

# John Fuller Falcon Newsletter

## Dates to Remember



**February 9:** PTO Family BINGO Night 6-8pm

**February 19-23:** Winter Break. NO School



## A day in the life of us!



**The kids are doing great at ESSC! We only  
have a few more weeks left! Last day is  
March 4th!!**



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

For all attendance related communications, please find us at our NEW email:

**JFSattendance@sau9.org**

If your student will be changing their dismissal plan due to Community Center activities, Project Succeed, etc, please inform the office.



## Lost and Found

The lost and found is located in the front entry and can be accessed during the day. We do return all items of clothing that are labeled to your student's classroom.

Front entry is unlocked Mon-Fri from 8-4, come stop in and take a look through lost and Found

**All items will be donated during Winter Break!**



51 PINE ST  
NORTH CONWAY,  
NH

**John Fuller  
Elementary**

#HOWWEJFS

[www.johnfullerschool.org](http://www.johnfullerschool.org)



Alison G. Memoli, M. Ed., LMSW ~ A\_memoli@sau9.org ~ 603.356.5381

# Mrs. Memoli's Counseling Corner

February 9, 2024



## Student Council



The JFS Student Council is sponsoring the Great Kindness Challenge during the week of Feb. 12-16th. Students will be encouraged to complete kindness challenge forms (sample forms in this newsletter - all students will receive a copy at school). JFS is participating with nearly 20 million youth cross the world. Let's keep the kindness flowing in our school, in our community and across the world.

JFS encourages kind acts daily but getting the momentum going is a great way to head into winter ... Way to go JFS Student Council!

## Random Acts of Kindness Day

National Random Acts of Kindness is celebrated every February 17. It first originated in 1995 in Denver, Colorado and in 2004, and spread to New Zealand. The idea behind this celebration is to make the world a little brighter and better through little and simple kind gestures, words and actions.

JFS is celebrating this special day on February 16th by bringing kind acts into the community. All classes will be creating a token of appreciation fto surprise local community businesses right before vacation. Let's keep the kind acts going!







### Dear John Fuller Families,

We have many exciting updates for you folks this week! Students in Chess Club and Crafting have been making origami heart Valentines Cards to sell and donate the proceeds to Chess in School and Project SUCCEED. Please see the flier below for more details if you are interested in purchasing. We will be sending out sign ups for trimester 3 on February 26th, this schedule will take effect on March 11th, the first day of trimester 3. One of the opportunities for trimester 3 will be an acting enrichment held on Wednesdays in partnership with Arts in Motion Theater Company. This will ultimately culminate in a play that all three elementary schools in Conway will put on in May at a local theater. This will be on Wednesdays at JFES and will be a commitment that asks them to stay until 5 pm to allow the most preparation time possible. Please have a restful and safe February break!

Sincerely,

A handwritten signature in black ink, appearing to read "Tim Neugebauer".

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Tim Neugebauer  
Program Director  
Project SUCCEED  
603-901-2029  
[t\\_neugebauer@sau9.org](mailto:t_neugebauer@sau9.org)

Project SUCCEED & Chess in School's  
*Valentine's Card Sale*

Starting this week, all JFES teachers will receive an order form for Valentines Cards to give to friends, family and maybe, that special someone! Cards will be \$1 each or 3 for \$2. Students can pay and collect their Valentines after Morning Program in the Cafeteria on Tuesday, February 13th! All proceeds go to Project SUCCEED and Chess in School.





The John Fuller PTO invites you to  
**PICK YOUR PRIZE**



**BINGO**



**NIGHT**

Join us for an exciting night of Bingo with friends and family. Light snack & water concessions will be available

PRIZES WILL BE GIFT CARDS AND ITEMS FROM LOCAL BUSINESSES INCLUDING CRANMORE, ZEBS, FRONTSIDE COFFEE, TRAILS END, TUCKERMANS BREWING COMPANY, KATIE'S NAILS, RYAN'S ARCADE, SACO VALLEY LANES, SACO VALLEY GYMNASTICS, THE TOY CHEST, SWEETZ, ALEXIS ROSE, EMERY PHOTOGRAPHY, AND MORE!

**FEBRUARY 9, 2024**

6:00-8:00 PM - John Fuller School

**\$5 for 10 Cards**



# 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.

**Objectives:** Participants will learn to identify qualities they value in friendships, communication strategies, identifying and responding to verbal and non-verbal cues, promote adaptive strategies for frustration tolerance, while integrating self-kindness and compassion.

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

**When/ Where:** Five-week program beginning March 2nd- March 30th, Saturdays from 10 am – 11 am at Children Unlimited Inc. Families must commit to all five sessions. On 3/30 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](mailto:kmarcello@childrenunlimitedinc.org)

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Monday		Tuesd a y		Wednesday	Thursd a y	Friday
February 2024					1 Gooey Grilled Cheese & Tomato Soup <b>Choice B</b> Fruit & Yogurt Parfait <b>Choice C</b> Sunbutter and Jelly Sandwich Garden Salad Cucumber & Tomato Salad Salsa & Sour Cream Lunar New Year!	2 <b>Choice A</b> ✓Cheese Pizza <b>Choice B</b> Pepperoni Pizza <b>Choice C</b> ✓Sunbutter and Jelly Sandwich Caesar Salad
5 <b>Choice A</b> Cheeseburger on Bun <b>Choice B</b> All American Sub <b>Choice C</b> ✓Sunbutter and Jelly Sandwich Potato Wedges	<b>Choice A</b> ✓Mozzarella Stuffed Bread Sticks w. Marinara Sauce <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich Petite Garden Salad Baby Carrots	7 <b>Choice A</b> Sloppy Joe on a Bun <b>Choice B</b> Ham & Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> Sunbutter and Jelly Sandwich Broccoli New England Baked Beans Cinnamon Apple Slices	8 <b>Choice A</b> Longevity Noodles with Char Siu Chicken <b>Choice B</b> Pineapple Parfait <b>Choice C</b> Ham & Cheese Lunchbox Broccoli Pineapple	9 <b>Choice A</b> Cheese Pizza <b>Choice B</b> Pepperoni Pizza <b>Choice C</b> ✓Sunbutter and Jelly Sandwich Baby Carrots Sweet Bell Pepper Strips		
12 <b>Choice A</b> Philly Style Sub <b>Choice B</b> Chicken Caesar Salad w. Roll & Croutons <b>Choice C</b> Sunbutter and Jelly Sandwich Sweet Potato Wedges	13 <b>Choice A</b> Chicken Nuggets & Dinner Roll <b>Choice B</b> Turkey & Cheese Sub <b>Choice C</b> Sunbutter and Jelly Sandwich Tater Tots The Sauce Bar	14 <b>Choice A</b> Build Your Own Mexican Rice Bowl <b>Choice B</b> Ham & Cheese Sub <b>Choice C</b> Sunbutter and Jelly Sandwich Southwest Kidney Beans Roasted Sweet Corn	15 <b>Choice A</b> American Chop Suey <b>Choice B</b> Blueberry Parfait <b>Choice C</b> Sunbutter and Jelly Sandwich Caesar Salad Roasted Broccoli w. Garlic	16 <b>Choice A</b> Cheese Pizza <b>Choice B</b> Pepperoni Pizza <b>Choice C</b> Sunbutter and Jelly Sandwich Sweet Bell Pepper Strips Baby Carrots Celery Sticks		
19	20	21	22	23		
26 <b>Choice A</b> Hot Dog on Bun <b>Choice B</b> Just Peachy Parfait <b>Choice C</b> Sunbutter and Jelly Sandwich New England Baked Beans Sweet Tater Tots	27 <b>Choice A</b> Waffles <b>Choice B</b> All American Sub <b>Choice C</b> ✓Sunbutter and Jelly Sandwich Hashbrown Strawberries & Cream Pancake Syrup Breakfast Sausage	28 <b>Choice A</b> Beef & Cheese Nachos <b>Choice B</b> Chef's Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich Cumin Roasted Corn Salsa & Sour Cream WG Sugar Cookie	29 <b>Choice A</b> Homemade Mac & Cheese <b>Choice B</b> Turkey & Cheese Sub <b>Choice C</b> ✓Sunbutter and Jelly Sandwich Roasted Broccoli w. Garlic	This Institution is an Equal Opportunity Provider.		

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

# Ski Days are here!

To ensure that dismissal runs smoothly please label your students item and let the office know asap if they are in need of any items on the list.



The poster is titled "ESSC Checklist for Families" in a white cursive font. It features a teal background with white snowflakes and circles. At the bottom, there is a white silhouette of a snowy forest and a group of people. A light blue brushstroke contains the text "IF YOU HAVE ANY QUESTIONS OR NEED HELP WITH GEAR, PLEASE REACH OUT TO YOUR CHILD(REN)'S CLASSROOM TEACHER!".

*ESSC Checklist for Families*

- IT'S MONDAY! YOUR STUDENT WILL BE SPENDING THE DAY SKIING TODAY AFTER LUNCH. PLEASE HELP US AND BE SURE THEY HAVE EVERYTHING THEY NEED! PLEASE CHECK YOUR CHILD(REN)'S BAG PRIOR TO LEAVING THE HOUSE.

Skis/Poles are in the trailer by 9:00am

X Country Skis on the fence (they will get their skis on the first day)

Ski Helmet (for Alpine and Snowboarding Only)

Ski Boots

Socks

Jacket

Snow Pants

Gloves/Mittens

Goggles (optional)

Snack / water (no glass)

IF YOU HAVE ANY QUESTIONS OR  
NEED HELP WITH GEAR, PLEASE  
REACH OUT TO YOUR CHILD(REN)'S  
CLASSROOM TEACHER!



# wmsi MAKER CAMP

FEB. 19TH-23RD  
9AM - 2PM DAILY  
GRADES 3-6

FEBRUARY BREAK

Explore topics such as  
robotics, animation,  
coding & more!



AT PINE TREE ELEMENTARY SCHOOL  
**183 MILL ST, CTR. CONWAY, NH 03813**

[WWW.WHITEMOUNTAINSCIENCE.ORG/CONWAY-MAKER-CAMP](http://WWW.WHITEMOUNTAINSCIENCE.ORG/CONWAY-MAKER-CAMP)



*Register now*

# SPRING TRAVEL SOCCER



**WHAT** Travel teams in multiple age groups for play in NH Soccer League and Tournaments

**WHO** Ages U7-U19

**WHERE** Teams based out of Conway and Franconia. 7 league games split home and away.

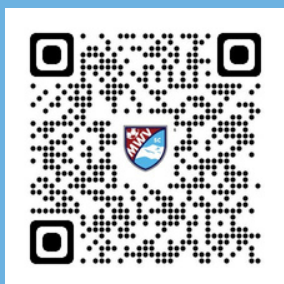
**WHEN** Practices begin in March.

Game play late April - June

Early season pricing through Jan 15

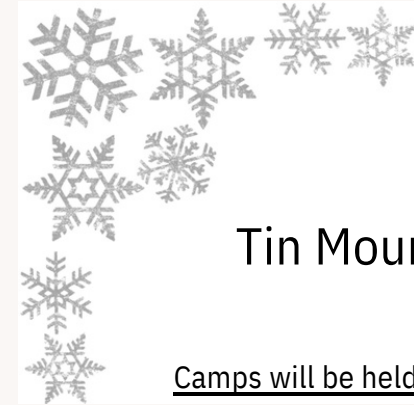
Final registration deadline

Feb 11



**MWVSOCCKER.COM**





# Tin Mountain Conservation Center Winter Camps 2024

## Nature Learning Center, Albany NH

Camps will be held predominantly outdoors. Make sure to bring lots of extra layers and lunch!

9:00am-3:00pm

\$60 members, \$75 non-members\*

\*The cost for students of John Fuller, Pine Tree, and Conway Elementary Schools will be fully covered by school grant funding.

### Winter Art

Tuesday, February 20

Grades 1-4

Snow sculptures, painting on the snow, and bird seed art are just a few of the possible projects for the day. We will be both inside and outdoors so dress warm (in clothes that can get dirty). In the afternoon we will be joined by a local guest artist! TMCC provides craft materials and cocoa; you bring your creativity.



### Winter Survival

Wednesday, February 21

Grades 3-6

Do you think you could light a fire, build a snow shelter, or survive in the winter cold? Learn the basics of staying warm in the winter. Dress warm and bring a snack. We'll provide the cocoa and the good times.



### Tracks and Trails (and Cocoa)

Thursday, February 22

Grades 2-6

Will we follow fox tracks through the field?...Most likely. Will we find beaver sign in the forest?...Definitely. Will we find a yeti's den?...Probably not. But we will learn about animal tracks and signs while searching the woods to see who calls Tin Mountain home.



### Winter Birds

Friday, February 23

Grades K-2

Do all birds migrate? How can such a small bird survive the cold? We will answer these questions and more as we observe winter birds and explore their homes in the forests and fields of Tin Mountain. Spying a flash of avian color is like a winter treasure hunt! Dress warm and bring a snack. We'll provide knowledge, fun, and cocoa.



SPACES ARE LIMITED

Call (603)447-6991 or email [pdemers@tinmountain.org](mailto:pdemers@tinmountain.org) with questions or to register.



...Looking for something to do with the whole family? We will have a family full moon snowshoe Saturday, February 24 5:30-7PM

# KIDS YOGA SHAKEDOWN!!



## CHARITY ROBINSON AKA MISS CHARITY JOY TUESDAYS & THURSDAYS 4:00-5:00PM | STARTS FEBRUARY 20TH

Kids Yoga is BACK at Mountain Kula Yoga (Downstairs at The Local Grocer)!

Join Miss Charity Joy, a seasoned kids yoga teacher, for this fun on-going class for kids ages 5+.

Explore music, dance, animal poses, breathwork, meditation, partner yoga, and PLAY in a FUN & SAFE SPACE!

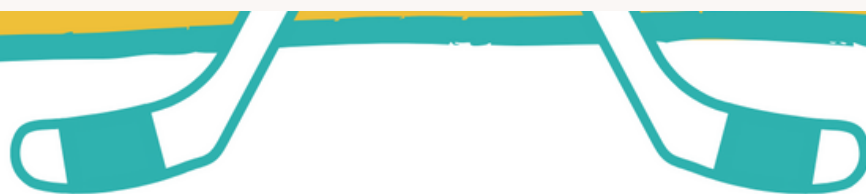
**COST: \$15/CLASS OR 1 CLASS FROM A CLASS PACK**

**FULL 4 WEEKS/8 CLASSES (TUESDAYS AND THURSDAYS) FOR \$108**

Please Note: This class will run in 4 week blocks, make sure to check the schedule to make sure it's not an "off" week

*\*\*We strive to make yoga accessible to all. If there is any financial barrier to enrolling your child, please reach out to [laura@mountainkulayoga.com](mailto:laura@mountainkulayoga.com) to discuss our scholarship Kula Fund.*

**LEARN MORE: [MOUNTAINKULAYOGA.COM](http://MOUNTAINKULAYOGA.COM)**



# **MUD SEASON PROGRAMS**

## **GRADE 2 BOWLING**

**MONDAYS**

**MARCH 4TH – MARCH 25TH**

**4:00 – 5:15 PM**

**COST OF \$25**

**10 PERSON LIMIT!**

## **GRADE 3-4 FLOOR HOCKEY**

**TUESDAYS**

**MARCH 5TH – MARCH 26TH**

**3:45 – 5:00 PM**

**COST OF \$10**

## **GRADE 5-6 FLOOR HOCKEY**

**WEDNESDAYS**

**MARCH 6TH – MARCH 27TH**

**3:45 – 5:00 PM**

**COST OF \$10**

**FOR MORE INFORMATION AND TO REGISTER GO TO**

**[WWW.CONWAYREC.COM](http://WWW.CONWAYREC.COM) OR CALL THE OFFICE AT**

**603-901-1139!**

**REGISTRATION**

**OPENS**



**MONDAY**

**FEBRUARY 12TH**

# **CONWAY PARKS & REC**