



April Happenings

- April 1 Easter
- April 2 PTO 6:00 in the Library
- April 3 Lend an Ear
- April 12 Community Supper 5:30
- April 13 Grade 4 Field Trip to the State House and Franklin Pierce Manse in Concord
- April 13 Assembly 2:40 ~ Reporters: Grades 1 and 3
- April 19 1st Grade begins spring gardening project with Cornucopia
- April 20 Report Cards go home
- April 23-27 Spring Break- No School

Pierce Dates to watch for: May 7-11~ Testing NHSAS grades 3 & 4; May 14-June 1 ~ NWEA grades K-4; May 31~ 4th Grade Fly-up at GBS; June 7 ~ All School Field Trip to Montshire Museum of Science; June 12 ~ Field Day at CVHS;

Special Schedule: 4/2-6 DE (sneakers); 4/9-20 MuzArt; 4/30-5/4 DE (sneakers)

CVHS Graduation June 18, 2018

Please avoid parking in the Bus Lane in front of the school. There is parking behind the school or across the street at student drop off and pick up times. Thank you

Principal's Note:

Greetings Pierce Families,

I don't know about you, but I am very excited to welcome warmer weather and no more snow days! It looks as though the date has been set for the last day of school, and it is June 22nd!

I wanted to take a brief opportunity to share information about my position next year. It is bittersweet to report that I will be a full time Principal at AES in the 2018-2019 school year. A community Principal for Pierce is currently being advertised. Although I am sad to say goodbye to my staff, families, and students at Pierce, I am happy for both schools for being able to have someone providing their full time, energy and attention to each school respectively. I will provide more information as it becomes available. I look forward to continuing my work here for the remainder of the academic year.

As part of that work, a Family Voice Team has been assembled to work on the link between family and community engagement and student achievement. Members of this team will be attending family engagement training developed by the Department of Education. Stay tuned for more information as we learn to apply our newly-learned skills for the benefit of the school.

On an educational front, April is Poetry Month! I encourage everyone to explore the world of poetry and have your children read at least 15 minutes a day. By doing so, you will support your children in developing a love for reading, and you will be helping to build their skills. Reading together can be a wonderful bonding activity!



Why Your Child Should Read 15 Minutes Every Day

“WHY CAN’T I SKIP MY 15 MINUTES OF READING TONIGHT?”

LET’S FIGURE IT OUT...MATHEMATICALLY!

Student A	Student B
Student A reads 15 minutes 4 nights of every week;	Student B reads only 5 minutes 4 nights...or not at all.
Step 1: Multiply minutes a night x 4 times each WEEK.	
Student A reads 15 minutes x 4 times a week = 60 minutes/WEEK.	Student B reads 5 minutes x 4 times a week = 20 minutes/WEEK.
Step 2: Multiply minutes a week x 4 weeks each MONTH.	
Student A reads 240 minutes a MONTH.	Student B reads 80 minutes a MONTH.
Step 3: Multiply minutes a month x 9 months/SCHOOL YEAR.	
Student A reads 2160 minutes in a SCHOOL YEAR.	Student B reads 720 minutes in a SCHOOL YEAR.
So what does this mean???	
Student A practices reading the equivalent of 6 whole school days a year.	Student B gets the equivalent of only 2 school days of reading practice.
By the end of 6th grade if Student A and Student B maintain these same reading habits, then...	
Student A will have read the equivalent of 36 whole school days.	Student B will have read the equivalent of only 12 school days.

WHY READ 30 MINUTES A DAY?

*If **daily** reading begins in infancy, by the time the child is 5 years old, he or she has been fed roughly **900 hours** of brain food!

*Reduce that experience to just 30 minutes a week, and the child’s hungry mind loses 770 hours of nursery rhymes, fairy tales, stories, and vocabulary development.

*A kindergarten student who has not been read aloud to could enter school with less than 60 hours of literacy nutrition.

Source: U.S. Department of Education, America Reads Challenge. (1999) “Start Early, Finish Strong: How to Help Every Child Become a Reader.” Washington, D.C.

Mindfulness in School

By Robin Gregg, School Counselor

March 22, 2018

Mindfulness, the practice of being fully aware and "awake" in the present moment, with no judgment, has become hugely popular in the United States and around the world in business settings, health care facilities, wellness programs, and, increasingly, in schools. The benefits of regular mindfulness practices include stress reduction and increased focus and attention.

At AES and the Pierce School, students have been learning a variety of mindfulness practices during classroom counseling lessons. We often practice a few minutes of "mindful movement" such as yoga, stretching or balance poses at the beginning of a lesson in all of the classrooms, Kindergarten through Fourth Grade. Third and fourth grade students have practiced mindful listening, mindfulness of touch, and mindful walking.

We often practice "silent seconds" at the end of a classroom lesson—sitting quietly, paying attention to our breathing, noticing sounds, sensations, feelings and thoughts.

These activities and other mindfulness practices can help children (and adults) to self-regulate, and can help to ground and/or energize them. And—they are fun to do!

Here is one simple mindfulness practice to try with your baby or young child(ren), adapted from the *Mindful Games Cards* by Susan Kaiser Greenland and Annaka Harris and included in a recent *New York Times* article about the benefits of mindfulness for children. For more information:

<https://www.nytimes.com/guides/well/mindfulness-for-children>

Find a comfortable and safe place to walk together, indoors or outside. Holding your baby or holding hands with your child(ren), begin walking very, very slowly and deliberately. Notice the feeling in each foot as you walk. You can carefully place each foot down from heel to toe, moving the next foot only after the other one is fully resting on the floor or ground.

As you walk, notice whatever you notice—the sensations in your feet, legs, the sounds around you, the feeling of the air around you, the texture of the floor or earth, the feeling of your toes in your socks and shoes, and so on.

Then, every time you take a step, think of how much you appreciate your baby or child. Say out loud or silently repeat phrases that express your gratitude for your child and this time together, such as "I'm thankful that I can hold you," or "I'm thankful that we are here together" or just simply, "I am thankful for you."

As you continue to slowly, mindfully walk together, send yourself and your baby or child(ren) some positive wishes, speaking them out loud or silently saying to yourself. Here are some of the phrases suggested by Kaiser Greenland and Harris (and edited slightly), which are adapted from similar mindfulness activities, such as a lovingkindness meditation:

- *May we be happy.*
- *May we be healthy and strong.*
- *May we be kind.*
- *May we have compassion for ourselves and each other.*

As you continue walking together, think of the ways your baby or child(ren) make your life better. Again, you may choose to speak these thoughts out loud or to say them silently to yourself.

When your walk is finished, notice how you are feeling. How does your body feel? Your thoughts? Your emotions?

