



**UPCOMING
DATES:**

*For more information consult
Edline or your school calendar.*

- 8/28:** Meet & Greet (9:00-10:00am)
- 9/3:** First Day of School
- 9/5:** PTG Back to School Picnic (5:00-7:00pm)
- 9/5:** Music Lesson Sign-ups
- 9/9-9/12:** AMC trip for 7th grade
- 9/10-9/13:** Leadership Retreat for 8th grade
- 9/10-9/12:** Winnisquam Ecology School for 6th grade
- 9/19:** High School Placement meeting (6:00pm)
- 9/25:** Team Picture Day
Bring your jersey
- 9/26-10/3:** Scholastic Book Fair
- 9/27:** Grandparents' Day
(Registration begins at 8:30 am)

**NOTES FROM THE
EDITOR:**

Look for the Saplings on Chalkable each month this year posted online at www.shakerroadschool.org. A classroom will be featured with updates from special events, school trips, athletics and alumni. If you have any photos of sports or school performances that you would like to share, we would love to have a copy. Hope you enjoy the articles.

EDITOR: Patti Hicks
COPY EDITOR: Tad Curry



Welcome to the 2019-2020 School Year

Shaker Road School has been quite busy since the last day of school in June. The summer session welcomes many additional students from across the region to enjoy traditional summer camp activities on our beautiful campus. In July, we also welcomed thirty students and their teacher chaperones from China. This was a great opportunity for our American students to share their cultures and realize that children everywhere share many similarities. Our middle school students who traveled to Spain early in the summer share the same sentiment. With our first day of school following Labor Day, we have a few more days of fun and relaxation ahead of us.

Last year, we introduced a monthly Shaker Meeting assembly for Kindergarten through middle school students. This special time allowed students to gather, learn about our monthly citizenship themes, watch student performances, and compete in Blue vs. White competitions. With the introduction of Reading Buddies, bringing middle school students to all classrooms through Toddler 1, students worked together more than ever. These programs will continue, including adding a first day of school multi-age project in preparation of Grandparents Day on September 27.

As with any new school year, we say goodbye to graduating students and welcome new students into our community. We look forward to getting to know our new classmates and their families. This summer saw the retirement of our beloved Betsy and the addition of The Birdhouse as a checkout location in the afternoons. The main office is in good hands with Caitlin, Jayne, and Gale Kenison. The biggest change for this year may be our new School Information System, PowerSchool, replacing Information Now/Chalkable. Once the conversion to PowerSchool is complete, we will generate login credentials and make them available at Meet and Greet on August 28 and on the first day of school.

Warm regards,

Matthew S. Hicks, PhD
Principal

Grandparents' and Grandfriends Day

Over 300 grandparents and grandfriends joined the Shaker Road School community last fall, to spend a day in their grandchild's shoes. It is an exciting time for students to give their grandparents/grandfriends a tour of their school, meet their teachers and classmates and see the classrooms. Every family from the infant room to middle school is welcome to attend.

This annual Grandparents' Day is one of the highlights for our school year. Please mark your calendars for September 27, 2019. Please RSVP by calling the main office at 224-0161. Registration begins at 8:30am under the tent.

Watch for more details coming soon! If you have any questions please contact Patti Hicks at patricia.hicks@shakerroadschool.org. Hope to see you all there!

ISPY: A CLASSROOM HUNT

See if you can use this list,
To find your classroom lickety split!



100 BUILDING: MAIN OFFICE

- 100 Building: Main Office
- 100 Social Studies/Advisory
- 101 Fifth Grade (Ms. Carter)
- 102 Main Offices
- 103 Ninth Grade Commons
- 104 Library (Mrs. Potter)

200 BUILDING:

- 201 Infant
- 201-B Toddler One
- 202 Toddler Two
- 203 Cafeteria
- 204 Art (Mrs. Morrison)

300 BUILDING:

- 301 Heron's Nest (School Store)
- 302 PreK 3A (Marie Washburn)
- 303 PreK 3B (Brittany Littlejohns)
- 304 PreK 4A (Frances Witte-Holland)
- 305 PreK 4B (Melanee Waters)

400 BUILDING:

- 401 Second Grade (Mrs. Newbery)
- 402 Kindergarten (Mr. Blazon)
- 403 Kindergarten (Ms. Burgess)
- 404 First Grade (Mrs. LaRochelle)
- 405 Conference Room

500 BUILDING:

- 501 Fourth Grade (Mrs. Daniels)
- 502 Science/Tech (Mr. Hicks)
- 503 Auditorium
- 504 Third Grade (Mrs. Stewart)
- 505 Director of Activities (Nikki Stuppard)

600 BUILDING:

- 601 Language Arts/Math/Science/History (Mrs. Berry)
- 602 Language Arts (Mr. Curry)
- 603 Spanish (Mrs. Giberti)
- 604 Conference Room
- 605 Mr. Matt's Office
- 606 Fitness Center
- 607 Language Arts/Math (Ms. Raby)
- 608 Language Arts/World Geo (Mrs. Linden)
- 609 Technology Lab

700 BUILDING:

- 700 Music Cabin (Mrs. Minsinger)
- 701 Band Cabin

SRS PARKING PROCEDURES

In our ongoing effort to improve campus security, please make sure that you have a SRS Parking Decal for your vehicle. These decals are to identify SRS families on the campus, golf course or river fields by the maintenance and security personnel. They are placed on the lower right inside corner (passenger side) of your windshield. If you need additional decals, please see the Main Office.



DAILY PARKING

A friendly reminder as we start the new school year, the middle school upper circle is for drop off only. Please do not leave your vehicles unattended for any time. Parking is only allowed in the adjacent parking spaces to the right (Lot C). If you wish to walk your child into the school buildings, please use Lot C. There is ample room for parking for families of students in grades Kindergarten through eighth. Lot A is for all infant, toddlers, and prekindergarten classrooms.

When using Lot B, please remember this is a one-way driveway. It is very dangerous to park along Shaker Road when dropping off your children, as many cars coming down the road may not have a clear line of sight. It is also just as convenient to park in Lot C for Kindergarten and the primary grades, in both the morning and afternoon. Simply follow the sidewalk to the 400 building and avoid the congestion in Lot B.

EVENT PARKING

The maintenance area parking lot is used daily for faculty and staff to allow for ample parking for parents in the morning and afternoon. During large school events, this lot is available for parking rather than parking along Shaker Road or in the active drop-off circles. These areas are to be left open for emergency vehicles.

Please observe the ONE-WAY traffic designs of ALL parking lots on campus. Additionally, be considerate of our neighbors on Shaker Road and on the West Portsmouth Street Athletic Fields, by respecting the posted 30 mph speed limits. We want to do our part to ensure the safety and comfort of those living in the neighborhoods.

Thank you in advance for your cooperation.

Doug Hicks

Update from the Placement Office

As the SRS Class of 2020 begins their eighth grade year, they accept the challenge of not only juggling the high standards of a full academic course load but they also working their way through the secondary school placement process.

Much of their work began this summer as they began to research schools, complete mock interviews and schedule fall visits. As the summer days turn to fall and families dig deeper into this process, I always remind them that it is exactly that – a process! Finding the “right” school takes work and time, and often changes multiple times throughout the year! Sometimes that “perfect” school is the public school in your backyard and other times, it is an independent school a couple towns over. At SRS, we enjoy working through this process with students and families!

Parents often ask us, “Where do most of the Shaker kids go to high school?” and that’s a tough question to answer! One year we had more than half of the class attend their local public high school, and then in another year we had more than half the class attend independent schools as day students. We have found that there are no “trends” for our 8th graders or any matriculation numbers that are consistent from year to year. But, what we do know is that we work hard to make sure that students feel supported in their transition from Shaker Road School to high school, and that their classmates and friends support their decisions. Most importantly, we want all students to feel supported by the Placement Office, no matter where their ninth grade year takes them.

Caitlin Connelly
Director of Admissions and Placement
Shaker Road School

Acceptance and Matriculation List

For the classes 2001-2019 Shaker Road School students were accepted at the following schools. An asterisk () denotes matriculation.*

- *American Hebrew Academy
- Avon Old Farms School
- Berkshire School
- *Belmont High School
- *Bishop Brady High School
- *Bow High School
- *Brewster Academy
- *Brooks School
- *Burr and Burton Academy
- Cambridge School of Weston
- *Canterbury School
- *Coe-Brown Northwood Academy
- *Concord Academy
- *Concord High School
- *Cushing Academy
- *Dana Hall School
- *Deerfield Academy
- *Derryfield School
- *Dublin School
- *Eagle Hill School
- *Emma Willard School
- Ethel Walker School
- *Goffstown High School
- Groton Academy

- *Holderness School
- *John Stark Regional High School
- *Kearsarge Regional High School
- *Kents Hill
- *Kimball Union Academy
- *Lawrence Academy
- *Londonderry High School
- *Loomis Chaffee School
- *Manchester Central High School
- *Merrimack Valley High School
- *Middlesex School
- Milton Academy
- *Miss Porter’s School
- *Nashoba Regional High School
- National Sports Academy
- *New Hampton School
- *Northfield Mount Hermon School
- *Northwood School
- *Pembroke Academy
- *Phillips Exeter Academy
- *Pinkerton Academy
- *Plymouth Regional High School
- *Portsmouth Abbey School
- *Proctor Academy

- Putney School
- *Sant Bani School
- *Shady Side Academy
- *Shaker Road School 9th grade (SRS 9)
- *St. George’s School
- St. Johnsbury Academy
- *St. Mark’s School
- *St. Paul’s School
- * St. Thomas Aquinas
- Stoneleigh-Burnham School
- *Tabor Academy
- Taft School
- The George School
- *The Governor’s Academy
- The Gunnery
- *Tilton School
- *Trinity High School
- *Walnut Hill
- *Weston High School
- *White Mountain School
- *Williston Northampton School
- *Winnisquam High School
- Worcester Academy

Getting Back in the School Year Routine

BY CHRISTINE CARTER | AUGUST 19, 2009



"Happiness is not a matter of intensity but of balance and order and rhythm and harmony."

—Thomas Merton

Summer is a time of lovely things that look like bad habits once school rolls around again: sleeping late, staying at the park until dark, eating dinner in our bathing suits, falling asleep on the couch or in the car without preparing for the next day. I am all too aware of the fact that school starts again for my kids one week from today, and that our family needs to get back into our regular routine. I've written before about my belief that family happiness is all about being in good habits so that we don't have to beg and bribe our kids to do routine things, like brush their teeth. I want my family to be like a well-run school: kids are in the habit of washing their hands, helping out, putting their things away. The discipline of the school year has melted away this summer, and I can't wait to have it back.

Starting tonight. At dinnertime, we are going to talk about what habits we want to start working on again. Change rarely happens all at once, especially with my kids. Instead, it happens in stages. People who successfully create new, healthy habits—or who kick a difficult habit like smoking—do it one step at a time. Psychologists James Prochaska and Carlo DiClemente have been observing and describing the various stages of change for decades, and what they've learned is that if you start trying to impose change when you or your kids are in the wrong stage, the new habit won't stick.

For example, I'd like my kids to start getting up at 7:00 am again, and to get dressed before they come to breakfast. Come to think of it, I need them to get all ready for school without me having to goad and beg and prod. If I just announce to them my new policy they'll revolt—they LOVE eating breakfast in their pjs.

Stage One: Pre-Contemplation

This is the stage where no one is thinking about changing, and for my kids, it will end tonight at dinner when I raise the topic.

Stage Two: Contemplation

We'll talk tonight about why we want to work on streamlining our get-ready-for-the-day routine. I'll ask them to contemplate why THEY might want to change things, too—what do they look forward to about the coming school year? (They'll say taking the bus.) What do they need to do so they don't miss the bus? We'll come up with a big, overarching goal, describing in vivid detail what a successful school morning will be like.

Stage Three: Preparation

This stage is actually a transition from thinking about changing to actually beginning the new habit. I expect that we'll all plan to start setting our alarms again (well, I've been setting mine all summer, but I'll have to start setting it earlier again, so that I'm all ready for work by the time the kids get up). The kids are going to have to leave the house an hour earlier than they've been leaving for camp, so I'm going to have to reorganize our whole morning routine to support their behavior change in a way that doesn't involve me barking orders and then going downstairs to check my email. It doesn't seem like offering empathy, rationale, and choice is that hard when asking kids to do something—and it isn't—but it is so different than what comes naturally to my bossy self that I have to think about what is likely to trigger my use of, uh, controlling language. If I don't leave enough time, I start saying things like, "Molly, please brush your teeth *right now*, or I'll take that book away from you" rather than: "I know you'd rather read that book—I would too! But I propose that you brush your teeth so you don't miss the bus."

Stage Four: Action

Going cold-turkey on lovely habits like oversleeping is unrealistic, so we'll need to divide our grand end-goal into lots of smaller ones. No amount of **ERN encouragement** is going to get my kids to wake up, get dressed, make their lunches, eat breakfast, brush their teeth and hair, put sunscreen on, and pack their backpacks as a matter of routine in one fell swoop. We need to start with one teeny-tiny micro-behavior at a time.

The important thing is that at each step we all succeed. This means breaking our big goal into an action-plan made up of tiny micro steps that eventually get you there. So tonight at dinner, join me with the first few stages of change: think of what happiness habit you'd like to create to start the school year, and think about what the first teeny, tiny steps will be to get there. Friday, I'll put up another posting about the plan for changing your lazy-days-of summer habits back into a ready-for-success school routine.

Greetings from the SRS PTG!

Welcome to the start of another great school year at Shaker Road School! The SRS Parent Teacher Group (PTG) is looking forward to providing enriching and enjoyable programs and activities for SRS students, families, and faculty.

We will be supporting “old favorites” such as the annual Back to School Picnic, Grandparents’ Day, the Annual Pledge Fund Drive, the Pancake Breakfast, the End-of-the-Year BBQ, and the Teacher Appreciation Dinner. We will also be supporting some exciting new additions and setting new PTG goals.

Calendar of Events

| DATE | EVENT |
|--------------------|--------------------------|
| August 28, 2019 | Meet and Greet |
| September 5, 2019 | Back to School Picnic |
| September 10, 2019 | PTG Meeting at 5:00 |
| September 27, 2019 | Grandparents’ Day |
| September 2019 | Annual Appeal |
| October 1, 2019 | PTG Meeting at 5:00 |
| October 29, 2019 | Hayride and PTG Events |
| November 5, 2019 | PTG Meeting at 5:00 |
| December 3, 2019 | PTG Meeting at 5:00 |
| December 8, 2019 | Holiday Crafts and Movie |
| January 7, 2020 | PTG Meeting at 5:00 |
| February 4, 2020 | PTG Meeting at 5:00 |
| March 3, 2020 | PTG Meeting at 5:00 |
| March 28, 2020 | Pancake Breakfast |
| April 7, 2020 | PTG Meeting at 5:00 |
| May 5, 2020 | PTG Meeting at 5:00 |
| May 8, 2020 | Drama Bake Sale |
| May 20, 2020 | Spring Barbeque |
| May (TBD) | Teacher Appreciation |
| June 2, 2020 | PTG Meeting at 5:00 |

2019-2020 PTG OFFICERS

- President:** Noel Chipman – noelchipman1@gmail.com
- Co-President:** Sherry Correia – srjc@metrocast.net
- Treasurer:** Melissa Pomeroy – melissa_pomeroy@yahoo.com
- Secretary:** Erin Larson – eh287292@yahoo.com
- Communications:** Stefanie Curry – stefaniecurry@comcast.net
- SRS Liaison:** Kim Stewart – Kim.Stewart@shakerroadschool.org

In order to make all of these things happen, **we need your support and assistance**, especially via volunteering. Volunteering and becoming involved at your child’s school won’t just benefit your child, their schoolmates, and the community; it will also benefit you! There is abundant research indicating that those who volunteer more are both physically healthier and psychologically happier. Some studies even found greater longevity amongst those who volunteer. So do yourself a favor and volunteer this year!



A great first step is to stop by the PTG table at the **Back to School Picnic on Thursday, September 5 from 5pm to 7pm** to sign up for the PTG email list. This is also an opportunity to catch up with friends after the (not long enough) summer break, meet new people, learn about school happenings for the year, and enjoy live entertainment and games with DJ Rick Wisler.

PTG membership is open to all teachers, faculty, and parents of children attending Shaker Road School. So please mark your calendars and join us for our first **PTG Meeting on Tuesday, September 10 at 5pm in the SRS Main Office Building**. After our first September meeting, the 2019-2020 PTG meetings will be held on the first Tuesday of every month from 5:00 pm to 6:00 pm in the Main Office Building. If you can’t make the meetings that’s okay; there are plenty of ways to become involved. Just let us know when and how you would like to volunteer!

Whether you are a new parent, have an infant at SRS or your child will be a part of the 2020 graduating class; it is never too early or too late to leave your mark on your child’s education and school community.

If you do not currently get the occasional email updates from the PTG please email **noelchipman1@gmail.com** and ask to be added to the list. We will make sure that you are aware of upcoming events and volunteer opportunities. We would also love to hear your feedback and new and wonderful ideas. It is going to be a great year at SRS!

We hope to see you soon,

Your 2019-2020 PTG Officers

**SHAKER ROAD SCHOOL
PARENT-TEACHER-GROUP**

Back to School Picnic!

**THURSDAY,
SEPTEMBER 5TH
5:00 — 7:00 PM**

Come meet new and old friends, families, teachers, and SRS staff at our annual Back to School picnic!

WHAT'S PROVIDED: Beverages, desserts, free raffle prizes, and DJ entertainment! We will also be holding a **50/50 RAFFLE**, so make sure to get a ticket for a chance to win (bring cash for purchase!)

WHAT TO BRING: Purchase food from the onsite Food Trucks, or bring your own picnic dinner. Remember your blanket or chairs!

MUSIC LESSON SIGNUP: Don't forget to visit the music department table to sign your child up!

SRS AUCTIONS!

We will be holding a silent auction for some wonderful SRS prizes so make sure to stop at the PTG Table!

- ★ **Three Dedicated Parking Spots in Lot C for the 2019-2020 School Year!**
- ★ **Two Pairs of Reserved Front Row Seats for Grandparents Day!**