



*"We shall provide an equitable and challenging educational opportunity for each learner in a district that is safe, healthy, caring, respectful, and supportive."*

## **KEARSARGE REGIONAL SCHOOL DISTRICT—SAU #65**

### **February 2017 NEWSLETTER**



Ralph Waldo Emerson once wrote, "The only way to have a friend is to be one." Emerson certainly had the right idea. The challenge for all of us is to learn how to be a friend to others. What we know about kids, and this is certainly true of the kids at Sutton Central School, is that they want to HAVE friends. The art is in teaching our students how to BE a friend. Hoping that friendship will just come one's way is a huge roll of the dice. By giving kids some strategies that allow them to "take that first step" toward being a friend is easy for some and more challenging for others. In the real world, this is true for all of us. ~ Each class sets aside 15 minutes each day for a morning meeting greeting each other, listening to a classmate share a favorite story or experience, participating in a game, discussing the day's schedule and plans, and learning about similarities and differences among each other. ~ Each class participates in a mindfulness activity two or three times per week, which consists of thinking of yourself as well as others, considering what role your actions play in relation to the people around you, learning how to find calm in stressful situations, how to be a better listener, how to be in control of your body, voice, and emotions, and learning to be considerate of others. ~ Each teacher devotes time and effort to incorporate grit into our student's daily school routine, which is learning how to identify challenging goals and meeting those goals, learning how to overcome obstacles and accepting failure without giving up too easily, and learning how to achieve success when success may not come easily. The idea of grit comes from the work of Dr. Angela Duckworth at the University of Pennsylvania and encompasses a portion of the day for each teacher and student to work on the emphasis of preparing for the real world within the safety net of guidance and structure provided by the teacher. ~ The work we do at Sutton Central School reminds me of the sign that I see each day on my way to school. The boundary markers when entering the town of Sutton say "Enter here to be and find a friend." I don't know that the Sutton town leaders had Emerson in mind when they decided on using this statement to welcome people to town but they certainly touched on a great way to welcome people to our community. Who knows, maybe Emerson borrowed the phrase from the town of Sutton? What we are doing is honoring what our town leaders had in mind by teaching the kids at Sutton Central School the value of friendship. Thanks for reading!

Respectfully submitted: Steve Potoczak, Principal - Sutton Central School



**2/01 KRMS PTO MTG—  
6:00 PM**

**2/01 4TH GRADE  
MUSIC CONCERT—6:30  
PM @ KRES AT NEW  
LONDON**

**2/01 FAMILY LUNCH—  
SIMONDS SCHOOL  
@12:15 PM ~ PTO  
MTG. 6:30 PM**

**2/06 REPORT CARDS  
GO OUT**

**2/07 PTO MEETING—  
6:00 PM @ KRES AT  
NEW LONDON**

**2/08 8TH GRADE  
PARENT NIGHT @  
KRHS—7:00 PM**

**2/08 4TH GRADE NEAP  
TESTING-SUTTON  
CENTRAL SCHOOL**

**2/09 KRHS & KRMS-  
MATH MEET**

**2/09 & 23 SCHOOL  
BOARD MTGS 6:30 PM  
@ KLC**

**2/11 DANCE TEAM  
INVITATIONAL**

**2/15 CHIPS MEETING-  
KRES AT BRADFORD  
AND SUTTON PTO  
MEETINGS—6:30PM**

**2/17 KRMS ACTIVITY  
NIGHT—7:00 PM**

**2/18 KRHS WINTER  
DANCE—7:00 PM**

**2/21 4TH GRADE NEAP  
TESTING-KRES AT NEW  
LONDON**

**2/20-2/24 KRHS  
WINTER CARNIVAL**

**2/27-3/03—NO  
SCHOOL-WINTER  
BREAK**