



- Monday, October 30th - Grades 3-6 Field Trip to The Browne Center 9:00am-(approximately) 2:15pm.
- Monday, October 30th - PTO Halloween Party at 1:30pm.
- Tuesday, October 31st - Step-up Day for Grade Six students at Rye Junior High. Students will leave from their assigned bus stop in the morning and then return to MHT by bus at 12:30pm. *The Open House with Principal Soucy for any parents interested in sending their kids to Rye in the future will take place on November 8th, 6:00pm-7:00pm at Rye Junior High.* When these dates and times are established for Portsmouth Middle School, we will be sure to share them as well!
- Saturday, November 4th - PTO Ski Tuning Fundraiser Drop Off 9:00am-11:00am.
- Thursday, November 9th - Maison Navarre field trip for Grades 5,6 French students.
- Friday, November 10th - NO SCHOOL - Veteran's Day
- Friday, November 10th - Parent/Teacher Conferences. Please contact your child's teacher to schedule a time to meet if you have not done so already.
- Sunday, November 12th - Seacoast Half Marathon Grade 6 Water Stop from 7:00am-12:00pm.



A Message From Guidance:

This week, in grades 3-6, we discussed the differences between a bystander and an upstander in situations where bullying occurs. They watched a video by Burger King (yes, the fast food chain) where two different types of bullying happened and how often people responded to each situation. It was a great visual for our discussion about standing up for others versus being a bystander. You can view the video at <http://bit.ly/2yw7yRT>. I encourage you to continue this conversation with your child about how they can apply this lesson to make our school community an even better place.

In the K-2 classes, we've been talking and learning about kindness and appreciating each other's differences. Our focus book has been Spaghetti in a Hot Dog Bun, which has been a great starting point for discussions about kindness, appreciating each other's differences, and making right choices in difficult situations. It has been great to have Sticks and Stones come in and further reinforce these topics.

There is a local organization called New Hampshire Family Voices that has a wonderful lending library with topics ranging from chronic illness, disability, behavior, and divorce, to name a few. To view their offerings, simply go online to www.nhfv.org, click on the "how we can help" tab, and choose Lending Library.

If you have any questions or comments, please feel free to call, e-mail, or drop by.

Best,

Yi-Fu Han

A Message From the Nurse:

In an effort to keep students healthy, I am writing to inform you about the importance of the flu vaccine. Below you will find a link regarding the flu vaccine. If you have not scheduled a flu shot visit for your child and would like for them to receive it, then please call your provider to schedule a flu vaccine appointment.

- <http://kidshealth.org/en/parents/flu-vaccine.html?ref=search&WT.ac=msh-p-dtop-en-search-clk#>
-
- <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.pdf>
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If you have any questions, please let me know.

Best regards,

Liza

Step-Up Day in Rye:

Grade Six students will be participating in a shadow day at Rye Junior High School on Tuesday, October 31st. Students will ride the bus to RJH in the morning from their designated New Castle Junior High bus stop locations; if you are unsure of where your child's bus stop is, please contact Sam Fuller. After students have lunch at the RJH, they will return by bus to MHT at about 12:30pm.

Portsmouth Youth Wrestling (PYW) is a new program open to all youths grade 5-8 (under grade 5 contact Coach Whisler).

The program runs M, W, F 4:30-6:30 from Nov 13 to Feb 20ish. Practice at Portsmouth Middle School lunch room. PYW will be joining the Middle School/Club Wrestling Coaches Assoc. (MS/CWCA). This will allow several opportunities to compete with other NH Seacoast schools in both team meets and tournaments throughout the season. The final meet of the year is the state meet for those who wish to participate.

Practice will consist of learning basic high school wrestling techniques, endurance conditioning, and age appropriate strength conditioning.

Registration fee is \$40. For more information and sign-up contact Coach Whisler:

rkwhisler@comcast.net (subject line PYW)

603 498-8243

A friendly reminder regarding Halloween:

With Halloween right around the corner, please make sure candy *and* the related confections **stay at home**; when a student has candy and the related confections while in school, even at lunch or snack, it causes quite the distraction! As for halloween costumes, remember that any toy guns, knives, spears, bo staffs, swords, nunchucks, scythes, katanas etc. aren't allowed in school.

~ Enjoy your weekend.

