

# 🐾 MVMS 🐾 PAWS NEWS

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## Thank you Bus Drivers!

Thank you to all of our bus drivers for safely transporting our students to and from school each day.

You are an important part of our school community.

Thank you!



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Auditions for the SpongeBob Musical will take place after school in the Hilltop on Thursday, February 22nd and Friday, February 23rd until 5pm. Students can pick up an audition packet in the office.

Please email Ms. Duford at [jocelyn.r.duford@gmail.com](mailto:jocelyn.r.duford@gmail.com) with any questions.

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### MVMS ADMIN

Principal: [Ms. Jessica Milligan](#)  
Assistant Principal: [Ms. Brandy Williams](#)  
Dean of Students: [Mr. William Demers](#)  
Special Education Facilitator: [Ms. Lindsay Phillips](#)  
Curriculum Coordinator: [Mr. Joshua Lewis](#)

### SCHOOL DAY TIMES

Drop Off Begins: 8:00  
School Day begins: 8:25  
School Day ends: 3:10

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## MVMS SCHOOL COUNSELORS

5th Grade: [Ms. Ryanne Roy](#)  
 6th Grade: [Ms. Erin Sakolosky](#)  
 7th Grade: [Ms. Jessica Jordan](#)  
 8th Grade: [Ms. Rachel Nault](#)

### 8th Grade NAEP Testing

On Thursday, February 21st a selection of our 8th grade class will be participating in the National Assessment of Educational Progress (NAEP). Selected students and families will receive more information in the coming day. We encourage our selected students to get a good night's rest and eat a healthy breakfast on the morning of testing.



### Self-Care Item Drive

Student Government and MVP are hosting a Self-Care Drive. Items will be collected from February 12-16 in homeroom. All items will be donated to the Goffstown Network. Thank you for continuing to support us as we support such a great organization.



### Kindness Day: February 16th

We will be celebrating Random Act of Kindness Day on February 16th. This is an opportunity for us to come together as a school community to celebrate and highlight the acts of kindness we see in our school each day. All of our school clubs, organizations, and classrooms have been invited to participate and show their Paws Pride!

**KINDNESS**



# Office of the **PRINCIPAL**

Dear MVMS Community:

Each year the Goffstown School Board recognizes individuals or organizations through the Cornerstone and Dream Keeper Awards. This year, these awards were presented at the Deliberative session, held on February 7th.

The Cornerstone Award recognizes staff or community members working within our schools, who demonstrate outstanding achievements in support of student learning and in particular, whose service has been truly outstanding to the overall educational climate of the school district. This year, the school board recognized Christina Lamson, Technology Integration Specialist. [Cornerstone Award 2024 - SAU 19 \(kaltura.com\)](#)

The Dream Keeper Award is presented in recognition of people or organizations that truly have gone the extra mile to make the Goffstown dream of providing a superior education a reality. This may include such things as acts of heroism, academic achievements, serving on national/regional boards, publishing or presenting and/or significant contributions to the district in service. This year, the school board recognized Mike and Barry Charest & Dian McCarthy and Crispin's House Coalition for Youth. [Dream Keeper Award 2024\\_v2 - SAU 19 \(kaltura.com\)](#)

Sincerely,

Jessica Milligan  
Principal



Main Office: 603-497-8288

 41 Lauren Lane, Goffstown NH 03045

Date	Upcoming Events
February 1-23	<b>MVP Fundraiser: Raise Craze!</b>
February 19-23	<b>MVMS Spirit Week</b>
February 24-March 3	<b>February Break</b>
March 6	<b>Candy Bar Bingo: Grades 5&amp;6</b>
March 13	<b>Candy Bar Bingo: Grades 7&amp;8</b>

For Kindness month, the Flex 1 and Flex 2 students made greeting cards and treats for the local assisted living home in Goffstown called the Villager. They were dropped off to them this weekend. The students also made treats, including Chex-Mix and Brownies for the residents and staff!



Time	Subject/Activity
8:30-9:00	Math
9:00-9:30	Social Studies
9:30-10:00	Science
10:00-10:30	Language Arts
10:30-11:00	Unified Arts/Special Education
11:00-11:30	World Language/Music /Literacy
11:30-12:00	Math
12:00-12:30	Social Studies
12:30-1:00	Science
1:00-1:30	Language Arts
1:30-2:00	Unified Arts
2:00-2:30	World Language/Music/Literacy
2:30-3:00	Special Education

## General Remote Day Schedule



Each teacher will post this individual links and office hours.

Please check Schoology.

## ➤➤➤ SCHOOL NURSE UPDATE

Please be aware we are continuing to see an increase in illness at school. Strep throat, Influenza, and COVID-19 are still occurring with regular frequency as are other respiratory and gastrointestinal illnesses. If your child presents with any potential symptoms such as cough, congestion, sore throat, headache, fever, extreme fatigue, diarrhea, or vomiting, please keep them home and call the MVMS nurses for guidance. Students should not be coming to school within 24 hours of any episode of vomiting or diarrhea and must be fever free off any medication for 24 hours before returning to school. The absence of a fever does not rule out contagious illnesses and if you suspect Strep throat, Influenza, or COVID-19, please call your child's PCP or access Urgent Care for an evaluation. Home testing for COVID-19 is still recommended for any COVID-19 symptoms and especially if there has been a known contact. If your child tests positive for COVID-19, keep them home and contact the MVMS nurses for guidance. The MVMS nurses serve as a resource for families as they navigate these and other illnesses, please call us with any questions or concerns, we are happy to help.

Sara Matatall RN & Susan Potvin RN 603-660-5623 or 603-660-5615

## ➤➤➤ MVMS SPIRIT WEEK

**SPIRIT WEEK**  
2/19-2/23

**Monday:**  
**Monochrome Day**  
Wear all of the same color in your outfit!

**Tuesday:**  
**Career Day**  
Dress like your future ideal career

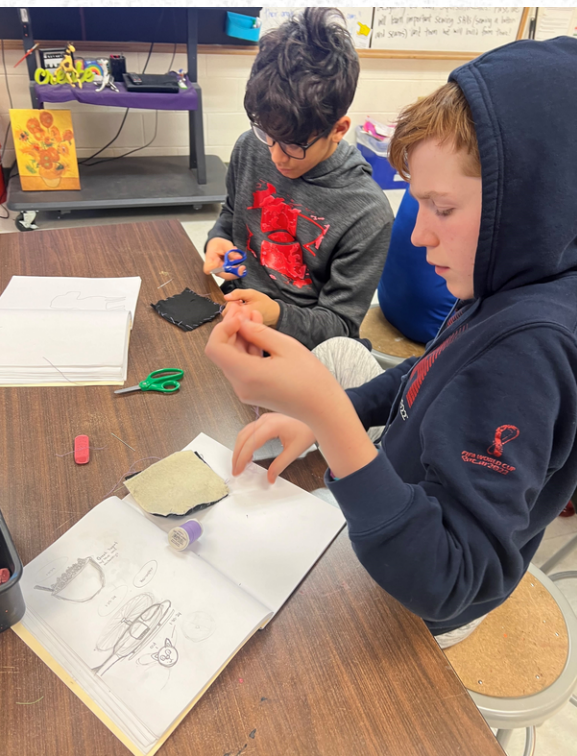
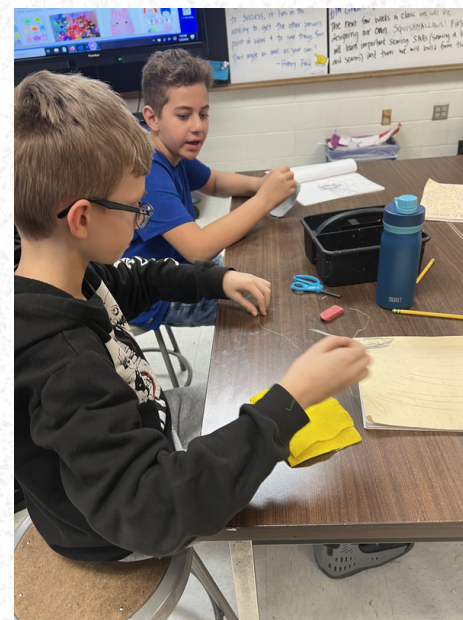
**Wednesday:**  
**Animal Print Day**  
Wear your best cheetah print/animal print

**Thursday:**  
**Sports Day**  
Represent your favorite sports team

**Friday:**  
**College/School Swag Day**  
Wear college/university or MVMS gear



**IN ART, OUR 6TH GRADE STUDENTS ARE LEARNING TO SEW! HERE ARE A FEW PICTURES OF THEIR LEARNING PROCESS!**



## ➤➤➤ TO: PARENTS/GUARDIANS OF STUDENTS ON GOFFSTOWN BUS ROUTES 3,14, AND 15: GREAT NEWS TO SHARE.

To: Parents/Guardians of Students on Goffstown Bus Routes 3,14, and 15: Great news to share.

Effective Monday, March 4, 2024 – STA/Goffstown Truck Center is adding a new bus route (#16) in the Grasmere section of Goffstown. The new bus route # 16 includes the following streets/roads: Mo-Sett, Miles, Amoskeag, Monarch, Tirrell Hill, and Montelona.

This new bus route (#16) will alleviate overcrowding on three existing routes: 3,14, and 15.

### Bus Change Highlights:

Only bus routes 3,14,15, and the new route #16 are impacted. (Grasmere neighborhood of Goffstown)

There will be very minor changes to pickup/drop off times on routes 3,14, and 15 (around 5-minute deviations)

### What Schools and Bus Routes are Impacted? (See below for revised bus routes)

Glen Lake AM and PM, Maple, MVMS are impacted.

New Bus Route #16 is being created.

Bus Routes 3,14 and 15 are impacted. (See AM and PM Bus Routes)

### What Schools/Programs are NOT IMPACTED

Bartlett and GHS

Glen Lake Mid-Day Transportation only

Special Ed Transportation

YMCA Transportation

NBCS or New Boston routes

### Where can I view the new bus routes?

The only impacted routes are to the GOFF MAES MVMS GL AM and GOFF MAES MVMS GL PM bus routes.

Attached are copies of the revised routes. The routes can also be found on the Goffstown School District website.

The new bus route #16, or the impacted bus routes (3,14, and 15)

Goffstown Truck Center/STA 603-497-3111

SAU 19 Office 603-497-4818

Your student's school





# Paws Pride Theme

Respect - Community - Responsibility - Pride

## PBIS Theme of the Month:

### Forgiveness

Each month the MVMS community focuses on a specific aspect of character development. February's theme is forgiveness. Forgiveness is the deliberate decision to release feelings of resentment or vengeance toward a person or group.



## MVMS Teacher Spotlight

Ms. Mary Grasset has worked at MVMS for 25 years teaching social studies. She loves to read, garden, and travel. She cheers for Northern Eastern University sports team and the Boston Bruins! She is going to London in August. She has a new cat, named Daisy, who loves to chase laser and carry around her pink ribbon.

Fun Fact: Ms. Grasset once sang live on the radio from her shower for a radio contest.



## Meet a member of the MVMS school counselor team:

Ms. Ryanne Roy has worked at MVMS for 10 years. She enjoys skiing, reading and traveling. Her favorite travel destination thus far is Ireland and she is look forwarding to visiting Iceland this summer. She loves being outdoors and playing with my two young daughters, husband, and Golden Doodle, Tucker-Pickles.

A little-known fact about Ms. Roy is that she aspires to write a children's book that celebrates kindness. Her daughters want to be the illustrators.





# Making Birdhouses



## GHS Winter Musical

The GHS Winter Musical, Les Misérables School Edition, which opens in one week!

Shows are on:

Friday, February 16th at 7PM,

Saturday, February 17th at 2PM and 7PM,

Friday, February 23rd at 7PM, and Saturday,

February 24th at 2PM and 7PM.

There are many community students involved in this endeavor who have been working incredibly hard on this production since early November.

We hope you can join us in celebrating their work.



## CANDY BINGO

WHAT COULD BE BETTER THAN PLAYING BINGO FOR CANDY PRIZES?

### MVP ACTIVITY

- ✓ HILLTOP CAFE
- ✓ MARCH 6TH (WED.)
- ✓ 3:30-5 P.M.
- ✓ 5TH & 6TH GRADE
- ✓ FREE ACTIVITY



## CANDY BINGO

WHAT COULD BE BETTER THAN PLAYING BINGO FOR CANDY PRIZES?

### MVP ACTIVITY

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- ✓ 3:30-5 P.M.
- ✓ 7TH & 8TH GRADE
- ✓ FREE ACTIVITY





# February 2024



## Makerspace Happenings

We have a couple new challenges set up in the makerspace. You can make your own Valentine's Day Cards. We also have some winter themed STEM challenges.



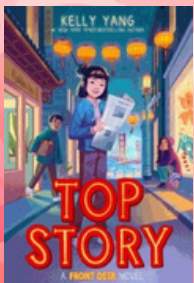
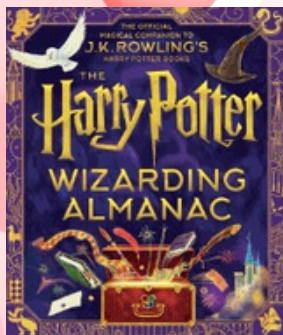
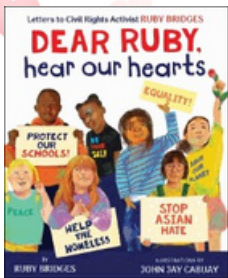
## 2024 Youth



## Media Awards

At the end of January, the 2024 YMA Awards were announced. Stop by to check out our display of the award winning books!

## New Books



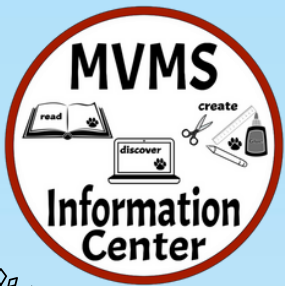
**& More!**

## NH Fisher Cats Reading Challenge

We have the NH Fisher Cats 2024 Reading Challenge entry forms available for pickup in the Info Center. Students are challenged to read 5 books of their choice to earn 2 free tickets to a NH Fisher Cats game. Please visit their website for more information:

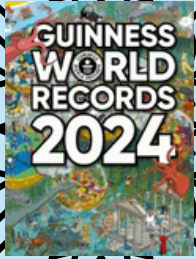
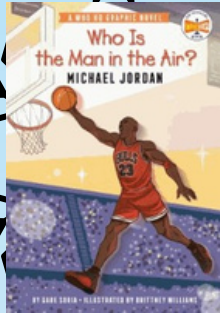
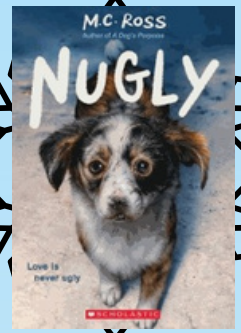
<https://www.milb.com/new-hampshire/community/reading-challenge>





# January 2024

## New Books



\* New Year \*

\* New Goals \*

## Book Fair

## Thank You

Happy 2024! Do you have goals for the new year? We have quite a few goal sheets available in the library to help you stay on track. Stop by and pick a few out or go to our Schoology course to make a digital copy!

We had our Book Fair in December. It was a SUCCESS! Thank you to all who supported the fair. A special thank you to MVP for helping us with the "Give the Gift of Reading" event during the holiday concerts!

"12 New Chapters, 365 New Chances." 2024

I want to start... I want to improve... I want to try...

Name: \_\_\_\_\_

2024

"12 New Chapters": Four short term goals I would like to accomplish in 2024 are...

- 1.
- 2.
- 3.
- 4.

**12 BOOK CHALLENGE**

12 Months to Read 12 Books Recommended by 12 Friends!

Recommended by:

Not recommended by:

Not recommended by:



# MVMS Toiletry Drive

FEBRUARY 12TH-  
FEBRUARY 16TH

Seeking full-sized items:

Toothpaste

Toothbrushes

Men's & Women's Deodorant

Bath Soap

Hand Soap

Shampoo/Conditioner

Shaving Cream

Body Lotion

Feminine Hygiene Products



**Bring donated items to your Homeroom**

**Items Benefiting the Goffstown Network**



***Have you heard about  
the Goffstown Network's  
Weekend Food Bags for Kids?***

The **Goffstown Network** operates a food pantry to serve families who struggle to keep up with the ever-increasing financial demands to put food on the table. The Weekend Food Bag Program serves children within SAU #19.

Volunteers meet weekly to pack and deliver to schools a variety of child-friendly foods to augment weekend meals.

Kiddos who participate receive these bags at school before each Friday's dismissal.

If you wish for your child(ren) to participate in this program, just fill out the form below and return it to your school office by **Friday, September 8th**. The first bag delivery will be on Friday, September 15th.

Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_



## REGISTRATION IS NOW OPEN FOR OUR 2024 SPRING SEASON!

Tee Ball ages 4-6 \$125 per player

Farm (coach and player pitch) ages 6-8 \$125 per player

Minors ages 8-10 \$160 per player

Majors ages 10-12 \$160 per player

Intermediate age 13 \$170 per player

Juniors age 14 \$170 per player

Seniors ages 14-16 \$170 per player

Challenger (adaptive league) ages 4 and up- no age limit \$50 per player

Go to [www.GoffstownJrBaseball.com](http://www.GoffstownJrBaseball.com) to register!

2024 T-Mobile Call Up Grant to cover registration fees available for a limited time.

[www.littleleague.org/call-up-grant-program](http://www.littleleague.org/call-up-grant-program)

Player pitch at any level - registration deadline is 2-29-24.

Player pitch evaluation date will be at MVMS on Sunday AM 3-3-24.

All other divisions close end of March.

Late registrations could be subject to unavailability or a late fee.

Please email [GJBBoard@GoffstownJrBaseball.com](mailto:GJBBoard@GoffstownJrBaseball.com) with any questions.

————— See you on the field! —————



Our primary goal is for kids to have fun learning to play baseball, while also teaching the fundamentals of life, fair play, and good sportsmanship.

Welcome to a new school year from the Board of  
**MOUNTAIN VIEW PARTNERSHIP (MVP)**  
your PTO at MVMS.

MVP organizes events, fundraisers and offers financial and volunteer support for our students, school and staff!

1. Our **MEMBERSHIP DRIVE** is now online! Scan the QR code below or go to <https://mums-membership-drive.cheddarup.com> to pay your \$10 dues and enroll in our MVP School Directory. Membership is a simple way to support our students and staff.

2. Our **SUPPORT DRIVE** is designed to assist MVP in providing additional support and activities for MVMS.

3. We meet the first Monday of each month at 6pm @ MVMS. You can contact us at [MVPgoffstown@gmail.com](mailto:MVPgoffstown@gmail.com).

**Join MVP and join our  
Student Directory!**



**MVP Support**



**Any amount is  
appreciated!**

**Thank you so much for supporting our students and staff!**



# Reserve Your Mountain View Middle School Yearbook Today!

Don't miss out on the BEST yearbook yet.  
Copies are selling fast – secure yours by 1/19/24



**ORDER NOW**  
[Jostensyearbooks.com](https://jostensyearbooks.com)

Eighth Grade Parent(s),

Looking for a creative way to tell your child, "I love you and I'm proud of you"?



Place a recognition ad in the yearbook.

A recognition ad is always a great idea. In the future, seeing your message will bring a smile as students remember your love and support during these important years. It's easy to create a recognition ad. Just send us your favorite baby photo and compose your message. **You must have your son/daughter's name on the back of the picture. Please supply a self-addressed stamped envelope if you would like the photo returned in June 2024. If you wish to send in a digital photo, please email it to Ms. Sinclair at [virginia.sinclair@sau19.org](mailto:virginia.sinclair@sau19.org) with your child's name in the subject line. Please remember to send in the below form and money as well in an envelope.**

We will try to keep the ad a secret until the yearbook is distributed. If your son or daughter is on the yearbook staff this may not be possible.

Reserve a space for your recognition ad today. Like the yearbook, your message will be a permanent memory.

Thank you!

Sincerely,  
The Yearbook Staff

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**RECOGNITION AD ORDER FORM-- MUST BE FILLED OUT COMPLETELY!**

Student name \_\_\_\_\_ Team \_\_\_\_\_

Parent name \_\_\_\_\_ Phone \_\_\_\_\_

Cost \$14.00 (Checks made out to MVMS – Yearbook).

Message: **Limit 35 words or less!**

Check here if you are emailing a digital file: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Check # \_\_\_\_\_

**MUST BE RETURNED TO MS. SINCLAIR, ROOM 120 BY DECEMBER 14TH**





## **The Spring 2024 Season is here...**

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Registration is OPEN and will close on 3/24/24.

Team Shirt provided.

6U Division - \$35

8U Division - \$65

10U, 12U, & 16U Divisions - \$85

Register Online at: [www.goffstownsoftball.com](http://www.goffstownsoftball.com)



Interested in coaching or have more questions?

Contact us at [goffstownsoftballusa@gmail.com](mailto:goffstownsoftballusa@gmail.com)



Don't forget to follow us on Facebook at:

**Goffstown Youth Softball League**

to stay up to date on all exciting league news & events!

GOFFSTOWN PARKS AND RECREATION

2024 SPRING

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# GIRLS AND BOYS LACROSSE

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REGISTRATION OPEN NOW!

8U INSTRUCTIONAL

●

10U, 12U, AND 14U  
TRAVEL

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SEE WEBSITE BELOW FOR  
MORE DETAIL

●

OR CONTACT  
[ERIN.TRNKA@GOFFSTOWNNH.GOV](mailto:ERIN.TRNKA@GOFFSTOWNNH.GOV)

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[GOFFSTOWNNH.GOV](http://GOFFSTOWNNH.GOV)  
[GOFFSTOWN.RECDESK.COM](http://GOFFSTOWN.RECDESK.COM)

# CRISPIN'S HOUSE COALITION FOR YOUTH

## **3-ON-3 BASKETBALL**

Double Elimination Tournament

Saturday, March 23, 2024

Sponsored by:

Goffstown High School Gym  
27 Wallace Road, Goffstown NH



High School, Middle School, Elementary School and Adult Divisions

**Players of ALL abilities are WELCOME!**

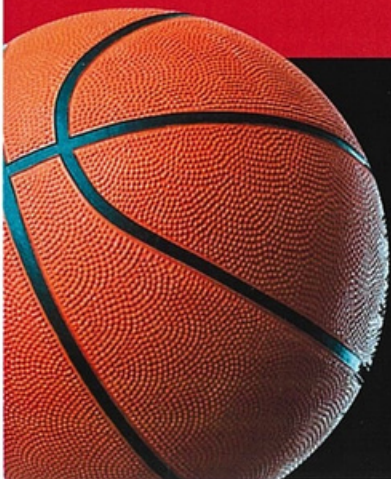
Register on or before March 15th to receive a free team T-Shirt!

**REGISTRATION FEES:** Up to March 15: \$20 per student player  
\$30 per adult player  
After March 15: \$25 per student player  
\$35 per adult player

Silent Auction! Raffle! Food! Fun!

Register online at:

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





# Special Program Opportunity! HORSE POWERED READING®



**JOIN US**  
Monday, January 15th - 1:00 - 2:30pm

UpReach  
153 Paige Hill Road, Goffstown, NH

To participate in  
Horse Powered Reading activities  
centered on the life of  
Martin Luther King

**No cost to participants**  
**Space is Limited, Register Today!**

## What is Horse Powered Reading?

*An innovative, experiential and fun approach for youth ages 8 and up, to effectively build and strengthen reading skills.*

Horse Powered Reading integrates social emotional learning with academics to improve literacy. Connecting with horses reinforces basic skills, effectively motivates learners, and encourages learning retention in a non-traditional, and supportive environment. Horses are natural teachers. Each have a distinct personality, along with defined social roles within their herds, allowing students to identify, relate to, and connect with them. Horses help participants reflect on how we approach relationships, learning, and challenges.

## Why Horses?

**HORSES HELP TO MAKE BUILDING READING SKILLS FUN**  
Each session is tailored to individual needs and the content for each session varies depending upon the skills being addressed. Horse Powered Reading offers students the opportunity to externalize reading challenges to explore and practice new skills and solutions in an emotionally safe and supportive environment.

**HORSES HELP TO BUILD CONNECTION!**  
The horses are honest and present and respond openly without pretense. During Horse Powered Reading, the horse 'becomes the book' - the metaphor for connecting with the text, or content of the book. Horses offer immediate feedback for experiential learning to take place.

**Space is Limited! To Register For MLK Day Horse Powered Reading, visit: <https://bit.ly/MLKDayHPR> - or Use QR Code:**



**Questions?**  
**Call Kristen at 603.497.2343**



Improving Lives with the Power of the Horse

© 2023 UpReach Therapeutic Equestrian Center, Inc.

# RESILIENCE REINS

## Overview for Parents and Caregivers



This program connects, engages and encourages healing for young survivors of trauma, their families and caretakers.

The primary focus of the program is building and fostering feelings of confidence and resilience.

Youth participants focus on 'words of the day' featuring three overarching messages: communication, security, and identity while working with UpReach horses.

Participants often express feeling calm and happy while working with the ponies and perceive the barn as a safe place for learning skills to build healthy relationships along with trusted adults and peers.

While the youth are working with the ponies, parents and caregivers participate in Parent Cafe with a trained facilitator to learn about key protective factors for resilient families and discuss parenting challenges in a safe, supportive and hopeful environment.

*"I learned that, to get the horse to trust me, I need to trust myself. I learned that I am trustworthy, and I can do it, even when it's hard." -10 Year-old Resilience Reins Participant*

### Participant Engagement

- 7-Week equine-assisted learning program to support and build resilience for youth trauma survivors, ages 8 - 17.
- Curriculum specifically developed for trauma survivors by Dr. Rebecca Bailey, PhD. Co-facilitated by Equine Specialist in Mental Health and Learning and a mental health professional.

### Family and Community Engagement

- Developed to encourage peer-to-peer discussions, offer support and build community
- Weekly discussions centered on the five protective factors for building resilient families.
- Shared meal at program close
- Transportation can be arranged on a case-by-case basis
- No Cost to participants and families thanks to generous grant funding

For more information, please visit: [upreachtec.org](http://upreachtec.org)  
or contact Kristen McGraw, Program Director:  
[kristen@upreachtec.org](mailto:kristen@upreachtec.org) or call 603.497.2343  
UpReach Therapeutic Equestrian Center  
53 Paige Hill Road, Goffstown, NH 03045



Improving Lives with the Power of the Horse





# Girls Rule

## Self Advocacy. Confidence. Empowerment.

A 6-Week Equine Assisted Program for girls ages 11 - 14

This curriculum-based program is designed to help girls:

- Establish and assert healthy boundaries
- Manage obstacles, challenges and distractions
- Develop a body-positive image
- Make empowered choices
- Build social, emotional and physical skills



*"Working with the horses is great because they help you see things in different ways,"  
they give me new perspectives and ideas on how I can build healthy boundaries with the people in my life."* -  
Program Participant



[upreachtec.org](http://upreachtec.org)

### Girls Rule Meets On:

Mondays, May 6 - June 17, 2024  
5:00 - 6:00pm

UpReach Therapeutic Equestrian Center  
153 Paige Hill Road, Goffstown, NH  
Tuition is \$200 - Financial Aid Available

To Register, please contact: Allison McCully,  
Unmounted Program Manager: [allison@upreachtec.org](mailto:allison@upreachtec.org)  
or call 603.497.2343