

GARRISON NEWS



April 21, 2017 Volume 25 Issue 7

DATES AT A GLANCE

April 24-28	Mon.-Fri.	No School ~ Spring Recess
May 3	Wednesday	Holy Rosary Credit Union in café
May 5	Friday	Earth Day http://www.signupgenius.com/go/5080c4dafa929aa8-earth2
May 8-12	Mon. – Fri.	Staff Appreciation Week
May 9	Tuesday	School Store
May 11	Thursday	DMS coming to visit 4 th Grade, 8:30 am – 9:00 am
May 11 & 12	Thurs. & Fri.	2 nd Grade trip to Great Bay Discovery Center
May 12	Friday	Popcorn Friday
May 17	Wednesday	Holy Rosary Credit Union in café
May 17	Wednesday	PTA Meeting - 3:30 pm – 4:45 pm
May 19	Friday	3 rd Grade – Ellis Island trip - 8:00 am – 12:30 pm
May 23	Tuesday	School Store
May 25	Thursday	4 th Grade field trip to Strawberry Banke - 9:30 am – 1:30 pm
May 26	Friday	Jump Up Day for 4 th Grade – going to DMS
May 29	Monday	NO SCHOOL ~ Memorial Day
May 30 & 31	Tues. & Wed.	HAVEN 1 st and 3 rd grade ~ see below
May 31	Wednesday	Holy Rosary Credit Union in café
June 1	Thursday	Band & Chorus Concert 7 PM at Garrison School

Volunteer Fingerprinting:

(Please call for an appointment 516-6241)

Report to the: McConnell Center, 61 Locust Street, Suite 40, Dover, NH

~Remember to check the Lost and Found for lost items~ this is cleaned out and donated monthly~

PRINCIPAL UPDATES

Hello Garrison Families!

Spring has sprung and we're gearing up for all the exciting learning that happens in the spring. When we return from break, Earth Day will be that Friday – a favorite of students and adults alike! If you are interested in volunteering for this great day, please see the sign up genius link in the calendar above. We will also be sending different grade levels out on spring field trips – please be on the lookout for permission slips and what your child needs to bring with them.

Our renovation project is moving along! At the last Joint Building Committee meeting, we interviewed construction management firms, and Harvey Construction was selected. We will begin planning the stages of our renovation in the next month and let you know the details. We will be starting sometime this summer.

GUIDANCE UPDATES

Dear Parents and/or Guardians,

On May 30th and May 31st, HAVEN (formerly SASS, Sexual Support Services) will come in and present lessons on personal body safety to our first and third graders. The goals of the program include differentiating good, hurtful, or confusing touches; identifying what makes a secret a “swell” secret or a “tell” secret; and encouraging children to ask for help from a trusted grown-up if they are touched in a hurtful or confusing way. Third grade also includes a discussion on defining instinct and to trust their instincts by talking to a grownup they trust.

Sexual Assault Support Services staff and volunteers will conduct a presentation in each classroom. The classroom presentation utilizes puppets to present the material in a non-threatening format that encourages discussion and participation. The classroom is chosen as a safe environment in which to learn and practice such prevention skills. First grade will have lessons on Tuesday, May 30 and Third grade on Wednesday, May 31.

If you have questions about the program you are welcome to call Judi Daniels, School Social Worker/Counselor 516-6738, or contact the Education Department at HAVEN at 436-4107.

NURSE NOTES

Spring is finally here and we can look forward to warmer weather, longer days, and more time spent outdoors. However, please be mindful that as spring moves into summer we need to be on our guard to ensure our children's safety. Below are a few helpful points:

Ticks are in abundance, and our area has a high rate of Lyme disease. This is such a busy and exciting time of year with sports and added daylight, please take some time each day to check your child (and your pets!) for ticks. I have seen quite a few at school.

Stuffy noses, scratchy throats and itchy eyes are common complaints with the increasing pollen levels. There are some over-the-counter allergy medicines that may help. If you are using them for your children, read the labels carefully. Some are recommended only for children older than 6 years and some can cause drowsiness. After a day with outdoor play, bathing and shampooing before going to bed will remove allergens from skin and hair. Daily allergy levels and information are available at <http://pollen.com/allergy-weather-forecast.asp>.

Please send your child to school with a water bottle. Many children ask me for a water bottle. The bubblers are available but may involve time away from the classroom. Dehydration can cause fatigue and headaches. As the

temperatures rise it helps to sip on water during the day. Reusable, BPH free bottles are economical and eco-friendly.

Sunscreen! I attended an informative talk with a local dermatologist who said that the best sunscreen contains zinc as the active ingredient. Zinc provides a physical barrier verses all other active ingredients that act as chemical barriers. Sunscreen sprays are not considered as effective. An ounce of lotion reapplied as needed is recommended.

No seasonal connection on this one, but just want to mention head lice. It is a good idea to check your child's head on a regular basis as if lice is caught early, the treatment is easier.

So...get out next week with your sunscreen, allergy medication, water bottle, long pants and sleeves, insect repellent (and kids of course!) and check them for lice!

Happy Spring,
Kathy Lupi, RN