

BARNARD BULLETIN

SEPTEMBER 2023



DATES TO REMEMBER:

- **September 1-4:** No School Labor Day Observance
- **September 7:** School Board Meeting 4:30 pm
- **September 13:** Band Information Night (Gr. 4-8) 6:00 pm.
- **September 11:** Camp Cody Info Night (6th Grade) 6:00 pm
- **September 13:** Band Information Night 6:00 pm
PTA Meeting 7:00 pm
- **September 20:** Open House Grade K/1 6:00pm
Open House Grade 2/3 6:45pm
- **September 21:** Open House Grade 4/5 6:00pm
Open House Grades 6-8 6:45pm
- **September 29:** No School-Teacher PD Day
- **September 30:** Fall Festival 11:00-3:00
- **October 1:** Fall Festival Rain Date
- **October 3:** School Pictures

Dear Barnard Families,

We are off to a great start for the 2023-2024 school year! We are so happy to have our returning students back at Barnard, and we are thrilled to welcome our new students this year.

The staff has been working hard over the summer to prepare for the new school year. We are looking forward to a year of learning and growing academically, socially, and emotionally. You can support your child at home by ensuring that they get a good night's sleep, and that they have a healthy breakfast before coming to school. The American Academy of Pediatrics recommends that children ages 6-12 receive 9-12 hours of sleep per night on a regular basis for optimal health.

Additionally, regular attendance is critical for student growth. Please make every effort to send your child to school each day if they are feeling healthy. Consistency in learning is of utmost importance. When students are out they miss

critical learning experiences that put them behind their peers, and it is difficult for teachers to recreate the same experiences for students when they return. Additionally, continued absences effect the learning of all students in the class. Please make every effort to plan family vacations during scheduled school vacation times. Because daily activity in the classroom cannot always be predicted, assigning make-up work in advance of the trip is not possible.

All Barnard students will be receiving Chromebooks this week. K-3 students will be keeping their Chromebooks at school this year. All students in grades 4-8 will be bringing their Chromebooks home at night. Please be sure to have your child charge their computers nightly so they are ready for use the following morning. Additionally, please talk to your child about proper handling of the devices. Families will be charged for damages due to negligence.

If you have not already done so, please make sure to register your child on [PowerSchool](#) as soon as possible. We need this information to ensure the safety of your children. Additionally, It is important to set your child's default transportation setting in [Pick-Up Patrol](#) so we know where to send them each afternoon for dismissal.

Due to mandated staffing requirements on the playground, families must adhere to your assigned bus schedules. If your child is a second bus student, please do not drop them off prior to 8:15 am. Similarly, if your child is a first bus student, please do not leave them on the playground for pick-up at the end of afternoon recess (3:15pm). This is a safety issue, as we must maintain a proper staff-to-student ratio. Student drop-off time is at 8:15 am and pick-up time is at 2:35 pm.

We ask that you take the time to review the [Family Handbook](#) with your child. [Here](#) is a copy of the school calendar for the year. It is also available on our website.

We are thankful for your cooperation and support, and look forward to partnering with you to make the most of your child's learning experience.

Sincerely,

Michelle Witt, Principal

New Faces at Barnard

This summer Barnard School welcomed a few new staff members. We are thrilled to welcome the following to our Barnard team:

Wendy Welch is replacing Tom Schwechheimer as our new physical education teacher. Mr. Schwechheimer retired at the end of last year. Mrs. Welch has a Bachelor's Degree in Physical Education, and has over twenty (20) years of teaching experience at the K-8 level. Mrs. Welch teaches P.E. part-time in Hampton Falls, and will be joining Barnard one day a week.

Barnard's speech language pathologist, Sherry Lamontagne resigned to move to a position closer to her home at the end of last year. We are pleased to announce our new speech language pathologist, Tess Olson. Ms. Olson comes to us from Miracle Farm Speech Therapy where she has worked for several years. Ms. Olson will be at Barnard three (3) days a week.

Amanda Jagentenfl will fill in as a long-term substitute for Mrs. Kane as Mrs. Kane enjoys her maternity leave. Ms. Jagentenfl has a Master's Degree in elementary education and has over thirteen (13) years of teaching experience. We are looking forward to working with Ms. Jagentenfl.



Middle School Team Building

Counselor's Corner



Parenting is a tough job! Raising humans to be capable, confident and caring individuals is no easy task in a world with ever rising rates of anxiety, depression and overwhelm.

No parent should ever feel alone on this journey, and yet many of us do. Our children do not come with instruction manuals, there are no easy answers and no two children are exactly the same. Parenting strategies that work for one child may not work for another - it is a frustrating and exhausting experience at times.

This year SAU 21 is providing resources to support you as a parent or caregiver to a child, adolescent, teenager or young adult. It's the help button we've all needed! I hope you'll take advantage of this opportunity, and share your experience with me.

[Parent Guidance](#) ParentGuidance.org is an online service by licensed therapists that provides trusted and specialized courses, professional support and a safe community for parents to learn how to support their children and get answers to mental health questions.

- Backed by therapists to provide trusted and specialized courses, professional support and a safe community of parents helping each other.
- FREE and confidential for families and provided through a generous grant by the Cook Center for Human Connection.

[Parent Coaching](#) scan the QR code on the info page to start - free weekly parent coaching sessions available and 24/7 texting available - Wow! Wish I had that as I was raising my boys!

"It takes a village to raise a child" is more true every day! Don't go it alone . . . use the resource and feel free to reach out to me any time - call or email (mjohnson@sau21.org).

P.S. Keep your eye out for the HSA parent permission form coming home next week.

Spanish News

Bienvenidos- welcome! I am happy to return as Barnard's Spanish teacher! All grade levels will start the year practicing everyday conversational phrases, such as greetings, expressing emotions and chatting about the weather. Younger students will learn songs and engage with puppets and stories to help them learn. Our middle school students will be practicing additional "small talk" phrases and travel vocabulary in preparation for a simulated trip on an airplane at the end of the trimester! These students will speak Spanish for an entire class period as they "board a flight and travel to Spain with Luisa the flight attendant." This experience helps them practice their skills in a real life scenario. Please feel free to email me any time with questions you might have about our Spanish program at Barnard. Wishing everyone a positive start to the school year! -Sra. Cole
pcole@sau21.org



Ice Cream Social 2023

PTA News

Please join the PTA for their first PTA meeting of the school year on **September 19 at 7:00 pm at Barnard School!**

Mark your calendar for the PTA sponsored **Annual Fall Festival--September 29th 11:00-3:00! (Rain date: October 1)**

The Fall Festival is the primary fundraiser for the PTA each year and you are not too late to sponsor this well attended and loved event. All sponsorships are eligible for a 501C tax deduction. If you can sponsor or know someone who can, please complete the [sponsorship packet](#).

Our Annual Fall Festival is fast approaching and we need all hands on deck. As you know this is a volunteer run event please consider signing up to help. [Fall Festival 2023 Volunteers Needed](#)

Follow Us!



Follow us on Facebook: Barnard School
(look for the Hawk logo)
Follow us on Twitter: @Barnardschool

Nurse's News

Welcome back! We're so excited to start the new school year!

As you prepare for the new year please help your child remember to bring a water bottle with them to school everyday. Our water system was refreshed over the summer so the bottle filler is ready with fresh, filtered water. Drinking water throughout the day ensures children are feeling their best and ready to learn. If your child frequently forgets to bring their water bottle, try sending one in to keep in their cubby so they always have a backup available.

If your child had his/her annual physical exam over the summer please send in a copy of the physician's report at your earliest convenience. Please get into the habit of sending this paperwork yearly to ensure that your child's health information is accurate and up to date. As a reminder, any 5th-8th grade students who will be participating in afterschool sports will need to have a recent physical exam (within the past 12 months) on file before they are able to practice or attend any games/meets.

Looking forward to a great year!

-Mrs. Hayes