

# Epsom School District

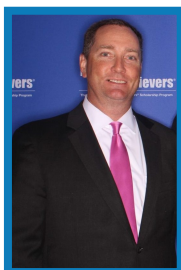
Member district of SAU #53 - Allenstown, Chichester, Deerfield, Epsom, and Pembroke.

Quarterly Review - Winter 2018

## Superintendent's Message

Spring is so close we can feel it in the air! We have had some wacky weather as of late but I suspect we will be getting at least one more dose of the traditional New England winter before all is said and done, and there's always a chance for an early spring storm. Hopefully any and all weather will be light enough for us to keep students and staff in school, but in the event we need to call another snow day we should be able to utilize our Blizzard Bag protocols. This has been extremely helpful in keeping the learning moving forward, even when the physical plant is closed. Hopefully, we won't need it again this year.

Highest on the list of priorities right now is the safety and security of our children while in our schools. The recent tragic event in Parkland, FL provides a grim reminder to us all that we must be as engaged as ever in our relationships with our students, particularly those who appear to have become disenfranchised with school, withdrawn from social groups, or otherwise disconnected from the mainstream. We all need to ratchet up our connections with students and be more present and inquisitive into their daily routines. This is done by getting to know all students and, as parents, staying in tune with their daily lives. Daily conversations including questions about friends, activities, and plans should be a normal part of the day. And, creating situations which require children to engage in face to face conversation with



you is an essential step toward building stronger relationships. As teachers and parents, it is our responsibility to stay connected with children to help them navigate through the relentless influences of today's world.

We continue to improve our emergency response plans and add security measures to our facilities, actions that certainly provide an appropriate response to a perceived threat. Epsom Central School has done a magnificent job of collaborating with the New Hampshire Division of Homeland Security and Emergency Management and the Epsom Police Department to write and rehearse exemplary response plans. Earlier in the Fall ECS conducted a full scale evacuation drill involving several emergency responder agencies and have had opportunities to practice procedural safeguards such as lockdowns and evacuations throughout the year. Epsom's methods for responding to crisis and emergencies have earned high praise from the NH Department for Homeland Security, a definite sign that we are on the right path.

We take protecting children in our schools very seriously and work everyday to ensure that when children are in our schools, they feel safe, are safe, and continue to be safe. We want our community to be assured that a lot of planning and preparation happens behind the scenes and response plans are constantly

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# NH School Role Model of the Year



Last month the New Hampshire Association of School Principals announced that **Patrick**

**Connors**, principal at Epsom Central School, was to be honored with the **2018 NHASP Role Model Award**. The award is meant to recognize Patrick's outstanding leadership and record in serving our students in New Hampshire as well as recognition

for his achievement as a Finalist for 2018 New Hampshire Elementary Principal of the Year. The awards ceremony was held in Meredith, NH on January 11, 2018 among his colleagues from around the State. Patrick is certainly more than worthy of this honor and we are all confident that there are more to come.

## STEM Club

Many teachers and community members donated blood at the Red Cross Blood Drive sponsored by the STEM Club on February 8th. STEM Club students volunteered their time by making snacks and helping those who donated. The event was a great way for students to experience how science can save lives and help others. Thank you to everyone who participated!



## Grade 8 Historical Trip

Thank you to Ms. Casey, Mr. Campbell, and all of the parents and students for hours and hours of fund-raising activities. Our current group of Grade Eight students has earned \$17,738.88 toward the 11th annual D.C trip set for this spring.



## Grade 2 is Motivated!

In anticipation of the 100th Day of School and Valentine's Day, grade two has set a goal for themselves:

- 1) perform 100 acts of kindness per class, which will be displayed on a bulletin board in our hallway
- 2) collect 100 box tops per classroom

The 100th day of school was tentatively scheduled for February 9th. The students' challenge began on January 22nd and extends to Friday, February 23rd. They will have had one month to achieve the goal - almost there!



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### *Superintendent's Message, cont'd from page 1*

reviewed and revised using the latest information from other incidents. While the event in Parkland, FL was horrific, the information that has come from it is serving a positive purpose in strengthening what we do to protect our own students and staff. We remember the victims in this light and use the memory as a means of moving forward.

## Mini-Courses a Big Hit

E.C.S. had a wonderful community turnout with our Mini Course program that took place on January 19th, 26th, and Feb 2, 2018. Sessions are for the AM, PM, or all day for students in grades one through eight. Mini-Courses offered include skiing/snowboarding, rock climbing, archery, baking, board games, bowling, braiding, card making, computer discovery, dancing, floor hockey, ice skating, indoor soccer, leather crafts, maps & navigation, snow shoes, martial art, pottery, and more. Many thanks to the 23 parents and community volunteers from who made this possible. Box tops provide a significant financial contribution combining to make thousands of dollars towards supplies and scholarships for these events.



## Spelling Bee Winners!



Congratulations to 7th grade student Ben Dugas, who was most recently crowned our 2018 Spelling Bee Champion! 8th grader Gage Sargent earned second place honors for his fourth time in a row, while 6th grader Joshua Goyette and 5th grader Brandon Roberts tied for third. Ben will represent E.C.S. at the NH State Spelling Bee at the Capitol Center for the Arts in Concord on Saturday, February 24th.

Congratulations to all participants and finalists!

## Pembroke Academy Bicentennial

Pembroke Academy is holding its Bicentennial Kick-Off Event on Saturday, April 14th from 10:00 - 4:00. There will be guided tours of the school's Walking Museum with re-enactments and artifacts from 10:00 - 12:30. A dramatic reading of the Will that started PA and a keynote speech by former headmaster Bill Marston is scheduled from 1:00 - 1:30. The event will conclude with an All-Class Reunion with light refreshments from 1:30 - 4:00. For more information, please go to [www.facebook.com/PABicentennial](http://www.facebook.com/PABicentennial).



## Many Thanks!

Many thanks are extended to the Epsom Central School P. T. O. for exploring many additional fund raisers to provide support for our students. Big Thank you to Epsom Circle Market, The Circle Restaurant, Epsom House of Pizza, and His and Hers Salon for letting us place "All for Books" book fair donation boxes in their businesses. We raised almost \$100 toward books for our ECS students. If you visit these businesses please say "thank you"!



**SOCIAL AND EMOTIONAL LEARNING**

# A Parent's Resource Guide to Social and Emotional Learning

Explore a curated list of blogs, articles, and videos for parents about fostering skills like kindness, empathy, gratitude, resilience, perseverance, and focus in children.

February 10, 2014    Updated February 3, 2015

## **Resources by Topic:**

- [Encouraging Kindness and Empathy](#)
- [Cultivating Perseverance and Resilience](#)
- [Fostering Gratitude](#)
- [Mindfulness, Emotional Intelligence, and Focus](#)
- [Home, School, and Community Partnerships](#)
- [Children's Social Selves and Technology](#)
- [Additional Resources](#)

As a means of continuing to provide resources for you to consider when addressing today's influences on your child's present and future, I encourage you to visit Edutopia's special resource for parents. Individual sections can be accessed by clicking the above links, or the entire resource [can be located here at this live link](#).