



Principal's Message

Reassuring Children in a Troubling Time

One of the members of the RSU #12 Administrative Team forwarded a question recently asking if we have students voicing fear and worry about their future given the troubling world we live in. If you take a moment and think about some of the news that is breaking, both here in the United States and around the world, it can be a challenge for an adult to remain buoyant and positive. Imagine now being a child and hearing only bits and pieces of the conversation and not having a foundation of experience to balance those impressions off of. Clearly, these are the ingredients for confusion and, yes, fear. Staff members here and in other RSU#12 schools have seen evidence of these worries creeping into the lives of some of our children and the great question is what can we do to prevent or, at least, minimize this effect?

There is good research out there that stresses the importance of checking in with students should you hear concerns voiced about any of these complex social or political issues. This should be done in order to determine what is the level of their exposure to the news, how much is truly understood and to what degree has there been misunderstanding. Depending on the developmental age of the child in question, it is then extremely important to clarify the issues and provide reassurance that our country and the world often contend with serious issues that can sometimes be very unpleasant but that the adults in their families, their school, their state and country will always work toward keeping them safe. Also, be very careful about the conversations that children overhear. Understand that children can be very good at picking up impressions from the vocabulary and tone of adults' discussions and these can produce thoughts, feelings and fears that may not be truly accurate. This is not to suggest that shielding children from all news and commentary are the best remedy as information has a way of finding itself to children one way or the other. Rather, by communicating with your children and assisting them in understanding what they can handle at this point in their life may be the best response. While we do live in troubling times that can often stress us as adults, we must do our best (on all fronts) to reassure children that the potential within their lives is positive and hopeful.

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: If you are able, please consider donating to our school food pantry. We continue to send a number of bags home every Friday. Things of greatest need are granola bars, cracker sandwiches, cheese it's or other crackers / cookies (individual packages are preferred), macaroni and cheese, chef boyardee, and soups. Thank you so much in advance!

Health: There are a lot of respiratory illnesses going around. Please remember if your child has had a fever within 24 hours they cannot attend school. Also, if they are coughing uncontrollably or their noses are running so much they can't control it, please keep them home. They do not feel well, therefore they will not perform well at school. Thank you!



Kitchen: Well, here we are, just about at the end of January. There has been an abundance of fun here at school. I am pleased to say, we in the kitchen, have been invited to join in on it! #WHES_Winterkids Snack Challenge! Thank you! It isn't often we are included in the fun stuff! Congratulations to the entire student body for the creative snacks that were presented last week. I was a judge and enjoyed having snacks prepared for me, for once! The students were creative and had fun with this event. As for our lunch program, I have tried some new things with the students. In February, there will be more new things offered. I hope the

children are sharing this experience with you at home. As a reminder, myschoolbucks.com is a program to help you monitor your child's lunch account and make payments online. You can always send money if you prefer. I would like to thank staff, students, and parents for supporting the nutrition program at Whitefield School. If you should have any concerns please feel free to contact me.

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- 2

Pre K: Pre-K has been super busy this week! Wednesday we had our WinterKids Family Fun Day. Thank you to all the family members that came in to have fun with us! Sadly, we were unable to have Read With Me this month, we hope to see Ms. Maria next month.



Beck: It's been a very busy week! We have worked on Reading, Writing and Math along with spending lots of time outside for WinterKids activities. Thank you to the parents who volunteered to help out on Wednesday. Thank you too, for sending in sleds for our sledding adventure. We have also put up a bird feeder in an old apple tree out back to watch the birds eat.



Lamothe: Thanks to all the first grade families who have participated in the Winter Kids Family activities this week. We had a beautiful, fun filled afternoon on Wednesday sliding outside with the PreK-2nd grade students! Thank you to Alex's Mom and Dad and River's Mom and little sister for joining us for our afternoon adventure! The first graders are loving being outside!

S. Brewer: Another busy week in grade 2. We had an amazing time outside on Wednesday for #WINTERKIDS. Ask your student what their favorite part of the day was!

Grades 3-5

Northrup: A BIG thank you to Mrs. Simpson for all the fun events around #WINTERKIDS. Third grade won the snack challenge on Friday. As a reward, the office staff will be making us breakfast!! Date to be determined. All the kiddos loved our time at Hidden Valley Nature Center. Thank you to all the parents for volunteering. Cross Country Skiing was a big hit!! We will be NWEA testing during the first week of Feb. Student of the Week- Schuyler.



Trask: After all of the fun at HVNC on Wednesday, the 4th grade returned on Thursday for our regular Outdoor Science.

The students learned how animals beat the cold during winter. All of the students had time to study a variety of animal tracks and learn about the creature that made them.

M. Brewer: We had a blast at Hidden Valley Nature Center on Wednesday. Students snowshoed, cross-country skied, and created snow art. We also completed our winter NWEA testing!



PBIS News- It has been an amazing week here at Whitefield School. We spent the afternoon working together, having fun and using our core values to make the day memorable at Hidden Valley Nature Center. Thank you parents and staff members for making the day such a hit and our own Jamie Simpson for coordinating the trip!!! Next week we will celebrate student success during our monthly PBIS assembly on January 30th @ 1:30.



Middle School News

McCormick: It has been another busy week. 8th graders have started practice work for the MEA testing that will happen later in the spring. Please have a conversation with your child about what test-taking strategies worked for you as a student. 7th grade finished their investigation of cell organelles. Ask your 7th grader which organelle was their favorite to explore. 6th grade is working on mastering the DARK unit. Ask a 6th grader what this unit is about. In social studies, 7-8th graders have moved onto learning about the causes of WWI.

Capen: Students are completing the NWEA reading test to show their understanding in reading. They are working hard!

Crowell: All students have been working hard throughout the week to show off their math skills on the NWEA assessment. What an unbelievably great time we had at Hidden Valley Nature Center.

Resource News

Brann: It's been a busy week! Students have been plugging away at the NWEAs. Also- students are keeping up with classroom assignments. Way to go!

Grady/Richards: Schedules have been crazy, but we are enjoying being a part of #WINTERKIDS. Being outside can make us tired when we come in, so stay warm and cuddle up with a good book!



Art - Learning Commons - Music - PE

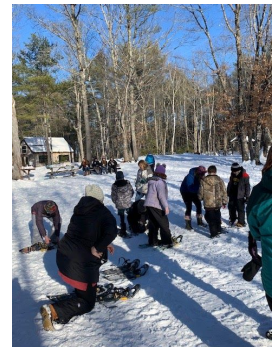
Martin: Grades 3-5 had a ton of fun learning many ways to be creative outdoors. We made watercolor paintings in the snow using sticks for frames, tie-dye snow, snow castles, packed snow on trees to make faces, and snow castle building. Next week is winter art activities.

Howard: #WHES_Winterkids Family Engagement was at Hidden Valley Nature Center - what a great opportunity for family fun. Many Bingo Cards were turned in and those students received a free Kids meal from Subway. Please check out our website - <https://sites.google.com/svrsu.org/wheswinterkids/home> for

more pics of the Family Engagement Day #WHES_Winterkid #WinterKids @hvncfun

The Learning Commons highlighted bear books and author Martin Waddell, whose stories show compassion and caring for others. The MakerSpace room was used to complete some inside *snow* art and individual creativity (i.e. bracelets, sewing material, etc.). Thank you to all the new materials that were sent in for students to use.

Simpson: Thank you to everyone who supported our winterkids events on Wednesday afternoon. We had such a great time at HVNC. Hidden Valley has been a tremendous support to our school's physical education program the last few years. I look forward to coordinating more activities with them in the future! Thank you to Mike Flynn for coordinating our hydration station during the lunch period on Thursday. Our students overwhelmingly voted for Orange-Pineapple-Mint as their favorite naturally flavored water. We are looking for volunteers from our community to participate in STEM activities during our Winterkids Winter Carnival next week. If you have an interest in helping or an idea to share, please reach out to me. Also, thank you for your efforts and participation in the Winterkids Bingo sheets! #WHES_Winterkids



Have a great weekend!