



# Winter Newsletter

## Student Services

December 2009

Hinsdale  
Elementary School

### Winter Dress

Layering makes it easy to adjust to your temperature when you get warm from moving around. Your first layer should NOT be cotton as it makes you more cold when wet. Long johns are a first good layer as they are usually polyester and dry more quickly. Next layer should be wool or fleece. Look for shirts with zippers or buttons to open if you get hot. The last layer should be waterproof or wind resistant. When it is a warm sunny day you can take off the outer layer. If it is cold out and you feel warm, take off the under layer and keep on the jacket. Hats and mittens are essential. If those parts of your body get cold the rest of you will be cold. Warm boots and socks (not cotton) are essential for your feet. **Be sure to label all of your child's clothing for school as many children have the same items.**



nvttech.com

### Dental Health:

The Cheshire Smiles Foundation has just completed a month long service program here at HES. They offered screenings and cleanings for children in Pre-K through 3rd grade. Education about how to take care of your teeth was presented by Ann Mahoney to each class. We need to encourage children to brush at least twice daily, three times daily being better. Please limit the amount of soda, sugar, candy, etc. that your child eats. Encourage fruits, vegetables, milk, yogurt, cheese and crackers. Please send healthy snacks to school.



### DHHS Applications for Assistance

If you are interested in applying for any of the programs offered through the Department of Health and Human Services (DHHS): Food Stamp, Medical Assistance, Child Care Assistance, Healthy Kids NH, etc. please contact

Sara Donahue. She would be happy to meet with you and help you with the application(s).

### Free and Reduced Meal Program

You may submit an application for free and reduced meals at any point in the year. Applications are available in the front office or by calling Sara Donahue

### Homeless Services

Please contact Sara Donahue if your living situation changes and you are at risk of being without a secure place to live.



### Flu Season

Currently we are in a quiet period. It will not stay that way. Continue to get on the list with your doctor for the seasonal flu shot and H1N1. By the end of December we will be getting into seasonal flu time but still might see H1N1.

If your child is sick with a fever greater than 100, chills, vomiting, sore throat or diarrhea, please keep them home. These types of viruses spread quickly in crowded environments.

**Notify the school nurse if your child has flu-like symptoms** as it is reportable to the state.



### Clothing Assistance

*If your child is in need of winter clothing and you do not have the means of buying the clothing, please contact Cheryl Bachinski, RN, School Nurse for assistance.*

### Winter Recess

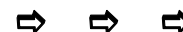
*Children will be going outside for recess unless the temperature - including windchill - is below 16 degrees (F). Please be sure that they have a warm coat, hat, mittens, boots, and snowpants*



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**Terri Drogue, M.Ed., CAGS**  
School Counselor  
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**Cheryl Bachinski, R.N.**  
School Nurse  
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## Mrs. Donahue - Leave of Absence

Mrs. Donahue will be on maternity leave from January 4<sup>th</sup> through April 2<sup>nd</sup>. We are in the process of advertising for a long-term substitute who can cover Mrs. Donahue's duties during her absence. All students receiving individual counseling with Mrs. Donahue will continue that service with the substitute counselor.



### Counseling Groups

Just a reminder, if you have questions regarding individual counseling for your child please contact our school social worker, Sara Donahue.

Our school counselor, Terri Drogue, provides guidance and counseling services to **all students** via classroom, small group, and individual services. Terri is currently running some small groups for specific student issues as well as some more general small groups as part of the overall school counseling curriculum. Ideally every child, at some point during his/her elementary school years, will participate in both individual and small group meetings with their school counselor. For more information about school counseling programs, you can visit the following sites:

- American School Counselor Association:  
[www.schoolcounselor.org](http://www.schoolcounselor.org)
- NH School Counselor Association:  
[www.nhschoolcounselor.org](http://www.nhschoolcounselor.org)

## Important Dates

Event	Date
Winter Vacation No School	Thursday 12/24 - Friday 1/01
Martin Luther King Day No School	Monday 1/18
PTA Meeting	Wednesday 1/20
End of 2nd Quarter	Friday 1/22
Report Cards	Friday 1/29
PTA Meeting	Wednesday 2/17
February Vacation No School	Monday 2/22 - Friday 2/26
Teacher Workshop Day No School	Friday 3/19
End of 3rd Quarter	Friday 4/02

**We're on the Web!**  
[www.hnhsd.org/~hes](http://www.hnhsd.org/~hes)

## New Hampshire 2-1-1™

On June 11, 2008, **2-1-1 NH** launched statewide, providing New Hampshire residents with a comprehensive information and referral helpline with an easy to remember number.

The program provides callers with free information and referrals to thousands of health and human service programs and other community resources throughout the state. **Any time of day, any day of the week**, any New Hampshire resident who has a need and does not know where to turn for help can simply dial 2-1-1 and a



nationally certified resource expert will direct them to programs and services that can help.

Some of the resources that you can find by calling 2-1-1 include the following:

Childcare Resource/Referral  
Clothing and Thrift Shops  
Crisis Services  
Domestic Violence Services  
Drug and Alcohol Programs  
Education (GED, etc.)  
Employment Services  
Food Assistance  
Health Care Services  
Housing  
Legal Assistance  
Mental Health Care/Counseling  
Transportation  
Youth and Family Services  
Wellness Programs

... and many more!

## Get Connected. Get Answers.

**2-1-1 is:**

- A **free** call from anywhere in New Hampshire
- A free and confidential service
- Person-to-person assistance
- Language translation available

Your call will be answered by a "live" person, 24/7.

You can also find them on the web:

**[www.211nh.org](http://www.211nh.org)**

*This is not a school-sponsored service. New Hampshire 2-1-1 is a partnership between the United Ways of New Hampshire and the Public Service Company of New Hampshire.*