

John H. Fuller Elementary



Falcon Newsletter

October 22, 2021

DATES TO REMEMBER

October 29

Halloween Parade
2:15 pm



November 4

Picture Re-take Day

November 11

Veterans' Day
NO SCHOOL

November 24-26

Thanksgiving Recess
NO SCHOOL

LOST AND FOUND

**Please check out the
Lost & Found in the
cafeteria. All un-
claimed items will be
donated on Friday,
October 29th**

Dear JFS families,

We hope that everyone is doing well and enjoying the shift in seasons. Every day at JFS we have much to be proud of and much to be thankful for. As parents, guardians, grandmothers, grandfathers, and caregivers, did your learning look like this??

Our students have the opportunity to rock climb and mountain bike during Physical Education class. Our scientists are making s'mores in solar ovens at Tin Mountain. They are constructing circuits that light lightbulbs and power fans. Some of our after school program students have created stop motion movies and built robots. Others are making paper with local artist, Carol Hanson. Our mathematicians are thinking with complexity and critical thinking skills. Our writers are gathering evidence and writing about their reading with regard to themes, traits and more. Ask your child about their reading strategies, I can assure you that they can explain their word decomposition and talk about their books with more detail than we did at their ages. Our students in Library Media are analyzing and comparing Ladybug Book Award winners to determine their favorites. Our artists are exploring our beautiful 6 acres to use nature to inspire their artwork. Our musicians are beginning to make their own compositions through Chrome Music Lab.

Our students are analyzing, composing, using creativity and critical thinking skills on a daily basis! And most importantly we are having FUN! So, don't let your kids off the hook when they say they did "nothing" at school, there is a whole lot of learning and fun happening here on a daily basis!

Have a great weekend!
Mrs. Danielle Nutting



NOTES FROM THE SCHOOL NURSE



Nurse April

HELLO JFS Families



October is

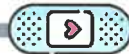


- Plan your night ahead.
- Wear bright colors and/or add reflective tape to costumes.
- Face paint instead of masks
- Accompany small children all the way to the doors
- Always check candy before eating It.
- Ration the loot



WHEN TO KEEP YOUR CHILD HOME

- runny/stuffy nose
- headache or muscle/body aches
- vomiting or diarrhea
- fever or chills
- cough, shortness of breath or difficulty breathing
- sore or scratchy throat
- new loss of taste or smell



Do not forget



It's getting cold out,
pack warm clothes



**Say BOO to the flu
and get your flu shot!!**



*If anyone in your household has tested positive for Covid-19 please inform the school before sending your child in to school.



If your child experiences any of the above symptoms

(even one) please call the office and do **NOT** send them to school.

They will need a negative COVID test in order to return to school

or

quarantine (exclude from school) for 10 days after onset of symptoms

***We are NOT accepting in home COVID tests at this time**



April Fitzsimmons, RN
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603-356-5381





RED RIBBON SPIRIT WEEK



~Healthy Choices Week~

Week of October 25 – October 29, 2021

National Red Ribbon Week will be celebrated October 25 – October 29, 2021. Red Ribbon Week has been celebrated since 1986 in honor of a Drug Enforcement Agent who lost his life in the fight against drugs. To honor this heroic agent, and to demonstrate their commitment to drug and alcohol prevention, family members and friends began wearing red ribbons. Since that time, the National Family Partnership has adopted this week to raise awareness about keeping children drug-free and leading a healthy lifestyle.

John Fuller supports Red Ribbon Week!

**During the week, students will participate in Red Ribbon Week activities while in guidance, have daily trivia, and review healthy living in various JFS Specials.*

Help JFS Celebrate RED RIBBON SPIRIT WEEK ...

Monday 10/25 “Red Day”

- Wear **RED** to celebrate Red Ribbon Week ... let's try for 100% school participation!

Tuesday 10/26 “Pajama” Day

- Your healthy choices are the key to your dreams!
 - Students should plan to wear pajamas or comfy clothing today.

Wednesday 10/27 “Mad About Plaid” Day

- Sharing your feelings and emotions with trusted friends and adults is a great way to foster healthy relationships.
 - Join Mrs. Memoli and Mr. Olson and dress in plaid flannel today!

Thursday 10/28 “Tropical” Day

- You're too bright for drugs ... plan to wear your tropical attire, bright / neon colors, hawaiian shirts!

Friday 10/29 “Say Boo to Drugs” Day

- Students should plan to BRING their costumes to school today for our annual Halloween parade.

Please remember that the dress code still applies and that students and teachers continue to be focused on learning during Red Ribbon Week.

Sponsored by Student Council

Mrs. Memoli's Counseling Corner

October 22, 2021



GROW KINDNESS

Our JFS Falcons represented the school well with their 'Grow Kind' display. By sharing their kind acts, we won a blue ribbon from the Fryeburg Fair!



Student Council

JFS IS EXCITED TO ANNOUNCE OUR 2021/22 STUDENT COUNCIL. THIS GREAT GROUP OF LEADERS WILL BE ABLE TO SUPPORT THE SCHOOL.
WAY TO GO JFS STUDENT COUNCIL!
BRADY C, PRESIDENT
SAWYER D., VICE PRESIDENT
SUMMER L., TREASURER
KATE M., SECRETARY
KATIE L., OFFICE REPRESENTATIVE
CLASS REPRESENTATIVES: RHYTHM P., LUCY D., STELLA G., ABBOTT D., LILLY D., CODY R., ELLE M., AIDAN P. A., TAYLA S., SOFIA A., BRENNAN M., ABBY B., BRENDYN H., BHAKTI P., & AIDYN H.

Student Council is sponsoring Red Ribbon Week ~ Healthy Living Focus from Oct. 25 - 29 (see insert for spirit days)!



November 2021

Meals are free to all students all school year long!

	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>Choice A Chicken Nuggets & Dinner Roll</p> <p>Choice B Better Cheddar Lunchbox Carrots Assorted Fruit</p>	<p>Choice A Soft Shell Beef</p> <p>Choice B Cumin Roasted Corn</p> <p>Better Cheddar Lunchbox Assorted Fruit Slices Cinnamon Apple Slices</p>	<p>Choice A Pasta Marinara with Meatballs</p> <p>Choice B Better Cheddar Lunchbox Assorted Fruit</p>	<p>Choice A Hot Dog on Bun</p> <p>Choice B Better Cheddar Lunchbox Assorted Fruit</p>	<p>Choice A Cheese Pizza</p> <p>Choice B Cucumber Wedges Assorted Fruit</p> <p>Better Cheddar Lunchbox Assorted Fruit</p>
8	<p>Choice A Chicken Patty</p> <p>Choice B Carrots</p> <p>Ham & Cheese Lunchbox Assorted Fruit</p>	<p>Choice A French Toast with Sausages</p> <p>Choice B Pancake Syrup</p> <p>Ham & Cheese Lunchbox Assorted Fruit</p>	<p>Choice A Homemade Mac & Cheese</p> <p>Choice B Green Beans</p> <p>Ham & Cheese Lunchbox Assorted Fruit</p>	<p>Choice A Hot Dog on Bun</p> <p>Choice B Better Cheddar Lunchbox Assorted Fruit</p>	<p>Choice A Cheese Pizza</p> <p>Choice B Cucumber Wedges Assorted Fruit</p> <p>Ham & Cheese Lunchbox Assorted Fruit</p>
15	<p>Choice A Grilled Turkey & Cheese Sand</p> <p>Choice B Tater Tots</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>	<p>Choice A Beef & Cheese Nachos</p> <p>Choice B Mexi-Call Rice</p> <p>Refined Beans</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>	<p>Choice A American Chili</p> <p>Choice B Sausy</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>	<p>Choice A Rice</p> <p>Choice B Mashed Potatoes</p> <p>Carrots</p> <p>Turkey Gravy</p> <p>Cheddar Sauce</p> <p>Dinner Roll</p> <p>Choice B Assorted Fruit</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>	<p>Choice A Mozzarella Stuffed Breadsticks w. Marinara Sauce</p> <p>Choice B Cucumber Wedges</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>
22	<p>Choice A Sloppy Joe Sandwich</p> <p>Choice B French Fries</p> <p>Turk & Ch. Sandwich K-8 Assorted Fruit</p>	<p>Choice A Turkey Tacos</p> <p>Choice B Seasoned Black Beans</p> <p>Sweet Corn</p> <p>Turk & Ch. Sandwich K-8 Assorted Fruit</p>	<p>No School</p>	<p>Choice A Rice</p> <p>Choice B Mashed Potatoes</p> <p>Carrots</p> <p>Turkey Gravy</p> <p>Cheddar Sauce</p> <p>Dinner Roll</p> <p>Choice B Assorted Fruit</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>	<p>Choice A Mozzarella Stuffed Breadsticks w. Marinara Sauce</p> <p>Choice B Cucumber Wedges</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>
29	<p>Choice A Cheesburger</p> <p>Choice B Hot Fries</p> <p>Ham & Cheese Lunchbox Applesauce</p>	<p>Choice A Soft Shell Beef Taco</p> <p>Choice B Mexi-Call Rice</p> <p>Refined Beans</p> <p>Seasoned Black Beans</p> <p>Choice B Assorted Fruit</p> <p>Ham & Cheese Lunchbox Assorted Fruit</p>	<p>No School</p>	<p>Choice A Rice</p> <p>Choice B Mashed Potatoes</p> <p>Carrots</p> <p>Turkey Gravy</p> <p>Cheddar Sauce</p> <p>Dinner Roll</p> <p>Choice B Assorted Fruit</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>	<p>Choice A Mozzarella Stuffed Breadsticks w. Marinara Sauce</p> <p>Choice B Cucumber Wedges</p> <p>Pizza Stacker Lunchbox Assorted Fruit</p>



All meals are served with assorted fruit and choice of milk.

This Institution is an Equal Opportunity Provider.

For immediate release

October 16, 2021

Contact: Melody Nester, manester@roadrunner.com, 603-662-5672

Skating Club Sign Ups for Lessons and Holiday on Ice Show Now Open

Conway, NH – Mount Washington Valley Skating Club will be offering new sessions of Learn to Skate group lessons starting Sunday, October 24 at Ham Arena in Conway. Group lessons will be held from 4:45-5:45 p.m. on Sundays with options to sign up to in the Holiday on Ice Show and practice for the show from 5:45-6:15 p.m. Club members can also sign up for practice ice time and private lesson times on Wednesdays following public ice time.

Holiday on Ice is an annual skating show held the first Saturday in December at Ham Arena. Admission is free courtesy of Community Celebrations. Skaters who participate in Mount Washington Valley Skating Club's Learn to Skate lessons have the opportunity to skate in the show.

Learn to Skate class lessons are available for children aged 5 and up and will include Basic 1 through Freeskate 6, Adult 1 through Adult 6 and beginner hockey. All students will be required to wear a mask and helmet or ice halo, be able to skate six feet away from other skaters and have pre-registered and completed all paperwork before coming to class.

Learn to Skate lessons take place in small groups and include one hour of ice time (20 minutes of lessons and 40 minutes of practice time). Skaters also have the option to register for private lessons on Wednesdays. Additional information and online registration and payment is available at mwvsc.org. Thanks to donations and a grant from Pequawket Foundation, a limited number of scholarships are available by emailing mwvscinfo@gmail.com.

The Mount Washington Valley Skating Club is a member of the US Figure Skating Association. Professional instructors teach children and adults of all abilities to skate for fun, competition and a lifetime of experiences within the skating community. Past student skaters have taken what they have learned here onto local, regional, national and collegiate levels of skating competition.



Learn to Skate

Session 2

Oct 24 - Dec 8, 2021

No skating on Sunday October 31st

Participate
in
Holiday on
Ice Show



Register
at
mwvsc.org

Sundays

4:45 - 5:45

Group Lessons

All levels—Age 5 and up
includes 20 minutes of group instruction
& 40 minutes of practice ice

5:45 - 6:15

Holiday Show Practice

Wednesdays

4:50 - 5:50

Practice Ice

practice your skills and routines
**Private Lessons available upon request for an
additional charge
for additional charge*

Inquire about
Scholarships

LEARN TO
SKATE
USA



Home Ice:
Ham Arena
87 West Main St
Conway, NH 03818

Email: mwvscinfo@gmail.com

