

# BRES WILDCAT NEWS

Kindness

Responsibility

Self-Control

## Important Dates

### **Wednesday, Nov. 24**

NO SCHOOL  
Teacher  
In-Service Day

### **Thursday, Nov. 25**

NO SCHOOL  
Thanksgiving Day

### **Friday, Nov. 26**

NO SCHOOL  
Thanksgiving Break

### **Tuesday, Dec. 14**

BRES Picture  
Retake Day

### **Thursday, Dec. 23 - Jan -2**

Christmas Break



### **It's time for the second shot!!!**

If your student received their first COVID-19 vaccination at school on November 8<sup>th</sup>- they will be getting their second shot on Monday, November 29<sup>th</sup> in the BRES gym.

***\*\*Your student will receive the completed vaccination card to bring home at the time of the second shot.***

If you have any questions, please call Kate Schwehm @ 633-9814 or [kschwehm@aos98schools.org](mailto:kschwehm@aos98schools.org).

If you have questions about the COVID-19 vaccine, visit CDC's FAQs web page: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>



## Happy Thanksgiving

— BOOTHBAY —

# RAILWAY VILLAGE MUSEUM

— EST. 1964 —

## North Pole EXPRESS



DECEMBER 4+5, 11+12, 18+19

*Calling all children!  
Please come visit me  
on the North Pole Express this  
December. Bring your family and  
friends. I want to see your merry  
faces and send you all good cheer.  
All aboard! **Santa**  
P.S. Please write back with your  
holiday wish!*

## North Pole EXPRESS



Arrive at Freeport Station, write your letter to Santa, then board the train to the North Pole to hand deliver your letter to Santa!

Return from the North Pole to enjoy festivities around the Village—hunt for elves, make smore's around the bonfire, visit the ice harvesting exhibit, shop at the Iron Horse Antiques Holiday Market, and more!

Tickets are very limited and available online only:  
**RAILWAYVILLAGE.ORG**

Mask required on train and inside buildings.



### TRAIN SCHEDULE

Train every 45 minutes

### DECEMBER 4+5, 11+12, 18+19

Saturdays & Sundays

10:45AM	11:30AM	12:15PM	1:00PM	1:45PM	2:30PM	3:15PM	4:00PM
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# *Family Christmas Ornament Decorating Contest!*

**Cash Prizes will be awarded!  
Grand Prize - \$250.00**



Prizes for adults  
and children in 5 age  
categories.



Drive thru ornament pick up will be at Brown's Wharf parking lot  
at 121 Atlantic Avenue on  
December 4th from 10 - 2.

Mr. & Mrs. Clause will deliver the ornament bags to your car!  
Look for the elves! Ornaments are free!

If you choose to enter the contest ornaments should be placed  
in a bag with entrant's name and contact information with a  
\$5.00 entry fee and returned to the Elves at Brown's Wharf on  
Saturday, December 18th between 10 and 2. Ornaments will be  
judged at 3:00 and winners will be notified that afternoon. If  
you choose not to enter the contest, hang your decorated  
ornament on your tree at home!

We hope you will join us in celebrating the spirit of the season!

# Pre-Screening Tool for School Attendance

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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 =



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**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

# November Lunch Menu

<p>Chicken Nuggets Pick-n-Go Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p> 	<p>9 Macaroni and Cheese Sunshine Egg Salad Sandwich Sunbutter &amp; Jelly Sandwich Rolls Vegetable, Asst Assorted Fruit Milk</p>	<p>10 Crispy Chicken Sandw Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	<p>11 </p>	<p>12 TEACHER IN-SERVICE DAY <b>NO SCHOOL</b></p> 
<p>5 Fun Fish Nuggets Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	<p>16 Nachos with cheese Pick-n-Go Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	<p>17 Hamb/CheeseBurger WW Roll Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	<p>18 Roasted Turkey Sunbutter &amp; Jelly Sandwich Rolls Mashed Pots, scratch Applesauce Milk</p> 	<p>19 Assorted Pizza Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>
<p>2 Chicken &amp; Cheese Quesadilla Pick-n-Go Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	<p>23 BBQ Pork Ribs Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	<p>24 </p>	<p>25 </p>	<p>27 </p>
<p>9 Mozzarella Sticks Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	<p>30 Beef Hotdog Sunbutter &amp; Jelly Sandwich Vegetable, Asst Assorted Fruit Milk</p>	 		

## BRES Picture Retake's

BRES Picture retake day is scheduled for Tuesday, December 14th. If you did not have your picture taken it can be taken on this day. If you did not like your picture it can be retaken, just bring in the pictures you want redone. If you had something printed on your picture you did not want, is incorrect or you did not request please send in as soon as possible and it will be corrected.

Feel free to call the main office should have any questions 633-5097.



Thank you for your continued support  
earning cash for our school.



# 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).



## ACTIVE PARENTING First Five Years™

Building a strong foundation for children from Birth to Age 5



**Classes held through Zoom**

**December 2nd & 9th 1:00pm**

**For more information**

**Email: [mcorrell@tidewater.net](mailto:mcorrell@tidewater.net)**

**or call 563-1818 to sign up**

### **Here's what you'll learn**

- ★ What a baby's cry means
- ★ Ages and Stages of development
- ★ Building a strong bond
- ★ Our child's growing brain
- ★ Using Mindfulness to keep your cool
- ★ Effective discipline
- ★ Choices and consequences



You're invited to attend

# Active Parenting of Teens :)

For Parents of Teens and 'Tweens

The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. But in today's society where children seem to become adults overnight, and where they often make decisions about drugs, sexuality, and violence before they understand the consequences, a parent's job is more important than ever. So how can you ensure that your teens develop the skills and character they need to not only survive but to thrive as they gain independence?

You *can* create harmony and stability in your family while raising your teens to be responsible, courageous and prepared for independent life. *Active Parenting of Teens*, a video and discussion program by parenting expert Dr. Michael Popkin, will show you how. In six sessions packed with activities, discussion, real-world examples, and feedback, you'll learn a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles, that will bring happiness and harmony into your home. You'll leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

Since 1983, millions of families have learned the benefits of Active Parenting. Now it's your turn.

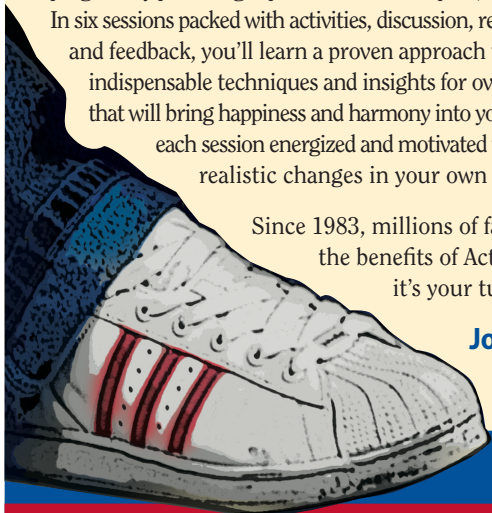
Join us at the next session and see the difference!

Narrated by TV mom Daphne Maxwell-Reid ("The Fresh Prince of Bel-Air") and by the author, Dr. Michael Popkin

*Active Parenting of Teens* will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth. You'll learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent

... and much more, plus insight into important issues such as teens online, bullying, and depression.



**SIGN UP NOW!**

Active Parenting  
of **Teens :)**  
third edition



# MAGIC 123 TEENS



**COMMUNICATE WITH  
CONNECT TO  
GUIDE YOUR TEEN  
TO ADULTHOOD**

This class and accompanying book will give you tools and advice tailored for the challenges of a teen lifestyle:

- Forgetting to do chores
- Absence in family outings
- Drop in grades
- Missed curfews
- Parties and drinking
- Work responsibilities

For more information or to join a class  
Call 207-563-1818 or email: [mcorrell@tidewater.net](mailto:mcorrell@tidewater.net)