



## Healthy, Peanut Free Snacks

This is an important reminder for parents and students regarding peanut/nut free classrooms and wellness policy for healthy snacks. Thank you for helping us to promote the students' safety and health.

Ellis School is a peanut/nut allergy aware school.

**We have several students who have severe peanut/nut allergies and we do not allow peanut/nut products for snack in the classrooms.**

Students may have peanut/nut food in their lunches but they must wash their hands with

soap and water after they eat.

Students with severe peanut/nut allergies always sit at the peanut free table. They may have a friend join them if they have a peanut/nut free lunch.

If your student has a peanut/nut product for breakfast at home, please have them wash their hands with soap and water prior to leaving for school.

**Please read labels for any food you send for snacks and make sure it is peanut/nut free and safe for the classroom.**

If you are unsure about a food you want to send in please check with the nurse.

All classroom parties must be peanut/nut free and healthy snacks.

**Ellis School has a wellness policy and encourages only water or milk and healthy snacks and avoiding sugar filled snacks. Fruits, vegetables, yogurt, cheese, crackers are examples of healthy snacks.**



## Halloween Candy Buy Back Presented by The Ellis Student Council



We will give you a gift bag of boottacular prizes & healthy treats in exchange of your UN-OPENED Halloween candy.

Candy will be collected in

the front lobby Monday October 31 – Tuesday November 1, 2011. Prizes can be collected from Mrs. Milner & Mrs. Smith in the nurse's office.

The candy will be sent to OPERATION GRATI-

TUDE in Van Nuys, CA. They will make individual holiday packages for our troops & ship them overseas to our soldiers stationed in war zones. What a great way to brighten the day of an American soldier!

### Bus and Walker Notes

When sending a bus note for your child, please be sure to include their full name, homeroom, bus number and the name and address of the friend's stop they are going to. These notes come to the office where we have to write bus passes for them. All of this information makes it much easier for us to get your child to their destination safely.

Walker notes need to include the child's full name, homeroom and the name of the person they are going home with.

If you have any questions please call the main office.

### Fun Ways to Burn 100 Halloween Calories!

- 10 minutes: run, jump rope, hula hoop, ride a bike
- 15 minutes: roller skate, hopscotch, skateboard
- 20 minutes: shoot hoops, rake leaves, dance, do cartwheels
- 30 minutes: play catch, walk the dog, fly a kite, play Frisbee

## Third Grade News

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The 3<sup>rd</sup> graders completed the NECAP! They were so prepared and learned various test taking strategies to make them successful. We would like to thank you for taking the time to make sure they ate a healthy breakfast and were well rested.

Students are focusing on the classification of animals. They are learning the characteristics that make up a reptile, amphibian, and mammal. Students will be learning the various elements of nonfiction and will be able to gather information and details from a nonfiction text. They are finding simi-



larities and differences by using a Venn diagram to compare and contrast animals. Students will also be comparing

the life cycles of different animals.

Students are focusing on earning 4 stickers for a free choice time on Friday. They are working on listening and following adult directions.

The cold weather is approaching. Please make sure that your child is dressed appropriately with a jacket.

Sincerely,

The 3<sup>rd</sup> Grade Team

## Second Grade News

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The students in second grade have done a nice job adjusting to school. We have been learning so many things. In writing we are writing complete, detailed sentences with correct capitalization and punctuation. We are now learning how to write paragraphs and short stories! In reading

we have been learning about story elements, visualizing and character traits.

In science we continue to learn about life cycles, living and nonliving things and about animals and plants. In math we have been doing activities based around clocks, coins and frames/arrows. It is very important

to continue to help your child master the basic addition and subtraction facts through 12. This will help save time on other math problems. Please continue to remind your child to read every night. This will help increase their reading level and fluency (words per minute).

## Counselors' Corner

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On Friday, November 18, all students at Ellis School will participate in a Mix It Up lunch. The national Mix It Up program was founded more than a decade ago by Teaching Tolerance and is meant to break down the barriers between students and improve intergroup relations. By encouraging students to take a new seat in the cafeteria with unfamiliar peers, we create the opportunity for them to take a risk in a safe environment, meet new people, and build a welcoming community.

Studies show that it works! Results from a 2008 survey show that:

97% said students' interactions were positive during Mix It Up at Lunch Day.

95% said Mix It Up at Lunch Day prompted students to interact with people outside their normal social circles.

92% said Mix It Up at Lunch Day increased awareness about social boundaries and divisions within school.

83% said the event helped students make new friends.

78% said as a result of the Day students seem more comfortable interacting with different kinds of people. (Source: *Mix It Up Survey conducted by Quality Education Data, 2008*)

Mrs. Farrar and Mrs. Hoppa will visit classrooms in grades 1-8 prior to the event to talk about how to make new friends, start conversations and be comfortable with new groups. These skills are not only beneficial at school, but also important as our students venture out into new sports teams, clubs, and camps.

## Kindergarten News

Kindergarten has been rolling into the routine of Ellis by earning a Picnic lunch for the PBIS roll-out. The students are working hard going over their letters and letter sounds with the Wilson Program, so please ask them what letters they've learned and the sounds they make. They've had a visit during Fire Safety Week from our neighborhood Fireman Mr. Roderick. He taught them what to

do in case of a fire, and to remind parents to get those batteries changed in the smoke detectors. Kindergarten also did an AWESOME job on the 2 fire drills we've had. As always Kindergarten's Frannie Friendship is still coming by to give us tips on how to be a Respectful, Responsible, and Prepared Ellis Kindergarten student.

Kindergarten Team



## 7th Grade Language Arts with Mrs. Pipitone

Currently, students are studying short stories. Our focus is on the elements of a short story: setting--time and place; characters/characterization--traits of characters and evidence to back up our thoughts; plot--exposition, rising action, climax, falling action, and resolution; and theme--the author's message to the reader about life.



With Halloween coming up, we have chosen stories that

set the tone for this time of the year. So far we have read the short story by W.W. Jacobs, "The Monkey's Paw." Our next short story will be, "Tell Tale Heart" by Edgar Allen Poe. Along with these short stories, we will be writing assignments which include a news article and a persuasive essay.

Students will be attending a field trip to Concord's Capitol Theatre to view a series of plays for the short stories they will be reading in class.

Field trip forms will be handed out this week and will need to be returned by

Wednesday, November 2. Book reports are due November 4. Students have been given class time and a format to use to complete this assignment. Some students are behind in their work and may need to be writing out their paragraphs at home so that they will be ready to type them in class.

If your child needs extra help with this assignment, please let me know so I can schedule a time that works for both you and me. Please check your child's assignment book each night or call the homework hotline at 895-2511 ext. 177.

## Fifth Grade News

In Reading, we're reading stories about science, such as *What it's like to be a Scientist at Work*. In the story *Hidden Worlds*, we learned what it was like being a scientist, and how Dennis, the main character, became a scientist. We are learning more about science when reading the stories in



this unit. We read a story called *Phases of the Moon*. We learned that if the moon is high, the waves are high. It's the same when the moon is low. We also read in the story that eclipses are a shadow of Earth.

In Language Arts we're explaining something that happens in nature and why it happens. We just finished writing out personal narratives, which were about something that happened to us.

In Social Studies we're studying imports and exports. We finished our continents and bodies of water games.

In math we're starting unit 3, and focusing on geometry. In that unit we're learning about triangles, angles and polygons. We're enjoying this year so far.

By Bridget A., Carly J., and Hunter K.

# MYSTERY AND SUSPENSE DINNER THEATER

## thump, thump- thump, Thump-Thump, Thump!



Theater.

Calling all sleuths, detectives, and investigators!

Sixth grade students are hosting a Mystery and Suspense Dinner

night of mystery activities, munchies, and theater. Plays include the sleuthing of Sherlock Holmes and the blood-curdling writing of Edgar Allen Poe.

Bring your detective hat and magnifying glass, as this is a participatory event. Be prepared to investigate, deduce, and analyze.

In addition, we are looking for parent volunteers to assist with food coordination, eve-

ning set-up, and after-event clean-up!

Please contact Sara Polizzo for more information:

[Spolizzo@sau83.org](mailto:Spolizzo@sau83.org)



## Ellis Students Awarded for Art!

Ellis students were recognized for their artistic talents at the Deerfield Fair this year. Students submitted art to the competition earlier this year and in total, 69 prizes were awarded. Students earned 33 blue first place ribbons, 21 red second place ribbons, 13 white third place ribbons, and two green honorable mention ribbons.

30 of the prizes were awarded to Middle School students and 39 were awarded to Elementary students. Thank you Mr. Fernandez for organizing the submissions!



## Peppermint Ponies 4H Club

Does your child love horses? Girls and boys 5 - 18 years old are welcome to club meetings to learn more about horses, ponies, 4H group, and do hands-on activities. No experience or horse ownership necessary. Questions, contact Jan Brubacher, Leader 303-

1584, [j.brubacher@comcast.net](mailto:j.brubacher@comcast.net), [www.4hpeppermintponies.org](http://www.4hpeppermintponies.org), [www.northroadfarm.com](http://www.northroadfarm.com). Scholarships available. Stop by and visit the farm.



## First Grade News

Every afternoon, first graders have an hour and fifteen minutes for Work Stations. During this important time many things are happening in our classrooms. Most importantly, over the course of each week, all of the children are meeting with one or more teachers for small group instruction. This instruction is designed to meet students at their instructional level and to build specific decoding, comprehension and fluency skills.

So, you might ask, what are the other students doing while you are teaching small groups? They are participating in Literacy Work Stations.

“A Literacy Work Station is an area within the classroom where students work alone or interact with one another, using instructional materials to explore and expand their literacy. It is a place where a variety of activities reinforce and/or extend learning, often without the assistance of the classroom teacher. It is a time for children to

practice reading, writing, speaking, listening, and working with letters and words” (Diller, D., 2003, p.2-3).







Students are taught routines, concepts and activities before they become part of a work station. Once placed in a work station, the activity is assigned for independent use. Materials are changed to reflect children’s reading levels, strategies being taught, and topics being studied. Work station materials are differentiated for students with different needs and reading levels.

Literacy work stations keep students engaged at their independent level while the teacher is teaching guided reading groups. We moved to this model because we determined a need to provide engaging literacy experiences beyond independent reading practice in “just right” books.

Here are some of the great literacy work stations that are available to students:

We are excited to be implementing this model and expect to see it evolve along with our students’ progress throughout the year.

The above explanation is adapted from Diller, D. 2003. *Literacy Work Stations*.

<p>Trick Words</p> 	<p>Meet with Me</p> 
<p>Book Boxes</p> 	<p>Phonemic Awareness</p> 
<p>Word Work</p> 	<p>Computer</p> 

## Fourth Grade News



Fourth grade is gearing up for our field-trip to the Tsongas Industrial Center in Lowell, MA on November 8<sup>th</sup>. This will include a tour

of the Mills that were operating in the 1800’s during the Industrial Revolution as well as a hands-on component. This will compliment our year long study of New Hampshire Geography, History and Transportation.

Thank you to the students who consistently are prepared for class with homework assignments. Thank you parents for your support in this endeavor.

## Music News

This year Ellis Students will be putting on Cinderella. Rehearsals for elementary students will begin November 1st in the library after school. Middle school rehearsals (main parts only) will begin November 3rd in Ms. Burns’ office. The production will take place in February, performance dates to be determined.

Second and third graders are

receiving recorders. Recorders are for students to keep, but must be brought weekly for music. They cannot be replaced if lost.

Fifth and sixth grade students will be attending a performance of A Christmas Carol at the Seacoast Repertory Theater December 8. The cost is \$11. please bring money for lunch at McDonald’s.

Winter concerts will take place in December. The Kindergarten concert will be December 13 in the Ellis Gymnasium. Grades 1-4 will be December 14 at Sanborn Regional High School.



# Halloween candy, Know what you eat!

FUN Size	Calories	Fat	Sugar
Hershey Bar	66	4g	7.4g
M&M's Plain	90	4g	11.5g
Nerds	50	0g	12g
Skittles	80	0.8g	15g
Snickers	72	3.7g	7g
Total if you ate 5 FUN Size candies	358	8.5	52.9g
What if you ate 10?!!!	716	17g	105.8g
FULL Size	Calories	Fat	Sugar
Reese's Peanut Butter Cups	210	13g	21g
Sweet Tarts	150	0g	39g
Whoppers Malted Milk	220	9g	31g
Total if you ate 3 FULL Size candies	580	22g	91g

## Wouldn't you love to save \$459.00 to \$585.00 per child each school year?

Such an incredible financial benefit is simple to receive. So many families are pleasantly surprised that their children can receive a delicious, healthy Breakfast *and* Lunch each school day for Free or at a Reduced Priced! This program is completely confidential, as no child or staff member will know that you are getting such a great deal!








Children need healthy meals to learn. To feed our children healthy meals each day, can be very costly. Therefore, we urge every family to request and complete an application for Free or Reduced Priced Meals. If you are not eligible at this time, but have a decrease in household income, become unemployed, or have an increase in household size, you may re-apply at any time during the school year.

To request an application for this great financial benefit or should you have any questions, please contact Mr. Safina at 895-2511, ext 103.

## Share Fun not the Flu!

### What is the Flu?

Rufus doesn't want you to get sick with the flu.

-  A sore throat
-  Cough
-  Fever
-  Runny nose or stuffy throat
-  Headaches
-  Chills
-  Fever



### Rufus Says

#### Wash Your Hands, Stop the Flu.

Do you know the right way to wash your hands?

1. Turn on warm water and wet your hands.
2. Add soap and rub your hands together while you sing the alphabet song to yourself 2 times.
3. Rinse your hands.
4. Dry off your hands.
5. Use paper towel to turn off water.



### 5 Steps to Stop the Flu

**Step 1**  Get a flu vaccine every 12 Months

**Step 2**  Wash your hands often

**Step 3**  Cough into your elbow or a tissue

**Step 4**  Throw tissues in the garbage

**Step 5**  Stay home when you are sick



RUFUS



### My Pledge

Rufus says, take the pledge!

I pledge to cover my mouth and nose when I cough or sneeze. I pledge to wash my hands:

-  Before eating
-  After using the bathroom
-  After touching a pet or animal
-  After playing outside
-  After coughing or blowing nose
-  Before and after visiting someone who is sick

My Name \_\_\_\_\_