



# THE TIGER TALE

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



## Early Release Day

Friday, December 20th, will be an Early Release Day. Students will be dismissed at 11:45 AM.



## December 2024

### School Board Meeting

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



## Holiday Break—No School

Holiday Break will begin on Monday, December 23rd. Classes will resume on Monday, January 6th, 2025. The Ridge View Staff wishes everyone a wonderful Holiday Season.



## 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.

## K—5 Holiday Concert

Ridge View students in grades K—5 will present their Holiday Concert on Friday, December 13th. Students in grades K—5 will perform starting at 9:00 AM, and students in grades 3—5 will perform starting at 1:00 pm. Both concerts will be held in the Ridge View gym.



## Band/Chorus Holiday Concert

The Band/Chorus Holiday Concert will be held on Wednesday, December 18th, at 6:00 PM at Dexter Regional High School. Students from Ridge View who are performing need to be at the High School by 5:30 PM and wear concert black clothing.

## 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.

## STUDENT TRANSPORTATION REMINDER

To ensure the safety of all students and the efficiency of dismissal, transportation changes must be received in the main office by 12:00PM each day.

Reminder that you can call 924-6000, email or text [rvcsoffice@aos94.org](mailto:rvcsoffice@aos94.org) with your change.

## Seventh Grade News

In Science, we finished our bacterial culture lab. We learned a lot about good bacteria, and were able to see just how many bacteria we come into contact with on a daily basis. We were surprised at some of our findings, and had to rethink some of what we thought we knew, but that's all a part of being a good scientist. Please ask your child(ren) about what they learned! We're going to be continuing our work with microscopes, and will be learning about invertebrates and classification in the next few weeks.

In Social Studies we are finishing up our unit on the American Revolution. We will be looking at Benjamin Franklin, Paul Revere and Thomas Jefferson a little more closely. We will then be moving into the U.S. Constitution.

## Notes from the Nurse

Happy Holidays! We have an extra long holiday break this year, so I hope that everyone gets to spend some quality time with family over the holidays. I am looking forward to cozy days at home with my family and the family that I don't see as often as I would like.

We have seen several cases of pneumonia and Strep throat. We have lots of colds and coughs, but compared to the days of covid, I think we are doing well. Covid tests are still available to students, staff, and families. Those can be picked up at school or sent home with students. The covid guidelines now align with all other respiratory illnesses such as colds and influenza (flu). Per the American Academy of Pediatrics, a fever is defined as a temperature of 100.4 or higher. If you have a fever, you must remain out of school for 24 hours after your fever resolves. This is without the use of fever-reducing medications. As always, this rule applies to vomiting and diarrhea as well. No school for 24 hours after the last episode of vomiting or diarrhea without the use of medications. These rules are here to keep everyone in our building healthy.

## RVCS Boosters Information

Looking for volunteers to help with concessions and admissions for games, activity nights, tournaments and school events.

Did you know that the RVCS Boosters helps the entire school and not just the sports teams?? We help teachers that need supplies and special trips like poster board and swim lessons. We help administrators support family programs like Grandparents Day. We also help the sports programs!

Your support will help make that a reality!

We have Gift Cards available to purchase at the games that can be used for concessions or Booster Merchandise. Or send a digital gift card in any amount you choose to your friends, family, or yourself on-line at:

<https://app.squareup.com/gift/MLVHNYKDX9CK5/order>

Don't forget to order Ridge View Merch!! 20% of the proceeded go back to the RVCS Boosters!



# RIDGE VIEW TIGERS GEAR

MillworksApparel.com/OrderOnline  
to see full line and prices, product  
descriptions and customization options



20%  
of sales benefit  
Ridge View  
Boosters



Duffel prints  
center top



[www.MillworksApparel.com](http://www.MillworksApparel.com)



Apparel provided by Millworks Custom Apparel - 16 Church Street, Dexter, Maine 04930  
Showroom (207) 924-2127 • Monday-Friday 8-4 or by appointment.

Items are shipped, or pick-up at showroom, you will have option when checking out to do Store Pick-up  
*please note: images show approximate size and placement on garment and are not exact replicas. Like us on facebook*

# Positive Action Team News

The Positive Action Team is off to a great start this school year! We've already held one fundraiser which helped to support the RVCS Christmas Program, put together one fantastic bulletin board and had a successful Red Ribbon Week full of activities. Students participated in the two day MYAN (Youth Leadership) Conference in Augusta and are gearing up for our holiday fundraiser next month.



# Positive Action Team Photos

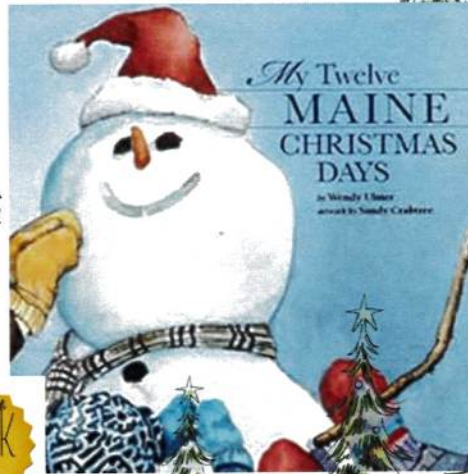


# One School One Book

## Christmas Edition: Dec 2-6

Grades Pre K thru 4th

On Monday, December 2, your children will come home with a family copy of the book *My Twelve MAINE CHRISTMAS DAYS* written by Maine Author Wendy Ulmer. For just one week, we will offer you and your family some fun holiday activities to do as a family around this book! There will be suggestions for each day of the week Dec 2-6.



**AUTHOR'S VISIT TO RVCS:** On Wednesday, December 11, 2024, Spark Award winning author, Wendy Ulmer, will be visiting our Pre K-4th grade classrooms to discuss her book, she will share some of her other books, what it is like to be a published author, and take them through a fun book related activity. At 2:00 we will be inviting parents in to enjoy some holiday crafts and a chance to meet our author.



THE DRHS AND RVCS  
MUSIC DEPARTMENTS  
PRESENT A

# WINTER CONCERT



**DECEMBER 18TH**

**AT 6:00 PM**

**DEXTER REGIONAL HIGH SCHOOL  
GYM**

**Featuring high school and middle school  
instrumental and choral ensembles**



# Kiwaniis

CLUB OF DEXTER SUNRISE



## THRIFT & GIFT

### for

### Kids



Dexter Sunrise Kiwanis will provide RVCS students in Grades K - 4 with Kiwanis Bucks to spend at the Kiwanis Thrift Store on Saturday, December 7th from 3:00 - 6:00pm. There will be no other business (purchases) made during this event, but there will be FREE gift wrapping available!



## K-8 Physical Education News - December Update

Our K-8 students in Physical Education are continuing to develop their skills while having fun through a variety of engaging activities!

We've been focusing on fundamental movement skills such as running, jumping, skipping, throwing, catching and foot skills. Students have been practicing their coordination with fun games like Caveman Soccer, 1-2-3 Snap, holiday themed activities like the Turkey Trot, and Kindness Tag. Other activities we are doing use more complex skills like soccer, cooperative activities and games, as well as invasion games. Students are learning the importance of strategy, communication, and sportsmanship as they participate in team-based games. These activities help improve balance, agility, and teamwork, all while building confidence in their physical abilities. Understanding and being able to recognize how your body responds and changes when you're physically active has also been a focus. We will be starting on volleying skills this month and learning activities similar to volleyball.

In middle school, students have been exploring a wide range of activities designed to promote lifelong fitness. Throughout November students learned and played the racquet game Pickleball, a new and fast growing sport for all ages. For December, 5 - 8 will be starting Handball, a fast paced team sport where we will be learning new defensive strategies as a team.

### Holiday Fitness Challenge:

Students have the opportunity to complete the fitness and nutrition activities below over the break, and we encourage them to share their progress with their classmates when we return in January. It's a fun way to stay active while celebrating the holiday season.

December 22	23	24	25	26	27	28
Do 10 jumping jacks. Rest, Do 10 more. Repeat 2 times	CRAB WALK around a room during commercials of your favorite show	Do a PUSH-UP for each letter of the words MILK and CALCIUM	Spend time with family and friends.	Try some Yoga	Jog in place while you name as many fruits and veggies as you can	With permission, Create an obstacle course with items in your home. Then try it out.
29	30	31	January 1	2	3	4
Who in your family can do the most SIT-UPS?	Stretch and Reach as high as possible ten times	Walk from room to room while balancing a book on your head	Name 5 things you are thankful for.	Jog in place for one minute. Rest. Jog again. Repeat 5 times	Do 10 PUSH-UPS OR Can you drink at least 4 glasses of water today	Count many fruits and veggies you ate this week.

**Thank you to all the students and families** for supporting our PE program! We look forward to continuing the fun and learning. Stay active, stay healthy, and have a joyful holiday season!

Happy Holidays! 🎄

The RidgeView Community School PE Team

Sandie Emerson and Deklan Thurston

# LESSON 1: MAKING THE MOST OF YOUR MEAL



## NUTRIENT TABLES

MACRONUTRIENT TABLE	HOW IT HELPS YOUR BODY	FOODS
Protein	Helps build maintain healthy muscles and gives your body energy	milk, yogurt, chicken, beef, nuts, egg, peanut butter, fish, cheese
Carbohydrate	Gives your body energy	pasta, cereal, bread, beans, popcorn, rice
Fats	Gives your body energy and helps your body absorb nutrients	whole milk, oil, avocado, full-fat cheese, salmon, beef, butter
Fiber**	Helps support digestion	apples, corn, whole grains, berries, avocado

\*\*Although Fiber is technically not considered a macronutrient, it's important to make sure that it's included in what you eat. \*These nutrients are not found on nutrition labels.


MICRONUTRIENT TABLE	HOW IT HELPS YOUR BODY	FOODS
Vitamin A*	Helps keep eyes and skin healthy	eggs, milk, carrots, spinach, peppers, cereal, black-eyed peas
Vitamin C*	Helps heal cuts and bruises	oranges, bell peppers, tomatoes, kale, snow peas, kiwi
Vitamin D	Helps build strong bones and teeth	milk, salmon, cremini mushrooms, cereal, eggs
Vitamin E*	Helps protect cells	almonds, avocados, spinach, broccoli, shrimp, olive oil
B vitamins*	Helps cells function properly	tuna, milk, yogurt, cheese, beef, crab, cereal, beans, eggs
Iron	Helps keep your blood healthy	beef, shellfish, spinach, beans, quinoa, cereal, dried fruit
Calcium	Helps build strong bones and teeth	milk, yogurt, cheese, trout, squash, spinach, clams
Potassium	Helps nerves and muscles to function	salmon, beans, avocado, bananas, milk, mushrooms, tomato
Magnesium*	Helps the heart stay healthy	spinach, almonds, lima beans, tuna, brown rice



DECEMBER 2024

MSAD #46 SCHOOL BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 YOGURT & CRACKER FRUIT/JUICE MILK	3 BREAKFAST BREAD FRUIT/JUICE MILK	4 FLAPSTICK FRUIT/JUICE MILK	5 SMOOTHIE CRACKER FRUIT/JUICE MILK	6 BREAKFAST PIZZA FRUIT/JUICE MILK
9 YOGURT & CRACKER FRUIT/JUICE MILK	10 BREAKFAST BREAD FRUIT/JUICE MILK	11 FRENCH TOAST STICKS FRUIT/JUICE MILK	12 STRAWBERRY BAGEL FRUIT/JUICE MILK	13 DONUT FRUIT/JUICE MILK
16 YOGURT & CRACKER FRUIT/JUICE MILK	17 BREAKFAST BREAD FRUIT/JUICE MILK	18 PANCAKES FRUIT/JUICE MILK	19 BREAKFAST SANDWICH FRUIT/JUICE MILK	20 BREAKFAST PIZZA FRUIT/JUICE MILK EARLY RELEASE
23 NO SCHOOL	24 NO SCHOOL	25  NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 NO SCHOOL	31 NO SCHOOL		Breakfast and lunch available to all students at no charge. Why not try it?	Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try, 3 times per week.

"This institution is an equal opportunity provider"

MILK CHOICE 1% WHITE OR CHOCOLATE

Menu subject to change without notice

# DECEMBER 2024

# MSAD #46 SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
2 CHICKEN NUGGETS EMOGI FRIES CRACKER FRUIT & VEGETABLE BAR MILK	3 SPAGHETTI & MEATSAUCE ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	4 TURKEY SANDWICH FRUIT & VEGETABLE BAR WITH BEANS MILK	5 ROAST CHICKEN RICE & STEAMED CORN ROLL & BUTTER FRUIT & VEGETABLE BAR MILK	6 PIZZA FRUIT & VEGETABLE BAR MILK
9 CHICKEN BURGER TATER TOTS FRUIT & VEGETABLE BAR MILK	10 TACO SOUP BOSCO STICK & DORITOS FRUIT & VEGETABLE BAR WITH BEANS MILK	11 BREAKFAST SANDWICH FRUIT & VEGETABLE BAR WITH BEANS MILK	12 CHICKEN & GRAVY RICE & PEAS ROLL AND BUTTER FRUIT & VEGETABLE BAR MILK	13 HAM & CHEESE SANDWICH FRUIT & VEGETABLE BAR MILK
16 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	17 CHICKEN PARMESAN FRUIT & VEGETABLE BAR WITH BEANS MILK	18 BAKED BEANS HOT DOG IN A BUN FRUIT & VEGETABLE BAR WITH BEANS MILK	19 BBQ PORK SANDWICH STEAMED CORN FRUIT & VEGETABLE BAR MILK	20 CHICKEN BURGER FRUIT & VEGETABLE BAR MILK <b>EARLY RELEASE</b>
23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>	25  <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>
30 <b>NO SCHOOL</b>	31 <b>NO SCHOOL</b>	Breakfast and lunch available to all students at no charge.		Fresh Fruit and Vegetable pro- gram offers fresh fruits and vege- tables for students to try, 3 times per week.

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# December Wellness Snack Recipe

## Charcuterie for one

Choose 2 Protein	Choose 1 Grain	Choose 2 Extras
Sliced cheese 1 oz	Favorite cracker 1 oz	Grapes ¼ cup
Cheese Spread 1 oz	Pita 1 oz	Apple slices ¼ cup
Sliced salami 1 oz	Pretzel Chips 1 oz	Favorite Nuts ¼ cup
Sliced Ham 1 oz		Olives ¼ cup
Sliced Turkey 1 oz		Pickles ¼ cup

Arrange choices on a plate and enjoy.

## RVCS PTO

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



**So, you think your sweater is the ugliest...**



**Time to get our ugly sweaters on!**

**Wednesday, Dec. 18th**



1 student per grade and 1 staff member will win the coveted  
**UGLIEST**

**SWEATER OF THEM ALL** prize!

Nominations will be made by grade level teachers.

In case of a snow day, Thursday, Dec. 19th will be the alternate day.

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Please see the attached flyer for our Christmas Ornament  
Fundraiser?



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Please note that the next PTO meeting will be the second Tuesday in January,  
the 14th at 3 p.m.. The meetings after that will return to being at 3pm, on the  
first Tuesdays of the month.

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The Ridge View Community School PTO would like to wish everyone a  
safe and happy holiday season!

Contact us at [rvcs\\_pto@aos94.org](mailto:rvcs_pto@aos94.org) to be added to our mailing list!



# PTO Holiday Ornament Fundraiser!

November 27th -December 13th



**\$6.00 each**

-Order now  
through Dec  
13th.

-All ornaments  
will be delivered  
before winter  
break.



## Order Form

Student Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Parent Name \_\_\_\_\_

Quantity of Ornaments

\_\_\_\_\_

**Please include cash or check (made payable to  
RVCS PTO) with this order form.**

**Thank you for your support &  
Happy Holidays!**

# Open Middle

Record your answers on the slip. Be sure to write your FIRST and LAST name so that we can easily find you if you are the winner!

## Grades K-2:

Directions: Using the digits 0 to 9 at most one time each, place a digit in each box to create a true statement.

$$\square + \square = \square$$
$$\square + \square = \square$$

Name: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

## Grades 3-5:

Directions: Using the digits 1 to 9 at most one time each, place a digit in the boxes to make a difference that is as close to **329** as possible.

$$\square\square\square\square - \square\square\square = \square$$

Name: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

## Grades 6-8:

Directions: Using the digits 1 to 9 at most one time each, place a digit in each box to make a true statement.

$$\frac{\square}{\square} > \square.\square$$

Name: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_