



COMPACT

If you haven't yet signed your parent-teacher-student compact, a copy will be ready for you to sign at your child's parent-teacher conference.



held in person 633 Old Homestead Highway, Swanzey

Wednesday evenings 5:30-7:00

10/11 For parents of 2-3 year olds

11/1 For parents of 1-2 year olds

11/15 For parents of 0-1 year olds

To register online for these free classes, please scan this QR code:



For more information, please call **357-2042** or email:

Beth Audette baudette@mrsd.org **Lynn Speckman** lspeckman@mrsd.org

The McKinney-Vento Act

Ensuring the educational rights of students experiencing homelessness

If you are in a temporary housing situation due to loss of housing or economic hardship, you may be able to receive help for your child through a federal law called the McKinney-Vento Act.

For more information, please call our office at 603-357-2042.



A good day generally starts with a good morning, and mornings are always easier when you prepare the night before!

Along with your regular nighttime routine, like bathing, putting on pajamas, brushing teeth, and reading a story, try including this simple nighttime routine for a week and see if your mornings run more smoothly.

Before bedtime, make sure the activities on this checklist are ready for the next day:

- Neatly pack your backpack and set it by the door.
- Make sure your shoes and outerwear are also by the door.
- ✓ Set out the clothes that you will wear.
- Set an alarm clock so that you have enough time to be on time, and place it out of reach so that you have to get up to turn it off.

Routines are helpful for children (and grownups) so that they know what to expect and what is expected of them.

Feel free to include any additional nighttime routines that will be helpful for you and your family. Wishing you all good mornings and good days!