



# THE TIGER TALE

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



## Veteran's Day—No School

On Monday, November 11th, we celebrate Veteran's Day. Classes will resume on Tuesday, November 12th. Thank you, Veteran's, for your service.



## November 2024

### School Board Meeting

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



## Thanksgiving Break—No School

There will be no school from Wednesday, November 27, until Friday November, 29th for Thanksgiving Break. Classes will resume on Monday, December 2nd.



## 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.

## Parent/Teacher Conferences

Parent/Teacher Conferences will be held Wednesday, November 6th and Thursday, November 7th. These are by appointment only. Information was sent home with students. If you have not yet scheduled a time, please feel free to contact them via e-mail or call the school at 924-6000.



## 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:

[rvcoffice@aos94.org](mailto:rvcoffice@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!

## October RVCS Tiger Awards



Maggie Nash, Josephine Rollins, Whitney Burton, Gary Burton IV, Chase Dugans, Charlotte Pullen & James Pullen

## Seventh Grade News

In Science we're studying the functions of organelles in plant and animal cells, and will soon be working on our bacteria lab. Be sure to ask your child(ren) about what they're learning. They're amazing scientists! We could use glue sticks, paper towels, and pencil top erasers if anyone's willing to donate some.

In Math, we're continuing our work on angles and proportional relationships.

In Language Arts we're working on figurative language and building social-emotional skills during our class reading.

In Social Studies we're learning about the American Revolutionary War. We will be learning about the social classes of colonial America, researching King George and George Washington and learning which groups fought and their motivations. We will be looking at the problems the new nation faced and their solutions.

## Notes from the Nurse

Happy Fall! The temperatures are dropping and recess times can be chilly. If your child needs winter gear, please reach out to Mrs. Bavelaar or I in the nurse's office. We have hats, mittens, coats, boots and ski pants. Children grow quickly, so if your child has unexpectedly outgrown their winter gear, we would be glad to help. As we move toward winter, remember that our playground can be wet with snow and slush. Please pack a spare pair of socks and pants in the event that your child gets wet at recess so that they don't have to be damp and chilly when recess ends.

We have had an unusually high number of pneumonia diagnoses both at RVCS and across our area. The symptoms that we are seeing are cough, fever, fatigue, and headache. Occasionally, students are coughing so much that they vomit. If you believe that your child may have pneumonia, you should reach out to their PCP. We are not currently seeing much covid-related illness, but we do have covid tests available for anyone that would like some. You can pick them up at either RVCS or the high school or contact us at school to send some home with your child.

## Music News

The following students were nominated for and accepted into the District V Honors Choral Festival and will be representing Ridge View at the festival in Bangor on November 2nd! Congratulations!  
Dominick Witham, Lia Mairhuber, Meah Hoeltzel, Maci Morris, Madison Lary, Mikaylah Hotham, Fiona Rodgers, Elainah Hotham, Ally Anderson, Evie Stanley

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### SAVE THE DATE!!!!

Our Winter Concert for Middle School Band and Chorus will be on Wednesday, December 18th at 6:00 pm at Dexter Regional High School. Performing students should plan to arrive by 5:30 and wear concert black!  
Note: Advanced Band (students in grades 6-8 not in their first year of playing) is on this concert. Beginner Band (1st year players in grades 5-8) will perform on the Ridge View concert on December 13th.  
6-8 Grade Chorus is on the 12/18 concert  
5th Grade Chorus is on the 12/13 concert

## RVCS Woodworkers

The woodworkers have been busy making wooden pumpkins and other Fall decorations. The third and fourth graders have each made a wooden pumpkin. The electives group of fifth and sixth graders have been busy making pumpkin wall hangings, checker boards, and benches. We made some items that were given away during the Math Night. Students had fun making these things. November will be another exciting month of learning new skills. We would like to thank John Guay and Dexter Lumber for their generous donations to our program.

# Physical Education News

**What We've Been Up To:** This month, students have been actively engaging in various activities aimed at enhancing their physical fitness, teamwork, and sportsmanship. We've focused on:

- **Fitness Challenges:** Grade 7 and 8 students participated in fitness circuits learning different strength, aerobic and flexibility exercises to enhance fitness and health. Students also got to try and beat their friends in a friendly plank challenge.
- **Team Sports and Skill Development:** K- 4 classes have been introduced to throwing and catching skills and soccer. Students in grades 5 and 6 have been working on throwing and catching with a game called Ultimate Ball. Emphasis has been placed on skill development, strategy, and cooperative play.
- **Health Education:** We've incorporated lessons on different bones of the body, nutrition and the importance of staying active, promoting a well-rounded approach to health.

## Ideas for ways to stay active at home.

- Explore your local parks or areas around your home and collect colorful leaves. Make it a competition to see who can find the most unique or largest leaves.
- Get creative with indoor activities like making leaf rubbings, painting pumpkins, or building leaf creatures add in physical activity by taking a walk to collect the items you need.
- Helping with yard work or gardening
- Dance parties or yoga sessions
- Here are sample activities you can try this month.
- Pick a day of the week to go for a walk. Do this each week.
- Pick a day of the week to cook something new. Try this each week.
- Pick a day of the week to do exercises during the commercials of your favorite show. Change the exercise each week.

We appreciate your help with sending students to school with sneakers on their PE day. We welcome water bottles during PE class as well. We do ask that it is just water in them though.

## Stay Active and Stay Healthy!

RidgeView Community School PE Team  
Sandie Emerson and Deklan Thurston



## Emotional Wellness

While it is hard to believe the holiday season is fast approaching. The season can be filled with family, fun and adventure but let's face it, the season can also be stressful, overwhelming and even lonely sometimes. Here are some tips when considering the upcoming holiday season to help manage everyone's expectations.

1. The holiday season will likely present a number of events and activities with family, friends, school and the community. Pick **some** events that are fun and hold / could hold special meaning for your family. Don't feel like you have to do it all, see it all or be all. Some cherished family memories and manageable amounts of stress for you and your children is invaluable.
2. Explain new or different activities as best you can to your children. Talk about behavioral expectations. Describe new experiences as best you can. Remind your child of manners, sharing and turn taking. If your child experiences anxiety/ frustration in large groups or new situations, make a plan with them on how they can safely take a break. Consider what your child's comfort level is with hugging relatives they might not know OR even Santa. You can help them have a plan if they feel uncomfortable.
3. As you plan to attend activities, consider your child's developmental level and attention span. What is reasonable to expect of them. Pack quiet toys, small snacks etc if they will be attending a long event.
4. Pad the schedule. Pack extra time before and after an event for unexpected delays, last minute bathroom breaks or searching for your car keys. This may help you feel less rushed or anxious about being late
5. Try to keep dinner, bath and bedtime routines as consistent as possible. The holidays are so exciting for children but we know that children thrive with structure, routine and predictability.
6. Acknowledge your own thoughts and feelings. While the holidays can be a magical time full of fun and family, we have also experienced hardships or loss at the holidays. Acknowledge your own feelings and needs. Make sure to carve out some time to destress and recharge your own batteries. Seek out a trusted adult to share your concerns. Wishing you and your family a peaceful and wonderful season.



# Positive Action Team News

## MYAN Conference Information:

The Positive Action Team will be attending the annual MYAN Conference in Augusta on November 14 and 15.

The Maine Youth Action Network (MYAN) Youth Leadership Conference is a two-day event that brings together young people, educators, community members, and adult allies to build leadership skills and connect with other youth leaders. The conference is led by young people and includes workshops, panel discussions, networking events, and guest speakers.

Thursday 11/14-we will leave right at 8:00 AM from RVCS and will arrive back to RVCS **around 4:00 PM for parent pick up.**

Friday 11/15- we will leave right at 8:00 AM from RVCS, but will return in time for kids to get on their normal buses/parent pick up at school.

Meals, drinks and snacks will be provided. Kids should bring a warm jacket for outdoor activities. Backpacks are not necessary. If your child requires any medication, please make sure that Mrs. Webber has it for safe keeping at the conference.

If a PAT parent has any questions or concerns please reach out to Mrs. Webber at [dwebber@aos94.org](mailto:dwebber@aos94.org). Mrs. Webber will also be able to check emails throughout the conference at this same address.

## Trades For ME Conference Information:

Mrs. Webber is taking 12 8th grade girls to the Trades for ME conference at TCTC on Wednesday, November 13th. This conference exposes girls to non-traditional trades that lead to high paying jobs and are available here in Maine. The bus will depart RVCS at 8 and we will return in time for students to take their normal buses home/parent pick up. Lunch, snacks and drinks will be provided.

**Students need to wear long sleeved shirts, pants without holes or tears, and shoes that cover their toes.**

This was a great success last year!! If you have any questions before, or during, the conference you can reach Mrs. Webber at [dwebber@aos94.org](mailto:dwebber@aos94.org)

## Red Ribbon Week Recap:

Thank you to everyone who participated in our annual Red Ribbon Week at Ridge View! This year's theme was Life is a Movie; Film Drug Free. Our events included an assembly, guest speakers, theme days, a kindness/responsibility challenge for each day and a door decorating contest, to name a few. The Positive Action Team held their first fundraiser of the year to help raise money for a local cause.



## RVCS PTO

rvcs\_pto@aos94.org

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



**Thank you very much for your recent fundraising support. There is still time left!**

Thanks to all of our family, friends, and staff for supporting our students with your online catalog purchases!

The funds raised will be used for experiential learning in the form of field trips.

**Fundraiser will end: November 18th**

All purchases will be delivered directly to homes and should arrive before the holidays!

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The recent **Fall into Math Night** was a great success, especially with the support of Mrs. Greaves, Mrs. Gudroe, the Dexter Regional High School Key Club students, and all of our very important volunteers.

We hope all of those that attended had a great time, it sure looked like it!

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Join us for our upcoming PTO meetings on:

November 5th & December 3rd

Meetings are held in the school library at 3 pm, where we'll have high school Key Club students available to keep little ones busy during the meeting.



**DON'T FORGET  
TO PURCHASE THE  
RIDGE VIEW COMMUNITY SCHOOL  
YEARBOOK!**

To Purchase Your Yearbook, Use  
The QR Code Below, or:  
Must be a parent or student 13 years or older.

- 1 Go to: [www.treering.com/validate](http://www.treering.com/validate)
- 2 Enter your school's passcode:  
1014210963304119

Regular price: **\$18.64**  
\*Does not include sales tax, if applicable

Deadline: May 21

**treering**





# Ridge View Winter Concerts

Friday, December 13, 2024

K-2 at 9 am

3-5 with Beginner Band and Chorus  
at 1 pm

Students should wear:  
Dark bottoms and a bright top.

If you wish, they may wear holiday  
best, but it is NOT required.



The DRHS and RVCS music  
departments present a

# WINTER

*Concert*

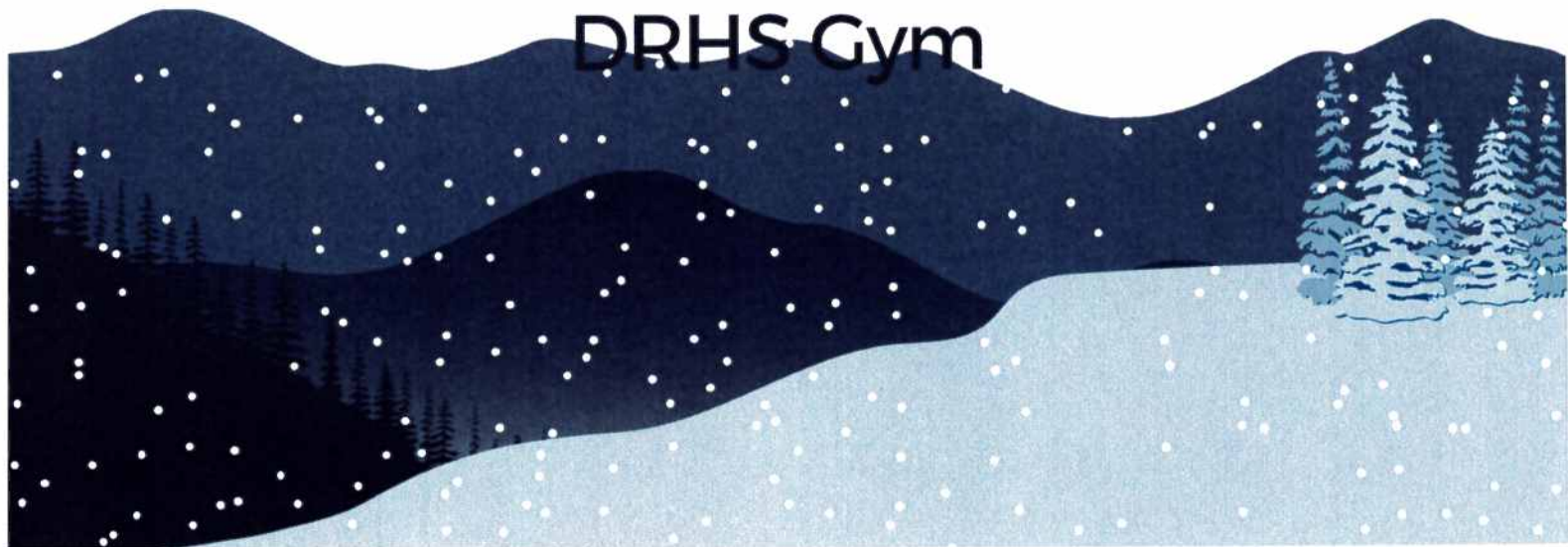


featuring high school and middle  
school instrumental and choral  
ensembles

**December 18th, 2024**

**6:00 pm**

**DRHS Gym**



## National School Lunch Week



October 15-18, 2024 we celebrated National School Lunch Week

The theme was Find Your Treasure in School Lunch

Along with serving school lunches we offered pirate themed activity sheets to students during lunch. A favorite activity was find your pirate name.

## RVCS Fruit and Vegetable Bars

The National School Lunch Program requires schools to offer a variety of fruits and vegetables each day/week. We do this through fruit and vegetable bars.

The red fruit and vegetable bars are designed for students in grades K-2. They are lower than the built in cold bars and students are able to serve themselves. The containers are transferred to the full size salad bars after the younger students have been served.

We offer 3-4 vegetable choices each day including a toss salad. Tuesday, Wednesday and Friday we serve fruit on every RVCS tray so there are no choices on the bar but on Monday and Thursday they have two fruit choices to go along with the vegetable choices. Monday and Thursday we serve a vegetable on the trays and students can still make choices from the vegetable bar.

The fruit and vegetable bars at RVCS are packaged in  $\frac{1}{2}$  or  $\frac{3}{4}$  cup servings making it easy for our younger students to take the correct serving size.



NOVEMBER 2024

MSAD #46 SCHOOL BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			1 BREAKFAST PIZZA FRUIT/JUICE MILK
4 YOGURT & CRACKER FRUIT/JUICE MILK	5 CHOCOLATE MUFFIN CHEESE STICK FRUIT/JUICE MILK	6 FRENCH TOAST STICKS FRUIT/JUICE MILK	7 STRAWBERRY BAGEL FRUIT/JUICE MILK	8 DONUT FRUIT/JUICE MILK
11 NO SCHOOL	12 YOGURT & CRACKER FRUIT/JUICE MILK	13 PANCAKES FRUIT/JUICE MILK	14 BREAKFAST BREAD FRUIT/JUICE MILK	15 BREAKFAST PIZZA FRUIT/JUICE MILK
18 YOGURT & CRACKER FRUIT/JUICE MILK	19 BANANA MUFFIN CHEESE STICK FRUIT/JUICE MILK	20 FLAPSTICK FRUIT/JUICE MILK	21 CEREAL BAR YOGURT FRUIT/JUICE MILK	22 DONUT FRUIT/JUICE MILK
25 YOGURT & CRACKER FRUIT/JUICE MILK	26 BREAKFAST BREAD FRUIT/JUICE MILK	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

“This institution is an equal opportunity provider”

MILK CHOICE 1% WHITE OR CHOCOLATE

Menu subject to change without notice

NOVEMBER 2024

MSAD #46 SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		Fruit and vegetable bar offered daily including a variety of fresh vegetables, beans and fruits – fresh, canned, frozen and dried.	1 PIZZA FRUIT & VEGETABLE BAR MILK
4 CHICKEN BURGER TATER TOTS FRUIT & VEGETABLE BAR MILK	5 TACO SOUP BOSCO STICK FRUIT VEGETABLE BAR WITH BEANS MILK DORITOS	6 BREAKFAST SANDWICH FRUIT & VEGETABLE BAR WITH BEANS MILK	7 CHICKEN & GRAVY RICE & PEAS ROLL AND BUTTER FRUIT & VEGETABLE BAR MILK	8 PIZZA FRUIT & VEGETABLE BAR MILK
11  NO SCHOOL	12 CHICKEN PARMESAN FRUIT VEGETABLE BAR WITH BEANS MILK	13 BAKED BEANS HOT DOG IN A BUN FRUIT VEGETABLE BAR WITH BEANS MILK	14 BBQ PORK SANDWICH CHEESE STICK STEAMED CORN FRUIT & VEGETABLE BAR MILK	15 PANCAKE SAUSAGE STICKS FRUIT & VEGETABLE BAR MILK
18 FISH STICKS RICE HOT VEGETABLE FRUIT & VEGETABLE BAR MILK	19 Ground beef and Macaroni ROLL & BUTTER FRUIT VEGETABLE BAR WITH BEANS MILK	20 HAM & CHEESE WRAP FRUIT VEGETABLE BAR WITH BEANS MILK DORITOS	21 TURKEY & GRAVY RICE & PEAS ROLL FRUIT & VEGETABLE BAR MILK	22 PIZZA FRUIT & VEGETABLE BAR MILK
25 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	26 MACARONI & CHEESE HOT DOG ROLL & BUTTER FRUIT VEGETABLE BAR WITH BEANS MILK	27  NO SCHOOL	28  NO SCHOOL	29  NO SCHOOL

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# November Wellness Snack Recipe

## Apple Nachos

Ingredients	For 1 serving	For 4 servings
Apple	1	4
Peanut butter	1 Tablespoon	¼ cup
Mini Chocolate chips	1 tsp	4 tsp
Coconut flakes	1 tsp	4 tsp

1. Wash and slice apples and lay out on a plate.
2. Melt peanut butter and drizzle on top of apple.
3. Sprinkle chocolate chips and coconut on top.

## Which One Doesn't Belong?

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:**



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

**Grades 3-5:**

36	99
9	123

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

**Grades 6-8:**

$\frac{1}{20}$	$\frac{20}{25}$
$\frac{2}{3}$	$\frac{5}{4}$

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