

# 🐾 MVMS 🐾 PAWS NEWS

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Thank you for the student letters!  
During SAS testing, many MVMS families have sent in letters of encouragement and support. The students have been excited to read a letter from home.

If you have not yet sent in a letter, there is still time. SAS testing will continue in April. Please see the schedule below.



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## Thank you!

Thank you for the support for Team 7-1 from the following local Maple Syrup makers:

Dale Smith – Mt. Crumpit Farm  
Rick Sweeney  
Dr. Michael McMurray

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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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School Website: [MVMS Home](#)

## MVMS SCHOOL COUNSELORS

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

## Liberty House Fundraiser History

Ms. Grasset began this fundraiser almost 20 years ago. This year, the Liberty House will have been open for 20 years. The Director, pictured below with Ms. Nelson, is Mr. Nelson, however, he is not related to our science teacher. The Liberty House began in a 10-bed facility on Baker St. in Manchester with a house donated by a military family. They have moved to a gorgeous new facility in Manchester and can house 18 veterans now. It is important to note that they also help veterans in the community struggling to re-acclimate after serving our country. They accept all types of donations (money, toiletries, food, clothing, etc!) This year's MVMS donation was \$1215 (2nd best in 20 years). Team 8-2 students (mainly Eva, Kiera, and Connor) were the face of the campaign, and went around the building. Due to the donation being over \$1000, we earned a "Gold-star" sponsorship with an invitation for a staff member to attend their upcoming 20-year celebration.



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



**COMING  
 SOON**



# Office of the **PRINCIPAL**

Dear Families,

MVMS students completed the writing portion of the NHSAS assessment over the past week. We are so proud of the hard work and perseverance we saw from our students during the testing sessions. Speaking of perseverance, March's PBIS Theme of the Month is Perseverance. Staff and students are focused on what perseverance looks like here at MVMS and how one should go about living their life with perseverance. Be sure to chat with your student about what he/she is learning about perseverance.

We will be holding our band, chorus, and orchestra performances next Tuesday and Wednesday and look forward to seeing all the progress our musicians have made this school year.

In other, exciting news, we have set the date for Grade 8 promotion. The promotion ceremony will be held at Saint Anselm's College on Thursday, June 13th. The ceremony will take place at 2:00. Please note: the ceremony is scheduled for the afternoon due to Goffstown High School using the same venue, on the same day, later that evening. More information will be communicated as we get closer to June.

As always, I appreciate and am thankful for your continued support.

Thank you.  
Mrs. Milligan  
Principal



Main Office: 603-497-8288

 41 Lauren Lane, Goffstown NH 03045

Date	Upcoming Events
March 19	March Arts Night: Grades 5 & 6
March 20	March Arts Night: Grades 7 & 8
March 21	Staff vs. Student Basketball Game
April 2	Transition Night: Incoming 7th Grade
April 4	Transition Night: Incoming 5th Grade



**MVP Candy Bar Bingo was such a success for all!  
Thank you to all the parents who donated their  
time and candy!**



Main Office: 603-497-8288

 41 Lauren Lane, Goffstown NH 03045



## MVMS Transition Nights

### April 2, 2024: Incoming Grade 7

MVMS will be hosting a transition night on Tuesday, April 2, 2024 @ 6:00 p.m. Incoming 7th grade students and their families will be offered a tour of the school building and meet some of our faculty.

\*This event is for students new to Goffstown and those coming from New Boston Central School.

### April 4, 2024: Incoming Grade 5

MVMS will be hosting a transition night on Tuesday, April 4, 2024 @ 6:00 p.m. Incoming 5th grade students and their families will be offered a tour of the school building and meet some of our faculty.



## SAS SCHEDULE BY GRADE

### GRADE 5

ELA: APRIL 16, 2024  
MATH: APRIL 17, 2024  
SCIENCE: MAY 1, 2024

### Grade 7

ELA: April 4, 2024  
Math: April 9, 2024

### GRADE 6

ELA: APRIL 10, 2024  
MATH: APRIL 11, 2024

### Grade 8

ELA: April 2, 2024  
Math: April 3, 2024  
Science: April 30, 2024



**WORK  
HARD**

**SCHOOL  
RULES!**



**KEEP IT  
UP!**

## »»» 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](mailto:Sara.matatall@SAU19.org)      [Susan.potvin@SAU19.org](mailto:Susan.potvin@SAU19.org)

Graphic Summary of Respiratory Illness Guidelines

<https://www.cdc.gov/respiratory-viruses/downloads/RVG-Summary-Graphic-508.pdf>

Preventing the Spread of Respiratory Illness When You're Sick

<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>



## »»» AFTER VISITING GHS, 8TH GRADERS HAD AN ASSEMBLY, WITH A GAME OF KNOCK-OUT.



## ➤➤➤ MAPLE SYRUP STUDY ON 7-1

Team 7-1 has been studying the process of maple syrup making. In social studies we have been learning about how the Native Americans collected sap as well as learning about the different spiles that go into the tree and the different ways to collect the sap. We have also been able to learn about the tools needed in the process and even went outside to tap trees in the woods at Mountain View! I have been enjoying going outside to collect the sap and learning about the ways to use the tools.

Elaina Kelleher, 7-1 student





# Paws Pride Theme

Respect - Community - Responsibility - Pride

## PBIS Theme of the Month:

### Perseverance

Each month the MVMS community focuses on a specific aspect of character development. March's character theme is perseverance. Perseverance is defined as continued effort to do or achieve something despite difficulties, failure, or opposition.

NEVER  
GIVE UP



## MVMS Teacher Spotlight

Jim Mara has been teaching music for 28 years, 9 of which have been here at MVMS. When he's not working with young musicians, he enjoys photography, running for public office and playing his saxophone, which he's been doing for over 20 years, both professionally and for fun.

An interesting fact: his professional musical journey began as a musician on a cruise ship! In the future, Mr. Mara's dream job is to work with The Muppets!



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

Mrs. Jordan has been working at MVMS for 3 years now. When she is not at school, she enjoys spending time with her three daughters and four dogs. She is a therapy dog handler and volunteers with her therapy dog, Ilo, at hospitals and at other community events. She and Ilo can be seen around MVMS on Fridays throughout the school year. She also shows dogs in conformation with her family. One of her dogs even competed at Westminster last year!







**Congratulations  
to all of the  
Stringfest  
Musicians!**



# Pawsitive Connections

Ms. Jordan, a school counselor at MVMS, has connected with middle schools across the United States to share information about Ilo, the therapy dog, who visits MVMS students and staff throughout the year. So many dogs and handlers have reached out and shared their story.

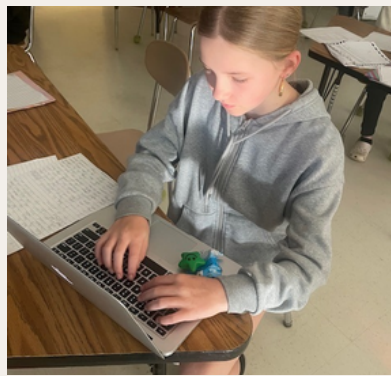


## Buddy Classrooms

Thank you to our students and staff for showing support to your buddy classroom during our testing sessions. This was a great way to grow and support our school community.



# THANK YOU MVP!



Thank you for the goodie bags for each of our MVMS students. The students enjoyed the fidgets and the small treats as they began their hard work.



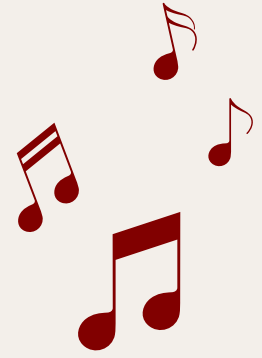
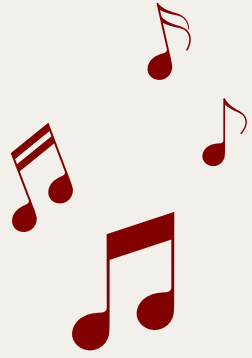
## Field Trip Volunteer Information

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](#)



## MARCH IS MUSIC IN OUR SCHOOLS MONTH®

Learn how you can celebrate your music program this month!

#MIOSM | #MusicsMe | [nafme.org/MIOSM](http://nafme.org/MIOSM)

### 5/6 Fine Arts Night Concert March 19, 2024

Band and Orchestra

Perform @ 6:00 pm

Band Arrive @ 5:30 pm

Orchestra Arrive @ 5:15 pm

Chorus

Perform @ 7:30 pm

Arrive @ 7:00 pm

### 7/8 Fine Arts Night Concert March 20, 2024

Band and Orchestra

Perform @ 6:00 pm

Band Arrive @ 5:30 pm

Orchestra Arrive @ 5:15 pm

Chorus

Perform @ 7:30 pm

Arrive @ 7:00 pm

### Happy Pi Day





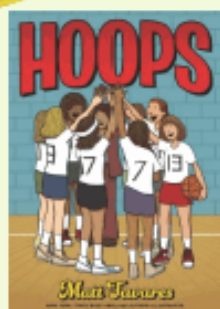
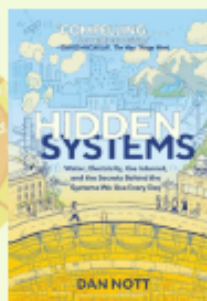
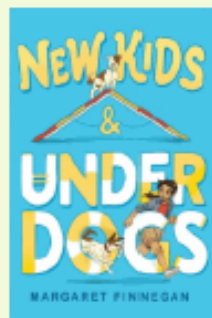
# March 2024

## New Books

## Music and Arts in The Schools Month!

Here are some ways to celebrate... with the help of our library:

- Check out some of our music and art themed books.
- Use the materials in our Makerspace to create some art.
- Use some of our tools to create your own music on our computers!



## Minecraft Education



Minecraft Education is now installed on our library computers! Ask us how to get started creating!

## Spring Bookfair Save The Date!

**March 25th - March 29th!**

- Set Up an eWallet for "cashless" shopping.
- Donate a book from a teacher's wish list.
- Invite family and friends to shop online!

Click here to view our online bookfair.



# MVMS SPRING SPIRITWEAR

*Deadline to order is Sunday, March 31 at Midnight*



<https://www.browngraphix.com/mvms-spiritwear.html>





**SPECIAL GUEST: THE EASTER BUNNY!**

Sponsored by  
Pinardville Lions Club and Goffstown Lions Club

**Saturday, March 23, 2024**

(Rain date: Saturday, March 30)

**Location – Roy Park**

**Times :**

9:00 am Ages 1 to 3

9:45 am Ages 4 to 6

10:30 am Ages 7 to 9

11:15 am Ages 10 to 12

Parking is limited so we ask for cooperation with timing.

*LIONS - Together we serve!*





***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**







# 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](http://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



## **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!**

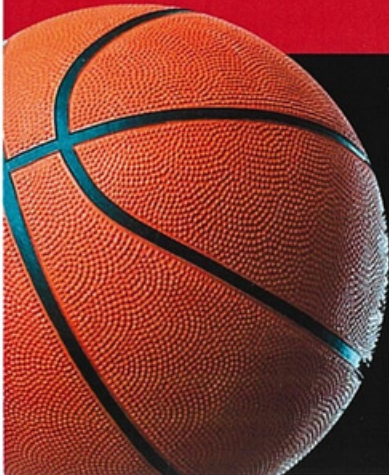
Register on or before March 15th to receive a free team T-Shirt!

**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)



# 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