

# 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](mailto:NBCS_ATTENDANCE@SAU19.ORG) OR 603-487-2211.

December 12th, 2024

## REMINDER



NO SCHOOL DECEMBER 13TH

## SKI CLUB

SKI/BOARDING TAGS ARE GOING HOME WITH STUDENTS TODAY. PLEASE PUT THEM IN A SAFE PLACE OR ATTACH TO THEIR JACKET IMMEDIATELY. LEG BANDS CAN GO TO THEIR SKI BAG OR JACKET POCKET WHERE IT CAN STAY FOR EACH FRIDAY.

[HERE](#) IS THE DECEMBER UPDATE LETTER. PLEASE READ IT CAREFULLY AND REACH OUT TO [DANIELLE.WAYLAND@SAU19.ORG](mailto:DANIELLE.WAYLAND@SAU19.ORG) WITH ANY QUESTIONS

## 3RD GRADE MUSICAL

TONIGHT AT 6:30PM IN THE NBCS GYM, OUR 3RD GRADERS WILL BE PERFORMING THE MUSICAL TOYS! (THE NIGHT THEY COME ALIVE!). THE SHOW IS ABOUT WHAT HAPPENS TO YOUR TOYS AFTER YOU FALL ASLEEP ON CHRISTMAS EVE AND CELEBRATING THE HOLIDAY GLEE THAT'S UNDER THE CHRISTMAS TREE. THE 3RD GRADE CLASSES HAVE BEEN REHEARSING FOR THE SHOW IN MUSIC CLASS WITH MS. CRAVEN SINCE SEPTEMBER, LEARNING THE SONGS, DANCES, LINES, AND STAGING. THEY HAVE BEEN DOING A FANTASTIC JOB PREPARING FOR THE PERFORMANCE. SOME OF THE CHARACTERS INCLUDE ELVES, TEDDY BEARS, TOY SOLDIERS, AND YOU MIGHT EVEN GET TO SEE SANTA HIMSELF! WE HOPE YOU WILL JOIN US FOR AN EVENING FILLED WITH FUN, LAUGHTER, AND HOLIDAY CHEER!



## WINTER CLOTHING

AS THE TEMPERATURES ARE NOW DROPPING, IT IS STILL OUR GOAL TO HAVE THE CHILDREN 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.

IT IS ALWAYS GOOD PRACTICE TO PACK AN EXTRA SET OF CLOTHES IN CASE THEY GET WET DURING THE WINTER MONTHS. ESPECIALLY IN THE YOUNGER GRADE LEVELS.

# Hello WINTER

Wednesday, December 4th

Winter Wonderland  
(wear Blue & White)

Wednesday, December 11th

Snow Ball for All!  
(Wear Your fancy Christmas Outfits)

Monday, December 16th

Merry Monday!  
(wear red and green)

Tuesday, December 17th

Let Your Light Shine!  
(wear bright or lights that  
shine and sparkle all the way!)

Wednesday, December 18th

Winter Weather Gear  
(Plaids, flannels, and scarves oh MY!)

Thursday, December 19th

Candy Cane Day!  
Wear your favorite festive stripes

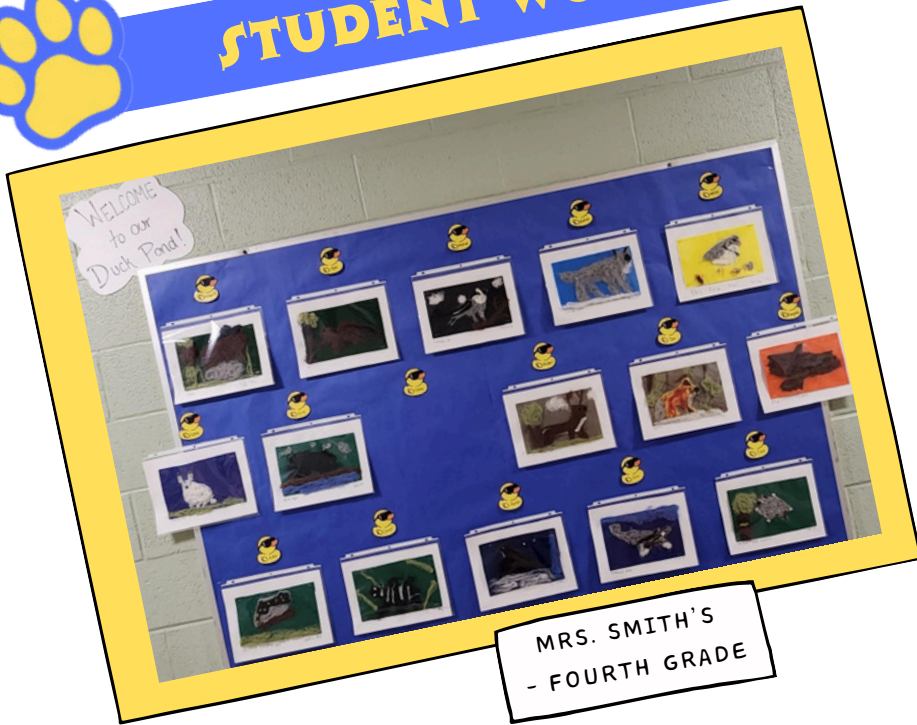
Friday, December 20th

Hawaiian Holiday!  
Wear your tropical gear





# STUDENT WORK



# REPORT CARDS

FIRST TRIMESTER GRADES ARE NOW CLOSED. REPORT CARDS WILL BE SENT OUT FRIDAY DEC. 13TH

## FROM THE SCHOOL COUNSELOR

THE HOLIDAY SEASON CAN BE A TIME OF GIVING, KINDNESS, AND GREAT JOY. HOWEVER, FEELING SOME ADDED STRESS IS ALSO NOT UNCOMMON. HERE ARE SOME RECOMMENDATIONS FROM SAMSHA (SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION) FOR FINDING JOY DURING THE BUSINESS OF THE SEASON.

1. PAY ATTENTION TO YOUR FEELINGS (GRIEF, LOSS, LONELINESS, AND WORRY CAN EXIST ALONGSIDE HAPPINESS AND JOY)
2. DEVELOP A PLAN FOR THOSE TIMES WHEN YOU FIND YOURSELF FEELING STRESSED, SAD, OR LONELY (E.G. CALL A FRIEND OR FAMILY MEMBER, TAKE A WALK, READ A BOOK, SPEND TIME IN NATURE, PURSUE A FAVORITE HOBBY, WATCH A FAVORITE MOVIE)
3. PRACTICE SELF-CARE (E.G. MAINTAIN PROPER NUTRITION, SLEEP, AND EXERCISE)
4. TRY SOME STRESS MANAGEMENT SKILLS (E.G. DEEP BREATHING, MEDITATION, MINDFULNESS)
5. CONNECTING WITH COMMUNITY (E.G. CLUBS, SUPPORT GROUPS, COMMUNITY CENTERS, AND FAITH COMMUNITIES) CAN REDUCE FEELINGS OF ISOLATION AND LONELINESS.
6. SUPPORTING OTHERS IN YOUR COMMUNITY (E.G. CHECKING IN ON THOSE WITHOUT FAMILY NEARBY, HELPING A FRIEND OR NEIGHBOR, MAKING DONATIONS) CAN ALSO IMPROVE YOUR OWN HAPPINESS AND WELL-BEING
7. KNOW WHEN TO SEEK HELP. IF MENTAL HEALTH STRUGGLES ARE BECOMING OVERWHELMING OR DIFFICULT FOR YOU OR A LOVED ONE TO HANDLE, FREE AND CONFIDENTIAL ASSISTANCE CAN BE FOUND 24/7 BY CALLING OR TEXTING 988.



# FROM THE SCHOOL NURSE

## 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 HOLIDAY SEASON AND 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.



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

## SAVE THE DATE

12/12 3RD GRADE WINTER CONCERT, 6:30PM  
12/13 NO SCHOOL  
12/19 \*SNOW DATE\* 3RD GRADE WINTER CONCERT, 6:30PM  
12/20 EARLY RELEASE DAY  
12/23 - HOLIDAY RECESS  
1/1  
1/16 5TH & 6TH GRADE SPELLING BEE, 8:30AM  
1/20 NO SCHOOL  
1/23 \*SNOW DATE\* 5 & 6TH GRADE SPELLING BEE



## NEW EVENTS CALENDAR

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



**BOBCAT**  
PRRRIDE

RESPECTFUL, RESPONSIBLE  
& READY TO LEARN

## 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](mailto: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.

### [ATTENDANCE, ABSENTEESIM AND TRUANCY POLICY](#)

### 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](#).



- JOIN THE BOARD

WE HAVE MULTIPLE POSITIONS THAT WILL BE VACANT NEXT YEAR. WE ARE LOOKING FOR NEW BOARD MEMBERS NOW TO HELP CONTINUE OUR PTA. POSITION RESPONSIBILITIES ARE POSTED AT [NBCSPTA.ORG](http://NBCSPTA.ORG). PLEASE EMAIL US AT [NBCSPTA@GMAIL.COM](mailto:NBCSPTA@GMAIL.COM) WITH ANY QUESTIONS OR EXPRESSION OF INTEREST. TRAINING IS PROVIDED AND IT'S A LOT OF FUN TO SUPPORT THE SCHOOL WE ALL LOVE!

- RAFFLE BASKETS

STAY TUNED FOR INFORMATION ON THE HIGHLY ANTICIPATED THEME BASKET FUNDRAISER! FLYERS WILL BE SENT HOME SOON AND YOU CAN LEARN MORE AT [HERE](#).

- MEETINGS

THERE WILL BE NO DECEMBER PTA MEETING. ENJOY YOUR WINTER BREAK; WE'LL SEE YOU IN JANUARY.

## NEW BOSTON RECREATION



- THE ANNUAL LIP SYNC CONTEST FOR GRADES 1-6 WILL BE SATURDAY, JANUARY 25TH AT 6:30PM. ONLINE REGISTRATION ENDS JANUARY 3RD OR WHEN ALL SPOTS ARE FILLED.
- THE OUTDOOR ICE-SKATING RINK WILL HOPEFULLY BE OPENING SOON. IF YOU ARE INTERESTED IN JOINING OUR VOLUNTEER ICE CREW THIS WINTER, PLEASE CONTACT THE RECREATION OFFICE FOR MORE INFORMATION.
- REGISTRATION FOR SPRING TEE BALL (AGES 4-6), AND SPRING BASEBALL (AGES 7-12) WILL RUN JANUARY 1ST - MARCH 1ST. FOLLOW THIS [LINK](#) FOR MORE INFORMATION.
- REGISTRATION FOR SPRING SOFTBALL (AGES 5-16) WILL RUN JANUARY 5TH - MARCH 9TH. WE PLAY USA SOFTBALL IN GOFFSTOWN YOUTH SOFTBALL LEAGUE SO REGISTRATION WILL RUN THROUGH THEM AT [WWW.GOFFSTOWNSOFTBALL.COM](http://WWW.GOFFSTOWNSOFTBALL.COM)
- UPCOMING ADULT BUS TRIPS: HOLIDAY BRASS AT THE REX THEATRE (DEC 5TH); NEIL DIAMOND TRIBUTE (MARCH 28TH). LIMITED TICKETS AVAILABLE THROUGH OUR ONLINE REGISTRATION.

FOR MORE PROGRAM/EVENT INFORMATION, GO TO [WWW.NEWBOSTONNH.GOV/RECREATION](http://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.\*\***

## BULLYING TRAINING UPDATE

THE BULLYING TRAINING IS AVAILABLE ON THE PRIMEX WEBSITE USING THIS [LINK](#). REGISTRATION IS REQUIRED WITH PRIMEX TO COMPLETE THIS ONLINE TRAINING. AT THE COMPLETION OF THE TRAINING, AN ONLINE PDF CERTIFICATE WILL BE AVAILABLE TO YOU. THIS CERTIFICATE CAN BE EMAILED TO BECKY FRAGOS AT THE SAU OFFICE AT [REBECCA.FRAGOS@SAU19.ORG](mailto:REBECCA.FRAGOS@SAU19.ORG)

**\*\*VOLUNTEERS ARE REQUIRED TO COMPLETE THIS TRAINING ANNUALLY AND SUBMIT THE CERTIFICATE OF COMPLETION TO THE SAU OFFICE TO STAY CURRENT ON THE LIST.\*\***

