

The Broad Street Family Newsletter

March 2025



The Principal's News

Last month I wrote about the "power of yet." "Yet" is a simple, but very powerful word. Teaching your children how powerful this tiny little word can be will go a long way. So, start adding "yet" when a child says they "can't" and watch them grow this year! Here are some common things that a child may say:

I can't ride a bike.
I can't do long division.
I can't write an essay.

You can't ride a bike, yet.
You can't do long division, yet.
You can't write an essay, yet.

Important Dates:

- **3** -Return from Winter Break
- **4**-Community Reader Day (8-9:30AM)
- **9**- Daylight savings time (move the clocks ahead an hour)
- **11**- PTO Meeting (6:30-7:30 in the Teachers' Lounge)
- **13**- Gr 3 and Gr 5 Field trip to Palace theatre (9-12:30)
- **17**- St Patrick's Day
- **19**-Early Release
- **19**- PTO Buddy's Paint Night 5:30PM-8:00PM Café
- **20**- First day of Spring

Using "yet" brings hope. It ignites a "can-do" attitude! But beware, it isn't as simple as just adding a "yet" to a student's statement. Here are some statements that capture the difference between a Growth and a Fixed Mindset:

Growth Mindset

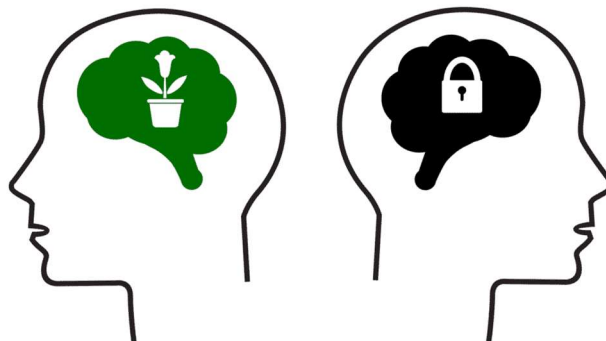
I can learn anything I want.
I learn from my failures.
I want to challenge myself.
I feel like feedback is constructive.
I am inspired by the success of others.
I always persevere, even when I'm frustrated.
My effort and attitude determine everything.

Fixed Mindset

I'm either good at something or I'm not.
If I fail, I am no good.
I don't like to be challenged.
I feel like feedback is personal.
If you succeed, I feel threatened.
I give up if I find something difficult.
My abilities determine everything.

We work hard to help the children learn patience and to learn from their mistakes in a safe environment. We try to teach the students to persevere. We help them understand it's not how many times they fall that is important, it's that they keep getting up! Thank you for helping us help the children grow!

Warmly,
John Forrest, Principal
forrestj@nashua.edu



Dream big. Work hard. Achieve success.

Important Reminders:

For Your Child's Safety Please Report your child's absences.

Please call (603) 966-1880 on our phone line from 3:30 PM to 7:30AM, there is a voicemail option if you call before/after hours. If your child is going to be absent, please give us a call. If we do not hear from you, you will receive a call from us and Blackboard Connect, an automated messaging system. This system calls your home phone so it's very important to call your child in or check your home messages. Remember this is for your child's safety.

Afterschool procedures – Written notes

If your child will be deviating from their normal after school procedure, please send a note to the teacher that morning. We appreciate a written note rather than a phone call to ensure that we are keeping your child safe by following your family plans. Thank you!



The Nurse's News

A Word about illnesses:

Just a gentle reminder-please remember to keep your child home from school if he/she has any of the following symptoms: fever of 100 degrees or higher, vomiting, diarrhea, severe cough, sore throat, or severe cold. Please keep your child home until they are fever free (below 100 degrees) **without** the use of Tylenol, Advil, or other fever reducing medications for 24 hours. Also, please keep in mind that we are still seeing cases of COVID in school, we appreciate your testing your child if they present with symptoms or if someone in your home is positive. Please reach out with any questions by phone or email. Thanks in advance for your cooperation and help in keeping our school community healthy.

A Reminder to 5th grade parents- The NH Department of Health and Human Services highly encourages that when your child turns 11 years of age they receive a Tdap vaccine. Please send in documentation once your child has this immunization and I will update their record. As Always, please feel free to email or call with any questions.

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy she/he needs to concentrate in school. Research shows that kids who eat breakfast get better grades, pay attention more in class, and behave better. Help your youngster begin his day on the right foot! Make it healthy! Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread). The carbohydrates boost energy and help your child jump-start his/her day, while the protein keeps his/her body going strong until lunchtime.

Try a yummy Waffle Wonder.....Toast a whole-grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blue-berries. Serve with a side of low fat cottage cheese or yogurt.

As always please feel free to call or email me with any questions or concerns at:

johnsonl@nashua.edu

**Laureen Johnson, RN
(603) 966-1885**

PTO News

Spring is calling, Bulldogs!

What a winter it has been so far! We hope our families have been staying warm and healthy while also enjoying the fun that can be had with all this snow!

Looking ahead at the PTO calendar, we have LOTS of events and activities coming. On march 4th we will host our 2nd annual Community Reader Day event, where we will invite a variety of community members to our school so they can share their joy of reading and their community influence with our students. On March 7th, the UMASS River Hawks will be sponsoring a fundraiser night for us. This is an exciting event that we hope to see many of our families attend. Our monthly PTO meeting will be Tuesday, March 11th in the staff lounge at 6:30PM and we will be hosting another Buddy's Family Paint Night on Wednesday, March 19th at 6:30PM. Wow! All these happenings and that's only for March!

Have a great month Bulldogs and remember, our PTO is only as strong as the members and the families that support it!

*We thank you in advance for all your support!!
Your Broad St PTO*