



BES



PUZZ

Dear Friends and Families,

Happy 2009! We hope your new year is off to a positive and healthy start. 2008 ended with an unforgettable ice storm. We were grateful to limit Bow School closings to three days and appreciate the commitment and flexibility demonstrated by many on our staff whose homes were without power for several days. Certainly the ice storm provided an opportunity to become cognizant of those conveniences and necessities in our lives that we sometimes take for granted.

December 1st marked the end of the first trimester at Bow Elementary School. Our second trimester ends on March 13th and report cards will be sent home on March 26th. Teachers will be trained this month in the online format of our new report cards and you can expect a computer-printed report card in March. Many districts in New Hampshire and across the country are implementing standards-based report cards and our own grade specific report cards were developed over a fourteen month process. Below is a set of questions and answers to help build understanding about academic standards and the use of standards-based report cards in schools:

Q: What are standards?

A: Standards are statements of student learning that identify what students should know, understand and be able to do. National and state standards are used in the development of local district curriculum and the state's yearly NECAP testing. At BES the NH Curriculum

Frameworks and the Bow School District curriculum were used to identify the standards listed in each grade level report card. Standards are listed on the report card by content area and curriculum strand (e.g. geometry, number concepts).

Q: Why are standards important?

A: Standards identify the learning goals we want *all students* to reach. While developmental differences and educational disabilities may alter the 'path' students take to reach these standards, it is essential for *all students* that our instruction is always focused on reaching important, clearly identified learning targets at every level. Research-based curriculum development and instructional design emphasize the importance of "beginning with the end in mind" (i.e. the learning target) in the delivery of highly effective and highly focused instruction and standards bring consistency to our instruction across classrooms. While teachers may vary in their specific approaches to different areas of instruction, standards identify consistent learning goals at each grade level.

Q: How do you know if my child has reached these standards?

A: Monitoring student learning is a critical part of instruction. Frequent and ongoing assessment provides information about student progress relative to specific standards and about how to design the next steps of instruction. Various forms of

assessment - formal or informal, standardized or curriculum based - are needed to fully understand both what a student knows and how the student interacts with the content to learn and progress. Assessment results are used to differentiate our instruction to provide appropriate and meaningful learning opportunities to every student.

Q: What does a standards-based report card tell me about my child's learning?

A: Based on evidence of learning in student's daily performance and assessment in the classroom, teachers assign a number to reflect a student's level of learning relative to each standard. This number informs parents and the student how he/she is progressing towards meeting the end-of-year standard. At the beginning of the year students may be in the early stages of learning a new skill or concept and more practice, support and instruction are needed. As the year goes on, many students will demonstrate progress learning a new skill or concept and will be able to apply their new learning independently. The report card will record and 'chart' this progress over time.

Q: What happens if my child is not making expected progress?

A: We are very fortunate to have a highly skilled and experienced professional staff at BES. Various types and levels of support services are available to students to foster

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Mark Your Calendars

Feb. 4th- PTO Meeting 7pm
Feb. 5th-School Board Meeting 7pm
Feb. 10th- Grade 3 Capital Center for the Arts
Feb 10th & 11th-Grade 2 Country Dancing 6:30pm
Feb. 20th-Showcase & Bow Senior Luncheon
Feb. 23rd-27th Winter Vacation
March 4th-PTO Meeting 7pm
March 5th-Grade 1 Concert 6:30p
March 5th-School Board Meeting 7pm
March 13th- Annual School District Meeting 7pm

learning and achievement in every grade. Our commitment to early intervention and our three tiered model of instruction and intervention enable us to provide additional, targeted instruction as appropriate to meet student needs.

As always, we welcome your questions and ideas. We love to hear from you! Happy 2009!

Dr. Deb Gibbens, Principal

Jane Morrill-Winter, Assistant Principal

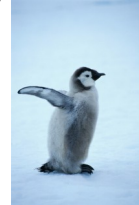
Preschool

Lee Ann Michelin



The cold and dark month of January is celebrated in Preschool with our themes of "Winter" and "Night Time" and our hallway is decorated with our beautiful mural titled "A Winter Night in Bow". All of the students and staff enjoyed painting pictures of themselves having fun in the snow. We are learning about animals that live in cold places and animals that stay awake at night. Some of our favorite winter and night-time books include: The Biggest Bear by Adam Relf, Twinkle Little Star

by Iza Trapani, How Do Dinosaurs Say Goodnight? By Jane Yolen, Wake Me In Spring by James Preller, Ice Cream Bear by Jez Alborough, Hopper by Marcus Pfister, 5 Little Penguins Slipping on the Ice by Stever Metzger, A Winter Day by Douglas Florian, Little Bear's New Friend by Muriel Pepin, Counting Penguins by Betsy Cheslen, The Biggest, Best Snowman by Margery Cuyler, Here Comes the Snow by Angela Shelf Madearis, Snow



On Snow On Snow by Cheryl Chapman, A Kitten in My Mitten by JoAnne Nelson, Winter is Here by Kimberly Weinberg, and The Hat and The Mitten by Jan Brett.

We have been working hard on learning how to rhyme with the "Colorful Mittens" song and have also used snowmen to learn many pre-math and pre-writing skills including: Positions-in-space - top, bottom and middle; size concepts - small, large and medium-sized; shapes - circle, and square. The class will finish our Winter Theme with "Hat Day".

Kindergarten

Patti Bechard, Meredith Bell, Monica Swenson, Kelly Wood

Happy New Year! We hope everyone had a wonderful holiday break. Isn't it hard to believe that we are almost half way through the school year? Time certainly flies when you are learning and having fun!

Literacy activities continue to include all the letter sounds with a focus on one a week for handwriting. We are reading many stories about winter and what people and animals do to get ready for winter. We use the literature as a starting point for our science unit about animals in winter.

Each class is enjoying a variety of books including one of our favorite authors, Jan Brett. The children love to read and re-read The Mitten and The Hat. Her illustrations can keep us entertained for hours!

During December, we read a wide variety of Gingerbread Boy stories, many of them didn't even have a boy in them! Before vacation we voted on our favorite and tallied the an-



swers. The book The Gingerbread Girl won in both am and pm. In addition to the literature focus, the kindergartners had a blast trying to catch the tricky little guy, who led us all over the building! Unfortunately, we didn't catch him but he did leave us some yummy cookies instead! Graphing, measuring and decorating were just a few of the accompanying activities. We'll try again next year!

We continue to enjoy our Everyday Math program. We are delighted with the energy and enthusiasm with which the children approach their math centers. Now that we are revisiting skills introduced in the first quarter it is wonderful to see the growth in their math skills.

February is a time of celebration in kindergarten. The children are all anxiously awaiting our 100th of school. Each class will be celebrating this special day by reading stories, singing songs and doing various other activities using the number 100. Pending no more inclement weather, the 100th day will be on Thursday, February 12th.

Valentine's Day will be celebrated with the exchange of valentines and a special snack. We will not be having a party for Valentines Day. Your child's teacher will send home a list of classmates' names for your child to write on his/her valentines. It is a wonderful writing activity. We have not set a date for the exchange of valentines, due to the uncertainty of the 100th day. Your child's teacher will send more information as the date gets closer.

The week of February 16-20 is Dr. Seuss week! We will celebrate reading through the stories of Dr. Seuss and each day has a special theme connected to a story. On Friday the 20th there will be pajama day and we will be making green eggs and ham to see if we like it. More information will be coming.

Room parents will be in contact with you soon about anything your child's teacher may need for our February celebrations!

Stay Warm!

Monica, Patti and Kelly



Grade 1

Megan Charpentier, Pat Manning, Tracy Mingarelli, Kim Normandin, Katie Queenan, Robin Rader, Colleen Snow, Amy Turley

In December, first grade students participated in literacy and math activities related to philanthropy, and the responsibilities we have as community members. Students discovered that you can never be too young to be a community helper. In each of our six first grade classrooms, students brainstormed ways that they could make a difference in the lives of those less fortunate. The decision was made to help children in a local homeless shelter by purchasing clothing and toys for the holidays.

In a collaborative effort, our first grade students applied for jobs in their homes. Once the wages were

negotiated and the contracts signed the children got to work. As a result of their hard work and dedication our young students earned ,collectively, a total of \$800.

With a little extra help from teachers and specialists on the first grade team, we were able to make the holidays a little bit brighter for families at a homeless shelter. The teachers enjoyed a night of shopping together for this cause, and the next day the children got to see the results of their



efforts. They were surprised to see how much they were able to do as a group of community helpers.

As our students learned, extraordinary efforts such as this require the collabora-

tion of many. We especially want to thank all of the first grade parents who helped to make our mission meaningful and possible.

This season students also remembered to care for the outdoor creatures by leaving them some seasonal snacks. After reading *Night Tree* by Eve Bunting we strung cheerios, cranberries, popcorn etc. to decorate our local trees. Students celebrated by singing winter songs as they decorated. First graders can look forward to upcoming units on fairytales and a Trip Around the World!

We wish you and your families health and happiness in 2009.

Amy, Colleen, Robin, Katie, Kim, and Tracy

Grade 2

Lois Ambra, Diane Gerhardt, Patti Lally, Pat Manning, Kristin Menard, Ann West, Lisa White, Kristin Woodman



Our second graders have been busy learning about Maps and Communities. As part of this unit, each class has had a community businessperson visit the classrooms through the Junior Achievement Program. These volunteers led the students through a series of lessons about how a community works. Students learned about government workers, voting, and money. A favorite

lesson involved learning about the improved productivity of assembly lines. The students made "donuts" from paper and stickers. They found they could make more donuts when they each completed a specific task to make the finished product, compared to making each donut by themselves.

Another high point of the Maps and Communities unit was the creation of highly decorated houses during the month of December. This unit tied in well with two of the Rigby big books in our reading program, *Greetings from Route 66* and *Westward to Oregon*. Related reading, writing, and art activities about travel rounded out the unit.



Please be sure to send in warm hats, gloves, and boots for your child on days when the students will likely be going outside. It makes their recess so much more enjoyable!

Thanks once again for all of your support. All the things you do, from volunteering in the classroom to reading with your child at home to helping your child develop good homework and organizational habits, are so valuable!



We look forward to beginning our next unit in February on heat, light, and sound.

Very truly yours,

Lois, Diane, Patty, Kristin, Ann, Lisa, and Kristin

Grade 3

Amy Blau, Martha Hickey, Kelly Lewis, Elaine Mielcarz, Beth Udelson, Jeannette Whaland

Third grade students are back to work. There are a variety of writing activities going on in Third Grade classes. Some classes are learning and writing about fossils while other classes are focused on letter writing. With the inauguration of our 44th President, classes have also been immersed in current events. Students have learned about the 'Oath of Office' and other ceremonial surround-



ing the inauguration of a U.S. President.

Some students have even written to our new president.

Unit #5 in EDM focuses on place value including decimals. While working with large numbers, at school and home, students should continue practicing the multiplication and division facts each night. The Student Reference book has some games that are a fun way for students to practice large numbers and multiplication facts.

Please remember that all students should come prepared for outdoor recess everyday. Students will go out if at all possible. In order to have full access to the playground students must have boots, snow pants, hat, coat and gloves. You can refer to page 16 of the BES Student handbook for more information (<http://www.bownet.org/BES/> for a digital copy).



Grade 4

Sandy Bennert, Kathy Gage, Cheryl Hamer, Marti Lawton, Dannie Monahan, Suzie Percy

Math

Students continue to apply the concept of multiplication to increasingly difficult problem solving situations using money and multi-digit factors. Fourth graders who have mastered the multiplication facts 0 - 9 are much more successful in applying these facts to more abstract, open ended situations. Fourth grade teachers cannot stress enough the importance of practicing these facts nightly at home.

Fourth graders are applying their understanding of multiplication and division as reciprocals, using mental math strategies to solve multiplication and division problems as well as learning the lattice and partial sums method of multiplication, through our Everyday Mathematics Program.

Social Studies

During our study of NH settlement and colonial times, students learned about the following aspects of colonial culture: home life, village life, meetinghouse events, education, and apprenticeships. Some students participated in writing and performing original skits depicting life during this time period. Others wrote historical fiction



stories set in this time period depicting "A Day in the Life of a Colonial Apprentice".

Science

Students will explore many real-world concepts during our study of weather. Use of the scientific process will result in a variety of hands-on experiments involving weather instruments and data recording. Students will learn about the four seasons, water cycle, types of clouds, types of precipitation, types of fronts, meteorology symbols, weather instruments, and severe weather occurrences (hurricanes, tornadoes, etc.). We are very excited to welcome WMUR's own Weather Man, Kevin Skarupa to the fourth grade for an informative meeting!



Reading

Fourth graders continue to read a variety of quality chapter books in their classrooms. Reading skills are being learned in the context of the following titles: Trouble River, The Cricket in Times Square, Sign of

the Beaver, Helen Keller, Indian in the Cupboard, Esperanza Rising, and A View from Saturday, as well as Rigby fiction ~ non fiction and individual choice chapter books. Several classrooms continue to participate in Literature Circles to discuss different literary elements with their peers.

Writing

Fourth graders are creating many types of written projects related to the curriculum. Some are writing original works of poetry. Ask your child what types of poems he/she is learning to write! Other students are writing historical fiction pieces set in the colonial time period, from the point of view of a colonial apprentice, or creative cloud stories generated by photos of clouds.

Congratulations!

We would like to extend our congratulations to all of our 4th grade National Geographic Bee finalists, as well as, a great big "Job Well Done" to Lucas Cohen, our 4th Grade National Geographic Bee Champion!!

Library / Media Center



Kim Brewster



Imagine what it would be like to take home a real dinosaur every time you bought something at a store or went to an appointment! Join in on the adventure of a little boy that does just that! Share *When Dinosaurs Came with Everything* by Elise Broach with a

friend. This was voted as our favorite 'Ladybug Book' at BES and was this year's state winner for the "Ladybug Book Award"! Thank you to everyone who participated in the reading of the "Ladybug Books" this year.

On Thursday April 9, 2009 Brian Lies, an author/illustrator will be visiting BES!! He will meet with grade levels and help us answer some questions like: Where do ideas come from? How do you start writing and illustrating? How can you make your "sloppy copies" better? This program includes views of sketchbooks and Brian's own childhood drawings. He will also share a drawing demonstration based on student input. Samples of his books will be put on display in the lobby a few weeks prior to his visit and a book order will go home. If you would like to view his books, his website is <http://www.brianlies.com/>. Thank you to the PTO for providing the financial support for this event.

With the new year upon us, it's a good time to remind everyone about using good book care rules. Please try to keep water bottles

and snack drinks separate from library books in backpacks and remember to put books in spots away from our friendly furry pets. Thank you for working on returning books to the library each week!

Kindergarten through grade 4 students have been learning about internet safety through the i-SAFE program during their library visits. The lower grades have focused on comparing our community to the world wide cyber community, the importance of having a trusted adult with them when they are on the internet and traveling through Cyberspace, following safety rules, and not giving out personal information. The higher grades have focused, at a more in depth level on comparing our community to the world wide cyber community, having a trusted adults' permission to go on the internet as well as having an adult nearby, following the rules that have been set up and not giving out personal information. The lower grades have completed their lessons for this unit and the upper grades will continue to learn and discuss internet safety for the next month. Please feel free to visit www.isafe.org for more information.

Grade 4 has also focused on learning and reviewing the different materials that are available in the reference section and on our website to help them with research. Many fourth grade students have enjoyed participating in Literary Lunch, where they

have signed up to hear a guest reader read a Great Stone Face Book during lunch and recess. Thank you to our wonderful guest readers who volunteered for this activity! Andof course grade levels Kindergarten through Grade 3 heard the 10 "Ladybug" books and voted on their favorite. Preschoolers have continued to help with felt board stories, finger rhymes, songs, and have enjoyed stories about nighttime, family, and colors.

Resources on our Library Website- (Find under Reference Resources):

World Book: Username: ****
Password: ****

Enchanted Learning: Username: ****
Password: ****

EBSCO-(Database of magazine/journal articles, newspaper articles,etc.-Includes Searchasaurus and Novelist):
Username: ****
Password: ****

Biography Resource Password: ****

NewsBank- America's Newspapers:
Username: **** Password: ****



Musical Notes

JoAnn Willemsen & Allison Campbell

Please take note of spring concert dates!

The 4th grade music classes are all playing their recorders in preparation for their spring concerts on May 5th and 6th. Students should be encouraged to practice their recorder assignments for 10-15 minutes every day. They should also remember to bring their recorders and method books to every music class.

The 3rd grade music classes have ordered their recorders and are busy learning to read the notes on the treble staff so they will be ready to play when the recorders get here. The 3rd grade spring concerts will be April 15th and 16th.

Students in the 2nd grade music classes are busy practicing their dances for the 2nd Grade Country Dance. Mrs. Lally's, Mrs. West's, and Ms. Woodman's classes will dance on Tuesday, February 10th. Mrs. White's, Mrs. Gerhardt's, and Ms. Ambra's classes will dance on Wednesday, February 11th. Both dances will be held in the BES cafeteria and will begin at 6:30 p.m. When students arrive at the dance, they should leave their coats with their parents in the cafeteria and line-up in their classrooms at 6:15 p.m. Parents bringing snacks should leave them on the cafeteria table outside the kitchen doors. Thank you in advance for supplying the treats for this event!

Students in the 1st grade music classes have been singing and moving to songs about snow and winter. This year's Bedtime in Bow Performance will be on Thursday, March 5th.

Physical Education

Regan Dowe and Joan Tinker

Third and Fourth Grade students spent the month of December engaged in mini units involving a variety of skills. Mini units usually last for 1 week (2 classes) and involve manipulating different types of equipment. During our kicking unit students learned and practiced placekicking and punting. The children were encouraged to kick the ball as hard as they could while using proper form. Many students were surprised at the results. We also worked on underhand and overhand throwing at stationary wall targets. The children then had the opportunity to practice these skills in a game situation.



First and Second Grade students continued their work on manipulative skill challenges such as kicking and punting. They also got to try their hand at hoop and deck-ring exploration. Strategy was introduced through a game called Hurly Burly. Students took the previously learned skills of throwing and catching and added strategy by playing this fun "invasion style" game.

Guidance News

Glenn Berger, School Counselor

What a wonderful snowstorm! I took the opportunity to spend close to two hours traversing the many trails behind my home on snowshoes. Although sightings of wildlife appears to be getting less common, I was pleasantly mesmerized by the appearance of a fast moving rabbit that crossed my path. During my walk I consciously stopped moving and became silent and just listened to the quiet noises of the forest environment. I have found that the employment of stillness is always a welcome break from the universe of noise.

We have completed our 4th Grade effort towards collecting toiletries, clothing etc. for the homeless. Thank you for all your help.

I have been working on Goal Setting with the 3rd Grade. Since I am leaving the very hallowed halls of BES in June I wanted to share this particularly exciting strategy of setting goals with Grade 3. (I have taught this lesson at the High School and at the 4th grade level). Did you know that if you write your goals down in the format **I will, or I am going to** _____, you exponentially increase the chances of reaching your goals by 1000% (10X). One of the comments I just received from a third grade student was, "I like extending my imagination about things I will do." I encourage all of you to set aside some precious moments and write some short and long term goals for yourselves. Pack them with emotion; emotion creates motion, and share them with your children.

Enjoy winter, indulge in some hot cider and stay in touch.

Your BES School Counselor,

Mr. B



Congratulations to Lucas Cohen,
winner of Bow Elementary School's Geography Bee sponsored by
the National Geographic.



Why Teach Poetry?

There are many benefits that can be gained by exposing students to poetry reading and writing activities. Here are some great reasons why teachers at every grade level are using poetry in their classrooms:

- Poetry supports the development of the building blocks of literacy as defined by *No Child Left Behind* and *Put Reading First*.
- Poetry is an excellent venue to teach and reinforce grammar, vocabulary and fluency skills.
- Poetry provides a focus for reading and writing that helps students develop word choice and learn how to be concise.
- Poetry allows students to experiment with language and use words to express emotions and feelings with imagery.



Fall tastes like pumpkin pie
and hot chocolate.
Fall looks like blank branches
trembling, quivering, shuddering and
shivering in the invisible wind.
Fall sounds like crunching leaves.
Fall feels like the wind.

Written by
Brandon Tibbetts

● ● ●
Fall tastes like
sweet candy corn and
chilly cold air.
Fall smells like
an apple pie.
Fall looks like
kids in coats and
kids in Halloween costumes
Fall feels like the cool air.
Fall sounds like
leaves crunching under your feet.

by
Brian Hassett

Wonders of Fall

An Autumn Haiku Poem By:

Coleman Lull Plummer

October 2008

When the wind blows
The leaves blow around the trees
Then it is beautiful

Colorful Leaves

An Autumn Haiku Poem

Gabriella Kearns

Leaves are on the trees
The leaves are colorful
now
The leaves blow away

Fall

The leaves are pretty
The cloud moved into
the sky
Pumpkins sit on leaves

An Autumn Haiku Poem

by

Lindsay Burnham

Blueberry bushes

You can pick the blueberries

You can take them home

You can take them home

An Autumn Haiku Poem

by

Ben Tobeler

*"The potential of a child is the most intriguing
and stimulating thing in all creation."*

Ray L. Wilbur

American Educator

Recognize★Encourage★Achieve★Challenge★Honor

The REACH programs are just bubbling with enthusiasm! **Junior Great Books** is gearing up for the second session that will begin at the end of January and run for 10 weeks. It is delightful for me to hear snippets of the dynamic discussions and debates that are taking place around the Great Book stories as I move in and out of my room. Once again I would like to thank our many trained volunteers for their dedication and many hours of hard work to bring this exciting program to our students. I am looking to train new volunteers for our second session. If anyone is interested in becoming a Junior Great Books Leader please contact me at skurtz@bownet.org.

Literary Lunches began in December for fourth graders and the excitement is electrifying! For six weeks fourth graders have the opportunity to sign up to listen to a variety of Great Stone Face books during their lunch/recess time. Students are also encouraged to read on their own as many of the Great Stone Face books as possible before voting in April. Will your

child be one that reads all 25?!

Destination Imagination The Destination Imagination Program just keeps growing and is underway with students participating on seven teams! The teams have all started meeting and it will be exciting to see how they creatively solve their different challenges, each with their own purpose and educational focus. The regional competition date is March 7. Go Teams!

Invention Convention: If your children enjoy the creative outlet of being able to invent something new, different and unique, get them thinking now about what it is they may want to invent to enter in this year's Invention Convention school wide extravaganza coming in March! As with any of the extraordinary programs offered here, the Invention Convention committee will be looking for a number of parent volunteers to help organize and run the many facets of the two day event. If you enjoy getting caught up in the positive

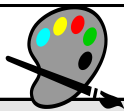
energy of students, this is the program for you to become involved! Please email me at school to express your interest at skurtz@bownet.org.

BES Challenges: Keep those BES Challenges coming in; the students are doing a terrific job of turning them in on a weekly basis! Everyone keep up the good work and Queen Cerebral will be crowning many of the students in her kingdom at the end of the year!

Origami Math Club was a new offering this year to fourth graders, and it was a huge success. See photo on the last page. I will be running **Grade Level Math Teams** on Wednesdays during the month of March and into April, and then I will offer a second Unit/Modular Origami class that will include a Stellated Octahedron. Great Fun!

Happy New Year Everyone!
Sue Kurtz

Artist Gallery



Kim Bryant & Mary Straub

First grade students have been learning the process of creating with clay and how to attach clay by scoring. We created clay penguins from slabs of clay. Each student started with an oval for the body and then cut and formed the wings and legs making sure to "scratch and attach" all of their pieces. We also learned about the glazing process when we added color.

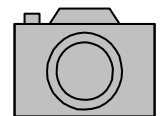


Second grade students made community beads out of clay. We worked together as a class to form the beads into all kinds of shapes. Next, we glazed the beads. The final step was to choose the beads we wanted and to string our necklaces. When we were finished we all had a necklace that was created together. We also learned about clay and the kiln.

Third grade students created winter landscapes about the Northern Lights. We used cray-pa to blend colorful skies and black tempera paint to create silhouettes of trees and animals. Last, we used white paint to add the snowy details.



Fourth grade students are learning about digital photography. We are learning about how to use a camera and how to take a good picture. We also talked about looking at things from different views or taking close up pictures. Each student had an opportunity to take some digital photos in the art room and then we will be learning how to edit the photos and print our favorites.



Health Office

Cindy Prescott RN, School Nurse

From time - to - time most BES students borrow clothing, boots or shoes from the Health Office. I am asking for your help. The Health Office has a need for size 1 and 2 sneakers and sweat pants with elastic or draw string waists. (Any size or color). These items do not need to be new, just clean.

The US Department of Health and Human Services has issued new guidelines entitled, *Physical Activity Guidelines for Americans*. Under the new guidelines, children and teens should have 60 minutes of activity per day. Children need three types of activity to grow healthy and strong:

Aerobic - running, hopping, skipping, jumping rope, dancing, bike riding, etc

Muscle building - climbing playground equipment, shoveling snow, yard work, climbing trees, etc

Bone strengthening - jumping, running, basketball, tennis, hopscotch

A great way to help your child get enough activity is to find an activity they like to do and encourage them to participate. Another great idea is for families to play and exercise together. Take family walks, shovel snow together, go sledding or skating.

Please remember to dress your children for outside winter recess every day. All children are expected to go out for recess.

I want to hear from you! Please contact me with your questions or concerns. Your children are important to me.

Cindy Prescott, RN



Origami Club session 2: The making of an origami Soma Puzzle by connecting their origami Sonobe Cubes.

Pictured are from left to right: Skyler Clark, Sully Blair, Sara Anoli, Duke Biehl, Melanie Stahley, Athina Fanaras, Gianna Celenza, Liam O'Neil, Megan Marshall, Austin Beaudette, and Elysia Woody.

Spirit of Giving at BES

The spirit of giving and sharing is clearly evident at BES. We appreciate the caring and generosity to those who may be challenged in their lives by storms, financial crisis, illness or injury, war and service and many other reasons. Below is a list of activities completed at our school in the last month:

- The fourth grade was visited by a representative of the Friends Program and an individual who has experienced homelessness. Fourth grade classes collected items for homeless families in shelters in the Concord Region.
- Third graders collected canned goods to donate to families in need.
- Second graders sent "pocket" flags to service men and women overseas and Mrs. White's class made cards to send to injured soldiers recovering in Washington D.C.
- First grade organized a Mitten Tree Drive. Mittens, hats and scarves were given to children at Dame School in Concord and other school children in the Capital Region.
- First grade students earned money (over \$800.00) for doing chores at home which was used to purchase winter jackets, clothing and toys for eleven homeless children in a Concord shelter. Money was also used to purchase a child's bed for a family in Bow.

Bow Elementary School

22 Bow Center Road
Bow, NH 03304

Phone: 225-3049

Fax: 228-2205

Principal:

Dr. Deborah Gibbens
dgibbens@bownet.org

Assistant Principal:

Jane Morrill-Winter
jmorrill-winter@bownet.org