

BOBCAT NEWS

*NEW BOSTON CENTRAL SCHOOL * 15 CENTRAL SCHOOL ROAD * NEW BOSTON * NH 03070*

TEL : 603-487-2211 FAX: 603-487-2215



ATTENDANCE : PLEASE TAKE THE TIME TO REPORT ABSENCES TO THE SCHOOL OFFICE PRIOR TO 8.30AM USING NBCS_ATTENDANCE@SAU19.ORG OR 603-487-2211.

November 7th, 2024

SCHOOL NEWS

PROPER OUTDOOR ATTIRE THE TEMPERATURES ARE NOW DROPPING BUT IT IS STILL OUR GOAL TO HAVE THE CHILDREN BE OUTSIDE FOR RECESS EVERYDAY. WE WOULD LIKE TO REMIND PARENTS TO SEND STUDENTS IN WITH PROPER ATTIRE FOR PLAYING OUTSIDE. THAT WOULD INCLUDE LONG PANTS, HATS, GLOVES AND COATS. WE DO NOT HAVE ENOUGH "SPARE" CLOTHING TO LOAN, AND ALL STUDENTS GO OUTSIDE FOR RECESS DAILY.

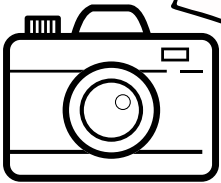
SKI PROGRAM

DON'T FORGET TO GET YOUR BUS MONEY IN SOON, SPOTS ARE FILLING UP!



SCHOOL PICTURES

SCHOOL PICTURE RETAKE DAY WILL BE ON 11/14/24



STUDENT WORK



FROM THE SCHOOL COUNSELOR

NOVEMBER IS NATIONAL CHILDREN'S GRIEF AWARENESS MONTH. THE HOLIDAY SEASON CAN TRIGGER STRONG EMOTIONS FOR THOSE WHO HAVE EXPERIENCED GRIEF AND LOSS AS THEY ADJUST TO CELEBRATING WITHOUT THE PERSON WHO IS NO LONGER WITH THEM. THE FRIENDS OF AINE IS OFFERING A WINTER SERIES OF PEER-TO-PEER SUPPORT GROUPS BEGINNING ON JANUARY 7. YOU CAN FIND MORE INFORMATION ABOUT THESE GROUPS HERE: [PEER-TO-PEER SUPPORT - FRIENDS OF AINE](#). THE WINTER SERIES SCHEDULE CAN BE FOUND HERE: [PROGRAM SCHEDULE - FRIENDS OF AINE](#). YOU CAN FIND A LINK TO REGISTER ON THE SCHEDULE PAGE. DROP-IN SESSIONS ARE AVAILABLE WITH THE SCHOOL COUNSELOR FOR ANY STUDENTS WHO EXPERIENCE STRONG EMOTIONS DURING THE HOLIDAY SEASON. PLEASE FEEL TO EMAIL (KATHY.BROWN@SAU19.ORG) OR CALL AT 603-487-2211 X5736.

SAVE THE DATE

11/11 NO SCHOOL - VETERAN'S DAY
11/14 PICTURE RETAKE DAY
11/20 NEW BOSTON SCHOOL BOARD MEETING, 6.30PM (LIBRARY)
11/20 PTA MEETING, 7PM (ART ROOM)
11/21 COMMUNITY MEETING, 8.30AM
11/27 EARLY RELEASE 12PM
11/28 NO SCHOOL - THANKSGIVING RECESS
11/29 NO SCHOOL - THANKSGIVING RECESS
12/4 NEW BOSTON SCHOOL BOARD MEETING, 6:30PM (LIBRARY)
12/12 3RD GRADE WINTER CONCERT

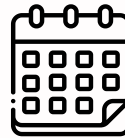


BOBCAT
PRRRIDE

RESPECTFUL, RESPONSIBLE
& READY TO LEARN

NEW EVENTS CALENDAR

WE HAVE RECENTLY MOVED OUR EVENTS CALENDAR INTO OUTLOOK. HERE IS THE LINK FOR PARENTS TO ACCESS OUR NBCS ACTIVITIES



OFFICE HOUSEKEEPING

ABSENCES

PLEASE TAKE THE TIME TO CONTACT THE **SCHOOL OFFICE** IF YOUR CHILD WILL BE ABSENT. YOU CAN EMAIL ATTENDANCE TO THE OFFICE ANYTIME AT NBCS_ATTENDANCE@SAU19.ORG OR BY CALLING ANYTIME ON OUR MAIN NUMBER, 487-2211, AND GO INTO "GENERAL MAILBOX". **PLEASE REPORT ABSENCES TO THE SCHOOL PRIOR TO 8.30AM.**

IF THE SCHOOL IS NOT CONTACTED THE ABSENCE WILL BE RECORDED AS UNEXCUSED. PLEASE READ THE ATTACHED POLICY WITH WHAT COUNTS AS AN EXCUSED ABSENCE. IF THERE ARE A TOTAL OF 10 1/2 DAY (5 FULL DAY) ABSENCES IN A YEAR THIS COUNTS AS TRUANCY. ABSENCES WILL BE REPORTED TO THE STATE THIS SCHOOL YEAR.

[HTTPS://WWW.NBCS.K12.NH.US/NB_DOCS/POLICIES/JH_-_ATTENDANCE_ABSENTEE SIM_AND_TRUANCY.PDF](https://www.nbcS.k12.nh.us/nb_docs/policies/jh_-_attendance_absenteesim_and_truancy.pdf)

CHANGE OF PLANS

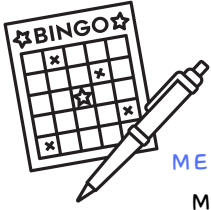
PLEASE REMEMBER TO SEND YOUR CHILD IN WITH A NOTE IF THERE IS A CHANGE IN PLANS FOR AFTER SCHOOL. THE OFFICE CAN BE HECTIC AT THE END OF THE DAY, SO WE ASK THAT ANY CHANGES BE SENT IN BY NOTE WITH UNEXPECTED CHANGES CALLED INTO THE OFFICE BY 1:15 PM.

TEXT UPDATES

WE CONTINUE TO STRIVE TO DELIVER TIMELY MESSAGES TO PARENTS, GUARDIANS AND STAFF UTILIZING OUR SCHOOLMESSENGER SERVICE. IN ORDER TO OPT-IN TO TEXT MESSAGING, SEND A TEXT MESSAGE OF "Y" OR "YES" TO OUR SCHOOL'S SHORT CODE NUMBER 67587. MOBILE NUMBERS MUST BE IN OUR POWERSCHOOL SYSTEM FOR PARENTS, GUARDIANS AND STAFF TO RECEIVE TEXT MESSAGES.

WE HAVE MOVED INFORMATION ON OUR OFFICE PROCEDURES TO OUR SCHOOL WEBSITE. IF YOU NEED INFORMATION ON CALLING IN ABSENCES, TARDIES, TEXT UPDATES, PLEASE GO TO THE OFFICE PAGE ON THE NBCS WEBSITE HERE .

PTA



BINGO. JOIN US FOR A FUN FAMILY BINGO NIGHT ON NOVEMBER 15TH IN THE SCHOOL GYM. PRE-ORDER YOUR PIZZA NO LATER THAN NOV. 10! FIND ALL THE DETAILS AND PURCHASE TICKETS AT WWW.NBCSPTA.ORG/EVENTS/FAMILY-BINGO. PLEASE CONSIDER VOLUNTEERING TO HELP THE EVENT RUN SMOOTHLY, YOU CAN [SIGN UP](#) AT THE BINGO WEBPAGE. SEE YOU SOON!

MEETINGS. JOIN US ON NOVEMBER 20TH, 7 P.M. IN THE NBCS ART ROOM. YOU DON'T NEED TO BE A MEMBER TO ATTEND AND SHARE YOUR THOUGHTS.WE'RE LOOKING FOR NEW BOARD MEMBERS TO HELP ENSURE A HEALTHY PTA INTO THE FUTURE, SO COME LEARN MORE OR EMAIL US AT .

NBCSPTA@GMAIL.COM.

NEW BOSTON RECREATION

- THE NEXT SESSION OF **YOGA** WILL BEGIN ON NOVEMBER 6 AND THERE ARE STILL OPENINGS. THE CLASS IS HELD ON WEDNESDAY, 6-7PM, AT THE WHIPPLE FREE LIBRARY. THE 7-WEEK SESSION IS \$84 AND CAN BE PRO-RATED FOR PEOPLE JOINING LATE.
- **S'MORES WITH SANTA** WILL BE SATURDAY, DECEMBER 7 ON THE TOWN COMMON FROM 4-6PM. THE COMMUNITY CHURCH CHOIR WILL SING SOME CAROLS AND FIRE PITS WILL BE SET UP FOR MAKING S'MORES! THE TOWN TREE LIGHTING WILL TAKE PLACE AT 4:15PM FOLLOWED BY VISITS WITH SANTA ON THE GAZEBO UNTIL 6:00.
- A NEW SESSION OF **TAI CHI** WILL BEGIN NOVEMBER 13. CLASS HELD ON WEDNESDAY, 10-11AM, AT WHITE BUILDING #2. THE 5-WEEK SESSION IS \$60

FOR MORE PROGRAM/EVENT INFORMATION, GO TO WWW.NEWBOSTONNH.GOV/RECREATION

VOLUNTEER PROCESS

DESIGNATED VOLUNTEER / FINGERPRINTING FOR FIELD TRIPS

DURING THE SCHOOL YEAR THERE MAY BE OPPORTUNITIES FOR VOLUNTEERING AT THE SCHOOL. ANY PARENT THAT IS INTERESTED IN VOLUNTEERING TO CHAPERONE ON THEIR CHILD'S FIELD TRIP IF THE OPPORTUNITY ARISES WILL NEED TO BE BACKGROUND CHECKED AND FINGERPRINTED. PLEASE REFER TO OUR WEBSITE TO VIEW PROCEDURES.

THE GOFFSTOWN POLICE DEPARTMENT (GPD) HAS PARTNERED WITH SAU 19 TO PROVIDE A COMMUNITY SERVICE TO SUPPORT OUR SCHOOL VOLUNTEERS. GPD WILL NOW ACCEPT SAU 19 VOLUNTEERS AT THE POLICE STATION (LOCATED AT 326 MAST ROAD) DURING THE HOURS OF 9:00 AM AND 3:00 PM, MONDAY THROUGH FRIDAY. PLEASE NOTE YOU ONLY HAVE 30 DAYS FROM THE DATE YOU GET FINGERPRINTED TO GET ALL THE FORMS TO THE STATE, SO IT IS CRITICAL YOU RETURN THE FORMS TO THE SAU ASAP AFTER THE FINGERPRINTING.

****PLEASE ENSURE YOU LEAVE PLENTY OF TIME AS THIS PROCESS CAN TAKE ANYWHERE BETWEEN 2-6 WEEKS.****

FROM THE SCHOOL NURSE

PHYSICALS AND IMMUNIZATIONS:

PLEASE SHARE UPDATED PHYSICALS AND IMMUNIZATIONS WITH THE SCHOOL NURSE THROUGHOUT THE SCHOOL YEAR. A PHYSICAL SHOULD BE A SIGNED HEALTH FORM FROM THE PROVIDER THAT STATES YOUR CHILD IS CLEARED FOR SCHOOL. AFTER VISIT SUMMARIES AND PROGRESS NOTES ARE NOT ACCEPTED AS A SCHOOL HEALTH FORM.

AFTER THE AGE OF 4, AND BEFORE THE START OF KINDERGARTEN, ALL STUDENTS SHOULD BE UP TO DATE ON THEIR IMMUNIZATIONS TO MEET THE NH STATE REQUIREMENTS TO ATTEND SCHOOL. STUDENTS WILL LATER RECEIVE THEIR TDAP, WHICH IS A REQUIREMENT PRIOR TO ENTERING 7TH GRADE.

IF YOU HAVE ALREADY BEEN CONTACTED BY THE SCHOOL NURSE, PLEASE UPDATE PHYSICALS AND IMMUNIZATIONS AT YOUR EARLIEST OPPORTUNITY. FOR CONVENIENCE, THESE DOCUMENTS CAN BE FAXED FROM YOUR CHILD'S PROVIDER'S OFFICE TO (603) 487-2215 ATTN SCHOOL NURSE. DOCUMENTS CAN ALSO BE SENT TO SCHOOL WITH YOUR CHILD, DROPPED OFF IN THE MAIN OFFICE, UPLOADED INTO POWERSCHOOL, OR E-MAILED DIRECTLY TO THE SCHOOL NURSE AT CHRISTEN.DUDAS@SAU19.ORG.

New Hampshire School Immunization Requirements 2024-2025

Refer to page 2 for minimum ages and intervals

Diphtheria, Tetanus, and Pertussis DTaP DT/DTP Tdap/Td	6 years and under: 4 or 5 doses with the last dose given on or after the 4 th birthday 7 years and older: 3, 4, or 5 doses with the last dose given on or after the 4 th birthday Grades 7-12: 1 dose of Tdap is required for entry into 7 th grade
Polio	Grades K-12: 3 or 4 doses with the last dose given on or after the 4 th birthday and the last 2 doses separated by 6 months or more
Hepatitis B	Grades K-12: 3 doses at acceptable intervals
Measles, Mumps, and Rubella MMR	Grades K-12: 2 doses; the first dose must be administered on or after the 1 st birthday
Varicella (Chicken Pox)	Grades K-12: 2 doses with the first dose administered on or after the 1 st birthday OR laboratory confirmation of immunity. History of natural immunity without lab confirmation of immunity is NOT acceptable.



ILLNESS:

THERE HAS STARTED TO BE AN INCREASE IN ILLNESSES. WHEN A CHILD AWAKENS WITH VAGUE COMPLAINTS (OFTEN HOW COLDS, FLU, STOMACH VIRUSES BEGIN), IT IS RECOMMENDED TO OBSERVE YOUR CHILD AT HOME FOR AN HOUR OR TWO BEFORE DECIDING WHETHER OR NOT TO SEND THEM TO SCHOOL. THERE HAVE BEEN POSITIVE CASES OF STREP, AND AN INCREASE IN THE STOMACH VIRUS (STOMACHACHE, NAUSEA, VOMITING, AND/OR DIARRHEA).

AS A REMINDER, IF YOUR CHILD IS EXHIBITING COVID SYMPTOMS AND TESTS POSITIVE FOR COVID, WE FOLLOW THE SCHOOL POLICY FOR ILLNESSES. MASKING AND QUARANTINE ARE NO LONGER REQUIRED.

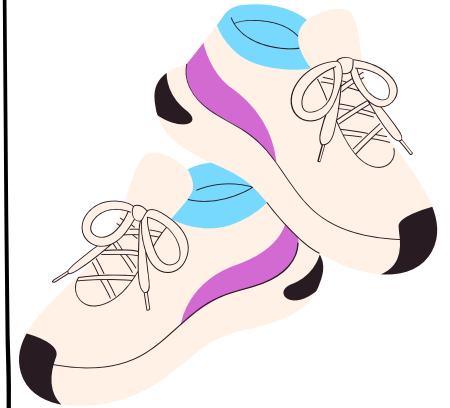
PLEASE REMEMBER THAT IT IS SCHOOL POLICY THAT CHILDREN MUST REMAIN OUT OF SCHOOL FOR 24 HOURS AFTER ANY EPISODE OF VOMITING, DIARRHEA, OR TEMPERATURE 100 DEGREES OR HIGHER. KEEPING A SICK CHILD AT HOME WILL HELP MINIMIZE THE SPREAD OF INFECTIONS AND VIRUSES IN THE CLASSROOM. YOUR CHILD SHOULD BE PHYSICALLY ABLE TO PARTICIPATE IN ALL SCHOOL ACTIVITIES. IF SYMPTOMS ARE NOT IMPROVING, PLEASE CONTACT YOUR CHILD'S PCP FOR FURTHER RECOMMENDATIONS. WE APPRECIATE YOUR HELP IN KEEPING OUR SCHOOL COMMUNITY HEALTHY!

THIS TIME OF YEAR, TEACHERS ARE ALWAYS APPRECIATIVE FOR DONATIONS TO HAVE TISSUES, SANITIZING WIPES, AND NON-SCENTED LOTION (DRY HANDS AFTER FREQUENT HANDWASHING) FOR STUDENTS TO USE IN THE CLASSROOM.

I'M HOPING WITH YOUR HELP, EVERYONE CAN HAVE A HAPPY AND HEALTHY SCHOOL YEAR!!

PLAYGROUND AND GYM SAFETY:

THE STUDENTS ALWAYS HAVE A GREAT TIME IN GYM CLASS AND EXPLORING THE DIFFERENT AREAS ON THE PLAYGROUND DURING RECESS. I LOVE SEEING STUDENTS OUTSIDE RUNNING AND PLAYING, HOWEVER, THE FUN ENDS WHEN A STUDENT GETS HURT. I'VE NOTICED AN INCREASE IN INJURIES USUALLY DUE TO INAPPROPRIATE FOOTWEAR. STUDENT SHOULD BE WEARING SNEAKERS IF THEY PLAN TO PARTICIPATE IN GYM OR THE VARIOUS ACTIVITIES (GAGA, SOCCER, CLIMBING ON THE ROCKS, TAG GAMES, ETC.) THAT ARE AVAILABLE DURING RECESS. PLEASE ENCOURAGE YOUR CHILD TO WEAR SNEAKERS TO SCHOOL WHEN PARTICIPATING IN THESE ACTIVITIES



VISION SCREEN RESULTS:

WE HAVE COMPLETED OUR VISION SCREENS FOR PRESCHOOL, KINDERGARTEN, READINESS, 1ST, 3RD, AND 5TH GRADE. RESULTS WILL BE SENT HOME THIS WEEK. IF YOUR CHILD'S SCREENING SAYS, "SCREENING COMPLETE", YOUR CHILD'S SCREENING WAS CONSIDERED NORMAL. THESE RESULTS ARE ONLY A SCREENING AND DO NOT REPLACE A THOROUGH EYE EXAM FROM A PROVIDER. IF YOU HAVE CONCERNS WITH YOUR CHILD'S EYES, PLEASE SCHEDULE AN APPOINTMENT WITH AN OPHTHALMOLOGIST/OPTOMETRIST.

IF YOU HAVE ANY QUESTIONS/CONCERNS, PLEASE CONTACT MS. CHRISTEN 603-487-2211 X 5733.

Vision screening does not replace a complete eye examination by an ophthalmologist or optometrist.

Screening Complete

Vision Screening Summary

Screening ID: 35492
 Patient ID: 85202817 (022) (01) (0000) (00)
 Age: 85202808
 Last name: John
 Last name: Smith

REFRACTION, PHOTIC, OR CONTACT LENSES AT ANY TIME, PLEASE SEE YOUR EYE CARE PROVIDER.

REFRACTION

RIGHT EYE	LEFT EYE	BOTH EYES
SE: +1.25 DS: +1.50 -0.25 @171° DC: -0.50 @168°	SE: +1.00 DS: +1.50 -0.50 @168°	

Operation KidSight - New Hampshire Lions MD44
 Made Possible with a Grant from Lions Clubs International Foundation

Terms used in the report sheet generated by vision screening.

Distance between pupils: 6.3
 Pupil Size: 6.3
 Horizontal & Vertical Alignment

OD-Right eye: +0.25, +0.50 -0.50 @178°
 OS-Left eye: +0.25, +0.50 @9°

Refraction terms for each eye (measurable factors related to the vision condition):
 SE = Spherical Equivalent (average lens power correction given the DS, DC factors)
 DS = Sphero (amount of lens power to correct near or far sightedness)
 DC = Cylinder (amount of lens power needed differs in up-or down direction)
 Axis = Axis (alignment due to the cylinder factor)

If a measurement is considered "out of range" it is printed in bold red as shown below.

4.0 5.0 5.0
 OS: -1.00, +0.50 -3.00 @5°
 OS: -0.75, +0.50 -2.50 @13°

In Range -- Out of Range
Chart at bottom of the report sheet

The Vision Screener detects the potential indication of these common vision problems:

Vision condition terms used to describe the right and left eye:
 Myopia (nearsightedness)
 Hyperopia (farsightedness)
 Astigmatism (blurred vision)
 Gaze Deviation (alignment)

Terms used to describe both eyes (relative to each other):
 Anisocoria (unequal pupil size)
 Anisometropia (unequal refractive power)
 Gaze asymmetry (unequal alignment)
 Strabismus (eye misalignment)