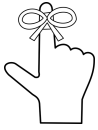


BARNARD BULLETIN

November 2023



DATES TO REMEMBER:

- **November 3:** Band Practice Begins
- **November 6:** Boys Basketball Begins (Gr. 5-8)
- **November 6:** Girls Basketball Begins (Gr. 5-8)
- **November 6:** School Board Meeting 5:00 pm WHS
- **November 7:** No School (Teacher PD Day)
- **November 8:** Cheering Club Begins (Gr. 4-8)
- **November 10:** No School (Veterans Day)
- **November 13:** Picture Retake Day
- **November 28:** PTA Meeting 7:30 pm
- **November 22-24:** No School (Thanksgiving)
- **November 30:** Trimester 1 Ends

Dear Barnard Families,

Thank you for attending our parent teacher conferences this past month. The staff was thrilled with the turnout from families, and look forward to working with you throughout the year. It is important to keep open lines of communication in an effort to best support our students and to provide them with the best education possible.

As you are aware, we have adopted restorative practices over the past three years in an effort to strengthen students' connections to both staff and fellow students by focusing on positive connections and a positive school climate. The goal of restorative practices is to foster equity and to build and maintain positive, healthy relationships. As such, Barnard students gather once a month for an all-school meeting that focuses on an SEL theme. This year's theme focuses on developing a growth mindset. Following the meeting, students break out into small cross grade level "buddy groups" led by eighth grade students. In these groups, students participate in team building activities that support the growth mindset message of the month. This month's message is *WE CAN DO HARD THINGS*. We are focusing on the power of perseverance, grit, and positive self-talk..

We continue to focus on Habits of Learning in grades K-8. All students are working on self-reflection and goal setting to improve their skills in this area. The

elementary habits focus on: cooperation, assertion, responsibility, empathy and self-regulation. The middle school habits of learning include: self-direction, communication, collaboration, and innovation. This year our middle school students are participating in a Habits of Learning class that meets once per week. This class time is used to educate students on the importance of forming positive habits that are essential as they progress through their academic journey and through their lives.

Barnard School's coed cross country team finished a successful season with nine (9) students attending the state tournament that was held on October 21. The team did extremely well in the state meet! The school is proud of all twenty-four (24) runners that participated on the team this year. A special congratulations to Violet Davis who finished 7th in the state!

We will be offering two (2) winter sports programs this year. Students in grades 5-8 have the option of participating in the school basketball team (a boys team and a girls team). Students in grades 4-8 have the option of joining our Cheerleading Club. The winter sports programs will begin in early November with basketball games running through January. Click [here](#) for the game schedule.

We are excited to be offering a band program again this year for students in grades 4-8. Mr. Emanuel will offer group lessons for brass, woodwind, and percussion instruments. The goal is to have a monthly ensemble practice and an eventual concert once the program is up and running. Students have the choice of playing the flute, clarinet, saxophone, trumpet, trombone or percussion. The program will begin November 3rd.

As the weather gets colder, please remember that we go outside every day for recess. Please make sure that your child is dressed appropriately. Hats and mittens are recommended. Only students who are wearing boots will be allowed to play in the snow. If students are not wearing boots, we require them to remain on the shoveled hot top.

On behalf of the Barnard staff, we wish you all a happy and healthy Thanksgiving. We are thankful for your continued support and kindness, and we are most thankful that you share your children with us every day.

Sincerely,

Michelle Witt, Principal



Counselor's Corner



Growth mindset focus continues at Barnard . . . This month I want to highlight our 2nd and 3rd grade students who

are taking on new independent learning challenges through our [Let Grow](#) focus. I wish you'd had the pleasure of listening to our 2nd and 3rd graders share with their peers the Let Grow projects they completed this month! Smiling, beaming faces, full of pride filled Mrs. Pruet's classroom as students stepped up in front of their peers and teachers to share their experiences cooking, building, learning new bike tricks, walking to a local bakery, camping and more - all done independently without their parents' help (permission and support, of course). Students loved sharing their pictures and stories with us, and each student was clearly ready for the next opportunity to GROW! Although we will be sharing LET GROW projects each month in Mrs. Pruet's class, many students asked if they could do projects each week! . . . Hmm, I think we're on to something!

So thank you parents for helping your child foster independence and GROW!



6th Grade Environmental Camp

Nurse's News

Basketball season is right around the corner. You may be helping your child prepare by getting new sneakers, but don't forget another important piece of equipment, a mouthguard.

Multiple studies have found basketball to be one of the sports with the highest rate of dental injuries.



Not only do face and dental injuries cause lots of pain, self-consciousness, and missed time from school and sports, it's also been estimated

that the lifetime cost to treat and provide follow up care for a "knocked out" tooth is between \$5,000-\$20,000.

Through multiple studies, the American Dental Association (ADA), the American Academy of Pediatric Dentistry (AAPD), and the American Academy for Sports Dentistry (AASD) have shown that **injuries to the face and mouth are significantly reduced when a properly fitted mouthguard is used during sports activities.** Mouthguards have multiple purposes including to protect the lips and gums from bruises and cuts, to protect the teeth from fractures or becoming dislodged, and to protect the jaw from fractures or dislocation. It's also thought that mouthguards may help to prevent the occurrence of concussions, but more research is needed.

There are three general types of mouthguards.

- Stock mouthguards are available over-the-counter and come in different sizes. They are inexpensive but do not mold to the shape of the mouth. They usually are not very comfortable, and require the athlete to clench their teeth to hold it in place. Stock mouthguards offer the least amount of protection against dental injuries.
- "Boil and Bite" mouthguards are available over-the-counter at an affordable price. They are boiled in water and then placed in the mouth to be formed to the teeth. They offer a more custom and comfortable fit and better protection from injuries than the stock mouthguards.
- Custom-made mouthguards are made by your dentist. These are the most expensive, but offer the most protection and comfort.

Talk to your child's dentist to find out which type of mouthguard they recommend.

Special Services

Child Find

Do you have concerns about your pre-school aged child's learning and development?

We want to connect with parents and caregivers of children, ages 0-22 who may have emotional, mental, or physical challenges or limitations. We may be able to provide services that could make a lasting difference for these children through referring, evaluating, and identifying their needs. If you are aware of any children who may need support or services in South Hampton, please bring them to our attention by contacting Lynne Rademacher, Director of Special Services at 603-394-7744 or lrademacher@sau21.org.



Buddy Group Work-We Can Do Hard Things!

Spanish News

There is quite a variety of topics and themes going on in the Spanish classroom these days! Our 8th graders are working on a unit on chores and rooms in a home. They have been learning how to conjugate verbs and use them in complete sentences. I am proud of how well they are doing with this challenging unit. Our 6th and 7th graders are doing a lot of speaking these days, as they practice "small talk," as well as how to order food and beverages. The students in grades 4-5 have finished their unit on calendar sentences. They had fun learning a new birthday song. Grades 2-3 are starting a unit on body parts and how to express when something hurts. This may sound serious, but it is a unit filled with songs and games! Our youngest students in K-1 have been working on colors and counting. They are an enthusiastic bunch!

Please contact me any time this year with questions: pcole@sau21.org



Recess Fun!

PTA News

Please join us for our next meeting on November 28 at 7:30 pm.

Follow Us!



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(look for the Hawk logo)

Follow us on Twitter: @Barnardschool

