

# TIGER TALES

December 2020



Volume 35, Issue 3



## Letter from the President:

Dear Matthew Thornton Families,

During this season of thankfulness and giving, we would like to say **Thank You** to our Matthew Thornton families. Thank you for always being so quick to contribute generously when we have the chance to give back to our teachers, our school, and through our community outreach!

The Stockings for Soldiers Outreach was a huge success again this year. All the items collected are now in the hands of the wonderful team at Operation Care for Troops in Nashua. They will be packing and sending them to the troops very soon. Thank you for all of your troop list donations and the thoughtful letters of encouragement. They were very appreciative of all the donations!

Our Adopt-A-Family collection was an incredible success, given this difficult year. We were able to provide all the items on the wish lists! All of the donations were delivered to St. Mark's Church on Dec. 1<sup>st</sup>. A huge thank you to Courtney Tanguay for all your hard work and organization of our Community Outreach program!!

Finally, on behalf of the PTA, we would like to say how much respect and gratitude we have for our incredible teachers and staff. You have gone above and beyond what your job description is this year in order to create a safe and positive classroom for our students, whether they are in-person or remote.

*Holiday Break December 24 - January 4*



We truly appreciate each of you and all that you have done for our families and children this year!

**Please note:** There will not be a PTA meeting in December. Our next meeting will be held on January 14<sup>th</sup> from 6-7pm via Zoom. Please join us as we discuss future events for the remainder of the school year.

Jen Rich, President

*We hope all our MCT families, teachers, and staff have a peaceful and relaxing holiday season!!*



## **Principal's Corner:**

Happy December, MT Families:

December is usually a time when our community is filled with holiday joy. However, this year, like we've said so many times, is different. We feel more isolated, and we are missing some of our most cherished traditions both at home and at school. I do want to commend our students, families, and staff for adapting to being remote again and finding ways to integrate moments of celebration and joy in this new phase of remote learning. Everyone continues to model perseverance and kindness, and the MT community is a wonderful example of making the most out of tough and terrible circumstances. Please keep shining your light as we make it through Covid to better times ahead, when our concerts, class celebrations, Winter Wonderland, dances, and so many other things can safely return.

Please enjoy the vacation at the end of this month and send good thoughts for 2021 being a year of healing and back to normalcy.

Sincerely,  
Amity Small, Your Proud Principal

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## **Remote Learners**

MT remote learners continue to be resilient, hard workers! We continue to focus on connecting, growing, and learning together remotely. We are enjoying getting ready for the holiday season and are happy to welcome our in-person peers as they temporarily go remote over these next few weeks!

We are so thankful for our remote families and all of their hard work and support as we navigate this year!

Kelly Juster

Remote Teacher





On behalf of the Matthew Thornton Elementary School PTA, we wanted to take a moment and thank everyone who participated in the online book fair. Due to Covid-19 restrictions, Matthew Thornton chose to host its fall book fair online. Even though we could not celebrate reading in person by seeing and touching new books at the fair, we found different but exciting ways to remind our learners how much fun it is to read.

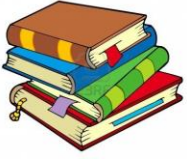
Governor Sununu welcomed students to the fair by reading Hooray for Diffenduffer Day by Dr. Seuss and Jack Prelutsky. Others from the great state of New Hampshire also found time to read to Matthew Thornton, including Senators Hassan and Shaheen and US Representative Chris Pappas. We also had some amazing and terrific Londonderry celebrities such as Police Chief Hart, Superintendent Laliberte, Fire Chief O'Brien, Principal Small, and Town Manager Smith.

During the second week of the book fair, we were able to have a Masked Reader contest. Mrs. Forziati, Mrs. Simpson, Miss Juster, Mrs. Memmelo and Mrs. Rheault all went out of their way to keep us guessing as they read some great stories. 12 students were able to correctly guess all of the masked readers.

Throughout the two week run of our book fair, our teachers, administrators, and celebrities all showed us all that we can keep traditions alive during these trying times while also creating new traditions. More important, each one of the celebrity readers and masked readers showed our students that they mattered and that they are worthy of the time it took to make the videos. For that, the Matthew Thornton PTA will always be appreciative.

The Matthew Thornton PTA is looking for a Book Fair Chairperson for the 2021-2022 school year and beyond. If you think you would be interested in taking this role and making it your own, please reach out to Susan Fletcher at [fletcherse@comcast.net](mailto:fletcherse@comcast.net). She will give you all of the details.





## Books and Beyond

The Books and Beyond reading incentive program is off and running. This is a program we are able to continue whether we are in school or remote. Keep reading and logging those hours!

Students earn prizes after reading for a total of 5 hours, 15 hours, 25 hours and 35 hours. For every 5 hours of reading after that, they earn another entry in the end of the year raffle, which has some great prizes. Don't forget to send your reading log sheets in to your class B&B volunteer and teacher!

Happy Holidays from the Reading Department and all of the Books and Beyond Volunteers! We hope this holiday season brings you many great opportunities to enjoy family and friends, and some quiet moments to curl up with a good book!



## Books and Beyond

**First collection date is December 2**

[Books and Beyond Info Sheet](#)

[Books and Beyond Log Sheet](#)





**Choose Love Formula** (Courage + Gratitude + Forgiveness + Compassion-in-Action = **Choosing Love**).

This month our school spent time learning about Forgiveness; both what it is and what it isn't. The research is clear that forgiveness is a key character trait attributing to resiliency, and it is critical for healthy relationships and meaningful connections. Other benefits cited in research noted experiencing less anger, greater physical health and well-being, a stronger immune system, and higher self-esteem. As one young person stated, "It feels so good to just let it go."

The Choose Love curriculum describes forgiveness as, "choosing to let go of anger and resentment towards yourself or someone else, to surrender thoughts of revenge, and to move forward with your personal power intact." The focus on forgiveness is about our individual choice to take back our personal power. In age appropriate lessons, your children learned that forgiveness is a process that begins with a choice. They also learned that forgiveness is not that everything has been resolved, that another didn't treat you unfairly, or even that a behavior or action that hurt was corrected. The message of forgiveness is that, "We can't always choose what happens to us, but we can choose how to respond."

You may want to ask your child to show you the Forgiveness Breath and explain when they might use it. You may also want to ask them what forgiveness means to them and how they might show forgiveness in practical ways both at home and at school. I leave you with a powerful quote from Martin Luther King, Jr. "Forgiveness is not an occasional act it is a constant attitude."

By Nancy DeLew





## Friendly Reminders from the Nurses Office

### Coping with Stress

As we enter the remote learning period, parents and children may begin to experience increased levels of stress. It's important to remember that children react, in part, on what they see from the adults around them. Talking about COVID-19 calmly and confidently can help reassure and provide support to children.

**Not all children respond to stress in the same way.** Some common changes to watch for include:

- Excessive crying or irritability and acting out.
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Poor school performance.
- Difficulties with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.

### Ways to support your child

- Don't avoid talking with your child about the COVID-19 outbreak. Anxiety often comes from a lack of knowledge. Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress. Take breaks, get plenty of sleep, exercise, and eat well.
- Limit your child's exposure to news coverage including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. During remote learning periods, create a schedule for learning activities and relaxing or fun activities such as reading together, exercising and playing board games.
- Stay in touch with your friends and family members. It's important for children to remain connected with friends during remote learning. Consider arranging virtual playdates. Many games and activities such as Arts & Crafts, Bingo, Charades, Yoga, Simon Says and Sing-Alongs can be enjoyed virtually.

**We hope everyone in the Matthew Thornton Family stays healthy and happy. Have a great Holiday Season!**

**Kristen Hughes, Sarah Brown, & Marilyn Sullivan**

ALWAYS REMEMBER **TIGERS**

YOU ARE

**BRAVER**

THAN YOU BELIEVE

**STRONGER**

THAN YOU SEEM

**SMARTER**

THAN YOU THINK

**AND LOVED**

MORE THAN YOU'LL EVER KNOW.

LET'S HAVE A GREAT MONTH REMOTE LEARNING AND  
TEACHING EVERYONE!

Quote from Mr. McCarthy's daily announcements

Tiger Tales is a monthly publication of the Matthew Thornton PTA and is sent out to parents and guardians of every student.

To advertise in the next Tiger Tales, there is a \$15 monthly charge. If you're interested in advertising in next month's or every upcoming issue for the scholastic year (discounted price!), please contact me at my [email](#).

Jenn Brooks, Editor, Tiger Tales