

THE TIGER TALE



RIDGE VIEW COMMUNITY SCHOOL
175 Fern Road, Suite #3
Dexter, ME 04930
Phone: 924-6000 Fax: 924-7668



Early Release Day

Thursday, October 10th, will be an Early Release Day. Students will be dismissed starting at 11:45 AM. Teacher's will be in workshops all afternoon. Please make arrangements for changes in transportation as early as possible.



October 2024

School Board Meeting

The first Wednesday of each month—RVCS Gym—7:00 PM



Teacher Workshop Day—No School

There will be no school on Friday, October 11th. Teachers will be in workshops all day. Classes will resume on Tuesday, October 15th.



PTO Meetings....

Please watch for meetings starting back up again in September. Meetings are at 3:00 on the first Tuesday of each month in RVCS library.

Childcare provided for meeting.

Indigenous People Day—No School

On Monday, October 14th, we celebrate Indigenous People Day. There will be no school that day. Classes will resume on Tuesday, October 15th.



Second Chance Picture Day

Second Chance Picture Day is Wednesday, October 23.

STUDENTS! Wear your favorite outfit and let's have FUN! Everyone will get several poses to choose from. Clothing in solid-colored pastels or whites makes for a truly unique portrait. PARENTS: NO MONEY REQUIRED IN ADVANCE! We will have portraits in the on-line gallery about a week after the photography date. You will have the opportunity to purchase portraits AFTER previewing them. There's no obligation!



Like us on Facebook

Ridge View Community School has a Facebook page, and we'd like you to "like" us! Lots of important information is posted there regarding sports, activities at school, and other things related to Ridge View. Check us out and keep track of school activities through Facebook.

Need to contact us? Text us with your phone, and it comes to our e-mail. Instead of a number, simply put in:

rvcsoffice@aos94.org



Type in your message and hit send—it comes directly to our e-mail. Use this for transportation changes, absent notes, any type of information you need us to know!

Mrs. Batron's Life Science Class

In Life Science, we've been reviewing Scientific Processes and the Scientific Method. We'll be starting the unit "From Molecules to Organisms" soon, beginning with Linnean Classification and the parts of, and jobs of, cells. Please talk to your child(ren) about what they're learning. They are amazing scientists!



Physical Education Notes

Welcome Back to a New Year in Physical Education!

Welcome to an exciting new school year in Physical Education! We are thrilled to start this journey with you and look forward to an active, fun-filled, and healthy year. Our focus will be on building strong bodies, fostering teamwork, and developing lifelong healthy habits.

What to Expect This Year:

This year in PE, students will engage in a variety of activities aimed at improving physical fitness, motor skills, and sportsmanship, as well as health content. Here's a quick overview of what's in store:

- 1. Skill Development:** We'll be focusing on a range of sports and activities to build coordination, balance, and flexibility. Students will have opportunities to learn new skills while building confidence.
- 2. Teamwork & Sportsmanship:** Team games and group challenges will help students learn the importance of working together, communicating effectively, and showing respect to others. Good sportsmanship is always a priority!
- 3. Healthy Habits:** In addition to physical activity, we'll also be incorporating lessons on nutrition, mental well-being, and the importance of staying active outside of school.

PE Reminders:

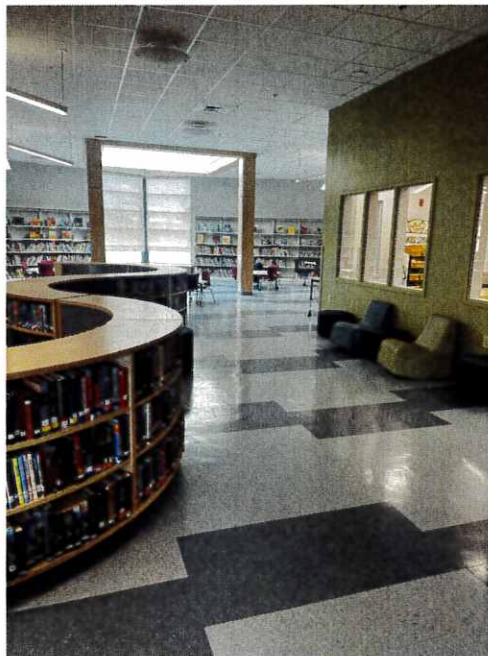
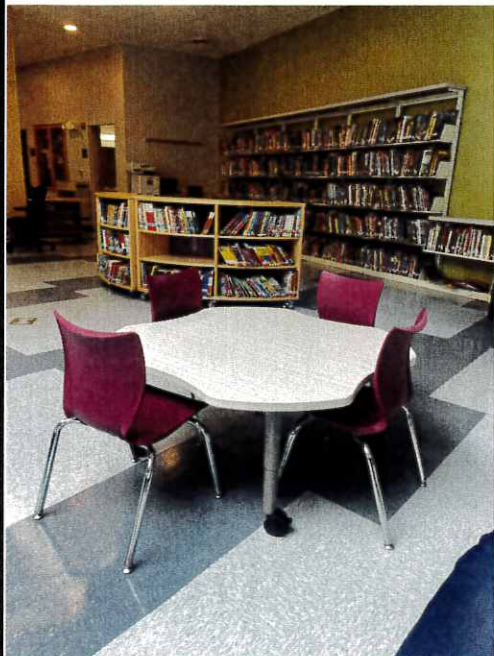
- **Dress Appropriately:** Students should wear comfortable clothing and have athletic shoes/sneakers on PE days.
- **Stay Hydrated:** Water bottles are welcome and encouraged in class to stay hydrated.
- **Positive Attitude:** Remember, PE is about progress, not perfection. A positive mindset and effort are key to success.

We look forward to an amazing year filled with energy, growth, and healthy habits. If you have any questions or concerns, feel free to reach out to the PE team. Let's make this year the best one yet!

Stay Active and Stay Healthy!
Ridgeview Community School PE team.
Sandie Emerson and Deklan Thurston

semerson@aos94.org and dthurston@aos94.org

Ridge View Community School's New Library



RVCS Woodworkers

RVCS woodworkers are excited to start a new year. We had many of our 6 foot benches in use at the Red Hot Dog Festival, this past summer. Woodworkers had a display showing some of our work at the Harmony Fair this month. We are currently making wooden pumpkins to display in our classrooms. Our goal is for all 3rd and 4th graders to make one before October 31st. We are making other Halloween and Fall items to sell. The money generated will give us the opportunity to buy more wood for our program. We are looking forward to another exciting year of learning many important skills through woodworking.

Have a great Fall season.

Bryant Farrar, Instructor

Notes from the Nurse

Welcome back for another wonderful school year! I am excited to be starting my 13th year at RVCS. Every year, I say that I have the best job in the world. Thank you for sharing your children with me. In addition to hanging out in the nurse's office, I also coordinate the district's backpack program and supply winter gear to students in need. If there is anything that I can help with, even if it isn't a traditional request, please reach out and I will try to find resources to help.

Although I am sure everyone is tired of hearing about covid, I wanted to share the newest guidelines. The CDC guidance is more aligned for all respiratory illnesses including covid and influenza. Anyone with a fever should stay home for 24 hours after the fever has resolved without the use of fever-reducing medications. If you test positive, masking is recommended when you are around other people. We do have covid tests available for home use.

Our medication policy states that students are not able to transport any medications other than Epipens, inhalers, and diabetic supplies. Medications (even over the counter medications) cannot be stored in student's backpacks or lockers. All prescription medications must be in the original container. Prescription medications must have a physician's signature in addition to a parent signature.

Per Maine law, hearing and vision screenings are performed every year for students in grades pre-K, kindergarten, first, third, and fifth grades. Vision screenings are performed for students in seventh grade. If you would like your child's hearing or vision screened and they are not in one of the grades that screenings will be performed, please reach out.

Student Emotional Wellness

Parents, we would like to bring you resources and ideas about student emotional health each month. We know you are the expert and know your child the best. This might just be some ideas in case you need some strategies in working through an issue with your child. This month the focus is on student anxiety. The following excerpt is taken from an article written by Clark Goldstein, Ph.D entitled "How to Cope with an Anxious Child". To read more from this article, please follow the link at the bottom of the article.

"When kids are anxious, it's natural to want to help them feel better. But by trying to protect kids from the things that upset them, you can accidentally make anxiety worse. The best way to help kids overcome anxiety is to teach them to deal with anxiety as it comes up. With practice, they will be less anxious.

When a child gets upset in an uncomfortable situation and their parents take them out of it, they learn that getting upset is a good way to cope. Instead, it's helpful for parents to let kids know that they're going to be okay, even if they're scared. You can't promise your child that nothing bad will happen. But you can express confidence that they can face their fears and feel less afraid over time.

You can show your child empathy without agreeing with their fears. For example, you might say: "I know you're scared to get this shot. It's okay to be scared. You can get through this, and I'm going to help you." It's usually helpful to avoid leading questions ("Are you worried about the test tomorrow?"). Instead, ask open questions ("How do you feel about the test tomorrow?"). You can use your tone of voice and body language to show your child that you're calm, which can help them stay calm too.

Parents can also help by keeping kids distracted before something that might be upsetting, like a doctor's appointment. Sometimes it helps to talk with your child about what might happen if their fears came true. What would they do? Who would they ask for help? Having a plan can calm anxiety.

Finally, parents can model healthy ways of handling anxiety. Parents get anxious too, and that's okay! The goal is to show your child that anxiety is normal and that it doesn't have to be a big deal." (Goldstein, C. 2024, April, 2; "How to Cope with an Anxious Child" retrieved 2024, September, 19 from <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>)



Activity Night for Grades 5 - 8



We are excited to have our first RVCS activity night of the year for grades 5-8 on Friday, October 18th from 6:00-7:30 p.m. Cost of admission is \$4.00 per student. Gym Activities, music, painting, games are all included in the admission price. Food and drinks will be available at additional cost.



Red Ribbon Week at Ridge View Community School Monday, October 28th Through Friday, November 1, 2024

RVCS will be recognizing Red Ribbon Week Monday, October 28th through Friday, November 1st this school year. The National Theme this year is “Life is a Movie, Film Drug Free!” The history behind Red Ribbon Week is that in 1985 a Drug Enforcement Administration special agent was killed. His hometown friends and family reacted in a positive way by starting clubs in his honor, wearing red ribbons, and pledging to live drug-free lives. Red Ribbon Week became an official national event in 1988.

Red Ribbon Week here at RVCS is all about making positive, healthy choices for our brains and bodies. We will be having “theme days” and students *and staff are encouraged to participate to help show support and Tiger Pride. The Theme Days are as follows:*

- **Monday** (10/28) Crazy Hair
- **Tuesday** (10/29) Kids dress like a teacher, teachers dress like a kid
- **Wednesday** (10/30) Wear RED
- **Thursday** (10/31) PJs and a stuffie
- **Friday** (11/1) Crazy outfit



We will be having activities all week supporting making good choices for your health and a classroom door decorating contest with the “Life is a Movie, Film Drug-Free” theme. Students and staff will be given silicone bracelets on Monday to wear to school every day of the week. Guidance and Positive Action Classes will create posters that will be hung throughout the building.

There will be an assembly for students in grades 6-8 sponsored by Northern Light on Friday 10/25, 1:30-2:30 in the gym.

If you have any ideas for our celebration to help raise awareness – please let us know! Contact Melissa Spizuoco (mspizuoco@aos94.org) or Debbie Webber (dwebber@aos94.org).



K-Kids is a student-led service organization for elementary school students in grades K-4. The local Kiwanis Club of **Dexter** serves as the K-Kids sponsor. **Traci Taylor (Grade 1 Teacher)** will act as the K-Kids faculty advisor and will be in attendance at all K-Kids meetings. Meetings will be conducted **after school** on the **second Wednesday** of **every month** from **3:00-4:00** at **RidgeView Community School**.

Parents/Guardians are responsible for picking up their child at 4:00.

Members in the service organization are students who are interested in service to school and community.

The objectives of K-Kids are:

- To provide opportunities for working together in service to school and community,
- To develop leadership potential.
- To foster development of a strong moral character.
- To encourage loyalty to school, community, and nation.

****For more information or to have a form sent home with your child, please email Traci Taylor at ttaylor@aos94.org.***

RVCS PTO

rvcs_pto@aos94.org

Parents and teachers working together
to enhance the educational experience
for RVCS students



PTO Meetings are the 1st Tuesday of each month, all are welcome.

Upcoming meeting dates: October 1st, November 5th



Mark your Calendars! - Fall Fundraiser

Coming In November - Just in time for the Holidays!

Catalog fundraisers with Meadow Farms Fundraising, offers you sellers a diverse range of high-quality home goods, gourmet foods, and renowned name brands, ensuring a delightful selection for every taste. We pride ourselves on featuring popular brands and locally sourced products such as Kringle Candle, Gertrude Hawk, Harney & Sons, Stonewall Kitchen and Boston Coffee Cakes, alongside well-known favorites like Otis Spunkmeyer.

More information Coming home in October

5th Annual Fall Harvest Festival & Math Night

Who: Students in Pre-K/Head Start through 4th grade are invited to attend this year's Harvest Festival and Math Night with a responsible adult. Bring the whole family!

What: We will be serving light refreshments. We will have crafts, BINGO, math games and lots of fun.

When: Friday, October 25th 5:30-7:00 PM

Where: Ridge View Community School



A Free night of family fun brought to you by PTO. This is a great way to support your student and have a fun family night out!



RVCS
*Holiday
Craft Fair*



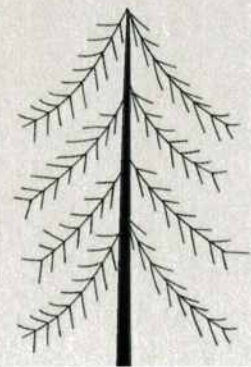
NOVEMBER 2, 2024

9AM-2PM

Email

RVCSBoosterscraftfair@gmail.com

for more information



Supply Drive & Fundraiser

All proceeds benefit

SPIRITS PLACE

Cat Sanctuary, St. Albans, ME

TCTC Entrepreneurship Program

DRHS Key Club

RVCS Builder's Club

Collecting gently used blankets, and towels, as well as cat food, litter, and monetary donations.

Donations can be brought to Mrs. King at TCTC, Mrs. Staples at DRHS, or Mrs. Picariello at RVCS by October 31st.



Cafeteria News

Welcome back from your Cafeteria Crew! We've been working hard this summer planning for a delicious and nutritious year for you. Ridge View Community School and Dexter Regional High School are still participating in the Community Eligible Provision (CEP) which means

All students can receive school breakfast and lunch at no cost to them.

Some students still have funds on their accounts and when they get to Dexter Regional High School they will be able to use those funds to purchase an additional entrée – slice of pizza, chicken burger, yogurt parfait or to purchase an extra milk.

Reminder to Cold Lunch Families

Please pack everything your child needs for lunch. The school lunch program is intended only for students participating in the school lunch program. If students bring lunch from home they should bring everything they need including forks, spoons, straws and condiments. They should also be able to prepare everything in their lunch on their own.

However! If a cold lunch student wants milk with their lunch from home they just need to take 2 other lunch components and they get their milk. So, take a milk, a



Fresh Fruit and Vegetable Program (FFVP)

Ridge View Community School will be offering the FFVP again this year. All students at RVCS will be offered a FFVP fruit or vegetable snack on Monday, Thursday and Friday. Days change at times based on holidays, early release and snow days. This is a great opportunity for students to try new fruits and vegetables and have a healthy snack.



SEPTEMBER/OCTOBER 2024

MSAD #46 SCHOOL BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 YOGURT & CRACKER FRUIT/JUICE MILK	1 CHOCOLATE MUFFIN CHEESE STICK FRUIT/JUICE MILK	2 FRENCH TOAST STICKS FRUIT/JUICE MILK	3 STRAWBERRY BAGEL FRUIT/JUICE MILK	4 DONUT FRUIT/JUICE MILK
7 YOGURT & CRACKER FRUIT/JUICE MILK	8 BREAKFAST BREAD FRUIT/JUICE MILK	9 BREAKFAST SANDWICH FRUIT/JUICE MILK	10 SMOOTHIE CRACKER FRUIT/JUICE MILK EARLY RELEASE	11 NO SCHOOL
14 NO SCHOOL	15 YOGURT & CRACKER FRUIT/JUICE MILK	16 FLAPSTICK FRUIT/JUICE MILK	17 CEREAL BAR YOGURT FRUIT/JUICE MILK	18 DONUT FRUIT/JUICE MILK
21 YOGURT & CRACKER FRUIT/JUICE MILK	22 BREAKFAST BREAD FRUIT/JUICE MILK	23 WAFFLE FRUIT/JUICE MILK	24 BREAKFAST PARFAIT FRUIT/JUICE MILK	25 BREAKFAST PIZZA FRUIT/JUICE MILK
28 YOGURT & CRACKER FRUIT/JUICE MILK	29 BREAKFAST BREAD FRUIT/JUICE MILK	30 FLAPSTICK FRUIT/JUICE MILK	31 ORANGE SMOOTHIE CRACKER FRUIT/JUICE MILK	<p>Breakfast and lunch available to all students at no charge.</p> <p>Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try, 3 times per week.</p>

“This institution is an equal opportunity provider”

MILK CHOICE 1% WHITE OR CHOCOLATE

Menu subject to change without notice

SEPTEMBER/OCTOBER 2024

MSAD #46 SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 CHICKEN BURGER TATER TOTS FRUIT & VEGETABLE BAR MILK	1 TACO SOUP BOSCO STICK FRUIT & VEGETABLE BAR WITH BEANS MILK DORITOS	2 BREAKFAST SANDWICH FRUIT & VEGETABLE BAR WITH BEANS MILK	3 CHICKEN & GRAVY RICE & PEAS ROLL AND BUTTER FRUIT & VEGETABLE BAR MILK	4 PIZZA FRUIT & VEGETABLE BAR MILK
7 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	8 CHICKEN PARMESAN ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	9 BAKED BEANS HOT DOG IN A BUN FRUIT & VEGETABLE BAR WITH BEANS MILK	10 CHICKEN BURGER FRUIT & VEGETABLE BAR MILK EARLY RELEASE DAY	11 No School
14 NO SCHOOL	15 Ground beef and Macaroni ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	16 HAM & CHEESE SANDWICH FRUIT & VEGETABLE BAR WITH BEANS MILK	17 TURKEY & GRAVY RICE & PEAS ROLL FRUIT & VEGETABLE BAR MILK	18 PIZZA FRUIT & VEGETABLE BAR MILK
21 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	22 MACARONI & CHEESE HOT DOG ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	23 SLOPPY JOE FRUIT & VEGETABLE BAR WITH BEANS MILK	24 BBQ PORK & CHEESE ON TATER TOTS ROLL & BUTTER FRUIT & VEGETABLE BAR MILK CRACKER	25 BREAKFAST SANDWICH FRUIT & VEGETABLE BAR MILK
28 CHICKEN NUGGETS EMOGI FRIES ROLL & BUTTER FRUIT & VEGETABLE BAR MILK	29 SPAGHETTI & MEATSAUCE ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	30 TURKEY SANDWICH FRUIT & VEGETABLE BAR WITH BEANS MILK	31 ROAST CHICKEN RICE & STEAMED CORN ROLL & BUTTER FRUIT & VEGETABLE BAR MILK	Breakfast and lunch available to all students at no charge. Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try, 3 times per week.

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Menu subject to change without notice

Wellness News

The Wellness Team is here to support staff and student wellness. We encourage healthy habits both at home and at school. We have water bottle filling stations throughout the school and promote drinking water. Energy drinks are discouraged for many reasons and are not recommended for adolescents. Here is some basic information from the CDC as to why energy drinks are not recommended for students.

<https://www.cdc.gov/healthyschools/nutrition/energy.htm>.

October Wellness Snack Recipe

Ants on a log and variations

Ingredients	For 1 serving	For 4 servings
Celery – washed and cut into 4” pieces	3-4” pieces	12-4’ pieces
Peanut butter or nut butter alternative	1 Tablespoon	4 Tablespoons
Raisins	12	48

1. Wash and cut celery into pieces.
2. Spread 1 tsp nut butter or alternative on each piece of celery.
3. Top with raisins.

Try these variations

- Cream cheese with olives, tomatoes or blueberries
 - Hummus with cherry tomatoes or seeds

Would You Rather?

Record your answers on the slip. Your answer should include WHY you chose that option! Be sure to write your FIRST and LAST name so that we can easily find you if you are the winner!

Grades K-2:

Would you rather have 10 mini candy bars or 3 king size candy bars? Why?



Name: _____ Homeroom Teacher: _____

Grades 3-5:

Would you rather eat $\frac{2}{3}$ of a bag of Halloween candy or $\frac{2}{5}$ of a bag of Halloween candy? Why?



$\frac{2}{3}$



$\frac{2}{5}$

Name: _____ Homeroom Teacher: _____

Grades 6-8:

Would you rather have 15 pieces of candy that weigh 2 grams each or 8 pieces of candy that weigh 5 grams each? Why?



Name: _____ Homeroom Teacher: _____