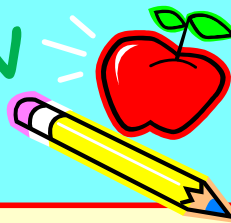


MARTINSON MESSANGER



Weekly Update
September 24 – September 30, 2017

PRINCIPAL'S NEWS

The playground is ready for children! This has been an amazing process! We are very lucky to have so many caring adults who helped pull this all together.

This Saturday there is a car wash at FBMS from 10-2 to help raise funds for the beautiful outdoor classroom built by Andrew Pozerski.

The last Friday of the month is MES Spirit Day. Our first MES Spirit Day is this Friday. Wear your MES pride!

For more information click the links below:

[MES Website](#)

The [Recreation Department](#) will offer a variety of programs

Details on the above programs are listed in the Winter Community Brochure.

This Week's

Important Events at Martinson

MONDAY: Band Lessons

TUESDAY: Kid's Fit Starts, School Com. Mtg.-SV Bldg., 7P, PG Visits

WEDNESDAY: Strings Lessons

THURSDAY:

FRIDAY: Time Capsule Ceremony

[Healthy Celebrations](#)

[Healthy Students, Healthy Schools](#)

Follow me on Twitter at Dr. Leslie Scollins @MESPPAL.

[Marshfield Food Pantry](#)

[Sowing Seeds](#)

From the School Psychologist...

The first few weeks of school can be a time of happiness and excitement for students and parents, but they can also be a time of stress as families adjust to new routines and expectations. Some tips to help with the transition to a new school year are:

- Don't overschedule yourself, or your children
- Get plenty of rest and eat healthy food
- Practice mindfulness! Mindfulness is simply slowing down and paying attention to what is happening as it is happening.
- Seek help when you need it; if your child is struggling to adjust to school, don't hesitate to contact me at (781) 834-5025 x48111, or email at ckarle@mpsd.org.

Welcome back and best wishes for a happy, healthy school year!

Celeste Karle, Martinson School Psychologist



Nurses Corner

Germs spread quickly and easily at the elementary level, so please observe the 24 hour health policy with contagious illnesses (such as fever, strep, bacterial conjunctivitis, and anything GI) and it is very helpful to notify the school nurse directly with absences related to illnesses.

Please be sure your child's immunizations and physical exams are up to date, if you have not done so already please provide the most recent copy to Nurse Mudge.

Vision and Hearing screenings will begin soon in the nurse's office for all students- if you have any concerns or questions about the process please, call 781-319-3985.



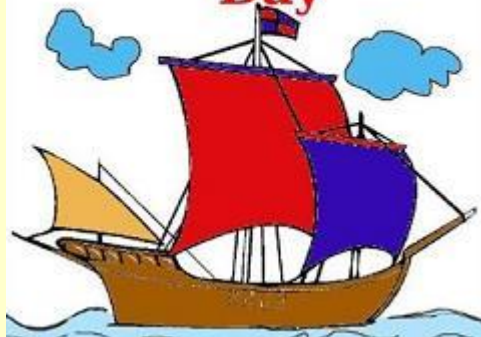
Martinson Messenger Page 2

From the School Nutrition Dept.

School Nutrition Department has a NEW Electronic Free and Reduced applications please click on the link below to apply for Free and Reduced.

<http://nlappscloud.com/District.aspx?sdid=40&op=30dcb3efe164777986725f978cd9b4ba>

Happy Columbus Day



Looking Ahead Mark Your Calendars

10/4: **5th Gr. Recognition Mtg., 7-8P**

10/5: **OPEN HOUSE, 6-8P**

10/9: **NO SCHOOL-COLUMBUS DAY**

10/10: **PG Visits**

10/11: **1st Gr. Luncheon with Parents/Guardians**

10/16: **TOWN MEETING-7P, MHS**

10/17: **Celtics Spirit Day, Enrichment-Wingmasters, Gr. K, PG Visits, School Com. Mtg., SV Bldg.-7P**

10/24: **PG Visits**

10/27: **MES Spirit Day, SEPAC Meeting-7-9P, MES Auditorium**

10/29: **Trunk or Treat-TBA**

11/3: **Picture Makeup Day**

11/10: **NO SCHOOL-VETERAN'S DAY**

11/14: **PG Visits, School Com. Mtg.-FBMS, 7P**

PTO NEWS

Mark your calendars and line up your sitters! The PTO would like to welcome you to kick off the school year with a parent's night out on **Wednesday, September 27th from 7 - 9 PM at Cask N Flagon**. Please join us to welcome new families to our community and to reconnect with old ones. There is a cash bar and light appetizers will be served.

Thank you to those who have been in touch already about our fall fundraiser, Trunk or Treat! Our event will take place on **Sunday, October 29th from 12 - 3 PM** at Martinson Elementary. This year is sure to be a great time, with a cupcake walk, trunks for trick or treating, caramel apples, raffles, DJ and more! As everyone knows, it takes a village. Sarah Beck does a tremendous job coordinating but we can always use volunteers. Please connect with Sarah directly if you are interested in volunteering and be on the lookout for more information to be sent home in the coming weeks relative to ticket information, day of details and information relative to having a "trunk" at the event.

We are still in the process of updating the DirectorySpot, Please make us aware of any issues you may have with accessing the app or if the information is incorrect in the directory.

Thank you again to all who were able to make it to our first meeting, minutes are available and the PTO section on the MES website. We are still in need of coordinators for a few events/tasks, specifically the adult comedy night scheduled for January, Scribbles and Scribes and Jog-A-Thon. Reach out to any PTO member if you are interested in any of those roles.

Lastly, Open House will take place on **October 5th**. There will be a bake sale that night. If you're able to make a donation of a baked good (nut free please) or are able to volunteer some time that evening, please reach out to Alyssa at alyssamcgowan88@gmail.com.

OBSTACLE COURSE TRAINING

**TYPE ONE PARTNERS WITH
MARSHFIELD FLAG FOOTBALL, THE
BOYS & GIRLS CLUB OF MARSHFIELD
AND MARSHFIELD RECREATION!**



RENEGADE RUN
SUNDAY 10/22

4 MILES • 25+ OBSTACLES
FOOD • FESTIVAL • BEER
BENEFITS TYPE 1 DIABETES
WOMPATUCK STATE PARK

type one
FITNESS | RESEARCH | CURE

MARSHFIELD FLAG FOOTBALL KICK-OFF EVENT
Sunday - September 10th - 10:00 AM - 1:00 PM

2 OBSTACLE COURSE TRAINING SESSIONS FOR ADULTS
Saturday - September 23rd and October 14th - 8:00 AM - 9:15 AM

2 OBSTACLE COURSE TRAINING SESSIONS FOR KIDS (ages 7 - 13)
Wednesday - October 4th and October 11th - 4:15 PM - 5:30 PM

Join the creators of Renegade Run for four obstacle course training sessions on the grounds of the Boys & Girls Club of Marshfield. Come test your skills on some of their new obstacles. \$20 each session. For more information and to register - email them at info@type-one.org or visit them at www.typeonerenegaderun.com

TYPE ONE RENEGADE RUN

Join the NEW SEPAC Committee
For a Meet and Greet
Thursday, September 28, 2017
From 2-4pm

Seth Ventress Building on South River Street

This is an informal get together to meet the NEW SEPAC Committee
and

A time for you to share any thoughts and ideas you may have.



We look forward to meeting you !!
Melissa Chiano and Nikki Luciano, Co-Chairs
Kim Nashawaty, Secretary