

BRES WILDCAT NEWS

Kindness

Responsibility

Self-Control

Important Dates

Thursday, Nov. 11

NO SCHOOL
Veteran's Day

Friday, Nov. 12

NO SCHOOL
Teacher
In-Service Day

Wednesday, Nov. 24

NO SCHOOL
Teacher
In-Service Day

Thursday, Nov. 25

NO SCHOOL
Thanksgiving Day

Friday, Nov. 26

NO SCHOOL
Thanksgiving Break

**BURNT ISLAND
200TH
ANNIVERSARY
CELEBRATION**

RELIGHTING COUNTDOWN
FIREWORKS SHOW

JOIN IN ON THE FUN
ACTIVITIES FOR KIDS
FOOD TRUCKS-A-GO FAVORITES
SPRUCE POINT INN · NOV 9 · 4:30 PM

PHOTO CREDIT: DAVID ZAPATKA



From The Cafeteria

Week Ending October 29, 2021

- Monday Chicken Nuggets - Sunbutter & Jelly Sandwich
Vegetable - Assorted Fruit - Milk
- Tuesday Beef Hotdog - Pick-In-Go - Sunbutter & Jelly Sandwich
Vegetable - Assorted Fruit - Milk
- Wednesday Hamburger & Cheeseburger on W.W. Bun - Sunbutter & Jelly
Sandwich - Vegetable - Assorted Fruit - Milk
- Thursday Teriyaki Chix Rice Bowl - Egg Salad Sandwich
Sunbutter & Jelly Sandwich - Vegetable - Assorted Fruit - Milk
- Friday Bosco Cheese Stik - Sunbutter & Jelly Sandwich
Vegetable - Assorted Fruit - Milk



Wildcat Sports Information



Sign up Sheets are posted now for BRES Winter Sports. Please sign up by going to FaceBook and clicking on the Boothbay Region Elementary School page.



**ATTENTION! Please REGISTER NOW for
Boothbay Region Elementary School's
fundraiser!**


It's super easy! Please help support our fundraiser by following the steps below to register online today. When you register, we'll know you're committed to supporting our fundraiser and helping us reach our goals. To help our organization even more, send 10 email invitations to friends & family and spread the word about our need for help. With over 2,500 gift ideas, supporters can shop and accomplish all of their gift giving needs, all while supporting our important cause.


Will you follow the instructions below and register today? It's easy, it's simple, and it's important!

Here's how to register today and help us spread the word!

Invite friends and family (even if they're out of town), online orders ship directly to the purchaser!

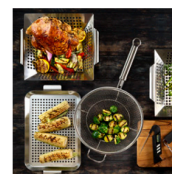
Organization ID:
22491

 **Step 1: REGISTER** at registercw.com
(use organization 22491)

 **Step 2:** Use our **Email-Invite Generator** to invite out-of-town friends & family to shop and support! Plus, share your unique invite links via text and social media.



Participant Registration



Charleston Wrap
BETTER PRODUCTS. BETTER FUNDRAISING.

How are you doing with our school fundraiser? If you haven't already signed up it's not too late to do it now. Orders can be placed until December 3rd for our school to get credit. If you haven't already, take a minute and enroll in our 2021 BRES Fundraiser with Charlestown Wrap.



Baton twirling club is back at the YMCA! Participants will learn basic twirling skills and a routine to music. Open to all ages, 5 to 12. Please see the Boothbay YMCA website to sign up!

Pre-Screening Tool for School Attendance

Within the past 24 hours have you had a fever* or taken fever reducing medicine?

YES =



Do you feel sick, had vomiting/diarrhea, fever*, sore throat, or felt unwell?

YES =



Have you been told to stay home and isolate/quarantine due to COVID-19 exposure?

YES =



Stay home with any YES response to the questions above.

Attend school when all answers are NO and your child is feeling well with no other symptoms of illness. Call or see your school nurse or other designated person at school if you have questions.

IF YOUR CHILD HAS ANY ILLNESS THEY SHOULD STAY AT HOME UNTIL NO FEVER FOR 24 HOURS WITHOUT TAKING FEVER REDUCING MEDICATION AND SYMPTOMS ARE IMPROVING OR GONE.

*A fever is 100.4F/38C or greater.



Updated 8.16.21



Keep Maine Healthy

What to Do if You Have Had Close Contact With a Person With COVID-19

To protect yourself, your family, and your community, you must separate yourself from others, get tested and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, fatigue, nausea, vomiting, diarrhea, sore throat, nasal congestion, runny nose or loss of taste or smell. Follow these instructions for at least 10 days after the last day you were in close contact with the person who has COVID-19.

Separate yourself from others (Self Quarantine)



Stay home. If you need medical care, it is important that you follow the instructions below. Do not go to work, school, or any other place outside the home. Do not have visitors in your home.



Stay away from people who may be at high-risk for getting very sick from COVID-19, including older adults, anyone who works with people living in long-term care or group homes, and people with health conditions like diabetes, heart disease, severe obesity, COPD, cancer, individuals who smoke and those who have weakened immune systems.



Separate yourself from other people in your home. As much as possible, stay in a specific room and away from other people in your home. Use a separate bedroom and bathroom, if available. Avoid eating with others and do not share food even with your family.



Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.



Wear a facemask if you need to be around other people, even around members of your own family, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly.



Avoid sharing personal household items. Do not share food, dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water.



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.



Keep Maine Healthy

What to Do if You Have COVID-19

If you have tested positive for COVID-19, you must separate yourself from others and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, fatigue, nausea, vomiting, diarrhea, sore throat, nasal congestion, runny nose or loss of taste or smell. This is to protect yourself, your family, and your community.

If you need medical care, follow the instructions on the back page.

Separate yourself from others (Self-Isolation)



Stay home. Do not go to work, school, or any other place outside the home. Do not have visitors in your home. Stay home until all three of these things are true:

- You feel better. Your cough, shortness of breath, or other symptoms are better.
and
- It has been 10 days since you first felt sick.
and
- You have had no fever for the last 24 hours, without using medicine that lowers fevers.



Stay away from other people in your home. As much as possible, stay and sleep in a separate room and use a separate bathroom, if available. Avoid eating with others and do not share food, even with your family.



Wear a facemask if you need to be around other people, even members of your own family, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly afterward.



Avoid sharing personal household items. Do not share food, dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water. Clean all frequently touched surfaces in your home daily, including door knobs, light switches, or faucets.



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Please carefully review additional information provided to you by the health department and CDC's webpage on [Cleaning and Disinfection for Households \(www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html\)](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html).

A Message to Families

Dear Families,

Our school believes that all students deserve the opportunity to be healthy and successful. Healthy eating and physical activity can improve concentration, memory and mood, helping children become better learners. Our school is a proud partner with Let's Go!, a community initiative helping us make our learning environment a healthier place. We are pleased to share with you the program message, which states the following:

- 5** or more **FRUITS & VEGETABLES**
- 2** hours or less of **RECREATIONAL SCREEN TIME**
- 1** hour or more of **PHYSICAL ACTIVITY**
- 0** sugary drinks, **MORE WATER**

To further support healthy students, staff and families, our program follows the five Let's Go! healthy strategies.

1. We limit unhealthy choices for snacks and celebrations and promote healthy choices.
2. We limit or eliminate sugary drinks and provide water instead.
3. We do not reward children with food.
4. We provide opportunities to get physical activity every day.
5. We limit recreational screen time.

These strategies are promoted in our community and help ensure a healthy environment for students throughout the day. If you have any questions please don't hesitate to contact us. If you would like more information about [Let's Go!](#). Thank you for your support in helping us create a healthier place for our children to grow!

Sincerely,

