

John H. Fuller Elementary



Falcon Newsletter

March 11, 2021

DATES TO REMEMBER

March 12

Remote Instruction Day

March 15

Trimester 3 begins

March 26

Early Release for Students

12:30 pm dismissal

April 20

Picture Retake Day!

Smile It Looks



Good On You!

1 to 3 pm for Face to Face

Learners

3 to 4 pm for Distance

Learners

**Congratulations to the
Read Across America
Bingo Reading
Challenge Winners!**

Sofia in Ms. Hodgkin's
Grade 4/5 Classroom.

Livia in Ms. Poutasse's
Grade 2/3 Classroom.

Mason in Ms. Parson's
K/1 Distance Learning
Classroom.

**Thank you to all of
the students who
participated!
KEEP READING!**

Dear JFS families,

Spring is in the air! We have much to look forward to as the snow melts and the weather gets warmer. Our students have continued to spend a significant amount of time outside, but as the ground gets drier and the weather warms up, we will be spending a majority of our time outside again. With that being said, if you could remind your children to pack clothing layers, appropriate to the varying weather conditions and temperatures that will help them find their outside learning more enjoyable.

Our community partnerships are some of the most important connections we have for our school community. This spring we are fortunate to be connecting with several local and state, both private and public organizations, to support our students' learning. Some of these connections will be virtual, while others will be taking place outside and physically distanced.

Across the school (both F2F and distance) you can anticipate hearing that your children will not only be learning from their own super teachers but also educators from Tin Mountain Conservation Center, Appalachian Mountain Club, and UNH Cooperative Extension among others. The learning experiences that our staff can provide in cooperation with these educators and agencies from across our community bring real-world applications to our students' learning. This is what experiential learning looks like.

As many of you are aware, our sixth graders typically participate in a several week-long learning experience known as Sea Perch, this is a project that results in the students creating, building, programming and testing an underwater, submersible robot. This year the students will each have their own individual kits. Although we are not able to have them take a field trip to a pool or lake to test their robots, they will be testing them in tanks/pools onsite lent to us by the Portsmouth Naval Shipyard!

Learning is fun! As this second semester draws to a close tomorrow, we are gearing up for a fun, exciting and meaningful third trimester of the 2020-2021 school year.

Kindly,
Mrs. Danielle Nutting

Mrs. Memoli's Counseling Corner

March 11, 2021



Coming Soon ... Career Day



Scholarship Opportunity

John Fuller will be hosting a virtual Career Career this spring. A focus on career awareness at the elementary level is one component of both state and national school counseling standards.

We are looking for volunteers to help with this activity; if you are interested, please contact Alison Memoli for more information at 356-5381 or a_memoli@sau9.org.

The Bushee Thorn Mountain Trust has opened their camp scholarships for 2021.

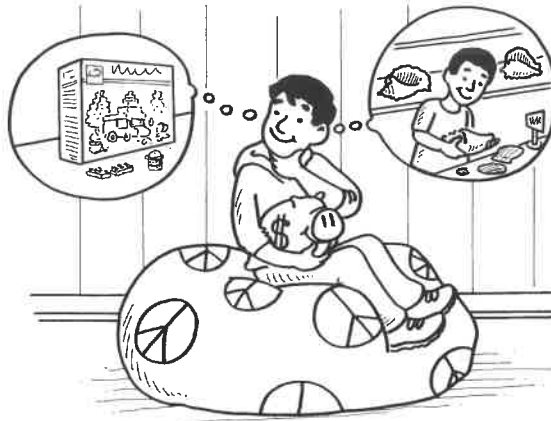
The scholarships are awarded to families applying to Christian camps; special needs camps; and YMCA/YWCA, Girl/Boy Scout camps, and/or Tin Mountain camps. If you would like an application please contact: Mrs. Memoli or Mr. Olson at 356-5381
a_memoli@sau9.org
d_olson@sau9.org



What a smart decision!

Your child is still learning the strategies it takes to make good choices. Teach him to ask himself the following questions when he's faced with a decision.

What might happen? Have your youngster imagine possible outcomes of a choice. You could ask, "What will happen if you spend your allowance on Legos?" He may say that he wouldn't have souvenir money for an upcoming trip.



Or he can think to himself, "If I borrow my sister's toy without permission, what could happen?" Maybe he'll realize that would make her angry—and less apt to share with him in the future.

Is it right for me? Is your child considering watching a scary movie because his friend asked him to? Does he want to quit soccer because his teammate did? Suggest that he pause and think about what's right for him. This will lead to better decisions—

Outside-the-box thinking

Thinking flexibly will help your child do well in school, whether she's using a vocabulary word in different ways or coming up with a new approach to a math problem. Try these ideas to stretch her thinking.

Tell jokes and riddles

Ask your youngster, "What has four wheels and flies?" She'll need to consider that "flies" might mean "insects" or "travels fast." The answer? A garbage truck! Or try, "What has one eye but can't see?" She should think of non-living things that have an eye, such as a needle or a hurricane. Are there any other possibilities?



and arm him against peer pressure, too. *Idea:* Brainstorm what to say if he's presented with an option that's not right for him. ("I like funny movies better. Want to watch one and laugh together?")♥

ACTIVITY CORNER

Outdoor art studio

Doing art projects outside can supercharge your youngster's creativity. Head outside together for these painting projects.



Nature prints. Have your child collect leaves, flowers, and other natural objects from the ground. She can dip them in paint and press them on paper to make colorful prints.

Rock sculptures. Suggest that your youngster brush paint on rocks. When they dry, she might stack them in different ways to create sculptures.

Toe painting. Instead of finger painting, your child could take off her socks and shoes and paint with her feet!♥

Find new uses for objects

Take turns choosing a household object and thinking of different ways to use it. Your child might say a spatula could be a golf club, and you could suggest using it as a flyswatter. What can she do with a game board? Perhaps she'll unfold it halfway and prop it upside-down—it's a tunnel for her toy trains.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated

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Q & A

The give-and-take of conversation

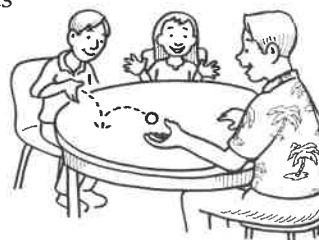
Q: How can I teach my son to carry on a good conversation?

A: Here's an easy way for your child to remember what makes a good conversation. Encourage him to think of it like Ping-Pong—the ball goes back and forth, and the game wouldn't work if one player kept the ball on his side of the net.

To help your son practice, bounce a

small ball across the table to "serve" a conversation starter. ("On my way to work this morning, I saw a mother deer with her fawns.") Now he can bounce the ball back and pose a "Ping-Pong question"—one that will keep the conversation going. *Example:* "Wow, how many fawns were there?"

Go back and forth a few times. Then it's your child's turn to serve, and you ask him a question to keep the ball bouncing.♥



How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.

The vaccine **DOES NOT** contain ANY virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.


After the mRNA delivers the instructions, your cells break it down and get rid of it.

Antibody

GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)





Quick Answers for Healthcare Professionals to Common Questions People May Ask About COVID-19 Vaccines

When talking to your patients about COVID-19 vaccines, make a strong, effective recommendation and allow time for them to ask questions. Hearing your answers may help them feel more confident about getting vaccinated.

1. Should I get vaccinated for COVID-19?

I strongly recommend you get vaccinated. The vaccine will help protect you from getting COVID-19. If you still get infected after you get vaccinated, the vaccine may prevent serious illness. By getting vaccinated, you may also help protect people around you.

2. Can the vaccine give me COVID-19?

No. None of the COVID-19 vaccines currently authorized for use or in development in the United States use the live virus that causes COVID-19. However, it typically takes a few weeks for the body to build immunity after vaccination. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick.

3. If I already had COVID-19 and recovered, do I still need to get vaccinated?

Yes. CDC recommends that you get vaccinated even if you have already had COVID-19, because you might become infected more than once. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long that protection will last.

4. Can my child get vaccinated for COVID-19?

Not yet. Studies are now underway with COVID-19 vaccines that can be recommended for children younger than age 16.

5. Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?

Yes. COVID-19 vaccination is especially important for people with underlying health conditions like heart disease, lung disease, diabetes, or obesity. People with these conditions are more likely to get very sick from COVID-19.

6. Is it safe to get a COVID-19 vaccine if I have allergies?

For most people with allergies, yes. However, if you have ever had a severe allergic reaction to any ingredient in a COVID-19 vaccine, you should not get that vaccine or any COVID-19 vaccine. We can find the list of ingredients on CDC's website together.* If you have had an immediate allergic reaction of any severity to other vaccines or injectable therapies, I can help you decide if it is safe for you to get vaccinated. You may still get vaccinated if you have severe allergies to oral medications, food, pets, insect stings, latex, or environmental irritants like pollen or dust.



www.cdc.gov/coronavirus/vaccines

7. Is it better to get natural immunity to COVID-19 rather than immunity from a vaccine?

No. COVID-19 is new and so are the vaccines to prevent it. We don't know how long protection lasts for those who get infected or for those who are vaccinated. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice.

8. Why do I need two COVID-19 shots?

Currently authorized vaccines and most vaccines under development require two doses of vaccine. The first shot helps the immune system recognize the virus, and the second shot strengthens the immune response. You need both to get the best protection that lasts longest.



9. Will the shot hurt or make me sick?

The vaccine will not make you sick. There may be side effects, but they should go away within a few days. Possible side effects include a sore arm, headache, fever, or body aches. This does not mean you have COVID-19. These side effects are signs that the vaccine is working to build immunity. If they don't go away in a week, or you have more serious symptoms, call the office.

10. I am pregnant. Is it safe for me to get the COVID-19 vaccine?

Based on what we know about how these vaccines work, experts believe they are unlikely to pose a risk for pregnant women. However, there is limited information about the safety of COVID-19 vaccines during pregnancy. You may choose to get vaccinated if you are part of a group that is recommended for COVID-19 vaccine. We can talk through this decision together.

11. I am breastfeeding. Is it safe for me to get the COVID-19 vaccine?

Based on what we know about how these vaccines work, experts don't think that COVID-19 vaccines pose risks to breastfeeding babies. However, there are no safety data related to COVID-19 vaccination and breastfeeding. You may choose to get vaccinated if you are part of a group that is recommended for COVID-19 vaccine. We can talk through this decision together.

12. Are there long-term side effects from the COVID-19 vaccine?

Because all COVID-19 vaccines are new, it will take more time and more people getting vaccinated to learn about very rare or possible long-term side effects. At least 8-weeks of safety data were gathered in the clinical trials for all the authorized vaccines, and it's unusual for vaccine side effects to appear more than 8 weeks after vaccination.

13. How do I know if the COVID-19 vaccine is safe?

All COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards and protect adults of different ages, races, and ethnicities. There were no serious safety concerns. These trials were very similar to trials done for other licensed vaccines, but were done more quickly due to the urgent need to reduce illnesses during the pandemic. CDC and the FDA will keep monitoring the vaccines to look for safety issues after they are authorized and in use.



14. How do I report problems or bad reactions after getting a COVID-19 vaccine?

I am encouraging all recipients who receive the vaccine to enroll in **v-safe**. This is a smartphone tool you can use to tell CDC if you have any side effects after getting a COVID-19 vaccine. If you report serious side effects, someone from CDC will call to follow up. I will give you instructions for how to enroll.



15. Do I have to continue to wear a mask and avoid close contact with others after I have been vaccinated?

Yes, it is important to keep covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others even after you have been vaccinated. We don't yet know if the vaccine reduces transmission of the virus. Also, there is not enough information currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.