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NORTHWOOD SCHOOL

The Laker

APRIL 7, 2017

Upcoming Events

- April 7** Grades Close
- April 7** PTA K-5 Dance
6:00pm-8:00pm in Cafeteria
- April 11** Author visit - Marty Kelley
- April 11-14** 6th Grade at Merrowvista Camp
- April 13** Spring Picture Day
- April 14** Report cards sent home
- April 14** Final 8th grade trip payment due
- April 18** Internet Safety Presentation 6-7 pm in the gym
- April 20** School Board Meeting at 6:30 in Library
- April 21** Hat and PJ Day 8th grade fundraiser
- April 24-28** Spring Vacation No Students
- May 1-5** Teacher Appreciation Week
- May 2** Kindergarten Registration
- May 4** PTA Teacher Luncheon
- May 5** PTA Movie Night
Movie TBA 6:00pm-8:00pm in cafeteria
- May 8** Curriculum Night, Grades K-4, 6:00 - 7:00 and Scholastic Book Fair
- May 9** Science Fair/Curriculum Night Grades 5-8, 6:00 - 7:00 and Scholastic Book Fair
- May 10 & May 11** Willy Wonka, 6:30 - 8:30

Principals' Message

Dear Families,

This is the time of year when testing begins to take over more time in our school schedule. In the next couple of months, students in grades 3-8 will take the rigorous Smarter Balanced assessment in the areas of English Language Arts and Mathematics. In May, students in grades 4 and 8 will also take the Science NECAP. While these aren't tests that you study for in the traditional sense, there are ways to help prepare for them. Read on for tips to help students prepare for these standardized tests as well as classroom-based assessments. Also, check out the school's website to see the 2017 Northwood School SBAC video!

Whether you've been out of school for five years or 15, the thought of taking a test probably still makes your heart race. Now imagine what it's like for your child. As a parent, you can help.

THE PHYSICAL

Get them fed. The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

Get them moving. Exams cause stress, but, sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.

Get them breathing. Teach your kids a simple breathing exercise that you'll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

Get them to bed on time. Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

THE MENTAL

Practice their confidence. Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

Put piecework into action. Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day. **Unplug already.** When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that's not directly related to school work), study time is the time to turn the devices off .

THE EMOTIONAL

Offer super support. As much as you value good exam grades, it's more important that kids understand that your love and respect for them is not dependent on their test scores.

Review results together. Once the graded exam comes back, sit with your child and review what went right, what didn't, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.

This article, used with permission, is from the National Association of Elementary School Principals' publication, Report to Parents.

Enjoy your weekend!

Jocelyn & Adrian

Kindergarten Registration

Kindergarten Registration will be held on May 2nd. Your child is eligible to attend Kindergarten if he or she was born before October 1, 2012. Please call Northwood School at 603.942.5488 to request a registration packet and reserve a session time to attend registration day.

Session 1 - 8:30 - 10:00 am
Session 2 - 10:15 - 11:45 am
Session 3 - 12:15 - 1:45 pm

1st Graders New To Northwood School

Please stop by the main office to pick up a registration packet as soon as possible. Once you have returned your completed registration paperwork, a staff member will contact you to schedule a tour of our school.

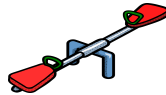
8th Grade vs. Staff Basketball Game



The very exciting 8th Grade vs. Staff Basketball Game was held in the gymnasium on March 8th. It was a hard fought battle. In the end, the staff prevailed with a 2 point victory. Congratulations to all who participated in the game. Better luck to next year's 8th grade!

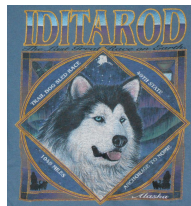
2017-2018 Class Placement

During the months of May and June, Northwood teachers will work to place students in classes for next year. Parent input will be one of several factors that teachers consider. We will be sending out a parent input survey in the next couple of weeks that will invite parents to share their thoughts on the qualities and characteristics of teachers and learning environments that best support their child(ren)'s needs. Due to the number of variables that teachers need to consider and the complexity of this process, we will not be accepting requests for specific teachers. We will send out the parent input forms before April vacation. We encourage all parents to complete them so we can include your perspective in our decisions.



2nd Grade News

Seesaw Learning Journals are new, individualized, digital portfolios for students. Each child has a portfolio to store what they are proud of or what they learn in school & home. The teacher approves the picture and comments before they are saved onto that child's learning journal. This website is a great way to let the students decide what they want to keep and save in one spot. Parents are also invited to take part in this website. Let's be a team, have fun, and check out this portfolio with your child!
- Ms. Brasley and Mrs. Cunningham



4th Grade News

Ms. Bechtold's 4th grade class learned about the Alaskan Iditarod dog sled race. Each student chose a musher and dog team to follow and recorded information as each team arrived at the checkpoints. The bulletin board outside of the room had a map of the trail, and each student made a dog to move along it. In 2012, a parent generously built a dog sled which Ms. Bechtold has kept. Students brought in stuffed animals to fill it for the weeks of the Iditarod. They were also able to give the "animals" sled rides in the classroom.



It's a Revolution!

Grade 5 is galloping into the American Revolutionary War time period. We are also practicing for Smarter Balanced Assessment Consortium (SBAC).



News from Science

Seventh and eighth graders have started their science fair experiment testing! Thank you to all the friends and families who are participating as test subjects and helping out with supplying students with materials and testing spaces.

-Jen Lenharth

Homework Club

Hello to our Homework Club students and parents! We've had a great and productive year so far. Students have been doing a great job getting their work done and also being "homework buddies" to help others finish their work.

We are getting ready to wrap up the year. The final dates for the Monday group are: April 3, 10, 17, May 1 and May 15. The final dates for the Wednesday group are April 5 and 19. We hope everyone has a great and successful rest of the school year.
Thank you,
- Ms. Robertson and Ms. Hermenau

Volunteers

Any parent who is interested in chaperoning upcoming class field trips needs to be an approved volunteer. If you are not currently approved, please visit the link below for the current year's forms. It does take several weeks for approval, so please plan ahead.
<http://northwoodnh.my-pta.org/content.asp?PageID=2>

