

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.

December 19th, 2024

SKI CLUB

ALL SKI/BOARDING TAGS HAVE GONE HOME. PLEASE CHECK YOUR JUNK MAIL IF YOU ARE NOT GETTING THE EMAILS FROM MS. WAYLAND FROM THE PATS PEAK WEBSITE. MARK AS NOT JUNK AS THIS IS HOW WEEKLY UPDATE MESSAGES WILL BE SENT. WE ARE LOOKING FORWARD TO OUR FIRST DAY, FRIDAY, JANUARY 3RD!



STUDENT WORK

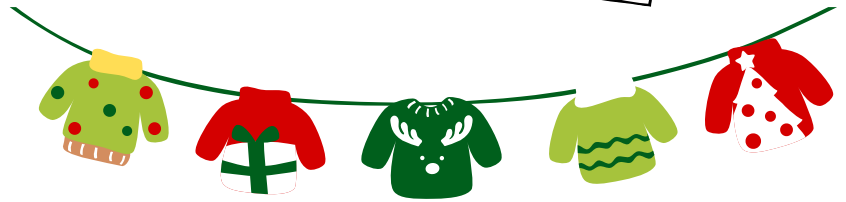


MRS. FLANAGAN -
5TH GRADE

WINTER BREAK



DECEMBER 20TH - EARLY
RELEASE
DECEMBER 23-27 - WINTER
BREAK



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



FROM THE SCHOOL NURSE

ILLNESS:

THERE IS AN INCREASE IN ILLNESSES THROUGHOUT THE SCHOOL. TO PREVENT THESE ILLNESSES, WE RECOMMEND THAT YOUR CHILD STAY HOME FROM SCHOOL IF EXPERIENCING FLU, COLD, OR GI SYMPTOMS.

YOUR CHILD SHOULD BE PHYSICALLY ABLE TO PARTICIPATE IN ALL SCHOOL ACTIVITIES.

TO DECIDE WHETHER OR NOT TO SEND YOUR CHILD TO SCHOOL, PLEASE CONSIDER THE FOLLOWING GUIDELINES.

KEEP YOUR CHILD HOME FOR TREATMENT AND OBSERVATION IF EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:

- TEMPERATURE GREATER THAN 100°F. YOUR CHILD SHOULD STAY HOME UNTIL AT LEAST 24 HOURS AFTER THEY NO LONGER HAVE A FEVER. THIS SHOULD BE DETERMINED WITHOUT THE USE OF FEVER-REDUCING MEDICINES (ANY MEDICINE THAT CONTAINS IBUPROFEN OR ACETAMINOPHEN).

- VOMITING

- DIARRHEA

- CHILLS

- GENERAL MALAISE OR FEELINGS OF FATIGUE, DISCOMFORT, WEAKNESS OR MUSCLE ACHES

- FREQUENT COUGH

- NASAL CONGESTION/RUNNY NOSE WITH FREQUENT NOSE BLOWING

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 (TO PREVENT DRY HANDS FROM FREQUENT HANDWASHING) FOR STUDENTS TO USE IN THE CLASSROOM.

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

HEAD LICE

HEADLICE CAN BE A NUISANCE, BUT THEY ARE NOT KNOWN TO SPREAD DISEASE.

HEADLICE ARE MOST COMMONLY SPREAD FROM:

- HEAD-TO-HEAD CONTACT: COMMON DURING PLAY AT SCHOOL, AT HOME, AND ELSEWHERE SUCH AS SPORTS, SLUMBER PARTIES, AND CAMP.

- SHARING PERSONAL ITEMS SUCH AS COMBS, TOWELS, AND CLOTHING SUCH AS HATS.

IT'S IMPORTANT TO CHECK YOUR CHILD'S HEAD REGULARLY, ESPECIALLY IF YOUR CHILD COMPLAINS OF THEIR HEAD TICKLING, ITCHING, DIFFICULTY SLEEPING AT NIGHT, OR YOU OBSERVE HEAD SORES FROM SCRATCHING. EARLY DETECTION AND TREATMENT WILL LIMIT THE SPREAD OF HEAD LICE.

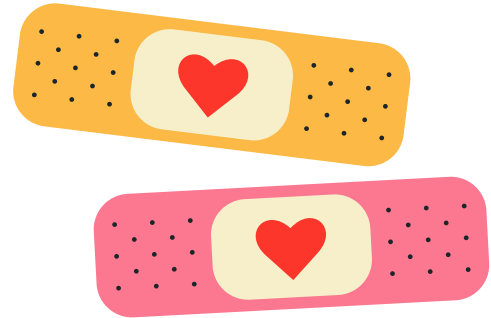
PLEASE TEACH YOUR CHILD NOT TO SHARE PERSONAL ITEMS FROM OTHER STUDENTS. IF YOU FIND LICE OR NITS(EGGS) PLEASE CONTACT YOUR CHILD'S PROVIDER FOR FURTHER GUIDANCE.

FROM THE SCHOOL NURSE (CONTINUED)

INJURIES

IF YOUR CHILD SUSTAINS AN INJURY AT HOME, OR AT SCHOOL, THAT REQUIRES ANY INTERVENTION TO INCLUDE, BUT NOT LIMITED TO, MEDICATION ADMINISTRATION TO MANAGE PAIN, SPLINT/CAST, CRUTCHES ETC., YOU MUST SUBMIT DOCUMENTATION FROM THE DIAGNOSING MEDICAL PROVIDER THAT SPECIFIES WHAT ACCOMMODATIONS/RESTRICTIONS NEED TO OCCUR AT SCHOOL.

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



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.



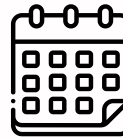
SAVE THE DATE

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 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. PLEASE EMAIL US AT 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

WE ARE BEGINNING TO COLLECT FOR THE RAFFLE BASKETS. YOU CAN FIND MORE INFORMATION [HERE](#).

- MEETINGS

THERE WILL BE NO DECEMBER PTA MEETING. WE WISH YOU A HAPPY AND HEALTHY WINTER BREAK!

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 IS OPEN FROM DAWN TO 9PM EACH DAY (PENDING WEATHER AND ICE CONDITIONS). IF YOU'RE INTERESTED IN JOINING THE 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
- UPCOMING ADULT BUS TRIPS: NEIL DIAMOND TRIBUTE (MARCH 28TH). LIMITED TICKETS AVAILABLE THROUGH OUR ONLINE REGISTRATION.

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.****

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

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

