

# John H. Fuller Elementary



Falcon Newsletter

March 26, 2021

## DATES TO REMEMBER

**April 16**

Remote Instruction Day

**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

**April 26—30**

Spring Vacation

### Attention Baseball Fans!

Monday, April 1st is  
opening day at  
Fenway Park which is  
the beginning of our  
baseball season. So to get the  
spirit going we (Food Service  
Program) will be offering hot  
dogs and French fries for the  
lunch of the day! Included in  
your meal will be a special little  
treat! Come and join us for  
some fun filled spring action!  
Play Ball!!



Hello JFS families,

With the changing of seasons, the return to more outdoor learning has been refreshing. Although, this winter our staff brought students outside more than any other year for additional recreation and learning experiences, it was certainly not at the same frequency or duration as we were able to in the first trimester of the year.

It has been refreshing for students (and staff) to be outside more in these last several weeks with warmer weather and drying ground upon us. Most of the classes have purchased camp chairs or the like and have been making great use of them. Students have been outside during literacy, math, science, social studies and PE even amidst muddy, slushy, snowy conditions across the outdoor school spaces. We are crossing our fingers for dry ground soon. Our 20' x 40' tent will be going back up again at some point in April, offering us additional outdoor space, somewhat protected from weather. It may be wise to have students apply sunscreen before school each day for added sun protection. When students are outside, sunglasses and hats are acceptable to protect against the sun's rays too. Most classes try to find an outdoor learning location that has a mix of sun and shade, when possible.

When students are outside and seated 6 feet or more away from others they can take their masks off. There is always a sense of "spring fever" every year, living in New England with our long winters. I think this one in particular has felt longer than most for many of us.

Although we certainly aren't wishing for drought, the dry weather is ideal during the school day. If you could do your "rain dances" or wishes for rain to occur at night this spring, that would be great!

Kindly,  
Mrs. Danielle Nutting

March 24, 2021

Dear SAU 9 Community,

As we bring a close to the winter season and look forward to warmer days and brighter sun we would like to provide a few updates regarding some considerations related to the COVID-19 pandemic.

With the start of allergy season upon us, we would like you to consider the following:

If your child experiences seasonal allergies, please consult with their health care provider for recommendations on prevention and/or treatment with an antihistamine. School protocol still requires anyone experiencing COVID-19 symptoms, even mild, be excluded from school and seek COVID-19 testing. Many of the symptoms of COVID-19 can overlap with symptoms of seasonal allergies-- fatigue, congestion, sore throat, runny nose, cough, headache. Also, please bear in mind that it is possible to get COVID-19 and allergies at the same time, and the only way to confirm is with a diagnostic test. We want to thank you for helping us keep our students in school.

With April break one month away, you should also be aware of the following changes to CDC guidance. One major change is that domestic travel within the U.S. no longer requires quarantine upon return to NH, regardless of COVID-19 vaccination status. This includes domestic travel to U.S. territories. Even though quarantine is not required after travel, it is recommended that individuals seek testing for asymptomatic SARS-CoV-2 infection 3-5 days after travel. SAU 9 will not be requiring proof of testing after domestic travel.

At this time no other changes are being made, but are under consideration. The SAU 9 pandemic response team will be reviewing the proposed changes to best serve the students and staff in the district. We will keep you updated with any changes.

It has been a long year for all of us and we hope to see some positive changes in the future. We appreciate your continued support.

Sincerely,

Kevin Richard

# Mrs. Memoli's Counseling Corner

March 26, 2021



## Coming Soon ... Career Day



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.

## Classroom Guidance

All students at JFS continue to receive classroom guidance lessons. Classroom guidance is guided by the national standards set forth by ASCA (American School Counselor Association), the NH Department of Education, and the needs of the school.

Current classroom guidance topics:

K/1: Cooperation / Teamwork & Friendships Skills

2/3: Problem-Solving, Friendship Skills, Conflict Resolution

4/5/6: Conflict Resolution (in conjunction with the 2nd Steps curriculum)



Classroom  
Guidance



# *JFS Spirit Day*

**RED SOX OPENING DAY**

**When:** Thursday,  
April 1st

**What:** Wear your  
Red Sox gear or  
your favorite team  
apparel

**Why:** To show  
school spirit and  
have fun as a school  
community

**SPONSORED**  
BY THE JFS CAFETERIA  
& JFS STUDENT COUNCIL

# Ready, Set, Kindergarten!



Starting kindergarten is a big step, and you obviously want your girl to feel as comfortable and confident as possible from day one. Let Girl Scouts stand with you to support and inspire her as she makes new friends, meets new teachers, and tests out new ideas. Our girl-centered kindergarten readiness series are free and open to any girl entering kindergarten this fall.

**5-week series**

**Tuesdays, May 4 - June 1**

**10am**

**Free Virtual Event**  
**Register here:**  
**<http://bit.ly/3qZ8vMa>**

  
**girl scouts**  
of the green and  
white mountains

*Serving New Hampshire and Vermont*

For further information, please contact GSGWM  
Customer Care at 888-474-9686 or [customer care@girlscoutsgwm.org](mailto:customer care@girlscoutsgwm.org)

**SU236**

*This is not a school sponsored event.*

**Sign her up today at [girlscouts.org/ready](http://girlscouts.org/ready)**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

			<b>1</b>	<b>2</b>
		<i>Daily Beverage Options:</i>	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: Fenway Frank Oven Fries CHOICE B: • The Pizza Stacker Lunchbox <b>Side Picks</b> • Celery Sticks • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Pepperoni Pizza CHOICE B: • Sun Butter & Jelly Sandwich <b>Side Picks</b> • Carrots • Assorted Fruit

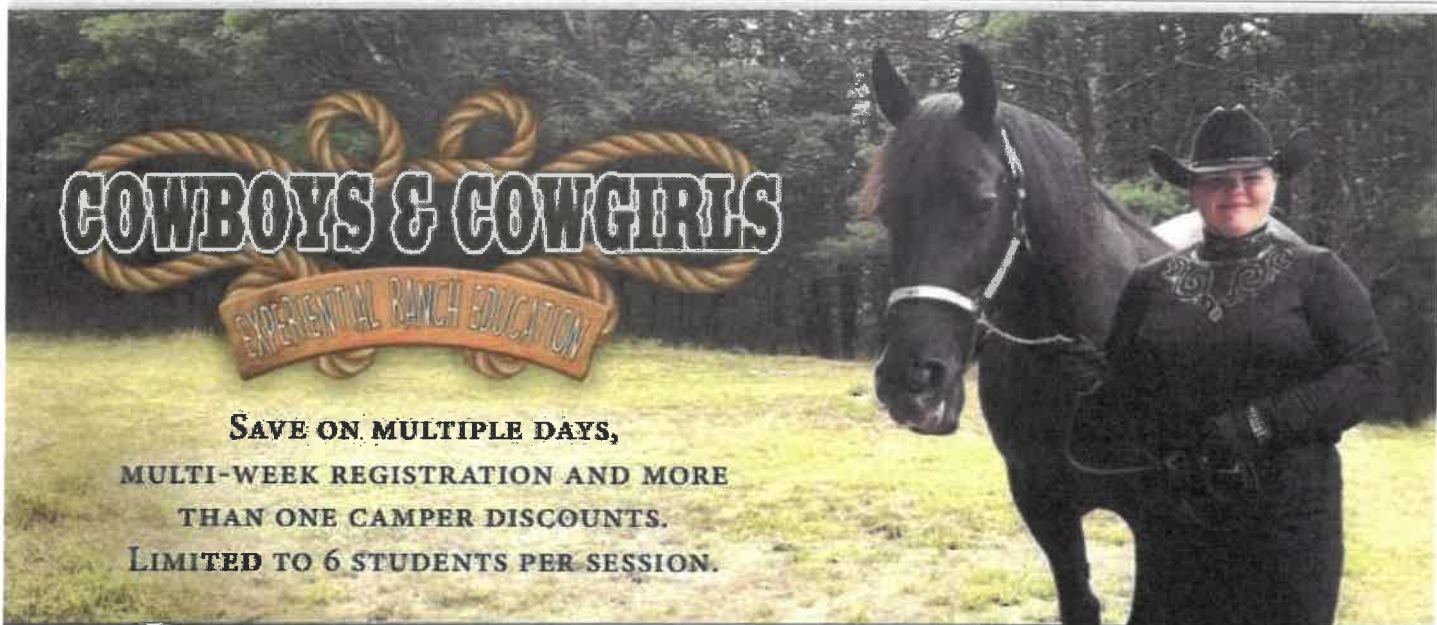
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Crispy Chicken Nuggets and Dinner Roll CHOICE B: • Yogurt Dipper Lunchbox <b>Side Picks</b> • Tater Tots • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Twin Tacos CHOICE B: • Yogurt Dipper Lunchbox <b>Side Picks</b> • Sweet Corn • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Pasta Housemade Meatsauce • Garlic Bread CHOICE B: • Yogurt Dipper Lunchbox <b>Side Picks</b> • Broccoli • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Sweet & Sour Chicken • Vegetable Fried Rice CHOICE B: • Yogurt Dipper Lunchbox <b>Side Picks</b> • Ginger Carrots • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Pepperoni Pizza CHOICE B: • Yogurt Dipper Lunchbox <b>Side Picks</b> • Celery Sticks • Assorted Fruit

<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • French Toast Sticks and Sausage CHOICE B: • The Better Cheddar Lunchbox <b>Side Picks</b> • Tater Tots • Applesauce Cup	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Soft ChickenTaco CHOICE B: • The Better Cheddar Lunchbox <b>Side Picks</b> • Carrots • Crispy Roasted Black Beans • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: Pasta with Meatsauce CHOICE B: • The Better Cheddar Lunchbox <b>Side Picks</b> • Broccoli • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Popcorn Chicken • Homestyle Biscuit CHOICE B: • The Better Cheddar Lunchbox <b>Side Picks</b> • Mashed Potatoes • Assorted Fruit	REMOTE DAY - NO IN-SCHOOL STUDENTS

<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • French Toast Sticks and Sausage CHOICE B: • The Pizza Stacker Lunchbox <b>Side Picks</b> • Tater Tots • Applesauce Cup	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Soft ChickenTaco CHOICE B: • The Pizza Stacker Lunchbox <b>Side Picks</b> • Carrots • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Pasta with Meatballs CHOICE B: • The Pizza Stacker Lunchbox <b>Side Picks</b> • Broccoli • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Sloppy Joe on Bun CHOICE B: • The Pizza Stacker Lunchbox <b>Side Picks</b> • French Fries • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Pepperoni Pizza CHOICE B: • Sun Butter & Jelly Sandwich <b>Side Picks</b> • Cucumber Wedges • Assorted Fruit

<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • French Toast Sticks and Sausage CHOICE B: • The Better Cheddar Lunchbox <b>Side Picks</b> • Tater Tots • Applesauce	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Beef Tacos CHOICE B: • The Better Cheddar Lunchbox <b>Side Picks</b> • Sweet Corn • Crispy Roasted Black Beans • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Chicken Broccoli Alfredo served over Pasta CHOICE B: • Cafe Kids Plate <b>Side Picks</b> • Broccoli • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Mozzarella Cheese Stuffed Bread Sticks CHOICE B: • Cafe Kids Plate <b>Side Picks</b> • Carrots • Assorted Fruit	<b>Fresh Picks</b> <b>SELECT ONE:</b> CHOICE A: • Cheese Pizza CHOICE B: • The Better Cheddar Lunchbox <b>Side Picks</b> • Cucumber Wedges • Assorted Fruit





# COWBOYS & COWGIRLS

EXPERIENTIAL RANCH EDUCATION

SAVE ON MULTIPLE DAYS,  
 MULTI-WEEK REGISTRATION AND MORE  
 THAN ONE CAMPER DISCOUNTS.  
 LIMITED TO 6 STUDENTS PER SESSION.



## COWBOYS & COWGIRLS EXPERIENTIAL RANCH CAMP EDUCATION - Spring Offerings



### WEEKEND RANCH CAMP

IN SESSION NOW THROUGH MID-JUNE

*(Every other Saturday)*  
 10-3p | \$65 per day



### RANCH CAMP FOR HOMESCHOOL FAMILIES

IN SESSION NOW THROUGH MID JUNE

*(Weekly, Mon - Fri)*  
 9-2p | \$65 per day



### AFTER SCHOOL AT THE RANCH

STARTING MARCH 1

*(Weekly, Mon - Fri)*  
 3:30p - 5:30p | \$25

*Experiential Ranch Education Camp is everything Horses, Chickens, Goats, Gardening and more. We learn management, care and maintenance, feeding, riding, etc. all with our Leadership practices and philosophies trickled in. We have a nature trail on the property and explore in the woods often. On rainy days we do indoor activities including farm related crafts, animal medicine activities, watch farm movies, and learn from the well known MS Ranch School remote learning program.*

603.986.5159 • [f@alchemyofaspiritwrangler](#) • [@@spiritwrangler](#)  
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