

John H. Fuller Elementary



Falcon Newsletter

November 19, 2021

DATES TO REMEMBER

November 22

ESSC Jr.Ski forms due

November 22

Turkey Trot

November 24-26

Thanksgiving Recess

NO SCHOOL

*In order to reduce/
reuse/recycle, we will
no longer be distrib-
uting a printed version
of our bi-monthly JFS
newsletters.*

*Newsletters will now be
sent to you through
School Messenger.*

*Please let us know if
you have any ques-
tions or concerns.*

Thank you.

Dear JFS families,

Presently, I am sure we all have much to grumble and complain about. Life is challenging in general, but add a never-ending global pandemic and most people's psyche's are pretty overwhelmed. If you or your family need resources to support you or your family's mental health, please reach out to Mrs. Alison Memoli, School Counselor and/or Mr. David Olson, Family Support Liaison.

There is much research about the benefits of gratitude and taking time to pause and reflect on all that we can be thankful for. Here is what I am currently thankful for:

Teamwork (families, students and staff) that put students' safety and learning first.

Hearts, open and full, caring and kind.

A lot of smiling faces!

Nostalgia and traditions. At JFS, we have many beloved traditions, what's your favorite?

Kindness. "Kindness is free, sprinkle it everywhere."

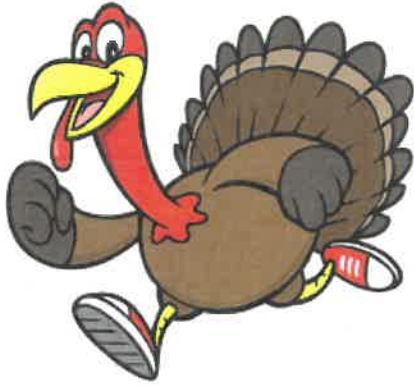
Families (yours, mine, and ours)

Unforgettable moments that happen daily in a building of 200+ students and staff!

Learning! Our students are learning some amazing things, just ask them!

Whether or not you are celebrating Thanksgiving next week, I wish you lots of moments to be grateful for.

Warmly,
Danielle Nutting



Turkey Trot 2021 Monday November 22nd

(Rain date: Tuesday November 23rd)

We are hosting our annual Turkey Trot! Students will participate by class in a format that ensures physical distancing while we run and host our event.

Please note...

We welcome families to come join as spectators. Families should park in the Whitaker Woods parking lot or along the street. Families should plan to watch from the grass "island" in the bus loop.

Race Times:

4th-6th: 10:30-11:30am

K-3: 1:15-2:15pm

We still need Turkeys!

Please drop off your donated frozen turkey(s) to Jamie in the JFS cafeteria by Monday morning.

10-12 lb. turkeys are best so kids can carry them!

JFS will host a virtual awards ceremony in the afternoon at 2:40pm after the completion of our event. meet.google.com/kfx-szcu-fir

Additional turkeys will be raffled off after the Turkey Trot run!

We are looking forward to a wonderful day!

Brought to you by the JFS Health and Wellness Committee!



NOTES FROM THE SCHOOL NURSE



Nurse April



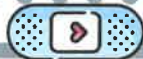
HELLO JFS Families



November is... American Diabetes Month

More than 34 Million Americans are living with diabetes. National Diabetes Month is a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing diabetes.

- Talk to your health care provider about risk factors in your family
- Take small steps with healthy lifestyle changes
- Move more - exercise
- Choose healthier foods and drinks
- Seek support
- Stay up to date on vaccines



11/25 National Family Health History Day

is an annual event that also takes place on Thanksgiving. The idea is to take a day when everyone in your family is assembled and discuss the family health history.

Go to My Family Health Portrait

<https://phgkb.cdc.gov/FHH/html/index.html>

- Enter your family health history.
- Learn about your risk for conditions that can run in families.
- Print your family health history to share with family or your health care provider.
- Save your family health history so you can update it over time.

Say BOO to the flu and get your flu shot



WHEN TO KEEP YOUR CHILD HOME



- If anyone in the same house is Covid positive
- 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



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
a_fitzsimmons@sau9.org
603-356-5381



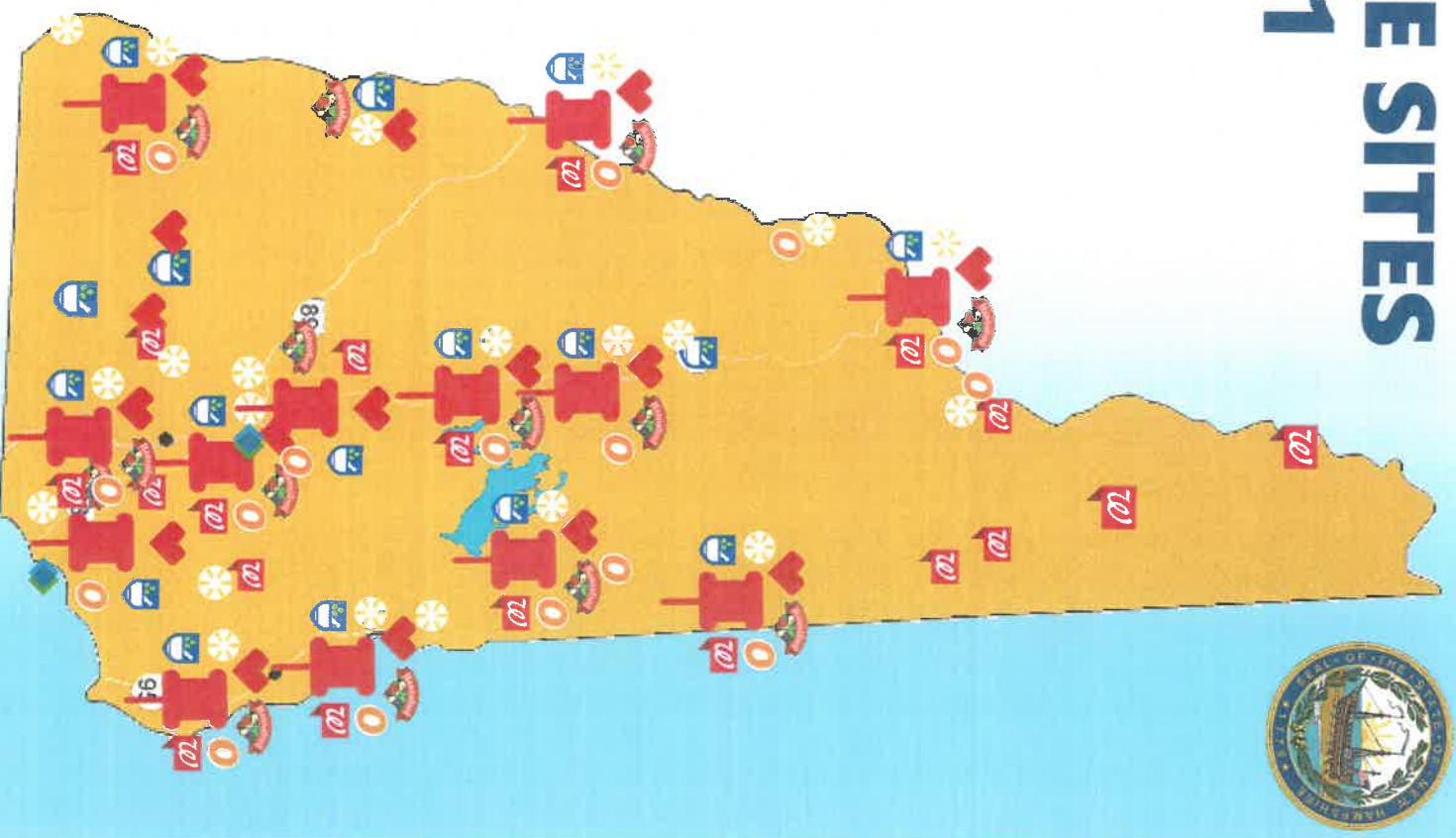
NH COVID-19 VACCINE SITES for CHILDREN age 5-11



PHARMACY SITES

-  CVS
-  WALGREENS
-  RITE AID
-  OSCO
-  HANNAFORD
-  WALMART
-  SAMS CLUB

Go to **VACCINES.GOV**
to find a vaccine site



Map is for graphical purposes only, it does not represent a legal survey. 10/28/21

NH COVID-19 VACCINE PHARMACY SITES for CHILDREN age 5-11



Acworth	X					
Allenstown		X				
Alton					X	
Amherst						X
Bedford	X	X	X	X		
Berlin				X		
Bristol		X			X	
Claremont	X	X		X	X	
Colebrook			X			
Concord	X	X	X	X	X	X
Derry	X	X		X	X	
Dover	X	X	X	X		
Durham		X		X		
East Hampstead			X			
Epping	X		X		X	
Exeter		X	X		X	
Farmington		X				
Franklin	X	X			X	
Gilford	X		X	X	X	
Goffstown				X		
Gorham					X	
Greenland	X					
Hampton	X	X	X	X		
Hanover	X					

Hillsborough		X		X		
Hinsdale						X
Hooksett	X	X	X			X
Hudson	X	X	X		X	X
Jaffrey		X				
Keene	X	X	X		X	X
Kingston		X				
Laconia	X	X	X			
Lancaster			X			
Lebanon						X
Lee		X	X			
Lincoln		X				
Littleton		X	X			X
Londonderry	X	X	X	X		
Manchester	X	X	X		X	X
Meredith		X				X
Merrimack	X	X	X	X		
Milford	X	X	X			
Nashua	X	X	X	X	X	
New London						X
Newington						X
Newmarket		X				
Newport		X				
North Conway	X		X		X	X

North Hampton		X				
Northwood						X
Ossipee			X		X	
Pelham			X	X		
Peterborough	X	X				
Pittsburg			X			
Plaislow	X	X	X			X
Plymouth	X	X			X	X
Portsmouth	X	X			X	X
Raymond		X	X			X
Rindge					X	X
Rochester	X	X	X		X	X
Salem	X	X	X			X
Seabrook	X					X
Somersworth	X	X				X
Stratham		X				
Tilton			X			X
Walpole			X			
West Lebanon	X	X	X			
Winchester			X			
Windham		X				
Wolfboro			X			
Woodstock						X
Woodsville		X				



Mrs. Memoli's Counseling Corner

November 19, 2021



Gratitude Jars

In classroom guidance, students in kindergarten through grade 6 have been learning about the theme gratitude. All classes received a classroom gratitude jar. A gratitude jar is a fun way to create a visual reminder of all the great things in our lives.

Ask your child(ren) what they are grateful for and how can gratitude help them at school?



Food Drive ~ Thank You

The JFS Student Council would like to thank the JFS community for supporting our annual Food Drive. This year we collected food for End 68 Hours of Hunger and change for the Vaughan Community Services - Food Pantry.

**WE COLLECTED
ALMOST 300 CANNED
FOOD ITEMS!**



Monday

Tuesday

Wednesday

Thursday

Friday

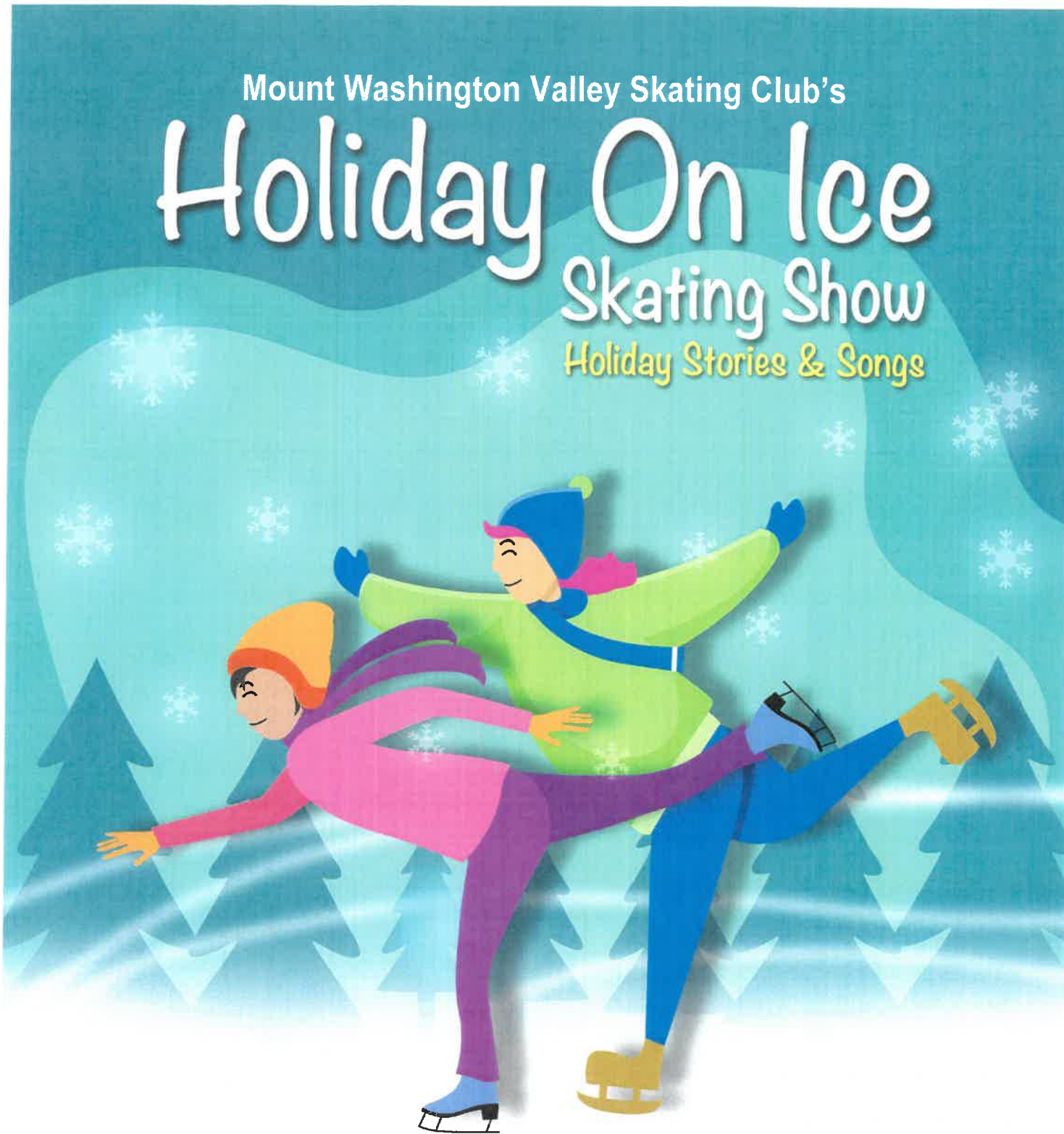
December 2021

6	Choice A Chicken Nuggets & Dinner Roll Choice B Carrots Better Cheddar Lunchbox Assorted Fruit	7	Choice A Soft Shell Beef Taco Refried Beans Cumin Roasted Corn Cinnamon Apple Slices Choice B Better Cheddar Lunchbox Assorted Fruit	8	Choice A Baked Pasta in Meat Sauce Broccoli Choice B Better Cheddar Lunchbox Assorted Fruit	9	Choice A Hot Dog on Bun Tater Tots Choice B Better Cheddar Lunchbox Assorted Fruit	10	Choice A Cheese Pizza Cucumber Wedges Choice B Better Cheddar Lunchbox Assorted Fruit	13	Choice A Chicken Patty Sandwich Carrots Choice B Turk & Ch Sandwich K-8 Assorted Fruit	14	Choice A French Toast with Sausages Tater Tots Pancake Syrup Choice B Turk & Ch Sandwich K-8 Assorted Fruit	15	Choice A Homemade Mac & Cheese Sweet Green Peas Choice B Turk & Ch Sandwich K-8 Assorted Fruit	16	Choice A Cheeseburger on Bun Maple Roasted Sweet Potatoes Choice B Turk & Ch Sandwich K-8 Assorted Fruit	17	Choice A Cheese Pizza Broccoli Choice B Turk & Ch Sandwich K-8 Assorted Fruit	20	Choice A Chicken Pot Pie Cheddar Mashed Potatoes Choice B Pizza Stacker Lunchbox Assorted Fruit	21	Choice A Beef & Cheese Nachos Refried Beans Choice B Pizza Stacker Lunchbox Assorted Fruit Orange Wedges	22	Choice A Chicken, Broccoli, Alfredo with Pasta Petite Caesar Salad Choice B Pizza Stacker Lunchbox Assorted Fruit	23	Choice A Mozzarella Stuffed Bread Sticks w. Marinara Sauce Baby Carrots Choice B Pizza Stacker Lunchbox Assorted Fruit	24		27	
1	Choice A Baked Pasta in Meat Sauce Petite Caesar Salad Choice B The Cape Cod Box Assorted Fruit	2	Choice A Chicken, Biscuit, & Gravy Carrots Choice B The Cape Cod Box Assorted Fruit	3	Choice A Cheese Pizza Green Beans Choice B The Cape Cod Box Assorted Fruit	<p style="text-align: center;">All meals are served with assorted fruit and a choice of milk.</p>																									

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This Institution is an Equal Opportunity Provider.



Mount Washington Valley Skating Club's

Holiday On Ice

Skating Show

Holiday Stories & Songs

**Free admission courtesy of MWV Community Celebrations.
For safety, tickets will be limited at the door and masks will be required and available.**

Saturday, December 4, 2021 • 5:00pm

Ham Arena, 87 West Main Street, Conway, New Hampshire



GRINCHMAS

WHO-LIDAY

Spectacular

To benefit Little Angels Service Dogs

Free to the community



Saturday, December 4th, 2021

Outdoor Event | 12:30pm to 3pm

Arlburg Children's Center | Cranmore Mountain Resort

Photo with Santa • "Reindeer" Stable
Whoville Hair Salon • Holiday Activities
Hot Cocoa • Take Home Holiday Craft

Those wishing to donate in-kind items from Little Angels' wish list can drop them off at the event.



Scan to access Wish List

<https://a.co/dmjzli6>

A Big Thank You to our Sponsors:



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