



Principal's Message

Sad News for the Whitefield Community

It is with great sadness that I report to you the passing of Mr. Dennis Cullenberg. Dennis died early this morning after a brief but intense battle with pancreatic cancer. Dennis devoted 32 years to the children of Whitefield as a highly regarded classroom teacher and colleague. His loss to this school and community is significant.

We have provided grief counselors and other resources in school for students and staff to support them through this difficult grieving period and we will continue to have those resources available next week. We are in communication with Mr. Cullenberg's family and no formal funeral plans have been made at this point. Once we receive that information we will share it with all our WHES families.

Helping children talk about grief is difficult, especially as we are working through our own feelings. Below are some tips for talking about death and loss with children. For more resources please see <http://www.cgcmaine.org>.

- 1. Be aware of what you yourself are feeling; have some safe ways of expressing your feelings both with children and away from children.*
- 2. Provide ample time and a comfortable physical space to listen.*
- 3. Respect whatever unique ways children express their feelings; know that their expression is likely to be intense, brief, and repeated.*
- 4. Arrange some physical methods for children to express their feelings, especially anger. Examples: clay, paints, old magazines or telephone books for ripping, blocks, etc.*
- 5. Do not overload children with information; answer only the questions they ask. Be patient when they repeatedly ask the same questions.*
- 6. Offer lots of appropriate choices for decision-making--often. Death may bring feelings of losing control.*
- 7. Answer children's questions with simplicity and honesty. "I don't know" is an acceptable answer. Describe death and dying in literal terms.*
- 8. Remember that young children will generalize and associate about important people and emotions. Example: if a sibling died in the hospital, then hospitals are likely to hold certain fears.*
- 9. The basics count all the more. Regular routines, schedules, familiar people and places are best and good food and a warm bed are comforting.*
- 10. Know that a child will grieve cyclically--at each new developmental level he/she will relive his/her loss as he/she continues to integrate the loss into his/her life at new ages.*
- 11. Observe that a child grieves as part of a family, and the entire normal family structure has shifted. This may mean a change in roles and additional loss to grieve.*
- 12. Respect, encourage, and honor a child's feelings, whether they are fear, grief, sadness, guilt, anger or love. These are natural feelings that help the child process, integrate and heal from the loss.*

Office: Please remember to send your child to school with a note if they are going to a different destination on the bus after school. It helps to avoid last minute phone calls to the school, which can make dismissal very chaotic. We appreciate the advance notice and thank you for not calling with these changes after 2:00 p.m.

Food Pantry: Thank you for all of the donations!

Kitchen: There is now an easier way to pay your students lunch bill online! Please go to our school website, under parents is "My School Bucks" and sign up there! Just as a reminder when sending money in for lunch accounts, please be sure to label it with the name of your student(s) and the amount(s) to be deposited into their account. We also encourage everyone to fill out the Free and Reduced Lunch form. It is open to everyone! If you have any questions please do not hesitate to contact Kara Waller or Amanda Lincoln in the kitchen.

Click below to check out the Whitefield School Collaborative Problem-Solving Project!

<http://www.svrsu.org/o/whes/page/whitefield-collaborative-problem-solving-project>

Grades Pre K- 1

Pre K: Please send your child to school with ski pants, coat, boots, hats and mittens! Thank you to the parents that made it in for conferences. Have a great weekend!

Beck: Please mark your child's clothing! We have many black ski pants and some boots that are very similar. Also, please make sure your child has an extra set of clothes for those days when the playground is very wet with snow. Have a wonderful weekend!

Lamothe: The numerous amount of snow days have caused our schedule to be somewhat disrupted, but we are getting back on track. Literacy Groups are going smoothly and the children are making steady progress. We have started our unit on opinion writing. This group of first graders loves to write! I have noticed many "Just Incase Clothing Bags" need to be updated. Quite a few children don't have extra clothes readily available in the case of an emergency. Items needed in our classroom include: extra snacks for those without. Thanks in advance!

Grades 2-4

Brewer: Thanks to all parents for coming in to discuss your child's progress. I was happy to share such good news with you all. We will be having our Chapter 2 math test next week. Stay tuned. Please make sure your child has ski pants, coats, hats, mittens and boots. Have a great weekend.

Northrup: We are very busy in third grade. We started chapter 3 in Everyday Math today. We are working on our final draft in narrative writing. Reading groups are working on fluency, comprehension, and inference. Please be sure your child has a winter jacket, gloves, a hat, boots, and snow pants for the playground. Boots may NOT be worn in the classroom. The floors tend to get dirty and slippery. Student of the Week- Tucker

Trask: In Everyday Math, the class has been working with fractions. The first few lessons had the kids working to understand that fractions are part of a whole. Now we are practicing and working with equivalent fractions. Please continue to practice the basic multiplication facts with your children, they are improving.

PBIS News- We are very excited for our monthly PBIS community assembly on Monday, December 3rd at 8:30. We have added a few exciting elements and would encourage all families to attend to cheer on those students who will be recognized for the month of December. As part of implementing PBIS with fidelity, we will be assessing school climate on a periodic basis.

Middle School News

Cullenberg:



McCormick: Thank you to the parents who took the time to come in for conferences.

Mathews: In reading, students are working in nonfiction books of their choice to examine connections between small details and central ideas. Students should be reading these books for about 20 minutes each evening. Please ask your student to tell you the interesting facts they are pulling from these books. As writer's notebooks are graded and returned, please note that students may revise their work to increase their grade.

Howard: We hope that the weather settles down for the next few weeks so we can complete some units. 6th grade is working with percents - converting to decimals and fractions and back. 7th grade is calculating sales tax, tips, markups and markdowns - this is great to learn at the holiday season. 8th grade is finishing up with real numbers, working with irrational numbers. Thank you to all the parents who visited during Parent Teacher Conferences, if you have any follow-up questions, please email or call.

8th grade has been selling Christmas Wreaths - if you are interested, please contact me at choward@svrsu.org or find an 8th grade student.

Resource News

Brann: It was nice to meet with parents during P/T conferences. If you have any questions or concerns about your child's progress, please feel free to contact me at school.

Grady/Richards: Hopefully everyone cuddled up and read a good book during our snow days. Talking to your child about details, and making connections to the story are great ways to get your child excited and eager to read more.

Art - Library - Music - PE

Martin: 3rd grade just started their symmetry unit. They are painting large gingerbread houses. Once these are done they will be making real, asymmetrical houses to eat. I am looking for donations of candy, graham crackers and confectionary sugar. Anything would be much appreciated and also a huge help to the class. Thank you.

Abbott: Thank you to everyone who supported the Book Fair! Sorry about the mixed schedule of days.... Snowdays make it hard to plan! If you didn't get a chance to shop the book fair, please make sure to check it out when we have it in the spring.

Simpson: Boots. Boots. Boots. Great for the snow. Terrible for PE class! Please help your child remember their sneakers on PE days.

Morgan: Our Winter Concert Series will take place on **Tuesday, December 11th**. There will be two concerts, the first featuring **grades K-3 at 5:30pm** and the second featuring **grades 4-5, 6-8 Chorus, and 6-8 Band at 6:30pm**.

Have a great weekend!