

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

February

5th: Grade 4 NAEP testing

7th: Students dismissed at 4:00

AM PreK - 8:10 to 11:40

PM PreK - 12:40 to 4:00

13th: PTA meeting in library, 6:00

15th: Early release, 12:00 dismissal

18th - 22nd: No school, Winter Break

28th: Students dismissed at 4:00

AM PreK - 8:10 to 11:40

PM PreK - 12:40 to 4:00

March

7th: Students dismissed at 4:00

AM PreK - 8:10 to 11:40

PM PreK - 12:40 to 4:00

8th: End of 2nd trimester

8th: PTA "VIP" Dance, 6:00 - 8:00

13th: PTA meeting in library, 6:00

14th: Early release, 1:00 dismissal, no PreK

15th: No school for students, workshop day

19th: Grade 3-5 Concert, 6:30 in HTS gym

Pledge of Allegiance Hosts

Thank you Eben W., Dakota H., Avery C., Emry C., Ella S., Jordan B., and Natalie G.

from Ms. Hanley's class who used the intercom to lead the school in the Pledge of Allegiance. Thank you, all!



Notes from the Principal

Dear Families,

Brrrr! Maine weather is reminding us to prepare for the cold, wet, windy days of winter as we eagerly welcome back each increasing minute of daylight! Please remind your children to be prepared for outside play every day at school. All students need to wear winter jackets, hats & mittens.

Our 4th graders will participate in National Assessment of Educational Progress (NAEP) testing on Tuesday, February 5th. Our school was selected to take the NAEP which is used as a common measure of student achievement across the country in mathematics, reading, science, and many other subjects. NAEP is not designed to provide results for individual students or schools.

Source: <https://nces.ed.gov>.

Follow *Helen Thompson School* on Facebook to get regular updates and news from our school!

In the spirit of growing and learning,

Kudos to Mrs. Duncklee's class, the January winner of our Box Tops competition!

Pre-K & K Registration Time!

The Four Year Old Program is will soon be registering students for the 2019 - 2020 school year. Children must be four years of age on or before October 15, 2019 and may not turn five before September 1st. Space is limited.

Kindergarten registration time is also right around the corner! Children must be five years of age on or before October 15, 2019.

Please call 724-3930 for more information and for registration forms for either program!

Fifth Grade News

Fifth graders will be selling World's Finest Chocolate candy bars February 1st - 15th. Be sure to reach out to your favorite 5th grader and get your candy bars before they are gone!



A huge "thank you" to Ms. Hanley for all of your hard work in coordinating our WinterKids activities!

February Calendar Reminders

- **Thursday, 7th: 4:00 dismissal**
AM PreK - 8:10 to 11:40
PM PreK - 12:40 to 4:00
- **Friday, 15th: Early Release**
12:00 dismissal
No PreK on Early Release Days
- **Thursday, 28th: 4:00 dismissal**
AM PreK - 8:10 to 11:40
PM PreK - 12:40 to 4:00

Guidance Notes

Compassion is a word we have been talking about in guidance class, as well as expressing support and communicating feelings/asking for support. These are all important aspects of social emotional learning.

I have been reading about self compassion and self care and sharing some of that information with some of the students I work with in the classroom and individually. The ability to self advocate and take care of oneself is an important part of being emotionally healthy.

According to my readings, self compassion is the ability to accept oneself totally and without judgment- including our imperfections and mistakes. Many times I have encountered students who treat themselves very harshly whenever they make a mistake, get an answer wrong, get a low grade, miss a shot, etc. They would never say to a friend in the same situation what they say to themselves but, "It's OK because I am saying it to myself.", is their thought process. I try to help children understand that they are just as deserving of compassion and respect as anyone else they know. If I hear a child being self critical I will say, "Hey! Don't be mean to my friend." When they respond that they are talking to themselves, I say, "And you are my friend so please be kind to yourself." This usually results in a smile and hopefully a change in thinking and behaving for the future.

Self-care is the ability to notice when one's "well is running dry" and being able to ask for what one needs. More alone time, someone to listen, a nap, etc. Living an emotionally healthy lifestyle is a habit best learned young, however it can be picked up any time.

I hope you are able to share with your child some examples of self compassion and self care that work for you. Showing your child the skills you use to stay emotionally healthy is a great gift to give to them. Healthy kids become strong, empathetic, effective leaders.

Joan Tourtelotte
("Miss T.")
School Counselor

Non-Traditional Musical Instruments in Action!
Mrs. Geishaker currently has a Donors Choose project that positively impacts 5th Grade students at Helen Thompson School. Please visit her donors choose page, donorschoose.org/Mrs.Geishaker to learn more information and see how you can help! If you can provide materials needed in lieu of a monetary donation, please contact her at cgeishaker@msad11.org.

PTA News

The CLYNK challenge is on! Now through March 22nd, every \$1 raised through returnable bottles and cans will earn an extra 50¢ match. Be sure to get your Clynk bag from school and start filling!

Our V.I.P. (Very Important People) Dance is on Friday, March 8, 6:00 - 8:00. This is a fun event for children to bring their very important people and dance the night away. Stay tuned for more details.

The next PTA meeting is Wednesday, February 13th at 6:00 pm in the library. All are welcome!

Spotlight on Staff

Interview with Mrs. Snow
Grade 2 Teacher



Where did you go to school?

I graduated from Lewiston H.S and then from the University of Southern Maine. Lastly I received my M ED from the University of Maine.

What is your favorite book? Hands down my favorite children's book is *Charlotte's Web*.

What are your hobbies? I love to exercise. In the winter I ride on a indoor bike trainer. Annually from May to November I cycle about 3000 miles outdoors. I've recently begun watercolor painting as a pastime.

What is your favorite food? I love food and I love to cook. Anything that has fresh pesto is delicious.

What is your favorite thing about working at HT? I love coming to school each day and working with such friendly and welcoming colleagues and students.