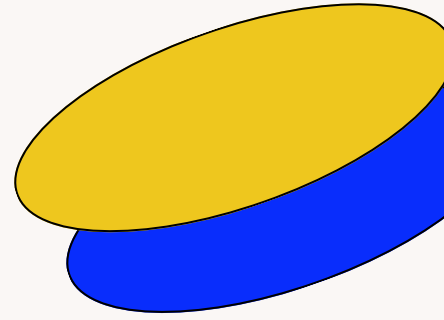
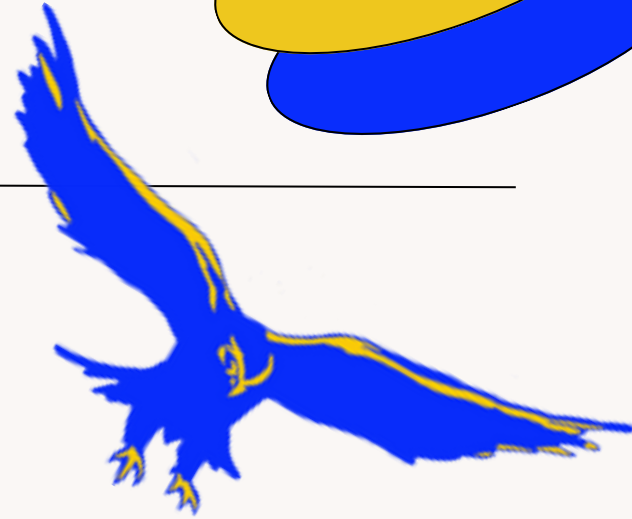
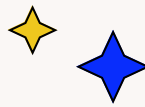


John Fuller Falcon Newsletter



A Note from your principal



Thank you all for coming out to last week's Open House.

We had a great turnout! Students were excited and proud to be showing their families around JFS and sharing the learning that they have done so far this year. I hope that you were not only able to see their homerooms, but also to see the Unified Arts and other spaces that your child(ren) might be spending time in. I hope that you also were able to meet all of the staff that your children work with as well.

Our biggest goal and mission is that you and your children feel welcome and that you feel like you belong as an important part of the JFS community. If there are things that we can do, practices that we can change, or ideas that you have to make our school community more inclusive and welcoming, please know that I am always open to this feedback and these suggestions.

Please email, call or schedule a meeting for us to discuss your ideas.

We are better together and we want that falcon pride to shine throughout the community!

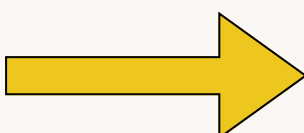


Dates to Remember

October 9: NO SCHOOL Indigenous Peoples Day

October 16: Flu Clinic

October 27: JFS Trick or Treat





A day in the life of us!

4th Graders traveled to Tin Mountain this week to test out their Solar ovens created out of pizza boxes! Each oven was successful in fully cooking (melting) s'mores! In Math, students are continuing to identify and recognize multiples of different numbers using real life situations!

Mrs. Hill and Mrs. Keith have some ideas in the works and will be merging fourth and fifth grade math blocks on Wednesdays for an opportunity to work through some centers together. This will give students the opportunity to collaborate with and learn from each other.

Practicing multiplication facts at home is always a good way to get ahead and feel confident with their math skills in the classroom.

Readers and writers have taken on the study of character traits. In their writing, they are beginning to create realistic fiction stories with a focus on developing believable characters. They are learning to develop both character traits and motivation in their writing.

At the same time, they are also working to grow ideas about character traits and motivation in their book club book.



**CHECK IT OUT
ON OUR SOCIAL MEDIA:
FRIENDS OF JOHN FULLER**

Office News

For all attendance related communications, please use our NEW email: **JFSattendance@sau9.org**

To access your students lunch transactions please visit **EZSchoolPay.com** to register
District Name is **SAU 9**



LOST AND FOUND

DO you recognize these items? Have your student stop by the lost and found or feel free to stop by the front entry way and pick up items.
Door is unlocked Mon-Fri from 8-4.

51 PINE ST
NORTH CONWAY,
NH

**John Fuller
Elementary**

#HOWWEJFS

www.Johnfullerschool.org

COUNSELING CORNER

10/6/23

newsletter



JFS AT THE FAIR

The JFS Falcons represented the school with the school value of INTEGRITY at the Fryeburg Fair. Their hard work earned them a blue ribbon at the fair ... Way to go!



STUDENT COUNCIL

The purpose of the student council at JFS is to give students an opportunity to develop leadership by organizing and carrying out school activities and service projects. This year we are proud of the 21 students (in 5th & 6th grade) who ran for an officer position. Results will be shared in the next newsletter!

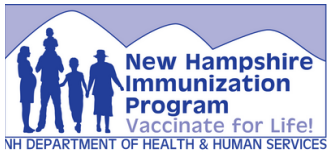


CONTACT

Alison Memoli, M.Ed, LMSW(SC)
603.356.5381
a_memoli@sau9.org



Mrs. Memoli



*Fighting the Flu
happens at school!*

CARROLL COUNTY COALITION
FOR PUBLIC HEALTH
An Initiative of Granite United Way

Dear Falcon Family,

Welcome back to a new school year! Back-to-school time comes with a whole checklist of things you need to take care of to get the year started off right. There's one thing we can check off that list for you! This fall we will host a school-based flu clinic for all students, **at no cost to your family**. Our clinic is being offered in cooperation with the New Hampshire Immunization Program (Division of Public Health Services) and your local Public Health Network. The clinic will take place during the school day and trained medical staff will give the vaccine. This year's date is **OCTOBER 16th**.

Why sign your child up for this year's flu clinic?

- Your child will be less likely to get the flu and it can also be more mild, lasting fewer days. This will lessen the number of sick days from work or school for you and your child. No need to schedule a separate vaccine appointment.

The best way to protect against the flu and its complications is to get a flu vaccine each year. Anyone can catch the flu, but rates of infection are often highest among children. Some children may suffer from complications of the flu if they have other health conditions like asthma, diabetes, or heart disease. The Centers for Disease Control and Prevention (CDC) and the New Hampshire Department of Health and Human Services recommend that everyone six months of age and older get a flu vaccine.

A paper copy of the consent form is included in this handout. It should be returned to the classroom teachers, the front office, or the school nurse.

Your child's vaccination information is confidential and protected by state and federal law. Vaccination information is safely stored in New Hampshire's Immunization Information System (NHIIS), which brings together information from different health care providers into a single permanent record. Your child's immunization record is available to you at any time. Additional information is available at <https://www.dhhs.nh.gov/programs-services/disease-prevention/immunizations/nh-immunization-information-system>

If we do not receive a signed consent form for each individual child, they will not receive the flu vaccine. Please contact the school if you need a new consent form.

The CDC Influenza Vaccine Information Statements (VIS), is available at the following link to help answer your questions: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.pdf>. You may also reach out to your child's health care provider or school nurse.

Sincerely,

Danielle Nutting, Principal

Sara Stafford, RN



LIBRARY

October newsletter

HAPPENINGS

K-3:

We have read and voted on our first three Ladybug nominated books. We have been making connections to the stories and creating images inspired by the illustrators.

4-6:

We have been focusing on reviewing library vocabulary, such as renew, check out, and call number. We also have reviewed fiction genres and discussed how they help us as patrons of the library.

REMINDER: HELP NEEDED!

If you would like to participate in our new bulletin board for October, pumpkins are due Oct. 12th.

Directions and pumpkins are on the following pages to print out, or send your learner to the library to pick up a copy!

BOOKS READ

Dozens of Doughnuts

by Carrie Finison

Big Truck, Little Island

by Chris Van Dusen

If You Find A Leaf by Aimee Sicuro

Iggys Peck, Architect

by Andrea Beatty

Have Fun, Molly Lou Melon

by Patty Lovell

AT HOME PROJECT

Turn a PAPER pumpkin into a book character!

DIRECTIONS:

Print and cut out the paper pumpkin (or draw/print your own) and turn it into your favorite book character. You can use any materials that you would like and be as creative as possible!

Please return by October 12th or sooner!

Remember to put your child's name/grade/teacher on the back.

JOHN FULLER PTO UPDATE

INTEGRITY. POSITIVITY.
KINDNESS.

#HOWWEJFS

NEWSLETTER UPDATE – 10/05/23

The John Fuller PTO would like to thank everyone who came out to the Open House and visited our PTO table. We hope that you all had an enjoyable evening with your students as they showed you just how proud of their classrooms and school they are! We can't hide that Falcon Pride!

The PTO is working diligently to get our fall give backs, events and fundraisers off the ground running, and we want to thank you for all the support so far! It is going to be a great year.

There is an upcoming PTO meeting on Tuesday October 10th at 5:30PM in the John Fuller Library – or you can join via Zoom. We'd love to have you there! Please Join Us!

We are still actively looking for volunteers and candy donations for the Halloween Trick or Treat event to be held on October 27th– we cannot do this without you! Last year over 142 pounds of candy were given out and a great time was had by all!

The Meadow Farms fundraiser is up and running! Don't forget to share your students fundraising link

UPCOMING EVENTS

Tuesday 10/10 – PTO Meeting
5:30PM - John Fuller Library & Zoom

Monday 10/23 – Final Day for
Meadow Farms Fundraiser

Friday 10/27 – Halloween Trick or
Treat Event: 5PM-6PM – John Fuller

Thursday 11/9 – Scholastic Book Fair
& Student Led Conferences

HAPPY HALLOWEEN

SUGGESTED
DONATION AT
THE DOOR

**\$2 PER CHILD
OR \$5 PER FAMILY**
DONATIONS NOT REQUIRED
TO PARTICIPATE



SCAN TO DONATE
OR VOLUNTEER



BRING YOUR STUDENTS & FAMILIES

TRICK OR TREATING

AT JOHN FULLER ELEMENTARY

**FRIDAY
OCT 27
FROM 5-6PM**

**THE PTO IS SEEKING CANDY DONATIONS,
AS WELL AS VOLUNTEERS, TO DECORATE
DOORS, PASS OUT CANDY, AND HELP CLEAN
UP. LAST YEAR WE GAVE OUT 7,000 PIECES
OF CANDY (THAT'S OVER 142LBS!) DONATIONS
WILL BE COLLECTED PRIOR TO THE 27TH.**

THIS WILL BE A SAFE, INDOOR EVENT.

SCAN THE QR CODE TO DONATE OR VOLUNTEER



SAU 9 Child Find

Preschool Developmental Screening



FREE screening for families residing in SAU #9, including the towns of Albany, Bartlett, Chatham, Conway, Eaton, Hart's Location, and Jackson

Tuesday, November 7, 2023

Screenings in the areas
of:

Speech & Language

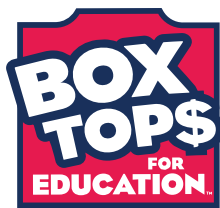
Fine & Gross Motor

Pre-Academic Skills

Hearing

Vision

Please contact Alisa Wong or Sarah Neugebauer
at (603)447-8951, a_wong@sau9.org or
s_neugebauer@sau9.org to schedule an
appointment today!



Dear Families,

Are you looking for a quick and easy way to support our school?

Box Tops for Education has been around for over 25 years, and it really can make a difference. In fact, the Box Tops program has helped give almost one billion dollars to schools since 1996.

The Box Tops app gives participants the ability to earn for any school across the country with just the touch of a button. Plus, the Box Tops app allows you to search for schools that could use a little extra help, so you can help give students in low-income schools the opportunity to succeed.

HERE'S HOW IT WORKS: Buy participating products and use the Box Tops app to scan your store receipt. The app identifies eligible products and earnings are credited to your designated school online. Even if you're shopping online or doing grocery pickup, you can still submit your digital or email receipt with the Box Tops app and earn. Twice a year, our school gets a check!

See a list of participating products at
[BTFE.COM/PRODUCTS](https://btfe.com/products)

Box Tops earnings really add up, and the more people that participate, the bigger the impact we can make. So let's give our teachers the support they need and give more kids the opportunity to succeed. **Together, we can help make a big difference.**

DON'T HAVE THE APP YET?
DOWNLOAD IT TODAY!



LEARN MORE ABOUT
BOX TOPS AT [BTFE.COM](https://btfe.com)

EARN CASH FOR SCHOOLS WITH BOX TOPS

TOGETHER, WE CAN MAKE A BIG DIFFERENCE

For over 25 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find thousands of participating products throughout the store — and all you need is the Box Tops app.

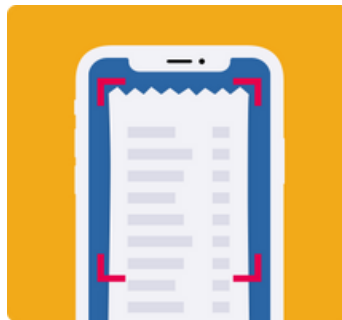


HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

Earn for schools with the brands you love.



SCAN YOUR RECEIPT

Use the Box Tops app to submit your receipt within 14 days of purchase.



EARN CASH FOR SCHOOLS

Box Tops products are identified and earnings are credited online.



ONLINE SHOPPERS CAN EARN WITH BOX TOPS, TOO!

Whether you order groceries for delivery or pickup, shop through your store's app, or request an email receipt at checkout, you can earn for your school no matter where you shop.

SEE PRODUCTS & LEARN MORE ABOUT
THE BOX TOPS APP AT [BTFE.COM](https://www.btfec.com)

DON'T HAVE THE BOX TOPS
APP YET? DOWNLOAD IT NOW:



BREAK THE ICE

First Game of the Season!

ME MARINERS

Tickets
\$23



SCAN HERE

Proceeds To:

**CAMP
SUNSHINE**




SATURDAY
OCTOBER 21ST, 2023 6:00 PM
CROSS INSURANCE ARENA
1 CIVIC CENTER SQUARE
PORTLAND, ME 04101

BUS
available
from
Kennett

MOUNTAIN KULA YOGA

KIDS YOGA

Mondays Oct. 16th - Nov. 20th (K-2nd Graders)

Tuesdays Oct. 17th - Nov. 21st (3rd - 6th Graders)

4:30 - 5:30pm

w/ **Erin Stanphill**

Yoga for Elementary Kids

How can your child benefit from Yoga:

- Reduces stress and anxiety
- Improves focus and attention
- Teaches how to regulate emotions
- Boosts Self Confidence
- Trains Fine & Gross Motor Skills
- Builds Strength & Flexibility
- Better Sleep!





Yoga for Kids is a fun way for your child to learn healthy self nurturing practices that will aid them throughout their life! These classes will show them how the breath can be used as a tool to self soothe when the mind & body are flooded with emotion. They will learn mindfulness tools to build tenacity and resilience while growing stronger & more flexible. And most of all your kiddo will be seen, heard, and supported to be exactly who they are through interactive games and storytelling that will help them enrich their imagination and creativity!

COST: \$75 / 6 weeks (make-up classes can be arranged for any weeks missed due to illness, or unavoidable circumstances)

This class is being offered as a 6 week series & must be purchased as a series. Minimum of 4 kids to hold the series.

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Choice A Hamburger on Bun Choice B Fruit & Yogurt Parfait Choice C Sunbutter and Jelly Sandwich Baby Carrots Blueberries	3 Choice A Hot Dog on Bun Choice B Mozarella Stuffed Bread Sticks w. Marinara Sauce Choice C Sunbutter and Jelly Sandwich Broccoli and Apple Salad Baked Beans Apple Slices Apple Crisp	4 Choice A Beef & Cheese Nachos Choice B Corn Dog Choice C Pizza Stacker Lunchbox Waffle Fry Apple Slices	5 Choice A Classic Shepherd's Pie w. A Biscuit Choice B Three Cheese Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Baby Carrots Apple Slices Hoodie Cup	6 TEACHER IN-SERVICE DAY NO SCHOOL!
9 	10 Choice A Chicken Quesadilla Choice B Egg & Cheese Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Refried Beans Roasted Sweet Corn Salsa & Sour Cream	11 Choice A Homemade Mac & Cheese Choice B Ham & Cheese Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Broccoli Cinnamon Apple Slices	12 Choice A Cheeseburger on Bun Choice B Fruit & Yogurt Parfait Choice C Sunbutter and Jelly Sandwich Tater Tots Cucumber & Tomato Salad	13 Choice A Cheese Pizza Choice B Pepperoni Pizza Choice C Turkey & Cheese Sandwich Choice D Sunbutter and Jelly Sandwich Baby Carrots Sweet Bell Pepper Strips
16 Choice A Chicken Party Sandwich Choice B Chef's Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Petite Garden Salad	17 Choice A Meatball Sub Choice B Grilled Chicken Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich French Fries WG Sugar Cookie	18 Choice A Mozarella Stuffed Bread Sticks w. Marinara Sauce Choice B Turkey & Bacon Melt Choice C Sunbutter and Jelly Sandwich Garlic Bread Baby Carrots Cucumber Bites	19 Choice A Soft Shell Beef Taco Choice B Three Cheese Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Black Beans & Rice Roasted Sweet Corn	20 Choice A Cheese Pizza Choice B Hawaiian Pizza Choice C Turkey & Cheese Sandwich Choice D Sunbutter and Jelly Sandwich Caesar Salad
23 Choice A Hot Dog on Bun Choice B Egg & Cheese Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich New England Baked Beans Sweet Tater Tots	24 Choice A Roasted Chicken Burrito Bowl Choice B Chicken Caesar Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Cumin Roasted Corn	25 Choice A Pasta w. Meat Sauce Choice B Ham & Cheese Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Garlic Bread Broccoli WG Sugar Cookie	26 Choice A Waffles Choice B Fruit & Yogurt Parfait Choice C Sunbutter and Jelly Sandwich Hashbrown Strawberry & Cream Pancake Syrup Breakfast Sausage	27 Choice A Cheese Pizza Choice B Hawaiian Pizza Choice C Turkey & Bacon Melt Choice D Sunbutter and Jelly Sandwich Baby Carrots Celery Sticks
30 Choice A Hamburger on Bun Choice B Fruit & Yogurt Parfait Choice C Sunbutter and Jelly Sandwich Baby Carrots Blueberries	31 Choice A Chicken Nuggets & Dinner Roll Choice B Three Cheese Garden Salad w. Roll & Crotons Choice C Sunbutter and Jelly Sandwich Tater Tots Sweet Corn The Sauce Bar			

This Institution is an Equal Opportunity Provider.

All meals are served with a variety of fruit, vegetable and milk.



Saturday Morning Social

Children Unlimited Inc.



Purpose: A supportive and fun group environment teaches children emotional awareness and strategies for coping with challenging emotions, as well as enhancing social skills through connection utilizing play therapy.

Who: This group is for 2nd- 4th graders. Limited Space available.

When/ Where: Five-week program beginning November 4th- December 9th, 10 am – 11 am at Children Unlimited Inc.

On 12/9 it will be 1.5 hours, as caregivers are invited to attend the closing group.

Group Leaders: Kelley Marcello, M.Ed., LCMHC & Sarah Davis, CMHC.

Insurance: Medicaid, Anthem, Harvard Pilgrim, Aetna.

Self-Pay option \$175 for the five-week program.

For More Information: To apply and participate in the screening process email Kelley at kmarcello@childrenunlimitedinc.org



ODYSSEY OF THE MIND

SEEKING PARENT COACHES

for JFES Odyssey teams!

Odyssey of the Mind is a creative problem-solving competition that empowers kids and teens to take the lead in creating unique and collaborative solutions to the challenges they are facing.

This school year, in partnership with the Conway Public Library, John Fuller Elementary School will be putting together it's own Odyssey of the Mind team!

Jeff Beavers, Assistant Director of the Conway Public Library, will be visiting 4th and 5th grade students during their library Makerspace classes on October 20th to talk more about Odyssey and let students get hands-on with their own creative problem solving skills.

Keep an eye out for an OM interest form coming home with your student!

INTERESTED IN COACHING A TEAM?

Parent volunteers are needed to (co)coach an Odyssey team at JFES this school year.

As a coach, you will help guide up to 7 students in developing creative and critical thinking skills, and learn to solve difficult problems in a team environment while allowing all ideas and solutions to be the students' own.

Odyssey is an entirely kid led process, meaning the role of the coach is simply to help guide their team to a solution to their problem. *No experience necessary, training is provided!*

Contact Jeff for more information jbeavers@conwaypubliclibrary.org (603)447-5552