



Dear Families and Friends,

October was another busy month at BES and student progress is already evident in classrooms. Students in grades 3 and 4 have just completed the NECAP state testing in reading and math, but our efforts to monitor student learning at all grade levels extend throughout the year. The scene outdoors is surprising- leaves on the trees and snow on the ground. Winter weather unexpectedly arrived in Bow and with it, the need for warmer outdoor clothing. As you know, we are committed to providing students with daily opportunities for outdoor play, weather permitting. Dressing in layers is a great way to be prepared for the ever-changing New Hampshire weather.

On Tuesday, October 18th we had our first Early Release Day for students. Students across the district were dismissed two hours early to enable professional and paraprofessional staff to engage in professional learning opportunities and to complete instructional and/or curricular work. At Bow Elementary School, staff was engaged in several different learning activities.

1. Classroom teachers, intervention teachers and paraprofessionals engaged in a variety of learning activities focused on mathematics instruction. Presented by members of the BES Math Leadership Team and based on the work of Mahesh Sharma, this work included: the qualitative/quantitative learner

continuum, the language of mathematics, dyscalculia (learning problems in the area of math) and activities to teach number concepts, basic facts and place value.

2. Integrated Arts teachers (PE, art, music) began their training on Curriculum Connector (an online curriculum mapping tool available from the NH Department of Education) with Roy Bailey, district Technology Coordinator. Curriculum Connector uses a consistent format for the purposes of developing and mapping the core curriculum and in the future, maps will be accessible to community members, parents and students.

3. Occupational therapists in the district worked together focusing on best practices working with students with visual challenges, the use of universal language when implementing sensory processing management techniques and a plan to examine current research in handwriting instruction.

4. Speech/Language Pathologists began an online course entitled *High-Functioning Autism, Asperger's Syndrome and Nonverbal Learning Disorder: Differential Diagnosis by the Speech Language Pathologist*. Speech Assistants focused on the etiology and treatment of stuttering

disorders.

Feedback from all staff for the afternoon's activities was overwhelmingly positive and we all appreciated this opportunity for focused professional learning. Please watch your calendars for additional Early Release Days throughout the school year.

Parent-teacher conferences are coming up in November and if you do not yet have a meeting time/date, please contact your child's teacher. Parent-teacher conferences are scheduled for the afternoon and evening of November 9th (an Early Release Day for students) and all day on November 10th (no school for students). There is no school on November 11th for both students and staff as we honor members of our military on Veterans' Day.

Please share your questions, concerns and ideas. We look forward to seeing you for conferences.

Dr. Deb Winings, Principal

Jane Morrill-Winter,
Assistant Principal

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Mark Your Calendars

- Nov. 3rd- School Board Meeting 7pm
- Nov. 9th- Early Release Day
- Nov. 10- No School- Parent/ Teacher Conferences
- Nov. 11th- No School
- Nov. 23rd- 25th- No School Thanksgiving Holiday
- Dec. 1st- School Board Meeting 7pm
- Dec. 2nd- Trimester One closes

Preschool

Natalia Gomes

October has been a busy month for preschool! During Morning Circle, we have been learning the names for the days of the week and counting the number of days that have passed in the month.

We have also explored pumpkins, leaves, acorns, and apples in our sensory month box. During academic centers, we have enjoyed learning about the letter **A** and what words begin with **A**. We have also studied apples and pumpkins as our

monthly unit. For one lesson, we cut open an apple, explored the seeds inside with a magnifying glass, then made apple art using apple slices and red paint. In our library lesson, we learned about the life cycle of pumpkins.

Some of our favorite fall-themed books have included: *It's Pumpkin Time* by Zoe Hall, *Apples and Pumpkins* by Anne Rockwell, *I Am an Apple* by Jean Marzollo, *Pumpkin Day* by Nancy Elizabeth Wal-



lace, and *The Apple Pie Tree* by Zoe Hall.

For November, we will be learning about Thanksgiving and jumping into our family unit.

Natalia

Kindergarten

Patti Bechard, Meredith Bell, Naomi Margolis, Kelly Wood

What a busy month in Kindergarten!

Our routines, procedures and classroom expectations are in place as we move forward with our activities. We continue to build a nice sense of community in our classrooms and already our kindergartners seem more grown up!

Our first 2 vowels, Aa and Ii, in Foundations have been introduced and we are now making words using the letters and sounds we have learned. "Every word has a vowel, a, e, I, o, u and sometimes y". Our password (sight word) list is growing as well. We continue to cheer the spelling of these words, use them in sentences, look at the shape of the word and have begun to use as many as we can

to make silly sentences. It is exciting to see the children eagerly looking for these passwords in text as they look through books and are beginning to use them in their writing as well.

We will begin our bear theme starting with teddy bears and moving to real bears. All our activities will be linked to our curriculum. In math we will be counting, sorting, graphing and grouping bears. In reading, we will look for settings, main characters and will begin to sequence story events. We will discuss qualities of toy bears and real bears and how they are different and how they are the same. With the cold weather coming we will learn how bears and other animals prepare for the change in season.

Our classrooms are busy as we work in Writer's Workshop, Math and Reader's Workshop. The children often work in small groups or individually with the classroom teacher, Mrs. Bell, Mrs. Les-sard, Mrs. McCully or Mrs. Beal. We work as a team to meet the needs of all students by delivering differentiated instruction. At other times our activities are designed for whole group instruction.

We look forward to sharing with you at our Parent/Teacher conferences!

Patti, Meredith, Naomi and Kelly

If your child must be dismissed during the school day for any reason, please send a note informing the teacher and school. This advance notice allows teachers time to share any messages or information that may be helpful in your child's preparation for the next day.

Grade 1

Megan Bartashevich, Martha Hickey, Pat Manning, Megan Marino, Tracy Mingarelli, Katie Queenan, Robin Rader, Amy Turley

We believe that the school-home connection is an important one, and we look forward to working together over the year to meet the needs of our children as learners and as members of our classroom communities. So, we would like to thank all the first grade families in advance for completing the first family homework coming home this month. We know your time is valuable and appreciate your involvement. Take notice when you're in the first grade hall during parent teacher conference time in November!

During the beginning of first grade, students are learning the importance of independence. We appreciate your support at home by helping your child to develop self-reliant skills in areas such as organization (remembering folders and notes to and from home,

library books, and homework etc.); respect for and proper use of school materials and equipment; and personal routines (getting jackets off and on, tying shoes, putting belongings away).

Students are noticing and discussing seasonal changes. For an authentic learning experience all first graders hiked through the Bow Woods. In addition to exploring the forest we created "fairy houses" as a component of an integrated literacy activity. Our study of the forest will be further explored in the spring when we study NH animals and their habitats.



First graders will be studying Forces and Motion including magnets. Students are exploring hands on materials to learn about what causes magnets to repel and attract. We will culminate our science unit with a trip

to the SEE Science Center in Manchester, where we will see some of these forces in action.

If you have not set up a time to meet with your child's teacher during Parent/Teacher conference days on November 9th and 10th make sure to schedule a time soon.

The first grade team has been using a mixture of Everyday Math homelinks, math games and our own homework assignments to best represent a home connection for what we worked on in class that day. Thank you for your cooperation in completing homelinks, homework and games at home. To be consistent we are trying to send all of these pieces home on yellow paper.

Amy, Kelly, Robin, Katie, Martha, Tracy

Grade 2

Diane Gerhardt, Patti Lally, Pat Manning, Kristin Menard, Monica Swenson, Lisa White, Kristin Woodman

As we finish up our second month of school the students have become comfortable with the routines and expectations of second grade. The students continue to make new friends and solidify old ones as we work and play together.

The students enjoyed working on the laptops for the NWEA testing in September. Your child's teacher will share the results at the Parent Teacher Conferences in November. Our Conferences will be held Wednesday, November 9th and Thursday, November 11th. If you have not scheduled your time yet, please contact your child's teacher as soon as possible. Wednesday the 9th is an early release day. Students will be dismissed at 12:15 and conferences begin at 1:00. On Thursday, the students have the day off and the conferences will be held during the regular school day hours. Everyone has Friday the 11th off for Veteran's Day.

The Second Grade has begun our Social Studies unit on Maps and Communities. Each classroom is exploring the meaning of community and what communities we belong to. We are also studying maps and developing our mapping skills. This unit will be supplemented by the wonderful Junior Achievement organization. Each year members of the community join our classrooms to teach the students about the many elements of a community. The students love this opportunity and enjoy having a "new teacher" once a week during the 5-week program.

In Mathematics we continue to work with addition and subtraction facts. We continue to strengthen and deepen the students' understanding of these concepts. We do this through repeated practice using a variety of manipulatives and strategies. In the same way students must move from reading letter by letter to reading words and phrases, math students must move from counting by ones to clustering numbers to add speed and flu-

ency to their computations. We will continue to work on these skills throughout the year.

Homework has started in each of the classrooms! We appreciate the support from home in building strong study skills. As the weather turns colder please take a moment to put your child's name or initials on each piece of outer clothing he/she brings to school. Be sure to check the school Lost and Found throughout the winter if you are missing gear.

We are off to a wonderful start in Second Grade! We look forward to meeting with each of you at conferences in November.

Lisa, Patti, Monica, Diane, Kristin W. and Kristin M.



Grade 3

**Amy Gregoire, Colleen Leung, Kim Normandin,
Elaine Mielcarz, Beth Udelson, Ann West**

Walk into any third-grade classroom each morning of the week and you will be amazed to hear and see what these incredible mathematicians are working on! Place value continues to be emphasized daily through the use of hands-on manipulatives, including Cuisenaire rods, during mental and when completing algorithms on math paper. Students are continuing to learn how to speak and write as mathematicians using appropriate vocabulary and completing their work

in an organized and efficient way. Third graders are daily being asked to explain their thinking and justify how they know their solution makes sense. We appreciate all of the support and guidance you give your third-grader after school with their homework.

We look forward to meeting with families during our November conferences. The partnerships between parents and

teachers is an important one, and we thank you for taking the time to allow us to share your child's academic and social progress with you and to give you an opportunity to share your thoughts, observations, and questions that are vital to your child's education

Sincerely,

Amy, Ann, Colleen, Elaine, Kim and Beth

Grade 4

**Sandy Bennert, Kathy Gage, Cheryl Hamer,
Marti Lawton, Suzie Percy, Jeannette Whaland**

Math

Our Fourth Graders are working hard in Mathematics! We are so impressed with the skills, problem solving and higher level thinking the students have been tackling! As a reminder, fourth graders should be practicing math facts nightly, with a focus on multiplication and division. Familiarity with these facts will make the procedural steps involving multiplication and division easier.

Reading

Fourth graders are reading chapter books related to themes and content across fourth grade's social studies curriculum. Some books being read are: Indian Captive, Pathki Nana, Courage of Sarah Noble, Lily's Crossing, Top Se-

cret, and a variety of independent novels. Nonfiction books from our Rigby Reading Program are also being used to teach the comprehension strategies of: "Using and Extending What You Know", "Creating and Using Images", and "Monitoring for Meaning". Children have used Non-Fiction titles such as: Scraping the Sky, Facts About the Fifty States, Therapy Dogs and Polar Bears.

Language Arts

We have been using the process writing steps to create original, creative writing stories. Authors are focusing on sentence structure, description, awareness of audience, and application of skills. Others have written poetry based on our NH State Symbols.

All fourth graders are exploring concepts related to paragraph writ-

ing. Fourth graders are developing topic, supporting and summary sentences to convey details and descriptions in a concise paragraph.

Social Studies

Fourth graders have completed the study of "New Hampshire's Place in the World", by finishing Chapter 2 in our text book and are beginning one of our many favorites; the study of NH's Native Americans.



We enjoyed to visiting The Mount Kearsarge Indian Museum in Warner, shortly. What a wonderful way to make our state's history, "come alive"!

Sandy, Kathy, Cheryl, Marti, Suzie, Jeannette

Musical Notes



JoAnn Willemsen & James Wickham

The first grades have been studying loud and soft (dynamics) and high and low, using different songs and activities. They have had the opportunity to play various classroom instruments. They have also been learning how to read rhythms with ta, ti ti and rests.

In second grade we have been learning about meter (beats grouped in twos

and threes). Students have listened to, moved, and created hand jives to music that moves in a meter of two or a meter of three. They worked on reading rhythms and dynamics. They created sound effects with instruments for the poem "Black and Gold."

Third and fourth grade classes also studied about meter and moved on to dis-

cuss musical motive (a short musical idea.) Musical motives were assigned to each character in the book One Dark Night which was then presented to the class as a shadow play.

JoAnn and Jim

Guidance News

Doug Bonnema, School Counselor

Does Anyone Ever Really Win a Power Struggle?

"No!" is often a difficult thing for an adult to hear from a child. We teach children to listen and speak to adults respectfully and we expect them to do so. But, it's easy to forget that we should also expect them to challenge us in this way throughout their development, because the purpose of their development, ultimately, is to leave their parents and become strong, independent adults. If we expect and acknowledge that part of a child's job growing up is to test their power and autonomy, and power struggles are one way they do this, then, at least, we can plan for power struggles. If there's a plan, then we're less likely to act out of our initial reactions that are often triggered for adults when kids say "NO!" It is vitally important to children's well-being and sense of safety that adults set limits and maintain authority. However, we have a choice about how we go about it and that choice is important.

So, what's the plan? Any plan should begin with 1) something to give the adult a few moments to put emotions in check, for example, taking some deep breaths or counting to ten; 2) and a script for your first few thoughts, which could be something like *I can do this without getting angry*, or *I wonder what's really going on here?* Taking steps to calm down first allows parents to make the most of and bring their best selves to the parenting opportunity presented. Kids learn to tune the lecture voice out or the parents' strong emotion can raise the child's emotional arousal. Either way, kids are less likely to learn more adaptive responses than getting into a power struggle.

The rest of the plan is really being thoughtful *ahead of time* about what you are willing to do. Say a child won't pick up the toys she has been playing with on the dining room table and it is getting close to dinnertime. You could say you can't have dinner until you pick up your toys. That's a natural consequence. But it sets up the possibility for another power struggle just before dinnertime and, if it comes to postponing dinner, a child who is getting increasingly hungry and tired may make a good choice, but if they do not, the child is getting further and further from having the resources to make a rational choice. Below are some options for avoiding a power struggle from a parenting video by Daniel Hughes, Ph.D. that you may want to consider including in your repertoire.

- You have until it's time to set the table. After that, I'll give your sister a dollar out of your allowance to do it (or I'll do it and take a dollar from your allowance to buy some coffee on my way to work tomorrow)
- We both know it would only take you three or four minutes to put away your toys. What's this about? I have some time, let's figure this out.
- We both know it would only take you three or four minutes to put away your toys. That tells me you need a hug.
- We both know it would only take you three or four minutes to put away your toys. I've had days like that. I think you are saying to me, "I had a really bad day. Would you please help me?" (or do it for me).
- You're not going to pick up? That's an interesting choice. I'll figure something out that will fit.

Physical Education

Regan Dowe & Tracy Berube

Third and Fourth grade classes are participating in a Soccer Unit. The unit includes a dribbling skills day followed by a dribbling game day. Next we had a passing skills day followed by a passing game day. Students are encouraged to practice hard to build their skills so that they can earn a game day. The game days are an opportunity to practice the previously learned skill in a game-like situation. The unit concludes with the students participating in a high intensity modified indoor soccer game called Endball. This game is extra exciting because the large goal area is defended by many goalies. It is fun to watch the students build their fundamentals through practice and lead up games and finally use them in Endball.



First and Second grade classes have been working on manipulative tasks with bean bags, yarn balls, and gator skin balls. Students have challenged themselves with tossing and catching activities. Children also worked very hard learning and practicing underhand and overhand throwing techniques. We practiced throwing at a variety of targets at a variety of distances and levels. Students then had the opportunity to practice their skills in games such as Trash Can Toss, Spider Web, and Captain Ball.

Library Notes



Kim Brewster

Our newly nominated 'Ladybug Books' (kindergarten-grade 3) and 'Great Stone Face Books' (grades 4-6) have arrived! Kindergarten through third grade classes have been listening to the 'Ladybug Books' that were especially selected by a group of librarians to be shared with students across the state of New Hampshire. Students will exercise their right to vote during the week of November 28, when they will vote for their favorite 'Ladybug Book'. Classroom teachers, specialists, librarians and guest readers have been reading these books aloud to students. Many of these books are used to reinforce literacy and curriculum based skills. Be sure to ask your child why they are called 'Ladybug Books.' (They're not about ladybugs!) Please visit our website to see the list of this year's books. <http://www.bownet.org/library/Ladybug%20Books.htm> Most of our fourth graders have been introduced to some of the 25 books on the Great Stone Face Book list. These are also picked by a group of librarians here in New Hampshire to celebrate contemporary literature. Students are encouraged to read the books on this list that are a good fit for them! Voting will take place in April. Please check out the list at: [http://www.bownet.org/library/great%](http://www.bownet.org/library/great%20stone%20face%20books.htm)



[20stone%20face%20books.htm](http://www.bownet.org/library/great%20stone%20face%20books.htm) There 's a helpful pamphlet with summaries of the books at the following website. <http://nhlibrarians.org/chilis/gsf/docs/12/gsf2012brochure.pdf>

Aside from listening to and learning about books on our New Hampshire reading lists, students have not only checked out many great literacy resources during their classes but have also reviewed skills and have been introduced to new skills. Many of the students in the lower grades have learned about book care rules, library procedures and have worked on picking "good fit" books for their own reading levels. Third and fourth grade students have also been working on completing a scavenger hunt while using our online catalog to help them learn how to search for resources. Grade 2 students have focused on what fiction books are and how they are organized in our library. Preschool students have had fun listening to books that go along with classroom themes: pumpkins, apples and the season of fall. Preschoolers have participated in activities like; finger rhymes, poems, songs and art activities that support the reading material.

Please be sure to visit our library website to access reference resources, visit website links, listen to student book talks and audio books, find out about literacy

events and to use our library catalog. Older students are encouraged to browse for books at home (with a trusted adult's permission and guidance) on our library catalog and print out a "wish list" of books before their scheduled library day. Passwords have been sent home with 3rd and 4th grade students so they may access resources on our website that require passwords. Password information will be sent home later in the fall for younger students. Please feel free to have your child get these passwords from the librarian at anytime. <http://www.bownet.org/library/Default.htm>

Grades 1-4 students: Please be on the lookout for the Fisher Cat Reading Challenge information to come home in the next few weeks. If a student reads 5 books outside of school during the school year, they can earn 2 free tickets to a Fisher Cat game in the spring. More information to come.....

Thank you to The Rotary Club of Bow for donating the following books: *Cowboy* (Eyewitness) by David Murdock *Geronimo Stilton: Singing Sensation Firestorm!* by Joan Hiatt Harlow

Happy reading!

Kim Brewster

Recognize★Encourage★Achieve★Challenge★Honor

REACH has numerous programs up and running! I am receiving an amazing number of BES Challenges from all grade levels. Keep these weekly challenges coming! Thank you to all the Junior Great Books leaders for their time in training and for their thoughtful time with our young readers and thinkers! Origami Math has been both challenging and fun. As the students gain an understanding of unit origami they are creating some wonderful structures! Chess has 50 students signed up, and all are excited to learn this intriguing game of strategy! There are three fourth-grade Lunch Bunch activities taking place at this time with new opportunities being planned as students share their interests with me. Thank you to all who were able to come to our

Family DI night! Mrs. Romano and I will have teams ready to start by the beginning of November. I am having a wonderful time in classrooms getting to know your children and sharing all that REACH has to offer.



Sue Kurtz

The Reading Corner

**Dannie Monahan, Kathy Scanlan,
Melissa Young**

Mrs. Hamer's fourth graders wrote haiku poems representing fall images in NH. A haiku is a Japanese poem with three lines. The first and third lines include five syllables and the second line includes seven syllables. Enjoy!

Everywhere you look,
There are pumpkins on the steps,
Halloween pumpkins.

Gwendolyn

Leaves fall off the trees,
The warm breeze blows in my face,
And the sun will rise.

Lindsay

The leaves are changing,
Halloween, scary children,
Snow comes when fall ends.

Max

Make a pile of leaves,
Get a running start and jump,
Then roll in the leaves.

Ryan

Catching leaves are fun,
Apple picking is awesome,
Fall is colorful.

Ethan

The days are shorter,
The candy is coming soon,
Fall is colorful.

Eric

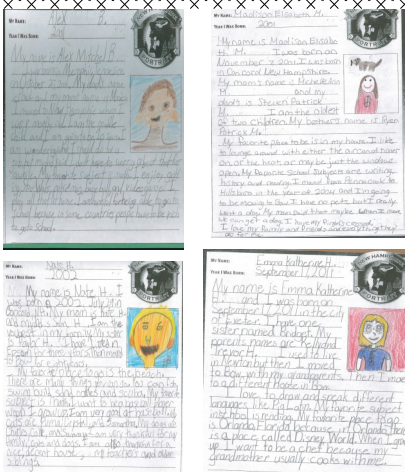
The chewy candy,
The clear sparkling water,
Hot, salty turkey.

Gabe

I eat fresh apples,
Sometimes I eat apple pie,
The leaves change colors.

Sarah

As part of their year long study of NH, Mrs. Gage's fourth graders read profiles of people living in the Granite State. As an extension activity, her students wrote their own profiles. Enjoy!

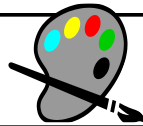


The following free verse poem was written by a student in Mrs. Whaland's fourth grade class. It was inspired by NH's beautiful foliage and the author's rich word study experiences in her classroom.

Fall Leaves by Anneliese

Falling foliage swirls around my head,
Awestruck I stare at the scene.
Lovely tricolor trefoils are at my feet,
Light dances through exfoliated branches.
Leaping into leaf piles brings great joy to the heart,
Extraordinary sights are captured on my camera.
Art of nature inspires me greatly,
Vast open spaces are now filled with leaves.
Escaping on the wind, they start their voyage,
Season of splendor will soon end.

Artist Gallery



Kim Bryant and Sarah Bragg

The Art Department has been busy uploading student artwork to the Artsonia Website. Our goal is that every child will have an online art gallery, preserving its masterpieces for all time.

When your child's artwork is posted onto the website, we will send a notice home to inform you. In our efforts to be more earth friendly, we are offering the option of giving Artsonia your e-mail address so that they can send you electronic notifications instead of our paper ones. If you would like to receive e-mail notifications instead please send your e-mail address and student's name to kbryant@bownet.org.

We are also looking for volunteers interested in coming in to help with organizing, photographing and editing artwork, as well as uploading it onto the Artsonia site. Please contact kbryant@bownet.org for more information if you are interested.

We thank you for your support in our efforts to share and preserve our students' work.

Kim & Sarah

Notes from the Nurse

Cindy Prescott, School Nurse

The frost is on the pumpkins, fall is in the air. Time to get a flu shot! It is recommended for this flu season that anyone 6 months of age or older should receive influenza vaccine. Most providers and clinics have flu vaccine available.

Now that cold weather is here, it is important to send your children to school every day prepared for cold weather. We expect all children to go outside for recess.

Please remember not to send sick children to school. The school day can be long for your child when they are not well. If you think your child might be to ill for school but are unsure, please do not hesitate to call me. I will let you know what is going around and we can discuss your child's symptoms and whether-or-not they should attend school.

Please contact me with your questions and concerns. Your children are important to me.

Cindy Prescott, RN
School Nurse



Kudos...

Nurse Prescott wants to thank all BES parents for helping their children be good citizens for staying home when they are sick!

LOST & FOUND

The lost and found is located in the cabinet in the atrium near the music room.

Bow Elementary School

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Dr. Deborah Winings, Principal
dwinings@bownet.org

Jane Morrill-Winter,
Assistant Principal
Jmorrill-winter@bownet.org

- * Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- * Teach your children not to share personal items like drinks, food or utensils.
- * Teach your children to cover up their coughs or sneezes using their elbow, instead of their hand when a tissue is unavailable.
- * Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- * Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected. Any child determined to be sick while at school will be sent home.

From the Nutrition Department:

If your email address changes, please notify the school as well as the Food Services Department so account information can be sent via email on student balances.