

News from Principal Hallee



New Website

I would like to introduce the new Greenland Central School website- <http://gcs.sau50.org/>. Thank you to all the staff that have spent countless hours on both training and getting our page ready to “go live”. We appreciate everyone’s effort!



Thank you to everyone who has assisted in making our morning drop off safer! We appreciate your patience as we work out the kinks in the drop off routine. Staff members have been meeting and planning for our new dismissal procedures. More information will be coming your way soon!

What is a 504? Taken directly from <https://www.understood.org/en/school-learning/special-services/504-plan/understanding-504-plans>

A 504 plan falls under Section 504 of the Rehabilitation Act of 1973. This is the part of the federal civil rights law that prohibits discrimination against public school students with disabilities. That includes students with learning and attention issues who meet certain criteria.

Much like an IEP, a 504 plan can help students with learning and attention issues learn and participate in the general education curriculum. A 504 plan outlines how a child’s specific needs are met with reasonable [accommodations](#). These measures “remove barriers” to learning.

Keep in mind that a student with a 504 plan usually spends the entire school day in a general education classroom. And typically, children who need modifications would have an IEP, not a 504 plan. 504 plans are for K–12 public school students with disabilities. Section 504 [defines “disability”](#) in very broad terms. That’s why children who aren’t eligible for an IEP may qualify for a 504 plan. Section 504 defines a person with a disability as someone who:

- Has a physical or mental impairment that “substantially” limits one or more major life activity (such as reading or concentrating).
- Has a record of the impairment.
- Is regarded as having an impairment, or a significant difficulty that isn’t temporary. For example, a broken leg isn’t an impairment, but a chronic condition, like a food allergy, might be.

This definition covers a wide range of issues, including ADHD and learning disabilities. However, Section 504 doesn’t specifically list disabilities by name.

Having a disability doesn't automatically make a student eligible for a 504 plan. First the school has to do an evaluation to decide if a child's disability "substantially" limits his ability to learn and participate in the general education classroom.

Please feel free to reach out to our 504 Coordinator, Sheila Cleary with any questions. scleary@sau50.org



Guidance News

The holidays are quickly approaching! If anyone is in need of assistance or knows of someone who is please be aware that there are many organizations who can help out at this time of year! It is important that people get in touch with these organizations ahead of time so they can gather and organize the help that is needed.

Here is a list of some organizations that provide assistance during the holidays.

- **Salvation Army**- Portsmouth- [603-436-2606](tel:6034362606) Mon-Thurs 10 am -3 pm
and Hampton- [603-929-1729](tel:6039291729) Mon & Tues 9:30-2:30
Fri 9:30- 2:15
- **Granite United Way**- Call 2-1-1 to access all the health and human services available to you here in the N.H. seacoast area.
- **Rockingham Community Action Program**- [603-431-2911](tel:6034312911)

If you have any questions or would like assistance contacting any of these agencies please call **Ms. Cleary** at [603-431-6723](tel:6034316723).



Physical Education News



K-2 Fitness testing has begun! Please email Mrs. Gosselin if you are available to assist in your child's class. Students in grades 3-4 are working on their passing, receiving and shooting skills using soccer balls. Students in grade 5 will begin working on their striking with long handled implement skills by using field hockey sticks. Students in grades 6 & 8 have started using footballs to throw and catch with. Students in grade 7 just finished a golf unit with the assistance of Jim Blalock, from the First Tee of NH golf program. Students were able to use their golf skills from P.E. class and apply it to the driving range and chipping green at the Pease Golf Course. Students in grade 7 will now begin their fitness testing.

*Students may want to bring an extra pair of socks and sneakers due to the wet grass in the morning.

What can I do to get – and keep – my child active?

As a parent, you can help shape your child's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.

- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.

Source-Center for Disease Control: <https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>

News from the Athletic Department – Mrs. Connelly



Our busy fall sports season has come to an end. I wanted to thank our great coaches this year: Jackie Firmin in Girls Soccer, Charlie Murdach in Boys Soccer and Liz Smith in Field Hockey. They all worked very hard to teach their players not only the skills to play the game, but also teamwork, dedication and sportsmanship. We greatly appreciate the commitment and enthusiasm of our coaches! We had 54 student-athletes participate this fall and congratulate them all on a successful season!

We are gearing up for our winter sports season. Sign-ups for our 4 boys and girls basketball teams has already happened, but if a student is still interested, please contact Nicole Connelly (nconnelly@sau50.org) before the end of October. More information on teams, schedules and practice times will be available in the near future. Please check the Athletics page on the GCS website for updates and information.



From Nurse Jackie in the Health Office

Autumn has arrived! Even though we have been fortunate to have beautiful weather, please don't forget to send outer layers for the chilly mornings.

Reminder: Our state immunization report will be due in November. I am still missing some immunization records from K and students who are new to our school. This is a STATE LAW ON MANDATORY IMMUNIZATIONS; compliance is required for your child to remain in school. If you have scheduled appointments, please advise me of the dates.

Head lice: Please be aware that this can be a problem at this time of year and that we all need to work together to control its occurrence. There have been a few children at our school who were recently treated for lice. It is VERY important to watch your child for signs of head lice, one of which is frequent

head scratching or rash at the nape of the neck. Check your children weekly by taking a good close look at their head and hair. Look for very small light brown-beige colored insects near the scalp. These are often difficult to see so look for the eggs (nits). They appear as tiny oval, grayish-white colored eggs and are "glued" at an angle to the side of a hair shaft. They do not brush away like dandruff. Some find that using olive oil, Dawn dish soap, or vinegar with the small metal comb helpful with removing the nits, but these have not been proven. If you do find signs of head lice don't panic. Keep your child home from school and check with your physician or pharmacist for recommended treatment. Follow all directions carefully. Please notify close contacts and call me at school if someone needs to be rechecked and also to help with monitoring of cases at school. Also, please remember that the only way they can get from one person to another is direct touching head-to-head. The following are good resources if you have further questions, or you may always call me at school.

Thank you! Jackie Thompson, RN American Academy of Pediatrics

<http://aapolicy.aapublications.org/cgi/reprint/pediatrics>

<http://www.hsph.harvard.edu/headlice.html>

http://www.cdc.gov/ncidod/dpd/parasites/headlice/factsheet_headlice_treating.htm

GPO News

The GPO is excited to announce that the annual **Italian Dinner Fundraiser** will take place on **November 13, 2017!** The dinner will be at the **Community Oven** located at **845 Lafayette Road, Hampton, NH from 5-9 PM.** Proceeds from food and beverages that night benefit the myriad of programs the GPO provides for Greenland's earliest learners throughout the year. Proceeds from take-out orders will also benefit the GPO on the night of November 13. To order take-out, call them at (603) 601-6311.

The GPO is also excited to announce some awesome **raffle prizes** this year. Raffle tickets are available to purchase for a drawing to take place the night of the dinner. Raffle prizes include passes to Cycle Fierce, Orange Theory, Mission, Seacoast Sport Club, and the Junior Gym; UNH Hockey and other sporting event tickets; Rodan & Fields anti-aging products, a Ninja Warrior session, Bobbi Slavin family photography sessions, Mercedes Benz car detailing services, wine, a Seacoast Children's Dentistry basket; gift certificates and goodies from Shio (sushi), Tuscan Kitchen, Nik & Charlies, the Atlantic Grill, Starbucks, Aroma Joes, and Trader Joe's; gift certificates for Buff & File, Studio Clips, Lang's, Studio Clips, Scamman's Farm, Portsmouth Music Art Center, Hampton Parasail, Summer Sessions, and more.

If you would like to purchase **raffle tickets**, you can do so through your **child's take-home form**. So, look out for those forms in your **child's folders** coming home soon! If you have ANY questions, or would like to purchase raffle tickets, feel free to contact co-chairs Jessica Crocker Sifferlen (603) 512-7796 or Tibby Fogarty Cail (646) 246-8929.

Ski Club- Coming soon!! Volunteers needed!

My name is Erin Avery and I have volunteered to head up the ski club. This is for 6th- 8th grade kids who wish to join on Wednesday afternoons in the end of January- February. The kids leave after school and arrive back to the school by bus around 8:00 in the evening. I have volunteered to organize all of the

paperwork and pull together the chaperones. I can assist with getting the kids and luggage on the buses for the afternoon at Gunstock Mountain. I am asking for a volunteer to pair up with me that will be able to go on the 5 Wednesdays that we will be doing this, as with my younger children I may not be able to attend all of the ski club trips. If you are able to go on these Wednesdays you would be the contact person on the bus and at Gunstock for questions and assist with the kids. If this is something you think you can do, please email me at efranks25@hotmail.com. Thank you for considering, as the ski club is a wonderful offering at the school, and I would really appreciate the help. Erin