



# PAWS News

September 12, 2019

Respect, Responsibility, & Pride

Dear Students and Parents,

*I want to thank the students, staff, and the MVMS Community for such an enjoyable start to this school year. The students have breathed life back into the building and MVMS is abuzz with activity and learning. I want to invite parents and guardians to attend next week's open house nights (more info below). This is a great opportunity to meet your student's teachers and learn about what your student will be engaging in throughout the school year. Additionally, our Book Fair will take place next week and you'll have the opportunity to peruse the excellent selection of books at our Open House events. In fact, if you love book fairs, we are looking for volunteers to donate some time to supervising our Book Fair next week. If you're interested in helping, please click [\[HERE\]](#). I look forward to seeing many of you at next week's events!*

Sincerely,

Wendy Kohler  
Principal

## Important Dates

Sept. 17 (Tue)	Grades 5 & 8 Open House - 6:00PM
Sept. 18 (Wed)	School Pictures
Sept. 19 (Thu)	Grades 6 & 7 Open House - 6:00PM

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## New News

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### Open House Nights

Please join MVMS Faculty for our Back to School Open House Nights. Grades 5 & 8 will begin at 6:00PM on Tuesday, September 17. Grades 6 & 7 will begin at 6:00PM on Thursday, September 19. More specific information will be sent via email on Monday.

## **Summer Reading - due tomorrow - Sept. 13**

Students should be ready to discuss their summer reading books on Friday, September 13. For more information on summer reading, please click [\[HERE\]](#).

## **8th Grade Washington, D.C. Trip**

For information regarding this year's 8th grade trip to Washington, D.C., please click [\[HERE\]](#).

## **Student Safety - If You Hear Something, Say Something**

It is the number one priority for the MVMS administration to keep all students and staff safe throughout the school day. With that said, our larger community, including parents and guardians, plays a vital role in the safety of our students. If you ever overhear something concerning, even if you think it's just a rumor, please call your student's guidance counselor or an MVMS administrator. It is important for the MVMS Community to come together to keep our students safe. Additionally, our default practice is to protect the identity of the reporter as to not jeopardize personal relationships that may be important to our students. If you have any questions, please feel free to reach out to your student's guidance counselor.

## **Before & After-School Library**

The MVMS Information Center is open every morning from 7:45AM - 8:25AM and every afternoon from 3:10PM - 5:00PM. During these times, one of the Information Center Program Assistants will be monitoring the students. These times are reserved for students to access computers, print school assignments, use the MakerSpace, access resources, collaborate with peers, and of course, to read! Additionally, the extended afternoon hours allow students who are involved with after-school activities and are taking the late-bus home to have a safe space to be. Please keep in mind that students attending in the morning, should obtain a pass from a duty teacher or the main office. Students attending in the afternoon should sign-up in the main office during the day. If you have any questions, please contact the MVMS Library Media Specialist, Ms. Amy O'Riley at [amy.oriley@sau19.org](mailto:amy.oriley@sau19.org) or at (603) 497-8288 x5624.

## **MVMS Yoga Club**

Come practice yoga with us after school! Crispin's House is pleased to once again be offering Yoga Club to students in grades 5-8 afterschool. Yoga Club for 5th and 6th graders will meet on Tuesdays and 7th and 8th graders will meet on Thursdays. Both will get started during the week of September 23. Registration is offered at no cost and is on a first come basis but *space is limited!* **Reserve your student's spot by signing them up online ASAP.** The online registration reserves their spot but you will also need to complete and return the paper permission slip before your child attends Yoga Club. This year, we welcome instructor Jen Lindgren, a certified yoga instructor with over twenty years of personal-practice experience. Jen enjoys sharing yoga, meditation, mindfulness and journaling practices with her students. Jen is a former dance instructor and published middle grade author and often incorporates

movement and/or story telling in her classes. For all the details and to sign-up, visit [www.crispinshouse.org/yoga](http://www.crispinshouse.org/yoga) or call Crispin's House at 497-3499. To view the informational flyer and permission slip, please click [\[HERE\]](#).

## **News from the Town Library**

For upcoming events being held at the Goffstown Town Library, please click [\[HERE\]](#).

## **Therapeutic Equestrian**

UpReach Therapeutic Equestrian Center in Goffstown, NH is starting a new program! **Cowboy Connections** is designed specifically for participants, ages 8-12. This eight week program engages youth in experiential learning and self-discovery through unmounted activities (no riding).

Cowboy Connections includes weekly unmounted interaction with our horses along with gaining life skill sets such as respect, responsibility, honesty, communication, and teamwork. This program is limited to 12 participants.

**Cost:** \$200 per child

**Where:** UpReach Therapeutic Equestrian Center, 153 Paige Hill Rd, Goffstown, NH

**When:** Thursday, 4:00 - 5:30 pm, October 3 - December 5, 2019. Held rain (indoor arena available) or shine. **(No program October 31, Halloween and November 28, Thanksgiving).**

**What to Bring:** Closed toe/closed heeled shoes (no flip flops or crocs), Water, Bug Spray, Hat/Sunglasses.

**Participants must be able to** follow directions independently, maintain personal safety and the safety of others and do not require one on one support.

*For more information please contact, Allison McCully, Special Programs Assistant & Instructor, [Allison@upreachtec.org](mailto:Allison@upreachtec.org), 603-497-2343*

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## **Weekly Features**

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### **Sports Round-Up**

To visit the MVMS Athletics website, please click [\[HERE\]](#).

To view the MVMS & GHS Athletics schedules, please click [\[HERE\]](#).

To visit the Tri-County Athletics website, please click [\[HERE\]](#). You can also view schedules and standings on the Tri-County site.

### **Guidance Department Corner**

### Middle Years

Please click [\[HERE\]](#) to view this month's edition of Middle Years. If you're unfamiliar with the Middle Years publication, the purpose is to provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

### What to Do About Bullying?

Please click [\[HERE\]](#) for an article regarding bullying. As always, if you have any concerns regarding your student and bullying, please feel free to reach out to your student's Guidance Counselor or an MVMS Administrator.

### Homework Strategies for Success

Please click [\[HERE\]](#) for an article regarding successful homework strategies.

### Partnering with Your Middle Schooler's School

Please click [\[HERE\]](#) for helpful tips on how to stay involved with your student's schooling.

### Guidance Counselors

If at any point during the year, you feel the need to consult with a counselor for advice for you or your student, please contact one of the following:

Name	Grade	Phone Number
Ryanne Roy	5 & 6	(603) 660-5616
Laurel Forcier	7	(603) 660-5606
Melanie Cali	8	(603) 660-5607

## Health Corner

### Medicine

This is a reminder to bring in all necessary medicines and epi-pens to the MVMS Health Office ASAP. For more information, please click [\[HERE\]](#).

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## Reminders

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### PBIS Theme of the Month - Respect

September's PBIS Theme of the Month is Respect. Staff and students are focused on what respect looks like here at MVMS and how one should go about being respectful of others, school, and self. Be sure to chat with your student about what he/she is learning about Respect.

## **2019-2020 Bus Routes**

Please click [\[HERE\]](#) to view the bus routes for this school year. If you have any questions, you can reach Goffstown Truck Center at (603)497-3111.

## **Morning Drop-Off Reminder**

Please remember that morning drop-off does not begin until 7:45AM. Students will not be allowed inside the building until that time. If you have any questions, please contact the MVMS Main Office at (603) 497-8288

## **Meet the New Administration**

There are three new administrators who have joined the MVMS Community recently. Ms. Tamara MacAllister is the MVMS Special Education Facilitator. She joined the team back in May has an extensive background in Special Education. She comes to us from the Bow School District where she was the Director of Special Education.

Mr. Lyle Hamel is joining us as the new Curriculum Coordinator. Lyle has been a part of the Goffstown School District since 2012 when he was hired as a science teacher for Goffstown High School. Lyle has earned his Masters in Education from SNHU and is a certified chemistry teacher and certified curriculum coordinator.

Finally, Mr. Josh Lewis joins the team as the Dean of Students for the first half of the school while Mr. McMurray is on sabbatical. Josh has taught Social Studies at both MVMS and GHS and is sure to offer a great deal of knowledge and insight to the MVMS Community.