

SEABROOK RECREATION

COMPILED BY LIZ PREMO
ATLANTIC NEWS STAFF WRITER

SEABROOK | The Seabrook Recreation Department office is located in the Seabrook Community Center on Lafayette Road. Sandra Beaudoin is the director; Patrick Collins is the assistant director; Melissa Roy is the program director; and Frances Eaton is the rec secretary. Recreation supervisors are Lita Brown, Samantha LeClair, Heather Tilley and Corri Eaton.

Currently, Seabrook Recreation Department hours are Monday through Thursday from 9 a.m. to 9:30 p.m.; Friday from 9 a.m. to 5 p.m. on special event nights and from 9 a.m. to 9:30 p.m. when there is no special event; Saturday from 8 a.m. to 8 p.m.; and Sunday from 1-8 p.m. The Winter Session begins on Monday, January 10.

The Community Center facility has a game room and exercise room; call the rec office for schedules. For more information about programs offered through the Seabrook Recreation Department, please call 474-5746.

OPEN GYM

Open Gym is an opportunity for participants to just shoot around the basketball court, play catch with indoor equipment, jump rope, do a little tumbling, walk around and just have fun. Residents participate at no charge. Game Room drop-in activities include table tennis, billiards, foosball, table games, darts, bumper pool and more. The Exercise Room is open to Seabrook residents only, age 13 and up. Equipment includes eight-station multi-gym, health rider, fitness flyer, two treadmills, bench presses, squat rack, rowing machines, bikes, free weights and more. Participants must go through the required one-hour training course, normally scheduled on Thursdays at 6 p.m. or Wednesdays at 11 a.m. (appointments must be made for the course). Proof of residency is required. See the latest rec flyer for a schedules for these drop-in activities.

TASTY TREATS

This class, open to children in grades 1-3, focuses on kitchen safety, following

directions, and basic cooking skills, all while creating a delicious treat to eat. A list of recipes will be available at registration and will range from simple snacks to delicious desserts. Instructed by Melissa Roy, the class meets Mondays and Thursdays from 3:30-5 p.m. in Multi I. Fee is \$40 for 20 classes (10 weeks).

I MADE THAT

Artists will emerge during this class, which is open to children age 4.5 to Kindergarten. Participants will explore with different materials for arts and crafts, such as paint, glue, paper, foam and more. This is a well-rounded program that will not only introduce art, but also simple games, songs and food creations. Instructed by Gwen Moonogian, the class meets Tuesdays from 2:15-3:15 p.m. Fee is \$20 for the 10 week class, which is open to Seabrook residents only.

TINY TREATS

Open to children ages 3 to Kindergarten, this program is designed for the little ones to get them interested in making their own snacks. A list of snacks that will be made will be available at registration. Instructor is Melissa Roy; class meets Tuesdays from 3:30-4:30 p.m. Fee is \$20 for the 10 week course, which is open to Seabrook residents only.

CREATIVE THEATRE

Movement, voice, and improvisation are the focus of this program, which meets Tuesdays and Thursdays from 3:30-5 p.m. Under the direction of instructors from Encore Entertainment, and using theatrical exercises, children ages 7-11 will develop an original show, including plot and characters, and will ultimately perform in the show on the final day. Fee for the 10 week program is \$50.

'WILD ABOUT NATURE'

Seabrook youth in grades K-5 are invited to come and explore the natural ecosystem around the Seabrook Community Center with this exciting hands-on program. Children are encouraged to explore nature through interactive stories, songs, crafts and hands-on dis-

plays. All programs include a nature walk which focuses on experiencing nature through all the senses. Class meets Wednesdays and Fridays from 3:30-5 p.m. Cost is \$80 for the 10-week course, which is instructed by wildlife biologist Joann Healey.

LITTLE PICASSOS

Simple arts projects and crafts fill this class, which is open to children ages 3-4. Participants will explore with several different types of art mediums. This is the perfect class for any child who enjoys being creative. Instructed by Melissa Roy, this class meets Wednesdays from 2-2:45 p.m.

IMAGINATION STATION

This class, open to students in grades 1-4, is a great outlet for anyone who loves to create works of art. The group will focus on individuals using their imagination and creativity in order to create something truly unique. A list of activities will be provided at registration. Classes meet Wednesdays from 3-4 p.m. Fee is \$20 for the 10-week course, which is instructed by Melissa Roy.

COOKING CULTURAL AROUND THE WORLD

Students in grades 5-8 are invited to travel with Seabrook Red and learn about food from a global perspective – exploring the eating habits of people around the world, looking at the way the land, culture and resources influence how people eat. Participants will prepare a dish from a different country each week, while visiting the eastern Mediterranean, France, India, Italy, Mexico, and Vietnam. Instructed by Terri Schoppmeyer of the UNH Cooperative Extension, this class meets Fridays from 3:30-5 p.m. and is open to Seabrook residents only. Fee for the program is \$12.

SMALL FRY SOCCER

Youth ages 3 through Kindergarten will develop the skills necessary to become the next American soccer phenomenon. Skills include passing, dribbling, shooting, trapping, and defense. Instructed by Patrick Collins, the class

meets on Mondays from 3:30-4:15 p.m. or Thursdays from 2:30-3:15 p.m. Fee is \$11 for the 10-week course, which is open to Seabrook residents only.

FUNBOREE

This is a fun program for the younger ones, ages 3 through Kindergarten. The class begins in the gym and focuses on simple games that emphasize using basic motor skills, following directions and playing together. The group will then move into the Multi-room for stories and a small snack. Instructed by Melissa Roy, the class meets Tuesdays from 11 a.m. to 12 p.m. or Fridays from 2:30-3:30 p.m. Fee for the 10-week program is \$11 for residents and \$22 for non-residents.

PEEWEE SPORTS

This program is ideal for the active child ages 3-4.5. The group participates in a basic introduction of games and sports on both an individual and a group basis. The focus will be on team oriented play and sportsmanship. This program, which meets on Tuesdays from 2:15-3 p.m., is instructed by Melissa Roy. Fee is \$11 for the 10-week course, which is open to Seabrook residents only.

FITNESS*FUN*SPORTS* GAMES

Children in grades K-2 will take part in a variety of activities and challenges, beginning with warm-ups and leading to sports activities such as running, jumping, throwing, kicking, catching, etc. Five minutes of free time is often given at the end of the class, which meets on Tuesdays from 3:10-4 p.m. Lead up skills will include baseball, hockey, basketball, soccer and other traditional athletic activities.

KIDDIE GYMNASTICS

This course, open to Kindergarten students, is designed for the beginner gymnast, where their skills will develop using a movement education style. The group will explore mat work, tumbling and some low apparatus such as low beams and vaults. Open to residents only, this class is instructed by NHAAGS staff members and meets on Seabrook Rec Continued on 34•

EDUCATION

Preschool program at Next Generation Daycare

SPECIAL TO THE ATLANTIC NEWS

GREENLAND | Next Generation Daycare, a non-profit service of New Generation, Inc., was recently licensed as a preschool program for children in its care. Staff worked with two grantors to expand a variety of programs in the daycare.

Greater Piscataqua Community Foundation granted \$17,000 for the development of a preschool program, and to fund improvements that would allow the daycare to achieve certification from the National Association for the Education of Young Children (NAEYC).

The Samuel Pardoe Foundation granted \$5,000 to fund playground improvements and purchase additional classroom equipment. Other improvements include new air conditioning, tree planting, and monies to supplement staff salaries and benefits.

Assistant Director Ivelisse Roy of Portsmouth, a staff member since 2001, has been promoted to daycare director. Lead Teacher Jennifer Leary of Dover has been promoted to Assistant Director.

"It is very rewarding to see our plans for the daycare come to fruition through

these grants. The extensive planning of Executive Director Toni Trotzer, the board of directors and hard work of staff has paid off," said Roy. "Parents of the daycare children are excited about the improvements to come."

Founded in 1987, New Generation, Inc. is a shelter for homeless pregnant women and mothers with young children. The shelter houses up to seven women and their children at a time. Its mission is to foster a new generation of healthy, happy, self-sufficient, fully-functioning families.

The shelter has three other services onsite in Greenland. Second Generation Thrift Shoppe and Generation Gap Furniture Barn provide affordable clothing, household items and furniture at a low cost. Next Generation Daycare offers a safe, caring environment for infant to preschool-age children and has Title XX slots for families working towards self-sufficiency.

New Generation, Inc. is in partnership with the United Way of the Greater Seacoast. For more information, call (603) 436-4989, contact newgen4989@newgenerationinc.org, or visit www.newgennh.com.

Seen and heard at SES

BY BETSEY ROSS

SPECIAL TO THE ATLANTIC NEWS

SEABROOK | After wishing all Seabrook Elementary School families "a happy and joyous 2005," Seabrook Elementary Principal, Jeni Mosca, and the SES staff report that students are back into their school routine and working hard, with January being a busy month at SES.

- There will be a CORE/PTO meeting on Monday, January 10 at 6 p.m.; the Seabrook School District board meeting will take place the same evening at 7 p.m.

- NWEA Testing will take place for Grades 3-4 from January 18-25 for approximately an hour each day. The subjects to be tested will be reading, math and language arts.

- SES Coffee Chat will be held on Friday, January 28 at

7:15 a.m. in the Even Start Parent Center. All are invited to attend.

- The next Even Start Parent Workshop will be held on Thursday, January 20 from 5:30-7:00 p.m. at the Seabrook Public Library. The presentation will be, "It's a Rainbow World: Getting along with Differences." Free pizza and children's books will be offered to all who attend. Call Kate Morrison at (603) 474-2252, ext. 134 for further information.

- The Dental Van will visit SES students this month. Students will be sent home with informational flyers on the program after their classroom presentations.

- The second session of SEA-ARTS will begin on Monday, January 10. Call Stephanie Williams at (603) 474-2252 for further pro-

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EDUCATION NOTES

CHILD FIND PRESCHOOL SCREENINGS

HAMPTON | The Hampton School District is in the continuous process of conducting Child Find Screenings for children who reside in the town of Hampton.

The next screening is scheduled to take place on Wednesday, January 12 at Centre School in Hampton. This screening is available for children who are ages 3-4.

Parents who have concerns regarding their child's development in the areas of speech and language, cognitive skills, motor coordination, personal and social development may call Assistant Principal Jennifer Spires at (603) 926-8706 or Special Education Director Sara Stetson at (603) 926-8788 to sign up for the screening or for more information.

NEIT ANNOUNCES SCHOLARSHIPS

SEACOAST — Any interested individual who is seeking to pursue a career as a heating technician is invited to apply for a scholarship, according to Ron Como, chairman of the Heating Technology Department at New England Institute of Technology (NEIT) based in Warwick, Rhode Island.

A total of seven scholarship worth \$2000 will be awarded to individuals both from high schools and from the National Association of Oil Heating Service Managers.

The application process is open to any student currently attending or planning to attend a technical college or trade school who is involved in the oil heating industry.

The deadline for submission of a scholarship application and the required 500-word essay ("What Are Your Goals and Why Do You Wish to Better Yourself Within the Oil Heating Industry?") is March 25, 2005.

Information regarding the scholarships may be found at www.naohsm.org, or by calling Judy M. Garber at (888) 552-0900. For more information about the heating technology program at NEIT, call (800) 736-7744, or visit www.neit.edu.

SENIORS GO HIGH TECH AT NHS

NORTH HAMPTON — Attention North Hampton Senior Citizens: Are you in awe of your grandchild's computer knowledge? Do you want to send an e-mail but do not even know how to turn on a computer? Do you think the Internet is something fishermen use?

Seniors are invited to come to the North Hampton School computer lab and be introduced to the world of computers in a technology program sponsored by the school. Participants will learn about basic computer skills, keyboarding skills, word processing, exploring the Internet, e-mail and digital photography.

Classes are scheduled to meet on Fridays from 8-9:15 a.m. on January 7, 14, 21, 28, and February 4 at the NHS lab. Computer teachers Ellen Coughlin, Brad Gregg, and Mike Porobuno will be on hand to lend instruction for this program, which is offered free of charge to Seniors.

For more information or to sign up, call Mike Caron at North Hampton School at (603) 964-5501.

TIME FOR CHANGE IS NOW

HAMPTON | Are you looking to advance in your job? Do you want to earn more money?

If the answers to these questions are "yes" but you have no high school diploma, then give yourself and those you love a wonderful holiday gift: Register for the Winnacunnet Adult Diploma classes.

Graduates of this program range in age from 18-55 and attended school in many different places, so do not hesitate. Join others who have improved their lives by taking classes, earning their diplomas, and graduating from high school. It's easy to do.

Registrations will be accepted from now through January 14. The time for change is now, and the Winnacunnet Adult Diploma Program is the answer.

Call the Winnacunnet Community and Career Center at (603) 926-8282 ext. 233 or 231 for more information.

COMPILED BY LIZ PREMO, ATLANTIC NEWS STAFF

EDUCATION



AMAZING LESSONS LEARNED — North Hampton School eighth grader Brennan Callahan delivers his oratorical piece during a classroom run-through held in preparation of this year's Wayne I. Elliot Oratorical Contest, taking place next week at WHS.

— Atlantic News Photo by Liz Premo

Speaking up

NHS students prep for annual oratorical contest

BY LIZ PREMO

ATLANTIC NEWS STAFF WRITER

NORTH HAMPTON | Identity theft. Rioting. An Arctic shipwreck. NASCAR safety. The drama of Reality TV.

A story list for the nightly news?

Not quite.

These are just a few of the many topics covered by seventh and eighth grade students at North Hampton School as they prepare for the 41st annual Wayne I. Elliot Oratorical Contest.

This year's event — at which nine finalists (and

several alternates) from the two grades will compete — will take place on Wednesday, January 12 at 7 p.m. in the Winnacunnet Community Auditorium.

"It's not a report; it's a piece of writing with a point of view," explains NHS teacher Sherry Hoffman of the oratorical pieces the students have been formulating for the last month or so. Each speech, Hoffman adds, is meant to "persuade or provoke a certain thought. They have to put [everything] into a coherent piece of writing and go public

with that."

According to Hoffman, the students initially choose a topic that is of interest to them, or one for which they have a passion, or simply something they want to know more about. They conduct research on the topic, compile the information, mold it into an interesting and compelling oral essay, and then follow up by working on delivering what they have created.

"I love this [process] so much," says Hoffman, listing the skills the students utilize for their oratorical task: Asking the right questions; knowing how to access information; knowing whether that information is quality; notetaking, gathering information and synthesizing it. And according to Hoffman, this is a process that carries some important long-term benefits.

"These skills," she says, "are the skills that will really equip our kids for life. I think this is life skills in a big way."

Part of the process involves an exchange of student feedback as well as teacher input. In the weeks prior to the actual contest, students give an actual "run-through" of their presentations before their peers in the classroom. Their listen-

ers jot down their comments on feedback sheets, providing commendable comments as well as constructive feedback for future oral presentations.

And, luckily for these budding orators, "They don't have to memorize — that strikes terror into their hearts," says Hoffman. They do, however, need to have practiced their speeches well enough to utilize body language and proper eye contact for an effective 3- to 5-minute presentation. And, adds Hoffman, "It's not a stage/costume/prop kind of thing."

Though the students have been focused on formulating their oral commentaries for the past month or so, preparations for this moment have actually been about three years in the making, at least for the eighth graders.

It begins in sixth grade, when students take part in the "I Search" program, in which they follow steps similar to those completed by their older peers. Their final presentation can be in the form of a speech, poster or performance.

Seventh graders "really get into it more," says Hoffman, noting that they actually go through the formal



IT'S A WRAP—Krystina Heywood and Madison Holt (pictured), students in Veronica Eaton's second grade classroom at Seabrook Elementary School, wrapped gifts for their parents prior to their recent holiday vacation.

— Atlantic News Courtesy Photo

Speaking up Continued on 18-