### THE TIGER TALE



RIDGE VIEW COMMUNITY SCHOOL 175 Fern Road, Suite #3 Dexter, ME 04930

Phone: 924-6000 Fax: 924-7668



### **Happy New Year**

The Ridge View Staff would like to wish families a safe, healthy & happy new year!



### January 2025

#### **School Board Meeting**

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



### Martin Luther King Jr. Day

Monday, January 20th, is Martin Luther King Jr. Day and there is no school. Students will return to school on Tuesday, January 21st.



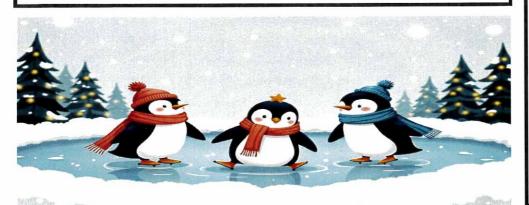
## PTO Meetings....

Meetings are at 3:00 on the first Tuesday of each month in RVCS library. Childcare provided for meeting.

#### STUDENT TRANSPORTATION REMINDER

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

Reminder that you can call 924-6000, email or text rvcsoffice@aos94.org with your change.





### 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.

#### **Seventh Grade News**

In Science, we've just begun learning about the classification system that scientists use to organize organisms so that we are clear on what specific organism we're studying. After Christmas break, we'll be learning about organisms and their systems, eventually learning about the human body and its systems, nutrition, and how to care for our bodies as we move through puberty. We are constantly in need of paper towels, pencil top erasers, 3X5 index cards, and unscented baby wipes.

In Social Studies we have started learning about the U.S. Constitution. We have been learning about the key concepts in the U.S. Constitution such as republicanism, federalism, separation of powers, and checks and balances for example. We have been learning about how the constitutional convention decided how long presidential terms should be, choosing representatives and representation in congress.

### **Spring Dance Information**

Parents of 7th and 8th grade students.

It's that time of year again to begin thinking about the Spring Dance. After the holidays we will start scheduling meetings to pull together a memorable event for your children. These meetings are for committee chairs who will pull together their own groups. Chair positions are; set up, clean up, food, decorations and fundraising. If you are interested in leading any of these please contact Mrs. Webber ASAP at <a href="dwebber@aos94.org">dwebber@aos94.org</a>. Committee chairs will be waiting to hear from other 7/8 families about ways that you wish to help and will also be reaching out to you as the event gets closer. Thank you in advance for your help and time! Please encourage your students to join the group committees as well. Student engagement in this event is pivotal to its success. Interested students should also contact Mrs. Webber. Students identify the themes, decorating and clean up.

### **Notes from the Nurse**

Welcome to a new year! A new year is a great time for reminders about our school rules. Students may not transport medications other than emergency medications such as inhalers, diabetic supplies, and EpiPens. Students may not keep any prescription or over the counter medications in their backpacks or lockers.

Please send a spare set of clothing with your children. In addition to toileting accidents, we are seeing many students with wet socks and pants after recess. This includes middle school students. Even though they are past the toileting accident stage, they are coming to the nurse for dry clothing! The playground will remain wet and slushy for several months. Socks and pants will not be provided for students who get wet at recess.

We have free covid tests available for students and families. The covid rules are now the same for all respiratory illnesses. Anyone with a fever must remain out of school for 24 hours without the use of fever-reducing medication. If a student has vomiting or diarrhea, they must be out of school for 24 hours after the last episode of vomiting or diarrhea.

### **Unified Basketball Super Fans**

Students interested in being a Super Fan for the Unified Basketball Team should contact Mrs. Webber. We create signs and cheer at all home and away games. Home games are done around 4 and away games are later into the evening due to travel. Students will need reliable transportation as the activity bus is not always an option.

### **Builder's Club**

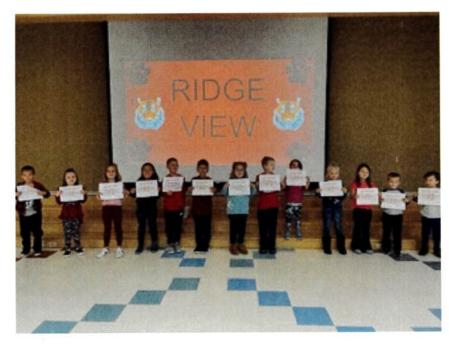
Builders Club participated in the Town Christmas Party. Students made a craft for the younger children and helped them make the Christmas wreath. The students were very excited to participate in this event.







## **November Tiger Paw Awards**



Kindergarten-Second Grade

Bryce Chabuz, Briar Bierschwale, Paisley Lary, Aria Garnett, Decklan McAllister, Wren Bubar, Everly Cram, Bodhi Poirier, Gracen Saggeau



Third & Fourth Grade

Tristan Ravana, Jameson Atwood, Owen Fogg, Delylah Trongeau, Dallas Lavin, Braylee Morse, Alivia Messina, Abram Kerrigan-Gray, Madilyn Cabral, Michael Goodwin, Miles Macomber, Chloe LaPiere

## **December Tiger Paw Awards**



Kindergarten—Second Grade

Skylah Garland, Kaiden O'Brien, Amya Lane, Clara Shank, Aubrey Wheeler, Hayden-Leigh Cookson, Johnny Hartman, Mila Kerrigan-Gray, Valencia Braley, Brihanna Tozier, Emmalyn Hagelin



Third & Fourth Grade

Soraya Richardson, Aliyah Gonzales, Ronald Strouse, Owen Roy, Olivia Roy, Abel Smith, Sammy Crocker, Mason Messina

## **Positive Action Team**

The Positive Action Team had a very successful holiday cookie sale. Thank you to everyone who participated!









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
- 2 Enter your school's passcode: 1014210963304119

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

Deadline: May 21

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## **JANUARY 2025**

## 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. | NO SCHOOL  HAPPY NEW YEAR  SALES  SALES  SALES  NO SCHOOL | NO SCHOOL  | NO SCHOOL                                    |
| 6<br>CEREAL & CRACKER<br>FRUIT/JUICE<br>MILK                                | 7<br>BANANA BREAD<br>FRUIT/JUICE<br>MILK  | 8<br>FLAPSTICK<br>FRUIT/JUICE<br>MILK                     | 9<br>CEREAL BAR<br>CHEESE STICK<br>FRUIT/JUICE<br>MILK | 10<br>DONUT<br>FRUIT/JUICE<br>MILK           |
| 13<br>YOGURT & CRACKER<br>FRUIT/JUICE<br>MILK                               | 14<br>BREAKFAST BREAD<br>FRUIT/JUICE<br>MILK  | 15<br>WAFFLE<br>FRUIT/JUICE<br>MILK                       | 16<br>BREAKFAST PARFAIT<br>FRUIT/JUICE<br>MILK         | 17<br>BREAKFAST PIZZA<br>FRUIT/JUICE<br>MILK |
| 20<br>NO SCHOOL   | 21<br>YOGURT & CRACKER<br>FRUIT/JUICE<br>MILK   | 22<br>FLAPSTICK<br>FRUIT/JUICE<br>MILK                    | 23<br>SMOOTHIE<br>CRACKER<br>FRUIT/JUICE<br>MILK       | 24<br>BREAKFAST PIZZA<br>FRUIT/JUICE<br>MILK |
| 27<br>CEREAL BAR<br>CHEESE STICK<br>FRUIT/JUICE<br>MILK                     | 28<br>CHOCOLATE BREAD<br>FRUIT/JUICE<br>MILK  | 29<br>FRENCH TOAST STICKS<br>FRUIT/JUICE<br>MILK          | 30<br>STRAWBERRY BAGEL<br>FRUIT/JUICE<br>MILK          | 31<br>DONUT<br>FRUIT/JUICE<br>MILK           |

<sup>&</sup>quot;This institution is an equal opportunity provider"

## JANUARY 2025

## 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. | NO SCHOOL  HAPPY NEW YEAR   | NO SCHOOL   | NO SCHOOL   |
| 6<br>CHICKEN BURGER<br>FRUIT & VEGETABLE BAR<br>MILK                | 7<br>BOSCO STICKS W/ MARINARA<br>FRUIT VEGETABLE BAR WITH<br>BEANS<br>MILK                                  | 8 HAM & CHEESE WRAP FRUIT VEGETABLE BAR WITH BEANS MILK DORITOS         | 9 TURKEY & GRAVY RICE STEAMED PEAS ROLL FRUIT & VEGETABLE BAR MILK                        | 10<br>PIZZA<br>FRUIT & VEGETABLE BAR<br>MILK              |
| 13<br>CHEESEBURGER<br>FRIES<br>FRUIT & VEGETABLE BAR<br>MILK        | 14 MACARONI & CHEESE HOT DOG ROLL & BUTTER FRUIT VEGETABLE BAR WITH BEANS MILK                              | 15<br>SLOPPY JOE<br>FRUIT VEGETABLE BAR WITH<br>BEANS<br>MILK           | 16 BBQ PORK & CHEESE ON TATER TOTS ROLL & BUTTER FRUIT & VEGETABLE BAR MILK CRACKER       | 17<br>BREAKFAST SANDWICH<br>FRUIT & VEGETABLE BAR<br>MILK |
| NO SCHOOL   | 21<br>CHICKEN NUGGETS<br>EMOGI FRIES<br>ROLL & BUTTER<br>FRUIT & VEGETABLE BAR<br>MILK                      | 22<br>TURKEY SANDWICH<br>FRUIT VEGETABLE BAR WITH<br>BEANS<br>MILK      | 23 ROAST CHICKEN RICE & STEAMED CORN ROLL & BUTTER FRUIT & VEGETABLE BAR MILK             | 24<br>PIZZA<br>FRUIT & VEGETABLE BAR<br>MILK              |
| 27<br>CHICKEN BURGER<br>TATER TOTS<br>FRUIT & VEGETABLE BAR<br>MILK | 28 TACO SOUP BOSCO STICK FRUIT VEGETABLE BAR WITH BEANS MILK DORITOS  | 29<br>BREAKFAST SANDWICH<br>FRUIT & VEGETABLE BAR WITH<br>BEANS<br>MILK | 30<br>CHICKEN & GRAVY<br>RICE<br>PEAS<br>ROLL AND BUTTER<br>FRUIT & VEGETABLE BAR<br>MILK | 31<br>PIZZA<br>FRUIT & VEGETABLE BAR<br>MILK              |

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# January Wellness Snack Recipe

## Yogurt Parfait

| Ingredients              | For 1 parfait | For 4 parfaits |  |
|--------------------------|---------------|----------------|--|
| Vanilla Yogurt           | ½ cup         | 2 cups         |  |
| Fruit – your choice.     | ½ cup         | 2 cups         |  |
| Fresh, frozen or canned. |               |                |  |
| We like berries or       |               |                |  |
| canned peaches.          |               |                |  |
| Granola                  | ¼ cup         | 1 cup          |  |

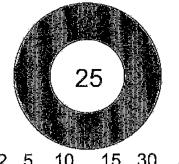
In a glass layer  $\frac{1}{2}$  cup yogurt, then  $\frac{1}{2}$  cup fruit, then  $\frac{1}{8}$  cup granola. Repeat layers and enjoy cold.

## **Target Number**

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 given, how can you reach the target number?



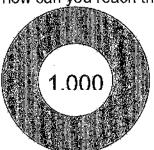
2 5 10 15 30 50

Name:

Homeroom Teacher: \_\_

#### Grades 3-5:

Directions: Using the digits given, how can you reach the target number?



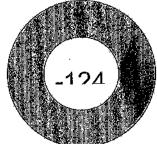
2 5 10 55 100 250 500

Name:

Homeroom Teacher:

#### Grades 6-8:

Directions: Using the digits given, how can you reach the target number?



-100 - 20 -1 2

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