
December 2023 Newsletter

Nottingham West Elementary School

10 Pelham Road, Hudson, NH 03051

[Nottingham West Elementary School | Nottingham West Elementary School \(sau81.org\)](https://www.nottinghamwestelementaryschool.org) T: 603-595-1570

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Assistant Principal: Gloria Hussey ghussey@sau81.org

Office News

The first trimester has ended, and report cards will be released soon. Similar to last school year, we will continue to only post report cards to the PowerSchool Parent Portal. After the report cards are released, if you want to request a hard copy, please contact the main office.

Go to:

Any returning parents should already have an established Parent Portal username/password. Use that information to log in to update information and receive report cards throughout the school year.

Counseling News

WORD OF THE MONTH: MINDFULNESS

Ms. Fitzgerald: cfitzgerald@sau81.org

Mr. Blais: mblais@sau81.org

The holiday season is a wonderful time to practice being present in the moment. With so many things to do over the next few weeks, taking a mindful moment can help decrease stress. Here is a fun mindfulness activity for the family! Make a hot chocolate for everyone and set a timer for 5 minutes. Focus your attention on your cocoa, you can do this with eyes open or closed. Take some time to notice - what does your cup feel like? Is it warm? How does it fit in your hand. What does your cocoa smell like? Notice every small scent. How does it make you feel? Happy, warm, excited, joyful, etc.

NWES has many resources available during the holiday season. If your family is in need of any extra help, please don't hesitate to reach out to the School Counseling Department.



Upcoming Events

December 6

PTO Meeting (6:30PM in Library)

December 7

Winter Chorus Concert (6PM, students arriving at 5:45PM)

December 13

1st Trimester Report Cards Posted to the Parent Portal

December 14

School-wide Concerts (Chorus will perform for peers throughout the day)

December 25

Start of Winter Break (Dec. 25th thru Jan. 1st)

Building a Positive School Community

We want Nottingham West to be a place where students learn and grow in a welcoming environment. To help support positive behavior throughout the school, we dedicate a bulletin board to showcase all the wonderful, and responsible acts students perform on a daily basis. We also recognize those kind acts on the morning announcements.

Reading News

Mrs. DuCharme, Reading Specialist: aducharme@sau81.org

Winter is slowly creeping around the corner and with it comes ice, snow, and bone-chilling temperatures. So, what's a fun alternative to do when you're stuck inside, and you don't want to go out? Curling up with a good book of course!!! Listed below are a few book recommendations to enjoy during the winter months. Included is a list of comprehension questions to ask your child as they read/finish a book.

I hope you find some time this month to snuggle up, cozy and warm and enjoy a great book!

Bob, Not Bob! (To be read as though you have the worst cold ever)

By, Liz Garton Scanlon and Audrey Vernick

Illustrated by Matthew Cordell

-Genre: Fiction

-Blurb: Little Louie has the worst cold ever! All he wants is his mom but every time he calls for her, his slobbery dog, Bob comes running instead!

Before Morning

By, Joyce Sidman

Illustrated by Beth Krommes

-Genre: Poetry

-Blurb: There are planes to fly and buses to catch, but a small child wishes for a different sort of day. As snow falls, a too-busy world falls silent and a family enjoys the freedom and peace that snow brings.

Can You Hear the Trees Talking? Discovering the Hidden Life of the Forest

By, Peter Wohlleben

-Genre: Nonfiction

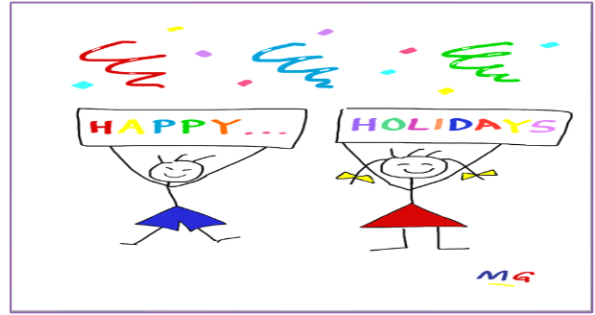
-Blurb: A walk in the park will never be the same after kids discover this awe-inspiring book about trees.

Comprehension Questions

Comprehension Questions:

-Where does the story take place?
-Who are the characters in the story?
-How would you describe the characters?
-What happened at the beginning, middle and end of the story?
-What was the authors purpose in writing this story?
-Summarize the story?
-What was your favorite part and why?

-If you were the main character, how would you solve the problem?
-What do you think will happen now that story is over?
-Tell me 3 facts you learned while reading your book?
-What was the main idea of the story?
-Tell me a new or interesting word you read in the book and what does it mean?
-What did you find most interesting while you were reading?
-What is the problem in the story?



Library News

Mrs. LeShane: kleshane@sau81.org

In December, all classes will be participating in the Hour Of Code. This global movement reaching millions of students around the world, encourages students to learn about computer science. If your student wants to learn even more, check out code.org.

Health News

Mrs. Eriksen, RN: meriksen@sau81.org

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It's that time of year again, all viruses are upon us. Common Cold...A cold is a viral infection marked by runny nose or nasal congestion, sore throat, cough, or headache. Children may also have fevers early in the illness. The fevers are usually low grade. Colds are caused by many different types of virus and can occur year round, although they are most frequent in the winter months. Most colds worsen over 3-5 days and then begin to improve with complete resolution of symptoms in about 7-10 days. Children often get 10 or more colds per year! Check this site out for some home remedies for children: [https://childrensmid.org/uncategorized/5-home\[1\]remedies\[1\]worth-trying/](https://childrensmid.org/uncategorized/5-home[1]remedies[1]worth-trying/). • • With the onset of colder weather months ahead, please ensure your child has a winter jacket/coat, hat, gloves/mittens, as students continue to have outdoor recess unless the temperature falls below 20 degrees Fahrenheit. • • Also, please remind your child to check the Lost and Found as we are starting to have a collection of really nice jackets, etc. that I know students must be missing. If you have any questions about anything related to COVID, quarantining, RSV, the flu, etc. please reach out as I am here to support you and your family.

Here is a great website for parents to check out with Tips and Tricks to help your child at home! You can sign up for Reading Rock free e-Newsletter too! <https://www.readingrockets.org/reading-rockets-newsletters>