

Please notify the office if you would prefer an electronic copy of the newsletter.

# John H. Fuller



## Falcon Newsletter

October 13, 2020

Dear JFS families,

Can you believe we have completed 5 weeks of the 2020-2021 school year so far?! Thanks to all of you for continuing to follow the protocols and procedures in order for us to keep our students, staff and community safe.

We are working diligently to maintain traditions and communication in a way that feels warm and welcoming, while staying within the necessary safety guidelines. Staff are working on scheduling parent information sessions (at some grade levels) and eventually through this trimester will be hosting parent/teacher and/or student-led conferences.

Although we are not able to host a traditional Open House this fall, we will be inviting you to a virtual family forum, stay tuned.

Traditions are a strong part of the JFS community. Our annual Halloween costume parade will be on the afternoon of 10/30. We will be staying on our campus and maintaining social distancing. We will video for families and share the link. We will also take class pictures in costume. Our Veterans Day tribute is always a beloved event for both veterans and students. We are in the planning stages for this year's event.

If you have suggestions or ideas for ways to us to continue to improve our communication and connectedness during these COVID times, please reach out to me via phone or email, 603-356-5381 or [d\\_nutting@sau9.org](mailto:d_nutting@sau9.org). I always appreciate hearing from you.

Sincerely,  
Mrs. Danielle Nutting



The John Fuller Falcons participated in National Walk to School Day on Friday, October 9th. John Fuller was registered with schools across the country to encourage physical fitness and school comradery. Our Face to Face learners walked with their class cohorts through a course in Whitaker Woods; remote learners were encouraged to begin their day with a family walk. Way to Go JFS!





Masks are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

**Masks should be washed regularly.** It is important to always remove masks correctly and wash your hands after handling or touching a used mask.

## How to clean

### Washing machine

- You can include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.

### Washing by hand

- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection.
  - Use bleach containing 5.25%–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
  - Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
  - Ensure adequate ventilation.
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) of 5.25%–8.25% bleach per gallon of room temperature water or
  - 4 teaspoons of 5.25%–8.25% bleach per quart of room temperature water
- Soak the mask in the bleach solution for 5 minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.
- Make sure to completely dry the mask after washing.

## How to dry

### Dryer

- Use the highest heat setting and leave in the dryer until completely dry or lay flat and allow to completely dry. If possible, place the mask in direct sunlight.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>



# Mrs. Memoli's Counseling Corner



October 9, 2020



## Welcome:

### Resources:

Did you know that you can access school counseling resources and calming activities from our John Fuller webpage? Check out the 'School Counselor' under classrooms and click on Mrs. Memoli's Counseling Corner.

*Mrs. Memoli*



## School Counseling Updates:

- \*Student Council Elections were held this week. Stay tuned for the results!
- \*Walk to School Day was held on Friday, Oct. 9th.
- \*Classroom Guidance activities are happening at all levels.
- \*1:1 sessions are ongoing.
- \*Teacher / Family consultations are ongoing.



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Wherever you go  
no matter what the  
**WEATHER**  
always bring your own  
*sunshine*

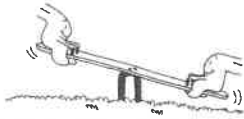


# Home & School

Working Together for School Success

## CONNECTION®

John Fuller Elementary School  
Danielle Nutting, Principal



### SHORT NOTES

#### Exercise your brain

Your child's brain is like a muscle—the more he uses it, the stronger it will become. Suggest that he give his brain a workout with activities like using his nondominant hand to throw a ball or to color. Learning to speak a foreign language or play a musical instrument are also known brain boosters.

### DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school

and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

#### Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

#### Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"  
Mark Twain

### JUST FOR FUN

**Q:** Can a kangaroo jump higher than the Empire State Building?

**A:** Of course. The Empire State Building can't jump!



## Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversation starters that will help you stay involved.

#### "Let's see what you worked on today?"

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

#### "Show me what you have for homework?"

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

#### "Describe a book you enjoyed today?"

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

#### "Tell me what you learned that you'd like to know more about?"

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for

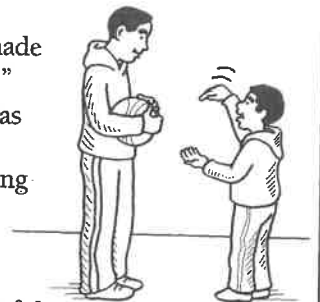


shapes together. If she's fascinated by how animals adapt to winter, read a book or observe animals outside.♥

### After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

- "What's the coolest thing that happened today?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? How was someone kind or helpful to you?" ♥





**You're invited!**

# **ANIMAL Dance Party**



Bring a friend, make new ones,  
and get **WILD** on the dance floor  
with **GIRL SCOUTS**—it's all **FREE!**

**Wednesday 10/14/20**  
**4 PM-5pm**

**Tin Mountain**  
**1245 Bald Hill Rd Conway NH 03818**

Parents & Caregivers, you're invited too! Get more information  
and RSVP at [customer care@girlscoutsgwm.org](mailto:customer care@girlscoutsgwm.org) or call  
Girl Scouts of the Green and White Mountains at 888-474-9686.



*-not a school sponsored event*



**ADMITTS YOU + A FRIEND!**

**TICKET!**

**FREE Animal Dance Party**

**Wednesday October 14, 2020**

**At Tin Mountain Conway Nh**

**TICKET!**

## **Skating Club Offers Fall Skating Lessons Beginning Oct. 10**

**Conway, NH** – Mount Washington Valley Skating Club will be offering new sessions of Learn to Skate group lessons from 5-6 p.m. on Sundays beginning October 18. Learn to Skate USA class offerings will include Basic 2 through Freeskate 6 and Adult 2 through Adult 6. Due to new COVID-19 related safety guidelines and restrictions, all students will be required to wear a mask, be able to skate six feet away from other skaters and have pre-registered and completed all paperwork before coming to class.

Learn to skate lessons will include one hour of ice time and comprise of five minutes of warm-up skating, 20 minutes of lessons, practice time and take home off-ice instructions. Additional information and online registration is available at [mwvsc.org](http://mwvsc.org). All lessons are held at the Ham Ice Arena, 87 West Main St. in Conway, NH.

The Mount Washington Valley Skating Club is a member of the US Figure Skating Association. Professional instructors teach children and adults of all abilities to skate for fun, competition and a lifetime of experiences within the skating community. Past student skaters have taken what they have learned here onto local, regional, national and collegiate levels of skating competition.