

# 🐾 MVMS 🐾 PAWS NEWS

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## Thank you School Counselors

Thank you to our school counselors for organizing Kindness Day at MVMS. It was a day full of activities and your efforts did not go unnoticed.

Thank you!

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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](#)

## Raise Craze Update

GRATEFUL

MVMS has raised almost \$5,000 and completed 1,200 acts of kindness.

We are so grateful and proud to be part of a such a kind and generous community. We have three days left for this fundraiser.

Keep up the kindness!

Kindness MATTERS



### Self-Care Item Drive

The Self-Care Drive, hosted by Student Government and MVP, was such a success! All items were donated to the Goffstown Network. Thank you for each and every donation! Together, we collected about 1,000 items! It is so appreciated.



**SPRING BOOK FAIR  
MARCH 25TH - MARCH 29TH  
IN THE MVMS LIBRARY**



# COMING SOON

# Office of the **PRINCIPAL**

Dear MVMS Community,

MVMS will begin administering the New Hampshire Statewide Assessment System (NHSAS) starting on March 5th. This year there will be two assessment windows for all students in Grades 5-8. The first window is for the writing portion of the assessment and will be open from March 5th through March 15th. The second window will be for reading, math, and science and will be open from April 2nd until May 10th. Please note that the Science assessment is only administered in Grades 5 and 8. All of these assessments provide us with valuable information regarding students' learning as well as information that may guide curricular decisions. I would like to request all families help to support our students by reminding them to get plenty of rest and to eat a healthy breakfast. We will also be sending home information for families to write notes of encouragement to their student. We will provide incentives and snacks during testing days to encourage students to do their best on the assessments.

## TEST TAKING TIPS

- Take a few deep breaths and relax tense muscles - repeat throughout the test.
- Eat a good breakfast the morning of the test. High-protein foods like scrambled eggs are often best for aiding concentration and minimizing fatigue
- Get a full night's sleep before the test. A lack of sleep can affect your performance.
- Wear comfortable clothing.
- Bring an independent reading book in case you finish early.

Thank you for supporting our students as they work hard each and every day.

Thank you.  
Mrs. Milligan  
Principal



Main Office: 603-497-8288

 41 Lauren Lane, Goffstown NH 03045

Date	Upcoming Events
<b>February 24-March 3</b>	<b>February Break</b>
<b>March 6</b>	<b>Candy Bar Bingo: Grades 5&amp;6</b>
<b>March 11</b>	<b>Grade 8 <u>Students</u> Visits GHS (during school day)</b>
<b>March 11</b>	<b>Grade 8 <u>Parent Night</u> @ GHS (6:30 p.m.)</b>
<b>March 13</b>	<b>Candy Bar Bingo: Grades 7&amp;8</b>



### **Grade 8 Students Visit GHS: March 11**

On March 11th, all of our 8th grade students will be visiting GHS for our annual transition visit. Buses will leave MVMS at 9:15 a.m. and leave GHS to return at 12:00 p.m. Students will receive a tour of the building, meet with the school administrators, learn about course registration, and eat lunch at GHS. Students will bring home instructions for course registration, which will open Tuesday morning, March 12th for our MVMS 8th graders and remain open until Monday, March 18th.

\*Please sign and return the permission slip for this visit as soon as possible.

### **Grade 8 Parent Night: March 11**

On March 11th, all parents and guardians of MVMS 8th grade students are invited to GHS to hear information about transitioning to GHS in the fall. Tours hosted by student ambassadors will begin at 6:30 and the presentation will begin at 7:00 in the theater.

This will include information about course registration and meeting school administrators. Following parent night, course registration will open Tuesday morning, March 12th, for our MVMS 8th graders and will remain open until Monday, March 18th.

Main Office: 603-497-8288

 41 Lauren Lane, Goffstown NH 03045

### SAS Letter of Encouragement

On March 5th, Mountain View students will begin taking New Hampshire SAS assessments in the areas of reading, mathematics, writing and science. The school community has developed in-school incentives and buddy classrooms to provide encouragement for our students. As an additional way to boost our students' confidence and investment, the MVMS team would like to provide students with letters of encouragement from home.

A letter template and envelope, with your student's name and homeroom teacher, were sent home this week. Please have a family member write a note letting them know that you believe in them and that you're proud of all their hard work and commitment at school. Family letters will be delivered to your student during one of their assessments. The assessment dates, by grade, are below and can also be found on our district website. Completed letters can be delivered to the main office or sent via your student to their homeroom teacher.

Thank you for helping us support our students. If you have any questions, please reach out to your student's homeroom teacher or the main office.

**SCHOOL  
RULES!**

## SAS SCHEDULE BY GRADE

### GRADE 5

ELA: APRIL 16, 2024  
 WRITING: MARCH 11, 2024  
 MATH: APRIL 17, 2024  
 SCIENCE: MAY 1, 2024

### GRADE 6

ELA: APRIL 10, 2024  
 WRITING: MARCH 7, 2024  
 MATH: APRIL 11, 2024

### Grade 7

ELA: April 4, 2024  
 Writing: March 6, 2024  
 Math: April 9, 2024

### Grade 8

ELA: April 2, 2024  
 Writing: March 5, 2024  
 Math: April 3, 2024  
 Science: April 30, 2024

**WORK  
HARD**

**KEEP IT  
UP!**

## ➤➤➤ 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



# KINDNESS

## ➤➤➤ AT THE GRADE 6 COMMUNITY MEETING, STUDENTS PLAYED KINDNESS FOUR CORNERS AND CELEBRATED KINDNESS AWARD WINNERS!



## ➤➤➤ 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.

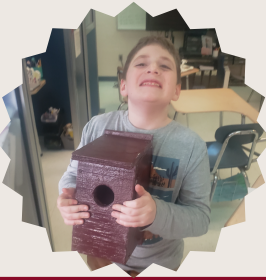


## Meet a member of the MVMS school counselor team:

Mrs. Sakolosky has been working at MVMS as a school counselor for four years. Before coming to MVMS, Mrs. Sakolosky had a variety of jobs including working as high school counselor, Assistant Director of Admissions for a small college in Virginia, ski instructor, and tour guide at the Ben and Jerry's Factory! She enjoys skiing, hiking, and Reeses Peanut Butter Cups. Mrs. Sakolosky lives in Goffstown with her husband, two kids who think she is made of magic, and two cats who think she is just okay.







# 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?

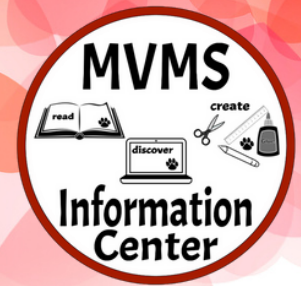


### MVP ACTIVITY

- ✓ HILLTOP CAFE
- ✓ MARCH 13TH (WED.)
- ✓ 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.



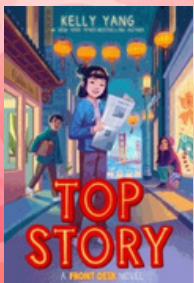
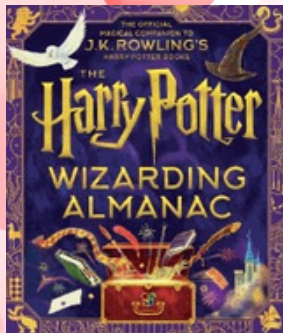
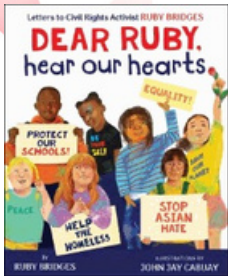
## 2024 Youth



## 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>





# INSTRUMENTAL AND VOCAL LESSONS



**Dear Students and Parents,**

We are excited to announce a great opportunity for all MVMS 5th through 8th grade music students. This program is provided to the community for free through a grant. Below you will find the schedule information and we hope your student is able to participate. This is an optional extension of your student's music instruction they receive during the school day. Lessons are weekly and if your student needs to miss a week due to a conflict please notify the teacher ahead of time.

If you have any questions feel free to contact Mr. Saunders at [david.saunders@sau19.org](mailto:david.saunders@sau19.org), Mr. Mancuso at [christopher.mancuso@sau19.org](mailto:christopher.mancuso@sau19.org), or Mr. Kenyon at [michael.kenyon@sau19.org](mailto:michael.kenyon@sau19.org)

All programs will run for 14 weeks from March 4 to June 14, 2024. We will have a summer session like last summer with sign-ups in June.

## **Instrumental/Vocal group or Individual Lessons**

Students have the opportunity to participate in either group lessons or individual lessons (all 30 minutes). These lessons will be scheduled before or after school Monday through Friday. The type of lesson a student receives will be based on enrollment and individual or group lessons cannot be guaranteed.

**Please fill out the online form by February 23, 2024 at:**

<https://forms.office.com/r/8ru47stG0w>

**Please select all time slots that could work for you,  
so we are able to schedule as many students as possible.**

**Confirmation email will be sent upon receipt and lesson time assignments and health forms will be emailed out on February 28, 2024.**





***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: \_\_\_\_\_



**PACK THE GYM**

**STUDENT VS STAFF BASKETBALL**

**THURSDAY, MARCH 21ST**

**3:15-5:00PM**

**\$2 ADMISSION SOLD AT LUNCH**

**3/20 AND 3/21**





## 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!**



## **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

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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

Goffstown High School Gym

27 Wallace Road, Goffstown NH

Sponsored by:



High School, Middle School, Elementary School and Adult Divisions

**Players of ALL abilities are WELCOME!**

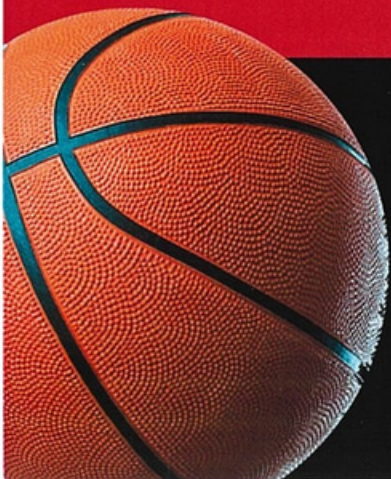
Register on or before March 15th to receive a free team T-Shirt!

**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)



# 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