Chunks Milk	Yes, it is! 10 Supreme Taco Tuesday Mango Chunks Mixed Vegetable Milk	Chicken Patti on a Bun 11 Three Bean Salad Ice Juicy Early Release	Spaghetti Plain or Meat Sauce 12 Garlic Bread Knot Garden Salad w/ Italian Dressing Orange Smiles Milk	Nacho's and Cheese 13 Homemade Chili Baked Beans Celery & Olive Salad Milk
French Toast Sticks 16 Hash Brown/Cheese Stick Best Baked Beans Mixed Veggie Applesauce Cup Milk	Sal's Pizza 17 Fresh Made from Lawrence Mass. Fresh Carrot Sticks Ranch Dressing Dip Fresh Fruit/Milk	Domino's Smart Slice 18 PIZZA Garden Salad Pineapple Orange Juice Milk	Grilled Chicken Breast 19 Sandwich Cheese, Lettuce, Tomato, Onion BBQ Sauce on the Side Very Berry Ice Juicy Milk	Double Mini Hot Dogs 20 Baked Beans Sauerkraut Spinach Salad Fruit Cocktail Milk
French Bread Pizza 23 Baked Brussel Sprouts Dice Pears Milk	BBQ Pulled Pork 24 Nacho's and Cheese Sweet Corn Red Delicious Apple Milk	Domino's Smart Slice 25 PIZZA Garden Salad Mixed Fruit Milk	Ravioli Mini Breaded 26 Meatballs & Marinara Sauce Carrot Sticks and Ranch Dip Tropical Fruit Salad Pudding Cup w/ Whipped Cream Milk	Manager Special Lunch 27 Centre and Academy It's a Surprise... MARSTON SCHOOL COOK OUT TODAY
NO SCHOOL 30	Stuffed Crust Pizza 31 Buttery Sweet Corn Pineapple Chunks Milk			


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