
Tiger Tales

October 2022

Volume 37, Issue 1



President's Letter

Dear Matthew Thornton Families,

On behalf of the MTPTA, we'd like to welcome you to the 2022-2023 school year! We hope you had an amazing summer and have had a smooth transition back to school. A big welcome to our new teachers and staff members, incoming 1st graders and new students! We are so thrilled to have you as part of our Matthew Thornton community!

Thank you to all the families who came out for our Back-to-School Ice Cream Social! We had beautiful weather to enjoy some ice cream, visit with other families, and watch the students play on the playground with friends. A huge thank you to everyone for your patience and understanding while waiting in line.

Our membership drive will continue until the end of October. Please consider supporting the PTA by becoming a member. Choosing to join the PTA does **not** automatically sign you up to volunteer. The money from your membership goes towards paying our state insurance fees, and for the grade level programs we are able to offer to our students. Membership fliers went home in the back to school packets, but if you need another one, please email our Membership Coordinator, [Lisa Theroux](#). Also, please like us on Facebook: [Matthew Thornton PTA](#). Our Facebook page is a great way to get updates and reminders of happenings in the school. Please make sure to choose to receive notifications on our posts.

This year, we are looking forward to our fundraisers that we intentionally try to make fun for the whole family. All fundraising efforts go directly to the PTA and **help to fund every grade level program and assembly, field trips, MT indoor and outdoor beautification projects (we really want our learners to feel proud of and responsible for their learning environment), playground equipment, and so much**

more. If you are not interested in fundraising, you can also contribute directly to the PTA!

October is a busy month here at Matthew Thornton for the PTA. We will be having our Candy Crush Fun Run, Fall Festival and Book Fair this month. If you attended our Fall Festival last year, you can look forward to the same event, but we have added some new activities and will be offering dinner. We will also have our amazing Raffle Baskets to bid on in our cafeteria during the Fall Festival. Each classroom has a theme, if you are able to donate anything to include in the baskets. We hope to see everyone on Oct. 6th!

Looking ahead, we will have our ever-popular Raffle Calendar in November, and our Boosterthon Fun Run later in April. Due to the overwhelming support of our families, our Boosterthon event raised enough money last spring for the PTA to begin work with Mrs. Small and Mr. Sicard to approve the building of a new outdoor pavilion that will be going in the Courtyard. Teachers and students will have the ability to use the pavilion for outdoor activities and learning. We are not able to do these amazing projects without the support of our wonderful families, so thank you!!

We would love to have you join us at our next PTA meeting on Thursday, October 13th from 6-7pm in the MT Library, again with child care and pizza provided. PTA meetings are a great way to become involved and learn more about what happens behind the scenes. Come and check out all the great happenings and opportunities with the MTPTA. If this meeting or others don't work for you but you have questions or input, please don't hesitate to [email me](#).

Thank you to our volunteers for all you do to support our children and our school community! We look forward to another great year!

Jennifer Rich
President

...Principal's Corner...

Welcome to October!

I can't tell you how excited I am about how well the school year has started off for us. The days feel more normal, and it's been wonderful to have our in person traditions underway. We also enjoyed welcoming families to our Parents Nights in September. I also appreciate the patience families showed waiting for ice cream at our ice cream social—students loved the evening. I can't wait for families to enjoy the Candy Crush Fun Run and Fall Festival this month—there are so many exciting activities for everyone to enjoy. And most importantly, I thank everyone for coming together to support our school. The MT community inspires me with what it will contribute—like items for the newly started Care Closet, fun additions for the PTA raffle baskets, or teacher supplies for the classroom. We couldn't offer these extras without the support and help of our families; I am so grateful that we work together for the good of the children. May that partnership continue to flourish all year long.

Finally, thank you to our PTA for its hard work planning events for our school—if you have time to get involved with the PTA, they'd love to have you. Whether you can do a lot or a little, we need all sorts of volunteers to make the magic happen! Cheers to a beautiful Fall!

Sincerely,
Amity Small, your Proud Principal



Membership

Chaired by Lisa Theroux

PTA will be accepting membership dues and forms through the end of October. We would love to have your support in helping to create fun experiences and lasting memories for the students through the various PTA sponsored events. Please reach out to [Lisa Theroux](#) for any questions regarding membership, PTA meeting dates/times or volunteering opportunities. We look forward to seeing you at our next PTA meeting!

[Membership Form](#)



School Store

Chaired by Lisa Theroux

School Store is back for the 22/23 school year and the first one is right around the corner on Friday, October 14th! Students can visit Paw's Place school store during their lunch period. We have a wide range of prices with most items available from \$0.25 to \$1.00. Students can find pencils, erasers, sharpeners, highlighters, scented items, bookmarks, EarPods, novelty toys and more! Have your student gather up their spare change and we look forward to seeing their smiling faces at Paw's Place. Watch for school store volunteer opportunities via email and sign up genius or reach out to [Lisa Theroux](#) with any questions. Happy shopping, Tigers!



Red Ribbon Week

Since 1988, we have been celebrating Red Ribbon Week across the country. The goal of Red Ribbon Week is for all of us to make healthy choices about alcohol and other drugs. Courtesy of our PTA, all students will receive a red bracelet to wear that week, as a reminder of the importance of being healthy. Mrs. Small will make announcements each day about healthy choices over the intercom, in addition to some statistics about substance abuse. Classroom teachers will have a variety of activities to engage their students in discussions about how to make good choices. All staff and students are encouraged to wear red clothing on Thursday, October 27th. Please ask your child about their red bracelet!

By Kathleen Wuorio, School Counselor



Reflections

Chaired by Deb D'Amore

Do you enjoy creating art? Take part in Reflections, a National PTA sponsored art contest! You can participate in any of the seven categories: visual arts (drawing, painting and 3D art), literature, photography, musical composition, dance choreography, film production or Special Artist. All program participants will receive a certificate and a ribbon. Some entries may even move onto State or National judging where they are eligible for scholarship prizes!

This year, the Reflections theme is "Show Your Voice!" It doesn't matter if the entry has been created in the classroom or at home, as long as it is original art that has been created by you based on the current theme.

The Reflections program will accept entries virtually beginning in October and running through mid-November. We will also hold our annual town-wide exhibit once the event is scheduled.

Please contact the Reflections chairperson with any questions: [Deb D'Amore](mailto:debellben1315@gmail.com), debellben1315@gmail.com. And keep an eye out for entry forms going home in early October, as well as an after-school Reflections Art Workshop where students can create their visual art submissions right in the school for entry!

For a history of the program and detailed rules in each category, visit the [NH PTA website](#)



Ski Club

Chaired by Kristy Fitzpatrick

It may feel early, but the ski season is quickly approaching, and McIntyre Ski Area will be running Ski Club this year! As in the past, Matthew Thornton students who choose to participate will be skiing / snowboarding on Thursday afternoons 4:30-6:30. We do not have a start date yet , but it's normally the first Thursday in January.

More information will follow, but we do want to inform families that we will NOT be offering transportation this year as we have in the past.

Hope to see you there!!



Merchandise

Chaired by Renee Desjardins

Hello to our Matthew Thornton Families!

If you are new to our school, or in need of some new spiritwear, we are excited to let you know that we have some new items this year!! We are using a local Londonderry vendor who has offered some incredible new items in both youth and adult sizes. Order forms will be going home with your student this week, so be on the lookout for that! If you have any questions regarding the order form or other merchandise questions, please contact [Renee Desjardins](mailto:rjwillet@gmail.com) at rjwillet@gmail.com



Popcorn Days

Chaired by Kelly Dow

The PTA is thrilled to be able to bring back Popcorn Days at Matthew Thornton this year!! We will be offering popcorn for sale starting in November. Popcorn will be set up outside of the cafeteria and students will have the opportunity to buy a bag of popcorn for \$.25 during their lunch. Remember those quarters and enjoy a fun treat at school! A signup genius will be sent out for volunteers as the date gets closer for help selling popcorn bags during lunches. We would appreciate any help if you're able to come in for any time you have.

Popcorn Days:

November 18

December 9

February 10

April 7



Fundraising: Raffle Calendar

We are thrilled to announce our Raffle Calendar Fundraiser, made possible through the generosity of local businesses who have graciously donated to our school. For every day during the month of November, a winner will be chosen to receive that day's prize(s). Each day's prize is valued at a minimum of \$50, with many days valued at well over \$100! What to do? Purchase calendar raffle tickets! Also, ask friends and family to purchase calendar raffle tickets for \$10 each or 3 for \$25. The prizes are amazing! Do you have a business you'd like to promote? By donating your product and/or service to our raffle calendar, you will be seen by thousands of local families! To do so, email [Jen Rich](mailto:JenRich).

Most importantly, please consider patronizing the local businesses who so graciously donated to help ensure our success in this fundraiser. These are businesses who have decided to support our children with the many PTA funded extras they deserve. Be on the lookout! Raffle Calendars will be coming home soon!



Chaired by Courtney Tanguay

Coming up in November:
Stockings for Soldiers Collection
&
Adopt-A-Family Collection



Fall Raffle Baskets

Chaired by Kelly Cronin

Donations are building up for the Fall Basket Raffle and they are great! We are still accepting donations and will continue collecting right up until the day before the Fall Festival on **October 6!** If you haven't had a chance to send something in for the baskets with your child, it's not too late!

Tickets will be on sale the night of the Festival, but you can also pre order using the form on the back of the raffle basket flier.

Thanks for all of your generosity, and best of luck!

[Fall Basket Fundraiser Flyer](#)

[Raffle Ticket Order Form](#)



3K & Lollipop Dash

Thursday, October 6th 5:00pm

Join us for a fun run/walk at Matthew Thornton before the Fall Festival! Grab your sneakers, dress up in costume, and be sure to bring your sweet tooth! Candy bags will be handed out at the finish line!

\$2 per runner or \$10 for families of 5 or more

Lollipop 200-yard dash is free and is only for ages 5 and under!

Pre-Registration is required by October 5th.

You can pay by cash or check payable to MTPTA or pay on Venmo @MatthewThorntonSchoolPTA. **Be sure to note that it's for the Candy Crush Fun Run.**

[REGISTRATION FORM](#)



FALL

festival

JOIN US FOR

farm family fun

**OCTOBER 6TH
5:30PM-7:30PM**

**MATTHEW THORNTON COURTYARD
\$30 PER FAMILY INCLUDES DINNER**

**You can pay by cash, check payable to MTPTA, or pay on
VENMO @MatthewThorntonSchoolPTA
(Be sure to note that it's for the Fall Festival)**

**Petting farm, inflatable corn maze, pumpkin decorating,
dinner (grilled cheese/chips/apple), apple cider, apple toss,
pumpkin decorating, haybag races, leaf craft, cornhole, and
photo opportunities!**

Chaired by Ashley Tebbetts

Fall 2022 Scholastic Book Fair!

October 24th - October 28th

"TIME MACHINE. READING CAN TAKE YOU ANYWHERE."

Jump into our book fair time machine! Children will have an opportunity to visit the Scholastic Book Fair with their class throughout the week. There will be lots of selections, plus new releases (did I hear "Diary of a Wimpy Kid"?)! Children will be able to purchase books and other items when they visit, using eWallet, cash or check. Parents can set up an eWallet for their child today! eWallet is a cashless, easy-to-use system!

Games and other fun things to do will be available during the book fair! Children will need to bring in money to participate in some games offered during book fair week (not included in eWallet).

Be sure to save the date for Family and Friends night out at the Book Fair! There will be fun and special activities on Thursday, October 27th from 5pm to 7pm! You won't want to miss it!

Check out Matthew Thornton's Scholastic Book Fair webpage for updated information about the book fair, eWallet instructions, events, and volunteer opportunities:

<https://www.scholastic.com/bf/matthewthorntonelemschool1>

Contact [Barbara Bernard](mailto:barbaramhatch@gmail.com), Book Fair Chair, for more information at barbaramhatch@gmail.com.



Pop Open a Great Book!

Books & Beyond

Chaired by Lisa Burns

The MT Reading Department and the PTA want to invite our students to participate in our Books and Beyond program which begins October 1st! This will be our 24th year of celebrating literacy with this program. As you can see by the cool graphic at the top of the page (Thank you, Mr. Sicard), our theme is “Pop Open a Great Book!” Throughout the year we’ll encourage students to read with book recommendations by students and staff, and contests designed to spark their interest in books.

For those who are new to MTS, Books and Beyond is our incentive literacy program sponsored by the PTA. The goal is to encourage, reward, and strengthen the practice of reading for pleasure. We want to cultivate a love of reading in our learners.

The PTA gives prizes to those who complete their first 5, 15, and 25 hours of reading. Students who have read 35 hours (that’s about 5 hours a month) by May 3rd, 2023, will receive a gold medal at our celebration in June. Each participant will be able to choose a free book at the time as well. Any reading done beyond the 35 hours will count towards a chance in our raffle for prizes such as books, bookmarks with timers, reading lights, and Barnes and Noble gift cards.

This year we will again use a combination of paper and digital log sheets! Families can choose one or the other, paper or digital. **You don’t have to do both.** When your child reads, is read to, or listens to an audio book, record the amount of time spent reading on a log sheet. Additional log sheets can be downloaded from the teacher’s website. Paper log sheets can be brought to school as soon as they are completed. The Books and Beyond Google Form can be found on the teacher’s webpage as well. **Students should submit a Google Form or Log sheet only when they have read a total of at least five hours.**

Log sheets will be collected, and Google Forms tallied on the following Wednesdays:

November 2

February 1

May 4

December 7

March 1

January 4

April 5

If you have any questions about the program, please email Lisa Burns.

[Books & Beyond paper form](#)



Happy October, from the Nurses' Office!

Every day our children are exposed to germs. Below are some tips to help reduce sick days and keep your children's immune systems strong.

Get adequate sleep. Establishing a consistent bedtime routine is important to your child's health. Children aged 5-12 years should get between nine and 11 hours of sleep. Poor sleep quality can adversely affect behavior, eating habits and the ability to fight off infections.

Exercise daily. At least 60 minutes of exercise a day is a good goal to strive for. This will help your child:

- Sleep better
- Fight off infection
- Be healthier overall
- Improve their behavior
- Manage stress better
- Improve performance at school

Reduce screen time. Any screen time should be limited to two hours a day or less when not associated with homework and includes phones, televisions, tablets, video games and computers. Too much screen time can reduce melatonin levels, making it more difficult to fall asleep and can disrupt the body's circadian rhythm.

Practice healthy eating habits. A nutritious breakfast, lunch and dinner, along with adequate hydration throughout the day can greatly improve your child's health.

- A healthy breakfast that includes protein, dairy and whole grains is directly correlated to positive behaviors throughout the day and improves your child's ability to focus and concentrate
- A nutritious lunch includes lean meats, whole grains, fruits and vegetables
- Mealtimes spent with family promote better health and well-being. It can help prevent fatigue, improve mood, aid digestion and weight maintenance and improve brain function
- Promote healthy drink choices like water and milk. Limit or eliminate sugar-sweetened and caffeinated beverages. Caffeine can increase your child's heart rate and blood pressure, interrupt sleep and cause nervousness and irritability

Wash hands frequently to reduce spread of germs. Teach your child to sing the happy birthday song twice (about 20 seconds) while washing. Make sure your child has hand sanitizer when hand washing isn't possible. Teach them to keep hands away from their face and to cough or sneeze into their arm or shoulder.

Help your child deal with stress and anxiety. Monitor your child's social media use and keep the communication lines open so you can identify bullying or other sources of stress or anxiety at school.

**Have a happy and safe Halloween,
Kristen Hughes, Sarah Brown & Marilyn
Sullivan**

October Calendar

October 1

Books & Beyond Kick Off

October 2

School Custodian Appreciation Day

October 6

Fall Festival & Candy Crush Fun Run 5-7 (Rain date 10/13)

October 7

Teacher Workshop Day: No School for Students

October 10

No school/Columbus Day & Indigenous Peoples' Day

October 12

College & Career Day: Wear a College Shirt or Dress as Your Favorite Career in Support of District College & Career Day

X-Country Race afterschool–5th grade

X-Country Team Picture at 8:45

October 13

PTA Meeting: 6-7 in the library

October 14

Friday Dress Day: Football

School Store during lunches

October 18

Recess Review with LHS students (Rain date 10/19)

Grade 3 Seacoast Science Center Field Trip

October 21

Friday Dress Day: Favorite Sweatshirt Day

October 24-28

Red Ribbon Week

October 25-27

Fall Book Fair

October 27

Wear Red to Support Red Ribbon Week

Book Fair Family Night from 5-7 in Library

October 28

Friday Dress Day: Fall Colors

October 31

Halloween Parade/Costumes at 1:30pm



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 OR EVERY UPCOMING ISSUE FOR THE SCHOLASTIC YEAR PLEASE CONTACT ME BY EMAIL. (MONTHLY CHARGES DO APPLY) JENN BROOKS, EDITOR, TIGER TALES