

# FAIR HAVEN GRADE SCHOOL

***OCTOBER 2025***

## Principal's Message

Dear Families,

Welcome to the first newsletter of the 2025–2026 school year! We are excited to kick off another year with both new and returning students, along with their families, as we focus on learning, growth, and community. At FHGS, we believe that a strong partnership between home and school is essential to our students' success, and we are thrilled to have you alongside us on this journey.

**Our Vision for the Year Ahead**

This year, our focus remains on providing an enriching educational experience for all of our PreK–6 students. Together, as a school community, we are working toward these shared goals:

**1. Fostering a Love for Learning**

We want every child to develop a true passion for learning. Teachers are designing engaging lessons that spark curiosity and creativity, making learning both meaningful and fun. We also want students to understand what they are learning, why it matters, and what steps they can take to be successful. Through goal-setting and reflection, students will continue to build ownership of their learning using success criteria.

**2. Strengthening Core Skills**

Literacy and numeracy will remain central to our work. We are implementing strategies that promote strong reading, writing, and math skills, ensuring that every student gains the foundational tools they need for success both in school and in life.

**3. Building a Supportive Learning Environment**

We are committed to making FHGS a place where all children feel safe, valued, and included. This year, we are expanding our social-emotional learning (SEL) work to help students strengthen skills such as empathy, resilience, and cooperation—skills that support their learning and their relationships.

**4. Fostering Collaboration Between School and Home**

We know that strong communication and collaboration with families are vital for student success. Throughout the year, we will provide opportunities for families to connect with the school community through open houses, parent-teacher conferences, and family events.

We are excited to make this a year of growth, achievement, and joy for every student. We encourage you to stay connected, ask questions, and share in the excitement of your child's learning journey. Together, we can make the 2025–2026 school year a truly memorable one.

Thank you for your ongoing support and partnership.

Warm regards,

Mrs. Infurna, Principal

## Upcoming Events

**October**

**6th - SV Board Meeting, OVS, 6:30 p.m.**
**8th PTO mtg 6:00 p.m**
**9th Early Release Day, 11:20 dismissal**
**10th - Inservice Day**
**13th No school - Indigenous People's Day**
**Egress Drill (Fire) Week of October 14**
**14th - Jared Campbell assemblies, 9 a.m. & 10 a.m.**
**17th Veggie Van Go 10-11**
**16th - Lions Club Vision Screenings for students**
**20th - SV Board Meeting, FHUMHS 6:30 p.m.**
**22nd - 1:15 Grade 4 guest speaker from Granger House**

**November**

**3rd - SV Board Meeting, FHGS 6:30 p.m.**
**7th - Early Release - 11:20 a.m. dismissal**
**- Parent-teacher conferences**




**Distribution October 17th**
**10:00-11:00 a.m.**
**Fair Haven Union Middle & High School**



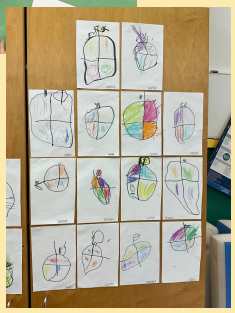




## Preschoolers

In preschool, the children have been learning class routines around a variety of materials within our apple theme. We explored paint, markers, crayons, pencils and glue and practiced listening, understanding and following verbal directions, self control, patience, sharing, and turn taking all while having fun!





## Fresh Fruits & Veggie Program



FHGS has continued to be the recipient of the Fresh Fruits & Veggie Grant. We will offer all our students a wide variety of fruits and vegetables at snack time. These funds are intended to provide students with exposure to fruits and vegetables that they might be less familiar with to help them build lifelong healthy eating habits.

# Student Support Center Strategies

**Back-to-School Reset: Why Morning & Bedtime Routines Matter for Kids**

As summer winds down and school days start, many families face the challenge of transitioning from unstructured days to structured routines. This isn't just about setting alarms—it's about restoring rhythm, confidence, and well-being for children gearing up for a new academic year.

Routines are a vital part of making the transition from summer break to the first day of school. Routines are crucial for children as they provide a sense of security, predictability, and structure, which are fundamental for healthy development. They help children feel safe, manage emotions, learn independence, and develop essential life skills.

**Why Routines Make a Difference**

**1. Easing the Sleep Transition**

Kids often shift toward late nights during break, making early bedtimes feel abrupt. Experts recommend easing them back into school sleep schedules over one to two weeks by moving bedtime and wake times earlier by 15–30 minutes every few days.

**2. Boosting Sleep Quality & Performance**

Children who stick to bedtime routines fall asleep faster, sleep longer, and wake less often—benefits that can carry into future years. Quality sleep enhances learning, attention, memory, and emotional regulation—critical skills for school success.

**3. Promoting Emotional and Cognitive Growth**

A regular routine fosters comfort, predictability, and stronger parent-child connection. It aids emotional control, literacy, behavior regulation, and overall readiness for learning.

**4. Mitigating Chaos & Enhancing Focus**

Morning structure—like packing backpacks the night before or organizing routines—reduces stress and enhances punctuality and readiness to learn.

**5. Supporting Health & Resilience**

Consistent sleep rejuvenates immune systems, supports growth, and stabilizes mood. Lack of sleep, on the other hand, is linked to irritability, attention issues, and health concerns.

Transitioning back to school isn't just about adjusting clocks—it's about nurturing routines that support rest, growth, and resilience. With gentle guidance, structure, and empathy, families can ease into the school year with confidence. For more information, visit, www.beyondbedtime.com.



# Music & Band



We've had a wonderful start to music class! Each month, our students will be learning about a different musician. In September, we studied the beloved John Williams, who is well known for writing the music to many of our favorite movies. This month, October, we will explore the music of Russian composer Modest Mussorgsky. He is best known for works such as Pictures at an Exhibition and A Night on Bald Mountain. Our band and chorus programs are also off to a fantastic start! Many students are beginning their journey on new instruments, while others are continuing to grow on the instruments they started last year. Please be sure to mark your calendars for our Winter Concert on Tuesday, December 3rd. The performance will feature our 5th and 6th grade general music students, the 4th–6th Grade Chorus, and our Intermediate Band.



# Second Graders

Second grade has had a wonderful start to the school year! The students are settling into our routines, making new friends, and already showing excitement for learning.

In reading and writing, we have been working on building strong reading habits and stamina. Students are enjoying read-alouds during the day as well.

In math, students are reviewing addition and subtraction facts within 20 and solving word problems, discussing strategies with their peers to solve them.

This trimester, second-grade students are learning what it means to have a growth mindset. A growth mindset believes that we can get better at something through effort, practice, and learning from mistakes.







# Early Middle Level Happenings

The fifth and sixth graders have been transitioning back to school and getting to know new teachers and classmates. The early middle-level team did their first activity together. All 5th and 6th-grade students were mixed into three larger groups and participated by rotating to complete team-building activities. In one activity, students worked together to move a hula hoop around the circle without letting it touch the ground or break the circle, then they did a relay obstacle course. In another activity, students worked together in teams playing charades, acting out their person/character without using words/talking. In the last activity, students played a game called Captain's On The Deck where the "Captain" calls out commands and the students have to form groups of two, three, four, or five to carry out the command.

All students had fun and enjoyed the time together even though the weather didn't cooperate and our activities occurred inside.









# FHGS PTO October News

The PTO is excited to be up and running again this year. We met in September to set some goals for the school year.

Our first goal is to focus on increasing our membership. Members can be involved in a variety of ways. Members can attend meetings in person or virtually. If you can not attend meetings you can sign up to volunteer to help with events and activities that we sponsor. You do not have to make it to every meeting or help with all events to be a member. Please consider joining us!

Another goal this year is to sponsor some events and activities that allow for more Family connections. We want to help build a positive school and home community. We are looking for ideas of the types of events that would interest you.

Our first fundraiser of the year has gone home. It is due back on October 7th. There is an online option available so you can share it with friends and family near and far.

Be on the lookout for information on our Annual Halloween Dinner. This has become one of our favorite events and is a great way to connect with the community!

Our next meeting date is October 8th at 6:00 - 7:00 in the FHGS library or you can use this link to join virtually. https://meet.google.com/ffk-kgpt-qhe or scan the QR Code to join the meeting remotely. We meet on the second Wednesday of each month.

If you have any questions about the PTO please get in touch with the PTO President: Kerry Stevens at: fhgspto@gmail.com



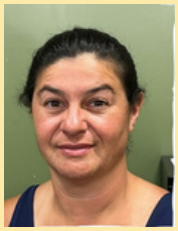


**Ellenor Cox-Hansen**
Special Education Director






**Jordyn Bessette**
Special Educator



**Jaime Crane**
Special Educator



**Olivia Johnson**
Special Educator



**Austin Bruno**
2nd grade Teacher



**Courtney St. Claire**
Social Emotional Interventionist

# Falcon's Cafe

Staff provide a variety of healthy breakfast and lunch options. Lunch and breakfast is free to all students. Additional student breakfast cost is $2.80, and an additional student lunch cost is $4.95

Milk and juice can be purchased for snack time for $.75 each. Ice Cream and cookies can be purchased at lunch for $1.00 - $2.00.

We encourage families to send in healthy snacks for snack time. We ask that coffee, tea, soda and energy drinks be avoided.











# Thank you all for your support of another successful Applefest!



## Special Thank You's

**Terri Demasi, Applefest Organizer**
**Custodial Team at FHGS**
**FHGS Teachers & Staff**
**Town of Fair Haven**
**Fair Haven PD**
**Local businesses**
**48 vendors**
**Our Wonderful Student & Family Volunteers!**



## We profited $5,140.71

**Proceeds will be shared among staff volunteers to use for student activities in the classroom.**









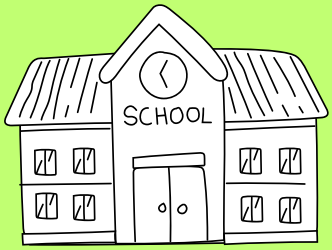









# Share Your Voice:




## Quick Survey on Vermont Schools

Vermont leaders are working on ways to strengthen our public education system, manage costs, and improve opportunities for all students. To do this well, they want to hear directly from you.

We invite you to take 8–10 minutes to complete this survey and share your perspective. Your input will provide critical guidance as the Legislature, the Commission on the Future of Public Education, and the School District Redistricting Task Force consider the best path forward.

scan the QR code with your phone to take the survey.