

# Helen A. Thompson School

## Newsletter

**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

### January

7th: WinterKids begins!

9th: PTA meeting in library, 6:00

10th: Students dismissed at 4:00

AM PreK - 8:10 to 11:40

PM PreK - 12:40 to 4:00

14th: CLYNK Challenge begins

18th: Early release, 1:00 dismissal, no PreK

21st: No school, Martin Luther King, Jr. Day

22nd: *Time for Kids* booklet fundraiser begins

23rd: School GeoBee, 9:00

24th: Students dismissed at 4:00

AM PreK - 8:10 to 11:40

PM PreK - 12:40 to 4:00

31st: Students dismissed at 4:00

AM PreK - 8:10 to 11:40

PM PreK - 12:40 to 4:00

### February

7th: Students dismissed at 4:00

13th: PTA meeting in library, 6:00

15th: Early release, 12:00 dismissal

18th - 22nd: No school, Winter Break

### Pledge of Allegiance Hosts

Thank you Cole H., Nevaeh B. and Logan C. from Mrs. Hall's class who used the intercom to lead the school in the Pledge of Allegiance.



### Notes from the Principal

Dear Families,

Happy New Year! The new year is a time to reflect upon the year that has passed and look toward goals for the future. We are coming back to school in the new year feeling recharged and ready for learning! Winter NWEA testing begins next week. This month our fourth and fifth graders will participate in the National Geographic Geography Bee! Preliminary rounds will be held in each 4th and 5th grade classroom. Winners of each classroom geography bee will move on to the school geo-bee to be held in the gymnasium on Wednesday, January 23rd at 9:00. Good luck to our fourth and fifth graders!

Again this year, we are representing Kennebec county as participants in the WINTER KIDS Challenge! This year the theme of the WinterKids challenge is LITERACY! Stay tuned to our website and Facebook page for information and updates throughout this exciting challenge. Like last year, the leaderboard will be announced at 7:00 each Sunday morning on WMTW Channel 8, so be sure to tune in! The launch of the challenge is January 7th and we'll be kicking it off with energy and enthusiasm!

Please join us for our next PTA meeting on Wednesday, January 9th at 6:00 in the library. This month, we have invited our 5th grade leadership group to share findings from a recent playground survey that was administered in all classrooms. Students are eager to share how our students voted!

Best wishes for health and happiness in 2019! Thank you for your continued support of our school!



In the spirit of growing and learning,

*Mrs. Lopez*

### Dismissal Changes for Students

If there is a change in your child's transportation, please send a note or call the school as early as possible. Please do not contact the school at the end of the day for any changes in your child's transportation **unless it is an emergency**. It is very difficult at dismissal time to notify teachers, students, and bus drivers of any changes.

Thank you for respecting our learning time by **not dismissing your child early** unless it is an emergency!

## January Calendar Reminders

Please note, the following school days have been extended by one hour:

- **Thursday, 10th: 4:00 dismissal**  
AM PreK - 8:10 to 11:40  
PM PreK - 12:40 to 4:00
- **Friday, 18th: Early Release,**  
1:00 dismissal  
No PreK on Early Release Days
- **Thursday, 24th: 4:00 dismissal**  
AM PreK - 8:10 to 11:40  
PM PreK - 12:40 to 4:00
- **Thursday, 31st: 4:00 dismissal**  
AM PreK - 8:10 to 11:40  
PM PreK - 12:40 to 4:00

### Guidance Notes

Welcome to 2019! Doesn't it seem like time is speeding up? It sure does to me. Sometimes I feel like there's never enough time to accomplish everything I want. January is famous for resolution setting and resolutions are kind of like goals. Helping children reach their goals is something we all have in common. One of the things I work with many students on is something called "Growth Mindset". It is a way of thinking that helps people achieve their goals. Some people might say, "I'm not good at math." Notice the period. It is a final statement. There is no room for change or growth. When a person has a "Growth Mindset" they might say, "I'm not good at math, YET." "Yet" is a powerful word that reminds us that there is still room for us to grow and improve, if we only try. On a daily basis I try to remind students that where they are now is just the beginning of their story, and if they truly want to achieve something and are willing to work for it, it is possible. We talk about perseverance, having a positive attitude, and surrounding yourself with people who can help. We look at past successes to remind them of what they have already accomplished and how they did it. In this day of everything being instantaneous it can be challenging for children to work for something that takes time. As adults we can be their cheerleaders and coaches and help them see the distance they have already covered. Last summer I re-discovered the truth of the saying, "The journey of a 1,000 miles begins with a single step." I set a goal to walk 100 miles, and at first the number 100 seemed too high to achieve until I looked at what I was already doing- walking 3 miles a day. When I broke up that intimidating three-figure goal into a more manageable one digit number I was able to approach my goal with enthusiasm and confidence. And I accomplished it, too! Please reinforce a "Growth Mindset" with your children by helping them set achievable, meaningful goals and support and cheer them on as they discover the power of the word "yet" in their lives. You will be teaching them a valuable life skill and giving them strength that they will be able to call upon for the rest of their lives.

Joan Tourtelotte  
("Miss T.")  
School Counselor

### PTA News

Next PTA meeting is Wednesday, January 9th at 6:00 pm in the library. It will be a planning meeting for the second half of the year.

**CLYNK** The CLYNK challenge will run from January 14th – March 22nd. Every \$1 raised during this time will earn an extra 50¢ match! CLYNK bags are available at the school or by contacting a PTA member.

### Spotlight on Staff

Interview with Meghan Connelly  
Grade 5 Teacher



**Where did you go to school?**  
The University of Maine

**What is your favorite book?**  
The Harry Potter series

**What are your hobbies?**  
Hiking, reading, and playing sports!

**What is your favorite food?**  
Pizza

**What is your favorite thing about working at HT?**

I feel very welcomed, and get to spend every day with wonderful students and staff!

**Winter Kids**