

SANDPIPER NEWS

7 School Lane | Kittery Point, ME | Allison Gamache, Principal

Important Dates

December

- 6 - Winter Concert at Shapleigh School Gymnasium
5:30 grades K-1,
6:30 grades 2-3
- 10 - 2nd Grade Field trip to KTP
Wreath across America
Depart 10:30, return 11:30
- 24 - Jan 1 - Winter Break



Thank you to this amazing lunch crew! They served over 200 meals and we had over 90 family members join the 3rd grade children.



Grandparents enjoy Thanksgiving Lunch at Mitchell School

Turkey day at Mitchell came after Thanksgiving this year but was just a special as always. This is an annual 3rd grade event where we invite the grandparents or family representative to enjoy a Thanksgiving Dinner hosted by the Mitchell Food Service Staff. This is one of the highlights of the year for children and families. Thank you to our AMAZING food service staff!



Kittery Rotary Donate to the Third Grade Students



The Kittery Rotary annually support students in the 3rd grade to provide books for our students. On Thursday, Nov. 29th Rotary members presented the third grade teachers with checks to purchase books for their classrooms. This funding helps provide books to improve our classroom libraries, purchase books students are interested in or that support our curriculum units of study. We would like to thank the Kittery Rotarians and the members who were able to attend the presentation.



Marie Williams from the Kittery Rotary presents the 3rd grade teachers with checks to purchase books for the classrooms. Mrs. Wilson, Mrs. Hartley, Mrs. Peternell and Ms Lantz.



Final Celebration at Durgin Pines- Art to Heart

Under the direction of Amy Nucci, art teacher and Dana Rickerich, school counselor students completed the last celebration for Art to Heart with Durgin Pines residents. A special thank you to the students and their advisors for the opportunity they have given Durgin Pines residents. Both the residents and students have gained from this experience. Students and the residents made ornaments for the Foster Tree Celebration. The children and residents meet to see their tree as a special celebration. Pictures speak louder than words. Thank you Mrs. Nucci, Mrs. Rickerich, and Durgin Pines for providing this opportunity for our Kittery community.





Winter is coming

It the time of year when the weather is tricky for trying to dress kiddos appropriately for it may be cold in the morning and then warms up or warm in the morning and then cools down. That is our Maine weather. We try to get our students out at least two times a day for recess and fresh air. The only time we stay inside is if it is raining or weather is below 10 degrees fahrenheit and we factor in the wind chill.

So for the chilly days a warm coat, hat, and mittens or gloves should keep them warm. Once the snow comes, students will need snow pants and boots to play on the equipment. If you need help with winter clothes, we do have extra boots, coats, or snow pants, please just call our school nurse or guidance office.



Thanks for sending in your boxtops!

We earned over \$600 last year
for field trips!
Keep them coming!
Thank you!
From the Kittery K-8 PTA

Nov. 19 and 20th Professional Development at Mitchell School

While the children were home prior to the Thanksgiving Break, Mitchell school staff were working on a variety of professional development activities. I wanted to share with parents and community members the work we do behind the scenes. Although on the 20th we had a to cancel the workshop due to the weather, this is the work we will continue.

Responsive Classroom Training at Mitchell School:

Staff members at Mitchell School spent time with a consultant, Donna Petite from Responsive Classroom (RC) learning about how to implement RC philosophy as a staff in our school.

The Responsive Classroom approach to teaching is comprised of a set of well-designed practices intended to create safe, joyful, and engaging classroom and school communities. The emphasis is on helping students develop their academic, social, and emotional skills in a learning environment that is developmentally responsive to their strengths and needs.

In order to be successful in and out of school, students need to learn a set of social and emotional competencies—cooperation, assertiveness, responsibility, empathy, and self-control—and a set of academic competencies—academic mindset, perseverance, learning strategies, and academic behaviors. They participated in many activities and peer conversation during the full day workshop to acquire the skills needed to implement this teaching approach to support our students' social, emotional, and academic growth.

Other groups of teachers split their day between working on math and science professional development. During the math portion, staff discussed the purpose of and need for a beginning and end of the year test that would show growth in the math competencies. This data will allow us to track math progress in the competencies K-3. Then, each grade created this assessment using the EveryDay Math assessments available to them as well as other resources. Each grade will give the assessment at least once this year so that we can begin to track the data.

During the science portion, teams looked at the science topics being covered at each grade level. They also began the process of identifying competencies for science. Work will continue in this area as the year goes on and into next year.

Vacation Approvals

We are asking parents to try to schedule vacation outside of the school year, however we know that sometimes you can not. If you are planning for your child to be out of school on vacation you will need to complete the Vacation Approval Request Form and send into the main office. We have attached the form to the newsletter. You may also contact the main office for a copy.

Lice Check Reminders

As you know, here at Mitchell School, we ask parents to perform weekly lice checks in order to be proactive. If you need more information on what to look for, check out the Nursing Blog on the Kittery School District Website at: <http://kitteryschoolnurses.blogspot.com/> Please call the nurse if you have any questions at 439-5855.

Birthday Celebration

At Mitchell School we have many children who have birthdays during the school year. We also know parents would like to do something special for their child in school. Due to the number of children who have food allergies we ask parents not to send in food to the class. If you would like to do something please contact your child's teacher for some classroom ideas. We appreciate your understanding.

PLEASE NOTE WE ARE A NUT
BAN SCHOOL

Birthday Invitation

We understand it is hard for parents to know the addresses of children when you want to plan a birthday party for your child. However our staff is not allowed to distribute birthday party invitations. This practice has frequently placed staff members in an awkward and difficult position and is often hurtful to students. Please DO NOT send birthday invitations

Sneak Peek with the School Counselors

The School Counselors, Ms. Rickerich, Ms. McKeon, and Ms. Tewell, have been busy in classrooms teaching the Second Step lessons to everyone here at Mitchell School!



This week, most classrooms are learning about feelings and how to identify them. We have been hosting Lunch Bunches in our room every day to check in with students and give them a place to be together, share how they are feeling, and have fun.

Last week our 3rd grade Civil Rights team met for the first time. The Mitchell Civil Rights Team will meet on a weekly basis and work on projects that engage the school community in thinking and talking about issues related to: race and skin color, national origin and ancestry, religion, disabilities, gender (including gender identity and expression), and sexual orientation. These are known as civil rights issues, and it's important that we think and talk about them so that everyone feels safe, welcome, and respected for who they are. If your 3rd grader is interested in joining the Civil Rights Team have them talk to any of the school counselors to find out more information.

Remember to check out our school counseling blog at drickerich.blogspot.com to take a look at our Second Step curriculum, find resources, and learn more about what we do! As always, we are available to answer your questions and offer support. Please feel free to reach out via phone or email. Our schedules and emails are as follows:

Dana Rickerich:
full-time School Counselor
207-439-1707 X242
drickerich@kitteryschools.com

Monica McKeon:
part-time School Counselor
(Mon, Weds, Fri. mornings)
207-439-1707 X249
mmckeon@kitteryschools.com

Paige Tewell:
School Counseling Intern
(Tuesday & Wednesday)
ptewell@kitteryschools.com

7 ways to prevent holiday stress – for your children

The holidays can be hectic — and tense. Between buying presents (expensive and nerve-racking), holiday events (how many holiday concerts can there be?), entertaining (so much cooking), traveling, and family gatherings (which are not always as pleasant as we might like), what should theoretically be fun has a way of becoming stressful. It can be stressful for kids, too.

Okay, they aren't driving long distances, dealing with office parties, or managing a credit card bill. But it is stressful nonetheless. Routines are off, there are so many expectations, and the ambient stress has a way of affecting children too.

Here are seven ways to prevent and reduce holiday stress for children this season.



1. Manage your own stress. Not only are you setting an example, there's just no way to stop your children from sensing your stress and being affected by it. It's kind of like the safety message we hear every time we get on an airplane: if you are flying with a child and the oxygen masks drop, you should put yours on first and then put on the child's. You're no good to anyone if you can't function. Try to be self-aware. Set aside time for yourself. Create code words that your partner and friends can use to let you know when you are starting to act like a snippy, crazy person. Practice self-care. Get enough sleep. Speaking of sleep...

2. As much as possible, keep routines the same. Kids do best when routines are predictable — and healthy. This is particularly true for sleep. As tempting as it may be to let kids stay up late and sleep late throughout the holidays, try to stay within an hour of usual times, except for special occasions (like New Year's Eve). We all do better when we stick to our sleep routines. Same goes for mealtimes (be sure your kids get three healthy meals a day, preferably with you and not in front of the television). As you think about how your children will spend the holidays...

3. Manage expectations. My youngest child has a way of getting incredibly excited for Christmas, expecting that he will get that incredibly expensive and hard-to-find Lego set, and that we will spend every day of vacation visiting museums and doing other activities, preferably with his friends — and then getting sad when he gets something slightly different and has to amuse himself some days. This is true for lots of kids, and is very preventable. Up front, let kids know what they can and can't expect. You don't have to give away the surprise, but you could, as a family, say that everyone gets one big but not break-the-bank gift (and otherwise set parameters on gifts). And you can sit together, look at the calendar, and let your kids know what you can and cannot pull off when it comes to vacation activities. As you think about activities...

4. Keep kids active. Speaking of television, sitting in front of it (or a gaming console or an iPad or phone) all day isn't good for anyone, and exercise is a known stress-buster. Kick them outside. Go to the park. Take advantage of free swim time at the local Y. Go for walks together. That together part is key...

5. Spend some time together. Real time, where you are sharing an activity. Going to the movies or having a family movie night is fine (and a nice way to end a crazy day), but try to do things that involve actual interaction. Play games together. Visit a museum together. Bake cookies. Which is a good example of how you can...

6. Build some family holiday rituals, if you don't have them already. Whether it's holiday baking, or making homemade gifts together, or a particular concert you always attend, or some friends you invite every year, create things you can do together every year that are meaningful and fun. There are plenty of things you have to do. Make your family rituals things you want to do. And as you build your rituals...

7. Choose something to do as a family that helps others. Choose toys for a toy drive. Go through clothes in the closet and bring gently used ones to a shelter or clothing drive. Donating money to causes is always great, but look for things that your children can actively participate in, preferably that you can do as a family. Try not to think of it as another family chore. Instead, think of it as a way to not only teach kindness, but to keep perspective on the holidays — and on what's way more important than presents or parties.

That's a perspective we all need — and the perspective that could save all of us a lot of stress.

School Attendance Is Important

Regular school attendance has a significant impact on a student's academic and social/emotional success. Building a habit of attending school, on time, everyday, helps ensure children are prepared for success in school, college, and the workforce. If your child has missed 10% of our current school year (4.5 days out of 45 days) you will be receiving a letter just to let you know. We understand there are a wide variety of reasons that students are absent from school, from health concerns to transportation or homelife challenges. We also realize this year's flu season has had an impact on attendance. However no matter what the reason may be for their absence, they have missed valuable school instruction. There are several individuals in our school community who are prepared to help you: school counselors, nurse, classroom teacher, and administrators. Please do not hesitate to let us know how we can support you and your child.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful, and on track to graduation.
- Missing 10% of the school year can drastically affect a student's academic success.
- By 6th grade, absenteeism is one of the three early indicators that a student may be at risk for dropping out of high school.
- By being present at school, your child learns valuable social skills and has the opportunity to develop meaningful relationships with other students and school staff.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

- Make school a priority. Talk about the importance of showing up to school everyday, and make that the expectation.
- Set a regular bedtime and morning routine.
- Prepare for school the night before, finishing homework and getting a good night's sleep.
- Don't let your student stay home unless they are truly sick. Keep in mind complaints of stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- Avoid appointments and extended trips when school is in session.
- Encourage meaningful after school activities, including kids clubs or other activities.
- Talk to teachers if you notice sudden changes in behavior.
These could be tied to something going on at school.

We are invested in your child's success and are eager to help support you and your child to help improve your child's attendance. If you would like additional resources or have any questions or concerns, please feel free to contact us at any time.





You're Invited!!!!

What: Mitchell School Winter Concert
Kindergarten and Grade 1 - 5:30
Grade 2 and Grade 3 - 6:30

When: Thursday, December 6, 2018

Where: Shapleigh School Gymnasium

Parking: There is limited parking at Shapleigh School so we will have parking at the Spruce Creek Church with a shuttle running to Shapleigh beginning at 5:00 and running until 8:00. Spruce Creek Church is located at 5 Pettigrew Rd, Kittery, ME 03904.

Please contact Carrie Hanson if you have any questions:
chanson@kitteryschools.com

Entry is free. We will also be having a 50/50 raffle to support the music department. :)

KCC
KITTERY
COMMUNITY CENTER

BREAKFAST WITH SANTA & MRS. CLAUS

Saturday, December 15, 8:30-10:30AM

\$5/PERSON

Santa Claus is coming to town! Join us at the KCC for your chance to meet him & Mrs. Claus. We'll serve breakfast, coffee, hot cocoa, and juice.

A gingerbread house with a red door, two green windows with white crosses, and a red window with a white cross. The words "Gingerbread House Decorating" are written in a cursive font across the house.

Gingerbread House Decorating

TUESDAY, DECEMBER 4

5:30PM-7:00PM

\$3/HOUSE

Come decorate your very own Gingerbread House! We'll supply the house, frosting, and delicious candies - you supply the creativity!

Children must be accompanied by an adult. No walk-ins please.

Register by November 28 by calling 207-439-3800 or at our website: www.kitterycommunitycenter.org.



KITTERY
COMMUNITY CENTER
The art of active living.



DECEMBER 5, 2018
RICE PUBLIC LIBRARY (MAIN BUILDING)
5:30 - 7:30 PM



Join your neighbors in the second installment discussion of the influential and acclaimed series Seeing White, part of the Scene On Radio podcast. We will cover part 3: Made in America. The innovations that built American slavery and how inseparable it was from the construction of Whiteness as we know it today

Helping Military Children Discover Their



Register Now
for this Online Course!

Courses are asynchronous in nature.
Limited seats are available.

Choose from 1 two-week course below:

November 6 - November 19, 2018
December 5 - December 18, 2018
January 17 - January 30, 2019
February 12 - February 25, 2019

U.S. Navy



USE DISCOUNT CODE: NAVY-SPARC-2019
Training for all military and civilian families associated
with Navy Installations to include Navy Reserve families.

*Upon completion of the six clock-hour training,
participants may apply for continuing education
credits for a fee of \$25.00. CE credit applications
must be received within 12 months from the
completion of the training.*

For additional information visit:
[www.MilitaryChild.org/professionals/programs/
continuing-education-graduate-credit](http://www.MilitaryChild.org/professionals/programs/continuing-education-graduate-credit)



Provider #: 6283

S.P.A.R.C. is an online learning platform which provides participants with the knowledge needed to prepare young people to develop hardiness skills to meet personal and professional goals through identification of their sparks and interests while developing a growth mindset.



Learning Outcomes:

- Learn what it means to thrive and understand the role of caring adults in helping children reach their full potential.
- Interpret current research on thriving and examine a specific four-step process to help adults support youth.
- Network with colleagues to develop strategies for promoting thriving attributes in children and youth.

Register here:

www.MilitaryChild.org/training

For more information about this training, other professional development opportunities, or support, please contact:

**Yvonne Milner at (254) 953-1923 x 1119 or
Yvonne.Milner@MilitaryChild.org**

The Military Child Education Coalition® solely exists to help the military and veteran-connected child thrive in the face of transition and separation.

Military Child Education Coalition

909 Mountain Lion Circle • Harker Heights, Texas 76548 • (254) 953-1923 • www.MilitaryChild.org

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The Journey from “Welcome Home” to Now:



Reunion, Reconnecting, Routine™

The Journey from “Welcome Home” to Now is an online learning platform which teaches professionals who support military-connected children and youth the challenges and joys that children face during a time of reintegration.



REGISTER NOW for Online Courses

Courses are asynchronous in nature. Limited seats are available.

Choose from 1 two-week course below:

- November 8 - November 21, 2018
- December 6 - December 19, 2018
- January 10 - January 23, 2019
- February 7 - February 19, 2019

U.S. Navy



Use Discount Code: **NAVY-JWHN-2019**

Training for all military and civilian families associated with Navy Installations to include Navy Reserve families.

Upon completion of the eight clock-hour training, participants may apply for continuing education credits for a fee of \$25.00. CE credit applications must be received within 12 months from the completion of the training.

For additional information visit:
www.MilitaryChild.org/professionals/programs/continuing-education-graduate-credit



Provider #: 6283



Learning Outcomes:

- ▶ Identify potential reintegration stressors and their implications for the child and family structure
- ▶ Differentiate structures that support children and youth during reintegration and those which strengthen or impede the ability to thrive
- ▶ Integrate positive strategies which develop strength in children and youth during the reintegration phase
- ▶ Identify the importance of service and “giving back” in the lives of children and youth as an important trait to develop

Register here:

www.MilitaryChild.org/training

For more information about this training, other professional development opportunities, or support, please contact:

Yvonne Milner at (254) 953-1923 x 1119 or
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Military Child Education Coalition

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