

BARNARD BULLETIN

March 2024



DATES TO REMEMBER:

- **March 6:** PowerSchool Parent Portal closes
- **March 7-9:** NH State Writing Assessment (Gr. 3-8)
- **March 11-15:** NH State Writing Assessment Make-Ups
- **March 7:** EA Appreciation Day
- **March 7:** School Board Meeting 4:30 pm
- **March 11:** End of Trimester 2
- **March 12:** No School-Teacher Professional Development
- **March 14:** Kindergarten Information Night 5:30pm
- **March 18:** Grades Open on PowerSchool
- **March 26:** PTA meeting 7:30 pm

Dear Barnard Families,

It's hard to believe that we are heading into the last trimester of the school year this month! Students will finish their second trimester on March 11. The PowerSchool parent portal will close on March 6. Students and parents will be able to view report cards via PowerSchool on March 18.

We will be celebrating Read Across America Day on March 8th with an all school "Read In" in the gym. Students will gather in the gym and read together to celebrate literacy. This will kickoff literacy events for the month of March, that include the March Madness Book Challenge where all students read eight (8) high-interest picture books that highlight diversity, equity, inclusion and justice themes. Each week, students will vote on their favorite book, and eventually, they will vote for the best book of the challenge. Additionally, students will be treated to guest readers from the community who will visit classrooms to read aloud to elementary students.

Students in grades 4-8 will be participating in a One Book, One School project. Each 4-8 student will be issued the book *Rez Dog* by Joseph Bruchac. Students will be reading and discussing the book in their classes, with one another, and with family members. The goal is to promote reading and discussing the important themes the book has to offer. We are asking that you take the time to read and

discuss this book with your children. More information will be forthcoming from your child's teacher.

This year the New Hampshire Department of Education is requiring all students in grades 3-8 to participate in the writing portion of [the statewide assessment](#) in March this year. The reason for the earlier assigned assessment is due to a shift from digital scoring of the writing assessment to hand scoring. As such, students will be testing March 7-9. Please make sure your child is in attendance and is well-rested for the testing. For more details about our statewide assessments please visit the [Office of Assessment Website](#)

Kindergarten and new student registration is now open for the 2024-2025 school year. Incoming kindergarten families and new families to the school can register their children on our [school website](#). Click on "New Student Enrollment 2024-2025 School Year" to create an account to register. We will be holding a Kindergarten Information Night for parents and guardians of incoming kindergarteners on March 14 at 5:30pm. Kindergarten screening will take place on May 15. More information will be provided to families as the date approaches.

We are excited to be offering an opportunity for students to work with New Hampshire's only competitive jump rope team, Extreme Air. They will conduct an engaging workshop on March 15 from 5:30-7:00 pm for all interested Barnard students. Participants will be able to see the team perform and they will learn basic jump rope techniques, skills and tricks. If you are interested, please sign your child up [here](#).

Finally, it is with mixed emotions that I inform you that our beloved K/1 teacher, Mrs. Moran will be retiring at the end of this school year. Mrs. Moran has worked at Barnard School for seventeen (17) years. Her dedication and passion for teaching have left an indelible mark on countless students throughout her tenure. We are immensely grateful for her years of service and commitment to fostering a positive learning environment. While we will miss her presence in the classroom, we extend our heartfelt congratulations on this well-deserved next chapter in her life.

Sincerely,

Michelle Witt, Principal



Counselor's Corner

This month our Growth Mindset focus is on asking questions, fostering curiosity and exploration. Part of this process is understanding that process is far more important than product. As parents you can support your child in developing a growth mindset that embraces challenges, is willing to take risks and is able to ask questions and for help when needed. The words we speak to our children play a huge role in fostering this growth mindset. So let's consider some typical words we use to praise our children: "You're so smart." "You're a natural (leader, athlete, artist, musician etc) While these comments may sound nice and supportive, they are praise that promote a fixed mindset rather than a growth mindset and research shows that "product praise" may limit a child's willingness to take risks, ask for help or take on new challenges. Instead, comments such as: "I love the way you stuck with this proje

ct even when it was hard." "You asked some great questions to solve that problem." or "I love the details you added to your project. It shows that your creativity was at work." These phrases help foster a growth mindset by focusing on process rather than product. Another great strategy is to ask your child reflection questions rather than giving praise. Reflective questions and comments foster a growth mindset and self-reliance. Here's a few examples: "Looks like you had fun. What did you enjoy most about it?", "You were so focused on your work. Can you tell me about it?"

So to encourage a Growth Mindset in your child,

- **Praise the Process:** Emphasize the work, effort, or actions of the child.
- **Encourage Children to Ask for Help:** Encourage them to seek help after facing challenges and to ask for feedback even when things go well.
- **Ask Reflective Questions:** Encourage your child to tell you about how they accomplished their goal, what they learned, enjoyed or found challenging by asking open ended questions that foster conversation.

Nurse's News



Whether you love them or hate them, Crocs are an immensely popular shoe choice, especially among kids and teens. They were originally designed as a boat shoe and can be convenient to slip on at the beach or pool, but wearing Crocs all day, everyday could lead to injuries and other foot problems.

The thick material that Crocs are made of can make it difficult for some kids to sense the ground while they walk, making them more likely to trip and fall. This excess cushioning, while it may feel comfortable in the moment, can interfere with the foot's ability to absorb the impact from each step. As a result, the feet, ankles, and knees have to work much harder, which can lead to overuse injuries or muscle strains.

Additional concerns of Crocs are the wide toe box and loose heel strap which allow the heel to move around too much. When your foot isn't properly secured in your shoes your toes are forced to grip more to keep the shoe in place, this can cause tendinitis, toenail problems, corns and calluses.

Crocs can be great for short walks or playing at the beach or pool. In the summer, they protect your feet and let air in to keep them cool. But it's important to remember that Crocs are not meant for all activities. Wearing Crocs especially when running around or being physically active can greatly increase the risk of injury for kids and teens. For school days and other times that your child is active a supportive sneaker is the best choice!

[Kids and Crocs Shoes- Trendy or Risky?](#)

[Expert Advice: Are Crocs Bad for Your Feet?](#)



PIZZA NIGHT OUT!

The 8th Grade will be hosting a fundraiser at **Flatbread Pizza in Amesbury on March 15 from 5-9**. A percentage from all food sales (including takeout) will go toward the 8th grade end of year field trip.



Neil Nichols Geography Artist

WE HAVE A NEW FACEBOOK PAGE!



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[BARNARD SCHOOL- SOUTH HAMPTON](#)

We hope you follow us to see the wonderful things happening at Barnard every day!



Follow us on Twitter: @Barnardschool

From the Director of Special Services

South Hampton actively tries to locate any un-served children with educational disabilities (or with suspicion of educational disabilities), who reside within the South Hampton School District. We are interested in any children, age 0-22 who may have mental, emotional, or physical limitations. We may be able to provide services that could make a lasting difference for these children through referring, identifying, and evaluating their needs. If you are aware of any un-served children, please bring them to our attention by contacting our Director of Special Services. lrademacher@sau21.org



Winter Ball 2024

PTA News

The next PTA meeting will be held on March 26 at 7:30pm.