



PAWS News

September 8, 2022

Respect, Responsibility, Community, & Pride

Office of the Principal

Dear Families,

We successfully finished our first week and a half of school! It was exciting to welcome our students back to school and hear about all of the exciting activities they participated in over the summer. Last week, teachers and students focused on building positive learning communities by establishing routines and fostering respectful habits. We focused on hallway behavior this week and will be emphasizing appropriate behavior in the cafeteria in the weeks to come.

As we begin the new year, I'd like to emphasize that communication with your student's teachers is important. If you have questions, don't hesitate to email your student's team/teacher. Communication between school and home is essential for student success. Also, I would like to invite parents and guardians to attend Open House (see dates below). This is an opportunity to meet your student's teachers and hear about what is planned for their school year.

Each of our students should have received an agenda book last week. It is important for your student to keep it throughout the school year as students will be asked to use it in their classes. The agenda also contains the school student handbook to use as a reference for school related questions, such as attendance and behavioral expectations.

I look forward to all the great things this year holds for us. It is a true honor to be back in Goffstown working with the students, staff, and families.

Best Regards,

Jessica Milligan



DATES TO REMEMBER

Date	
September 13	No School: State Primary/Teacher Workshop
September 15	Open House: Grade 6 & 7 <ul style="list-style-type: none">• Grade 6: 5:45-6:15• Grade 7: 6:45-7:15
September 20	Open House: Grade 5 & 8 <ul style="list-style-type: none">• Grade 5: 5:45-6:15• Grade 8: 6:45-7:15
October 10	No School
October 20	Picture Retake Day

MVMS ADMINISTRATORS

Mrs. Jessica Milligan	Principal
Ms. Brandy Williams	Assistant Principal
Mr. Lyle Hamel	Curriculum Coordinator
Ms. Kim Rivers	Special Education Facilitator
Mr. Josh Lewis	Dean of Students



Beginning of the Year Forms

To help with a smooth transition back to school, we are asking families to complete our annual student forms prior to the first day of school. This process helps to reduce the amount of paper forms that go home and provides quicker delivery of information to our staff for processing and updating your student's information. To access these forms, log into the PowerSchool Portal at sms.sau19.org. Navigate to "Forms" in the left menu. We ask that one parent or guardian per student complete the required "Annual" forms listed as "Empty" to provide our schools with important student and health information, as well as provide the necessary acknowledgements and permissions for the new school year. Your completed forms will have the status of "Pending", "Submitted" or "Approved" as staff review and process forms over the upcoming weeks. If possible, please try to upload PDF files instead of phone screen shots due to upload and storage restrictions. If you need additional assistance accessing your PowerSchool account or requesting a new account, please contact Debra.Vallee@sau19.org.

School Calendar

The school calendar is posted on the [SAU website](#).

2022-2023 Bus Routes

Bus routes for this school year are posted on the SAU19 website. Again this year, students will only be able to take their designated bus home. No passes will be accepted to ride a different bus. If you have any questions, reach out to Goffstown Truck Center at (603) 497-3111. Here is a link to the [bus routes](#).

Arrival/Dismissal

Please take a few minutes to watch a video about our new arrival and dismissal procedures: [Arrival & Dismissal](#)

Arrival:

- Student Drop-Off begins at 8:00 AM.
- Students who need to complete academic work can access the information center at 7:45 AM. Students must have a pass from the office.
- There is a **new traffic pattern** this school year:
 - Buses will go behind the building (left at the bottom of the driveway).
 - Families will use the front main entrance (right at the bottom of the driveway).
- All students will be dropped off at the front entrance.
- Walkers should enter the front of the building and report to their assigned area:
 - All 5th and 6th grade students will report directly to the playground.
 - All 7th and 8th grade students will report directly to the back parking lot.
- Parents should NOT drive around the back bus loop while dropping off their student.

Dismissal:

- All students will be dismissed at 3:10 PM.
- There is a **new traffic pattern** this school year:
 - Buses will go behind the building (left at the bottom of the driveway).
 - Families will use the front main entrance (right at the bottom of the driveway).
- All students will be picked up at the front entrance.
- Walkers should exit the front of the building and head to their assigned area.
- All 5th and 6th grade students will report directly to the playground.
- All 7th and 8th grade students will report directly to the back parking lot.
- Parents should NOT drive around the back bus loop while dropping off their student.
- MVMS offers a late bus that leaves MVMS at 5:00. Students must sign up in the office by 1:00 PM on the day they want to take the late bus.

Bus Pick Up/Drop Off

- Students will be picked up and dropped off at their assigned grade level area:
 - 5th and 6th grade students will be dropped off near the playground.
 - 7th and 8th grade students will be dropped off near the back parking lot.

As a friendly reminder, please stay alert and drive slowly while picking up/dropping off your student. All students should enter/exit the vehicle from the passenger side at arrival and dismissal. Please pull your vehicle forward when waiting or before having your student enter the vehicle to maintain traffic flow.



SOS Signs of Suicide (Curriculum for MVMS Students in grades 7 & 8)

As we embark on this new school year, as a district we are looking to put additional focus on the mental health of our youth. As part of this initiative, we will be rolling out classroom instruction in grades 7-12 using a program called *SOS Signs of Suicide*. This program teaches students about mental health and how to seek help if they are worried about themselves or a friend. SOS has been used by thousands of schools for over 20 years. Studies have shown that it effectively teaches students about depression and suicide while reducing the

number of students' self-reported suicide attempts. Through age-appropriate video clips and guided discussion, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend who they can turn to at school for help, if they need it

Following the video, students will complete a brief depression screening tool. This tool cannot provide a diagnosis of depression but does indicate whether a young person should be referred for evaluation by a mental health professional. At the end of class, students will complete a response slip which asks whether they would like to talk to an adult about any concerns. Counselors will conduct brief meetings with any student asking to talk. Classroom instruction will begin in September in grades 7 & 9, and continue throughout the year in all grades 7-12.

Prior to beginning any classroom instruction, we hosted a presentation for parents on *SOS Signs of Suicide* on September 7, 2022. Goffstown Television will also provide a video recording of this event for families that are unable to attend. Additional information on this program is available at: www.sosignsofsuicide.org/parent. All of our district suicide prevention policies, plans, and resources can be found [here](#). If you would like to discuss concerns about your student, please contact your student's school counselor. If you would like to opt your student out of the classroom presentation, please contact Joyce Lewis at (603) 660-5320 or joyce.lewis@sau19.org.

Information Center

Beginning September 14th, the MVMS information center will be open for students to access resources before and after school. The library is open before school starting at 7:45 and will remain open at the end of the school day until 4:45, Monday-Thursday. The information center will close at 3:10 on Friday. Students dropped off at 7:45 or picked up after 3:15 from the library need to enter and exit through the front lobby doors.

The Late Bus

The Late Bus will run during the 2022-2023 school year. The Late Buses will pick students up from MVMS at 5:00. Students must sign up in the front office by 1:00 to ride the late bus each day. Please see the bus information that will soon be posted on the SAU website in regard to the stops associated with the late bus.



Label Your Student's Clothing

Every year our lost and found is overflowing with beautiful clothing, coats, lunch boxes, etc. Approximately 4 to 5 times a year we donate our lost and found to charity. Please take the time to label your student's clothing, backpacks, and lunchboxes, so we are able to return these items to your student. If your student is missing something, remind them to check the lost and found, located in the Hilltop Café.

PBIS Theme of the Month – Respect



Each month the MVMS community focuses on a specific aspect of character development. September's theme is respect. Our teachers and students have been discussing what respect looks like in the classroom, hallways, and Hilltop.

“Respect yourself, and others will respect you.” – Confucius

Grade Level Supply List

Grade level supply lists are located on our website at: [School Supply List](#)

Summer Reading - There is Still Time!

There is still time to sign up for the 2022-2023 Reading Program! We are in the planning stages for our school wide Summer Reading Book Chat that will be happening sometime in early October. We have multiple copies of the books for you to check out in the MVMS Information Center. We also have eBooks and digital audiobooks available through Destiny. If you would still like to participate, all parents should sign up their student for a summer reading book! Please reach out to Amy O'Riley, our school librarian, at Amy.ORiley@sau19.org with any questions.

Book List Handout

<https://docs.google.com/presentation/d/1aFTJ2W5hU7wLIDxIjZkhR4iwxBNPX73U8WkODRcer1Y/edit?usp=sharing>

Summer Reading Presentation

<https://tinyurl.com/MVMS2022SummerReading>

Parent Sign Up Form

<https://forms.office.com/r/Jke4ZAs6Xp>

Print and Digital Books Available for Checkout

<https://collections.follettsoftware.com/collection/62a0d31322c46d00118d9b73?h=24789749a79388137ab2c593284f741a7d9191351dc70f9462169b578a8fa8e0>

Update from Food Service Department

- [SAU 19 Food & Nutrition Information](#)
- Sign Up for Titan: <https://family.titank12.com/>
- Breakfast and lunch will not be free for all students this year.
- Please complete a free and reduced meal price application now: [Free & Reduced Application](#)

- Anyone can complete an application. Paper applications can be requested from your school or from the food service director at megan.bizarro@sau19.org
 - Other benefits for filling out the application include: Discounted camp fees, College application and Admission Test Fee Waivers, and the district can receive more state funds to offset the local tax rate

Update from the Nurses: Attention 7th Grade Parents

The State of NH requires all students entering 7th grade to receive the **Tdap** vaccine (Tetanus and Pertussis) prior to the start of 7th grade. Most students receive this vaccine between ages 10-12. Many 7th graders are still missing documentation of this vaccine. If your student received this vaccine, we ask that you send in a copy of their immunization record. If your student has not had the Tdap vaccine, please make arrangements with your student's health care provider for him/ her to receive this vaccine before the start of school in September and submit a copy of your student's vaccine record to the MVMS nurses once completed. Feel free to contact the MVMS Health Office with any questions or concerns.

Thank you,
MVMS School Nurses

Sara Matatall RN sara.matatall@sau19.org

Susan Potvin RN susan.potvin@sau19.org

MVMS Spiritwear:

MVP is hosting a school spirit wear store. This store is open now and closes on September 25th. More information is below.

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

Text Message Alerts

Opt-in to receive school delay and cancelation alerts, as well as emergency notifications. To opt-in, text the word "Yes" to the code number 67587. *Please note: Mobile numbers must be on file in our database (PowerSchool) to opt-in. To update your mobile number contact the school office.

Paraprofessional Job Opportunity

MVMS is seeking paraprofessionals for the 2022-2023 school year. The job predominantly consists of supporting small groups of students or individual students in Grades 5 through 8 throughout their day. If interested, please contact our main office at 603-497-8288 or apply through our [district employment opportunities](#).

Sports Information

Our fall sports teams are in full swing and games are starting soon. Best of luck to all MVMS athletics on the cross country, soccer, field hockey and volleyball teams. Please check out the athletics website for up to date schedules: <https://goffstownathletics.com/>

Reporting an Absence

Parents and guardians should call (603) 497-8288, when prompted press 2 to report a student absence. Parents and guardians should be prepared to record their name, their student's name, and the name of their student's

teacher(s). A note from a parents and guardians should be presented to the homeroom teacher upon return to school.

Emergency Release

The Goffstown School District uses a district wide notification system called School Messenger. This system allows more effective communication with parents should an emergency issue arise. This includes school cancelations, delays or early dismissals due to poor weather or building emergencies such as loss of heat, water pressure or electricity. Every means of communication will be used to notify parents and guardians. In addition to School Messenger, any school closing or delay because of weather conditions will continue to be announced on WMUR-TV, Channel 9, as well as over the radio station 95.7 FM WZID before 7:00 a.m. Please refrain from calling the school. Parents should have an emergency plan in place with their student for the rare occasion they may need to be sent home early.

School Counselors

If at any point during the year, you feel the need to consult with a counselor for advice for you or your student, please contact one of the following:

Erin Sakolosky	Grade 5	Erin.Sakolosky@sau19.org
Jessica Jordan	Grade 6	Jessica.Jordan@sau19.org
Rachel Nault	Grade 7	Rachel.Nault@sau19.org
Ryanne Roy	Grade 8	Ryanne.Roy@sau19.org

MVP Corner

The Mountain View Partnership is your MVMS parent teacher organization. To become a supporting member, click the link below. You will be given an option to join the MVP Student Directory and will receive a copy in return. The link is <https://my.cheddarup.com/c/mvp-membership>. You will also be enrolled to receive emails on current fundraisers and events sponsored by MVP!

MVP meets on the first Monday of each month at 6:00pm in the Information Center/Library. Everyone is welcome, we'd love to have your input, it truly takes a village! To stay informed on our upcoming events and fundraisers you may also join our Facebook Group at <https://www.facebook.com/mountainviewpartnership>.




8th Grade Parents: We are happy to announce that the annual Washington DC Trip for 8th Graders is scheduled for April 20 - 23, 2023! Information, including **trip details**, **payment plans** and **financial aid** options, will be coming home in backpacks soon. A **Parent Information Meeting** will be held on Tuesday, September

20, 2022 at 7:30 pm (following Parent Info Night) in the MVMS Gym. This trip is coordinated by parent volunteers, any communication or questions can be directed to Kerstie Hazelbaker and Alex Hill at MVMSDCTRIP@gmail.com. Here is a video of what you may find on a World Strides Washington DC Tour: <https://vimeo.com/170210905>


Welcome to a new school year from the Board of
MOUNTAIN VIEW PARTNERSHIP (MVP)
your PTO at Mountain View Middle School.
Before the school year starts we have a couple of items for
you...

- 1. Our **MEMBERSHIP DRIVE** is now online! Simply scan the QR code below or go to mvp-membership.cheddarup.com to pay your \$10 dues and enroll in our MVP School Directory. Membership is a simple way to support our students and staff, there are NO membership requirements or obligations.*
- 2. School Supply Lists are now available! We are again offering to make your shopping easy with **SCHOOL TOOLBOX**. Scan the QR code below, or visit www.schooltoolbox.com to customize your supply box and have it shipped straight to your home.*
- 3. Find us on Facebook at "**Mountain View Partnership**" to stay up to date with all of our events, volunteer opportunities and more!*

Pay Membership Dues and join the Student Directory



Shop supplies with School Toolbox



Thank you so much for supporting our students and staff!

Food Service Updates

ATTENTION

FREE MEALS ARE NO LONGER AVAILABLE

Our current guidance from the USDA does not allow us to serve free meals to all students in the 2022-2023 school year. Pricing will be:

	Breakfast	Lunch
Maple/Bartlett	\$1.50	\$3.00 or \$0.40 reduced price
Mountain View	\$1.50	\$3.25 or \$0.40 reduced price
Goffstown High School	\$1.75	\$3.50 or \$0.40 reduced price

THE IMPORTANCE OF FREE AND REDUCED MEAL FORMS

We encourage families to complete the free and reduced meal application. Families who fill out these forms can be eligible for additional benefits including reduced college testing & application fees as well as helping to provide essential funding for our school. Applications can be found at the Family Portal <https://family.titank12.com/NT69TS> or at www.Goffstown.k12.nh.us or call the school for a paper application.

THANK YOU FOR ALLOWING US TO FEED YOUR CHILDREN

We will continue to serve convenient, high quality, nutritious meals that students enjoy. We greatly appreciate your support.

Megan Bizzarro, Food Service Director,
megan.bizzarro@sau19.org



This institution is an equal opportunity provider.



SAFE STOP™

Giving you peace of mind

Lighten your daily load.

Parents have enough to worry about. SafeStop puts key information at your fingertips so you won't lose time or energy wondering "where's the bus?".

Set up SafeStop:

1. Download the SafeStop app from the App Store or Google Play.
2. Enter the school access code provided below.
3. Enter your child's unique Student ID.
4. Select the (bus or route name based on school communications preference) you wish to track.
5. Create alert zones around drop-off and pick-up points.

You're all set! You will be able to track the bus's movement during active route times and receive notifications when the bus enters your custom alert zone(s).

Trust that your information is secure.

Security is priority one, especially where student information is concerned. All parent information is password protected within the app to prevent unauthorized people from accessing any student bus information.

Key Features:

- View a real-time, map-based bus locator
- Guarantee parent and student information privacy
- Create custom zones for each stop and school
- Receive email alerts and push notifications
- Available on smartphones and tablets

Your School Access Code:

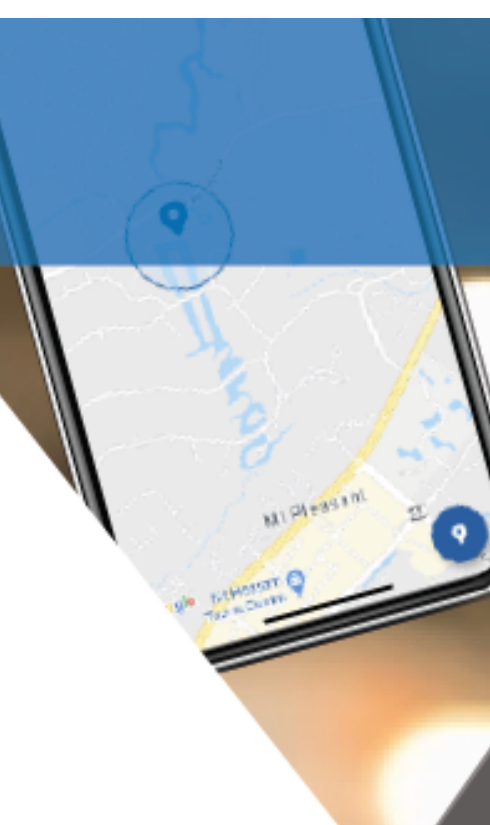
403007



Download on the
App Store



ANDROID APP ON
Google play



September is Library Card Sign-up Month! Goffstown Public Library cards are available FREE to Goffstown residents, non-residents employed in Goffstown, & non-resident students of Goffstown schools. Visit the Goffstown Public Library at 2 High Street, or give us a call at 603-497-2102 and get your library card today!

For students, a library card can be one of their most valuable resources for the upcoming year, and every year after. Having a library card allows users to access the more than 2 million items in our state's libraries' collections. If our library does not own a particular item, it can be requested from another library in our consortium of 12 libraries or anywhere in the state. Visit www.goffstownlibrary.com to see what's available.

Parents, caregivers, and students—signing up for a library card is the first step toward academic achievement and lifelong learning. Libraries play a crucial role in children's education and development, offering programs to spark creativity and stimulate an interest in reading and learning. Through access to technology, media resources, and educational programs, a library card gives students the tools to succeed in the classroom and provides people of all ages opportunities to pursue their dreams, explore new passions and interests, and find their voice.

Reasons to Have a Library Card:

- Books, in many formats including large print, digital for your device, and CDs.
- Movies on DVD and digital for all ages—free entertainment with your card!
- Video games! Telescope! Learning kits! Take and Make Crafts!
- Classes and special events for every member of your family.
- Free and discounted passes for museums, zoos, and natural areas, thanks to our Friends group.
- Newspapers and magazines, some in a digital format.
- A dynamic e-library, including genealogical resources, foreign language learning, and online classes.
- Request your own materials with our cutting-edge library system.
- Children who use the library perform better in school.
- Lifelong learning for all, regardless of age, gender, or financial ability.
- The return on your investment in the Library is HUGE when used!

If you already have a Goffstown Public Library card, we're asking that you share how fabulous a library card is with your family & friends to get them signed up for one of their own.

SEPTEMBER IS Library Card Sign-Up Month

Let your imagination sing at the library

CARA MENTZEL & IDINA MENZEL
Library Card Sign-Up Month Honorary Chairs

ALA American Library Association OverDrive Library Champions

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2022/2023



AVAILABLE PROGRAMS

- *Learn To Skate*
- *Learn To Play*
- *U8, U12 & U15 Recreation Teams*

-LTS & LTP Session 1: Sept 25-Dec 18 Session 2: Jan 8-March 26
-LTS Friday 5-5:50 pm & Sunday 7:30-8:20 am
-LTP Friday 5:50-6:40 pm & Sunday 8:20-9:10 am

-Recreation Program season runs from Sept 25-March 26
Friday evenings & Sunday mornings @ West Side Arena

For additional information & registration go to www.mryha.org

Parents and Guardians You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.*

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with "**Stop**".

SchoolMessenger is compliant with the [Student Privacy Pledge™](#), so you can rest assured that your information is safe and will never be given or sold to anyone.



**Opt-In from
your mobile
phone now!**



**Just send
"Y" or "Yes"
to 67587**

i [Information on SMS text messaging and Short Codes:](#)

SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast,

MVMS SPIRITWEAR

ONLINE STORE IS NOW OPEN

DEADLINE TO ORDER
SUNDAY, SEPTEMBER 25



ALL ORDERS WILL BE DELIVERED
TO YOUR STUDENT'S CLASSROOM

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

Eighth Grade Parent(s),

Looking for a creative way to tell your child, "I love you and I'm proud of you"?

Place a recognition ad in the yearbook.



A recognition ad is always a great idea. In the future, seeing your message will bring a smile as students remember your love and support during these important years. It's easy to create a recognition ad. Just send us your favorite baby photo and compose your message. **You must have your son/daughter's name on the back of the picture. Please supply a self-addressed stamped envelope if you would like the photo returned in June 2023.**

We will try to keep the ad a secret until the yearbook is distributed. If your son or daughter is on the yearbook staff this may not be possible.

Reserve a space for your recognition ad today. Like the yearbook, your message will be a permanent memory.

Thank you!

Sincerely,
The Yearbook Staff

RECOGNITION AD ORDER FORM--- MUST BE FILLED OUT COMPLETELY!

Student name _____ Team _____

Parent name _____ Phone _____

Cost \$14.00 (Checks made out to MVMS – Yearbook)

Message: Limit 35 words or less!

Signature _____ Check # _____

MUST BE RETURNED TO MS. SINCLAIR, ROOM 212 BY October 28, 2022.