

🐾 MVMS 🐾 PAWS NEWS

Thank you the Front Office!

Thank you, Ms. Fisher, Ms. Szumiez, Ms. Barbaro, Ms. Pendagast, Ms. Finnegan, and Ms. Soucy, for their team effort during the solar eclipse.

The MVMS Office would not be the same without you and your support for our teachers, students, and families.



Thank you!

Thank you to the 5th and 6th graders who collaborated to create books focused on our school day and building kindness in our school community.

Thank you Ms. Roy & Ms. Sakolosky for spearheading this cool project.

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

MVMS SCHOOL COUNSELORS

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

SPIRIT WEEK!

MONDAY - CRAZY SOCKS DAY

TUESDAY - WACKY HAIR DAY

WEDNESDAY - DRESS LIKE YOUR FAVORITE FICTIONAL CHARACTER

THURSDAY - DRESS LIKE IT'S 3000 - DRESS LIKE WHAT YOU THINK THE STYLE WILL BE IN 3000!

FRIDAY - PAWS PRIDE DAY - WEAR YOUR MAROON AND WHITE!

Student Government is hosting SPIRIT WEEK!

April 15-April 19

SPIRIT



Student Government is hosting the annual Talent Show on May 9th

Auditions will be April 17 (for 5th & 6th Graders) & April 18 (for 7th & 8th Graders).

An audition packet is available in the main office with more information.

Office of the **PRINCIPAL**

Dear Families,

On Friday, March 29th, MVMS held its second Paws Pride assembly of the school year. Paws Pride assemblies are an opportunity to celebrate our students who earned a spot on the Honor Roll and Principal's Honor Roll. We celebrated our winter sports teams and their successes on the court, mats, and ice. Students who had exhibited Paws Pride during Trimester 2 were also recognized. Students and staff played community building games throughout the assembly. Students did a fantastic job exhibiting Paws Pride and providing encouragement to one another during the assembly.

Keep reading for details and information on transition and end-of-year activities taking place at MVMS over the next few months.

Thank you,

Mrs. Milligan
Principal



Main Office: 603-497-8288

 41 Lauren Lane, Goffstown NH 03045

Date	Upcoming Events
April 15-19	Spirit Week!
April 22-26	April Vacation
May 5-10	Staff Appreciation Week!
May 9	Student Government Talent Show
May 16 & 17	Spring Musical Performance: The SpongeBob Musical: Youth Edition
May 24	Memorial Day Assembly
May 27	No School: Memorial Day
May 28	Spring Music Concert
May 29	Spring Music Concert
June 13	8th Grade Promotion



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Grade 5 Artist in Residence

The MVMS 5th grade students have been participating on a tapestry weaving project with Marcy Schepker (website: [Pear Tree Studio](http://PearTreeStudio.com)).

Thank you to Ms. Schepker, Ms. Staples, and all of the 5th grade teachers for making this program a success. Special thanks to Ms. Darmody sharing the classroom space.




**WORK
HARD**

SAS SCHEDULE BY GRADE

GRADE 5

ELA: APRIL 16, 2024

MATH: APRIL 17, 2024

SCIENCE: MAY 1, 2024

Grade 7

ELA: April 18, 2024

GRADE 6

ELA: APRIL 10, 2024

MATH: APRIL 11, 2024

Grade 8

Science: April 30, 2024



**KEEP IT
UP!**



**SCHOOL
RULES!**

»»» SCHOOL NURSE UPDATE

We continue to see a fair amount of illness here at school including COVID-19, Strep throat, Influenza, gastrointestinal sickness, and other respiratory viruses. Although guidelines have changed, it is still the policy of SAU 19 that students remain home for 24 hours after any episode of vomiting or diarrhea and students must be fever free off any medication for 24 hours before returning to school. If you suspect an illness such as COVID-19, Strep throat, or Influenza we recommended that your student be evaluated by their medical provider so that appropriate testing and treatment can occur. Below are links to resources that may help families decide when to send their children back to school. The MVMS nurses are always happy to help families navigate these situations, please do not hesitate to contact us with any questions.

Thank you,

Sara Matatall RN & Susan Potvin RN

Office Phone: 660-5623 or 660-5615

Email: Sara.matatall@SAU19.org OR Susan.potvin@SAU19.org

Graphic Summary of Respiratory Illness Guidelines

Body

Preventing the Spread of Respiratory Illness When You're Sick

Body



»»» 5TH GRADE ARTWORK INSPIRED BY ALMA THOMAS





Paws Pride Theme

Respect - Community - Responsibility - Pride

PBIS Theme of the Month:

Responsibility

Each month the MVMS community focuses on a specific aspect of character development. April's theme is responsibility.

"Never point a finger where you never lent a hand." - Robert Brault



MVMS Teacher Spotlight

Ms. Humphrey has worked in Goffstown Schools for 10 years. She graduated from Goffstown and met her spouse here. She lives on a farm with cows, chickens, goats, and ducks. She has a daughter, Taylor, who is one. For fun, Ms. Humphrey loves to go on long walks on the rail trail, visiting Apotheca for coffee, and spending time with her friends and family. Her favorite holidays are Easter and Christmas. She loves pink and blue and enjoys cooking.
Fun Fact: She loves math and science.



Meet a member of the MVMS school counselor team:

Mrs. Nault has been a School Counselor and is in her 3rd year at MVMS. When not at school helping students, Ms. Nault is home with her husband, 3-year-old daughter, and their two dogs. She enjoys going on family walks with their dogs. She considers herself an amateur gardener and gets excited every year when her plants grow. Someday, her goal is to have her own family farm.



Fun fact: Ms. Nault rode horses competitively for 13 years.





Monday, April 22, 2024 is Earth Day!
Remember to do something kind for the planet.



Grade 6 DARE Graduation

Congratulation to all of our 6th grade students who completed the DARE program. Thank you to Officer Allison, Mr. Garrity, and all of the Goffstown Police Department for making this a success.



READING BUDDIES

Ms. Wheeler and Mr. Glynn started a Reading Buddies program with the Flex 1 students and some of the 7-2 students. The students read books together and went for a walk outside to get some fresh air.



Field Trip Volunteer Information

Spring is almost here and that means field trips will be happening! Often, teachers will reach out for volunteer chaperones. **In order to chaperone a school field trip, individuals need to complete the volunteer fingerprinting process and complete an online bullying training. This process can take up to 8 weeks for results to come back, so please don't wait until the last minute.**

The Goffstown Police Department (GPD) has partnered with our district and will now accept SAU 19 volunteers at the police station during the hours of 9:00 AM and 3:00 PM, Monday through Friday. You do not need to make an appointment, but you will need to bring a photo ID with you and tell them you are an SAU 19 volunteer. In the event you cannot make it during these open hours, you may stop by the GPD at any time, but the availability of an officer to take your prints may be limited and you may have to wait for an available officer, or you may be asked to try again at a different date and time.

Once your fingerprinting is complete, GPD will provide you with an electronic receipt. This receipt needs to be brought to the SAU office along with the following forms and payment for the State of NH for \$21.25. Please visit the following link for more information and forms.

[Volunteering Fingerprinting](#)

April 2024



THANK YOU FOR SUPPORTING
THE BOOK FAIR!

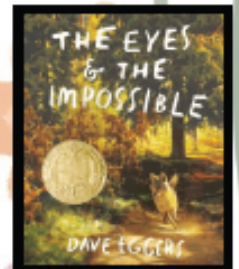


NATIONAL POETRY MONTH

April is National Poetry Month. We have a lot of activities happening in the library! [Click here or scan the QR code for some ideas to celebrate with us!](#)



NEW BOOKS!



HOSTED BY THE NEW ENGLAND COLLEGE
WOMEN'S VOLLEYBALL TEAM

YOUTH VOLLEYBALL CLINICS!!!

COME LEARN THE BASIC SKILLS OF
THE GAME, STAYING ACTIVE, AND
HAVING FUN!!!



COSTS TO ATTEND

\$100 FOR ALL 4 DAYS

OR

\$30 PER SEASON

THINGS YOU WILL NEED

SNEAKERS

COMFORTABLE SPORTING CLOTHING

WATERBOTTLE

KNEE PADS (IF YOU HAVE THEM)

Clinic Dates: Fridays April 5th, 12th, 19th, 26th

Time: 6:00PM-8:00PM

Location: Bridges Gym, 14 Grove Street

Henniker, New Hampshire, 03242

IF INTERESTED PLEASE CONTACT COACH K @

KMORRISON@NEC.EDU



***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: _____



Saturday, April 13th from 10 - 4

Saint Anselm College

120+ Vendors and Crafters

Offering product demonstrations, free samples, discount coupons, and homemade goods



Dedicated Kids Zone

* Additional charges will apply

Enjoy bounce houses, slides, glitter tattoos, face painting, games and more

Food Court

Meals, snacks, and drinks

Prizes

Door prizes, raffles, and a silent auction

And a visit from Fungo and a WZID Morning Host



Scan the QR code for discounted ticket sales or vendor information


www.goffstowncitizenscommittee.ticketspice.com



Brought to you by the Goffstown Citizens' Committee.



Proudly supporting Goffstown Scouts BSA for over 100 years.

 Goffstown Citizens Committee



Sponsored by





REGISTER HERE



Fall

2024

Registration



EARLY BIRD

\$100 W/CAMP* - SHOES AND BLOOMERS INCLUDED

\$185- SHOES AND BLOOMERS INCLUDED

Register by 5/15/24

Registered after 5/15/24

\$140 W/CAMP* - SHOES AND BLOOMERS INCLUDED

\$225- SHOES AND BLOOMERS INCLUDED

- Tiny Mites- 5-7
 - D8 - 7-8
 - D10 - 9-10
 - D12 - 11-12
 - D14 - 13-14
 - D16 - 15-16

*w/camp=UCA overnight camp payment \$285 or commuter \$220

GOFFSTOWN PARKS AND RECREATION

2024 SPRING

GIRLS AND BOYS LACROSSE

REGISTRATION OPEN NOW!

8U INSTRUCTIONAL

●

10U, 12U, AND 14U
TRAVEL

SEE WEBSITE BELOW FOR
MORE DETAIL

●

OR CONTACT
ERIN.TRNKA@GOFFSTOWNNH.GOV

GOFFSTOWNNH.GOV
GOFFSTOWN.RECDESK.COM

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
or contact Kristen McGraw, Program Director:
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

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

or call 603.497.2343



**You're
Invited!**



AGOGGE

WRESTLING CLUB

FREE

Introduction to Wrestling Class

for brand new wrestlers aged 4 to 18

Monday, April 22nd 5-6pm

or

Wednesday, April 24th 5-6pm

Register Today

www.agogewrestlingclub.com

