

John H. Fuller Elementary



Falcon Newsletter

May 28, 2021

DATES TO REMEMBER

May 31

Memorial Day
No School

June 4

Virtual Career Day



Looking for Volunteers

Please contact Mrs. Memoli at
a_memoli@sau9.org

June 11

Last Day of *After School* Program

June 16

6th Grade Promotion
6:00 pm

June 17

Last Day of School for Students
12:30 pm dismissal

June 18

Chromebook return for Distance
Learners (8 am to 12 pm)

Dear JFS families,

It is with great excitement that Mr. Cooney and I would like to share some amazing news!! After years of fundraising, grant writing and collecting donations, we finally have the funds to complete our indoor rock climbing wall in the JFS gymnasium!!

Since Mr. Cooney started in 2017 it has been his hope that we would be able to build an indoor rock climbing wall that is fully accessible to all of our students. We have been honored to receive donations from the Herbert A. Grant & Iva B. Grant Charitable Trust in 2019 and 2020, from the Pequawket Foundation in 2020 and from the Davidson family (Chris, Dawn, John, Grace and Andrew) in 2021! Due to the generosity of these organizations and this family we are hopeful that we can get the rock wall ordered and installed for the 2021-2022 school year!

I know that much about the last 15 months has been trying and difficult for everyone. We are so incredibly grateful to have this opportunity to provide our students with something exciting to look forward to for next school year. Not only do we plan to have our Unified Arts back in their locations (including the gymnasium), but we will also have this incredible addition!

From the bottom of our hearts and from the stretch of our kinesphere (imagine stretching our limbs on the rock wall) we thank these very generous donors. Words cannot express how grateful we are for your kindness.

With gratitude,

Mrs. Danielle Nutting



SAU 9 & SAU 13 (K-8)
SCHOOLS PRESENT ...

VIRTUAL CAREER DAY 2021

Friday, June 4th

9:30-12:00

STUDENTS ARE ENCOURAGED TO DRESS AS
THEIR FUTURE CAREER OR WEAR INTERVIEW
CLOTHES FOR THEIR DREAM JOB!

STUDENTS WILL BEGIN THEIR DAY WITH A
SCHOOL-WIDE ASSEMBLY AND HAVE THE
CHANCE TO EXPLORE CAREERS IN THE
MWV AND BEYOND.



5 WAYS TO PREVENT LYME DISEASE

Dear Parents and Guardians,

When Spring arrives and as the weather warms up, ticks are in full force. They live in long grass, brushy wooded areas, and feed on animals and birds. Ticks can not fly or jump, but crawl onto their hosts. Tick born diseases in New Hampshire are increasing. The deer tick can transmit anaplasmosis, babesiosis, ehrlichiosis, lyme and powassan disease. It is important to check your child daily, know how to properly remove and recognize symptoms. Some of the most frequently reported symptoms are as follows:

- Fatigue
- Chills
- Low-grade Fever
- Headache
- Swollen Lymph Nodes
- Rash(circular patch or solid red patch that grows larger, bulls-eye)
- Muscle Aches
- Joint Pain

Call your doctor if your child has any of these Lyme symptoms or complains of illness.

1. CHECK FOR TICKS DAILY

Check skin and clothing. ticks are tiny, like the size of a poppy seed. Ticks can attach to all areas of the skin but they tend to like warm places. Carefully check at the hairline, in the scalp, in and behind the ears, the back of the knees, the groin area, armpits, and around the waist. It is best to check everywhere. Remove a tick as soon as possible. For safe tick removal see instructions on next page.



2. DRESS TO PROTECT

Always dress children in light or bright colored clothing to see ticks more easily when participating in outdoor activities. On days when children will be in wooded areas, take these precautions:

- Have children wear a long sleeved shirt and long pants
- Tuck shirts into pants and tuck pant legs into socks
- Wear socks and closed toe shoes
- Tie long hair back or wear a scarf, hat, or baseball cap.

3. SHOWER DAILY

When returning inside, do through check of your child's skin for ticks. It is recommended that you child showers. Showering will wash away any ticks before they have time to attach to the skin.

4. AVOID TICK INFESTED AREAS

Instruct your child to walk in the center of well traveled trails and paths. Avoid stepping in areas of overgrown grass, brush and leaf litter and do not sit directly on the ground, rock walls or fallen trees

5. USE AN INSECT REPELLENT

carefully follow label instructions. Repellents with DEET, which can vary in concentrations, can be used on the skin. Repellents containing permethrin are only for use on clothing, **never on the skin.** Remember, repellents contain chemicals. It is best that parents apply rather than allowing children to apply it. If you choose to use a repellent it is recommended that you consult your pediatrician for product advice, prior to use on your child.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fresh Picks SELECT ONE: CHOICE A: • Soft Beef Taco CHOICE B: • The Pizza Stacker Lunchbox Side Picks • Sweet Corn • Assorted Fruit	2 Fresh Picks SELECT ONE: CHOICE A: Pasta & Homemade Meatsauce CHOICE B: • The Pizza Stacker Lunchbox Side Picks • Broccoli • Assorted Fruit	3 Fresh Picks SELECT ONE: CHOICE A: BBQ Chicken Sub CHOICE B: • The Pizza Stacker Lunchbox Side Picks • Celery Sticks • Assorted Fruit	4 Fresh Picks SELECT ONE: CHOICE A: • Cheese Pizza CHOICE B: • Sun Butter & Jelly Sandwich Side Picks • Carrots • Assorted Fruit
<i>Daily Beverage Options:</i> • Milk, Skim • Milk, 1% • Milk, Fat Free Chocolate				
7 Fresh Picks SELECT ONE: CHOICE A: • BBQ Pulled Pork Sandwich CHOICE B: • Yogurt Dipper Lunchbox Side Picks • Tater Tots • Assorted Fruit	8 Fresh Picks SELECT ONE: CHOICE A: • Burrito Bar- Chicken Burrito CHOICE B: • Yogurt Dipper Lunchbox Side Picks • Sweet Corn • Assorted Fruit	9 Fresh Picks SELECT ONE: CHOICE A: • Pasta Housemade Meatsauce • Garlic Bread CHOICE B: • Yogurt Dipper Lunchbox Side Picks • Broccoli • Assorted Fruit	10 Fresh Picks SELECT ONE: CHOICE A: • Sweet & Sour Chicken • Vegetable Fried Rice CHOICE B: • Yogurt Dipper Lunchbox Side Picks • Ginger Carrots • Assorted Fruit	11 Fresh Picks SELECT ONE: CHOICE A: • Pepperoni Pizza CHOICE B: • Yogurt Dipper Lunchbox Side Picks • Celery Sticks • Assorted Fruit
14 Fresh Picks SELECT ONE: CHOICE A: • Grilled Ham & Cheese Sandwich CHOICE B: • The Pizza Stacker Lunchbox Side Picks • Tater Tots • Applesauce Cup	15 Fresh Picks SELECT ONE: CHOICE A: • Cheeseburger CHOICE B: • The Pizza Stacker Lunchbox Side Picks • Carrots • Assorted Fruit	16 Fresh Picks SELECT ONE: CHOICE A: • Turkey & Cheese Sandwich CHOICE B: • The Pizza Stacker Lunchbox Side Picks • Broccoli • Assorted Fruit	17 Fresh Picks SELECT ONE: CHOICE A: • Cheese Pizza CHOICE B: • Sun Butter & Jelly Sandwich Side Picks • Assorted Fruit	18
21	22	23	24	25
28	29	30		

FREE MEALS FOR ALL! DUE TO EFFECTS COVID-19 ON FAMILIES ACROSS THE COUNTRY THE USDA HAS APPROVED COMPLIMENTARY BREAKFAST AND LUNCH FOR ALL THOSE 18 YEARS OLD OR YOUNGER IN THE COMMUNITY THROUGH JUNE 30, 2021 FOR ADDITIONAL INFORMATION CONTACT YOUR SCHOOL FOOD SERVICE DIRECTOR.

CHIP KENNETT TEEN CENTER

STEP UP NIGHT

To all **John Fuller Elementary 5th grade students**, you are invited to attend **“Step-up Night”** at the Chip Kennett Teen Center at the Conway Recreation Department Wednesday evening, **June 2nd, from 5:00pm to 8:30pm**. Please join us and bring a classmate to learn what the Teen Center is all about.

You will get a tour of the Teen Center and be able to use all the rooms and equipment that we offer. This includes the gym, game room, lounge, ping pong room, arts and crafts room as well all the field space we have. We will offer refreshments in the Kennett Commons to cap off the night.

This is a FREE event so don't miss it.

When you return this fall as Sixth Graders, you can become a member of the Teen Center. The cost will be \$30.00 for the entire year. We are open Tuesday - Friday 5:00pm to 8:30pm. We offer meals twice a week and snacks every night.

We hope you take this opportunity to join us and see what we have to offer. There is no need to register for this drop in event.

We look forward to seeing you there.

If you have any questions please contact

Todd Gallagher at 901-1139

Email: Todd@conwayrec.com

