

BRES WILDCAT NEWS

Kindness

Responsibility

Self-Control



Boothbay Region School Health
238 Townsend Ave. Boothbay Harbor
Telephone (207) 633-9814
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Subject: Pooled Testing

Dear Parents and Guardians,

BRES and BRHS will be adding a new strategy to our COVID-19 prevention measures in the new year: "pooled testing" in grades preK-12. With pooled testing, enrolled students and staff in a classroom will have a COVID-19 test once a week.

Pooled testing is a free and voluntary program.

Students participating in pooled testing will not need to quarantine from school if they are considered close contacts of a positive case, as long as they do not have symptoms.

Parents must sign a consent form in order for their child to participate.

We believe pooled testing will be an important part of keeping classrooms safe and will greatly reduce the number of days any student will need to be out of school in quarantine.

To get started, please fill out the consent form with your permission to perform a COVID-19 pooled test for your student at Boothbay Region Elementary. This process should take no more than 5 minutes to complete using a computer or a smartphone.

1. First, [click here](https://testcenter.concentricbyginkgo.com/minor-consent) (<https://testcenter.concentricbyginkgo.com/minor-consent>).
2. Then, enter this access code: PT10DH
3. Finally, enter your child's information, and you're done!

Note: If you need to provide consent for more than one child, please complete the process once for each child.

HERE IS HOW POOLED TESTING WORKS:

- One day per week, each student who is enrolled in the program will do a nasal self - swab in class. Each child will be given a swab, and they will put it just inside each nostril, and then all the swabs will be placed in one testing tube.
- The tube will be sent to a lab. In about 48 hours, the school nurse will see the results of the test. If the tube, or "pool," is negative, nothing needs to be done. The class will continue to be tested on a regular weekly basis.
- If a tube is positive, each person in that group must have another test. The school nurse will do a rapid "BinaxNOW" test at school. Each student that has a negative "BinaxNOW" test can return to class.
- Any student who is positive must stay in the isolation area of the nurse's office and their parent will be notified. The parent must come to school to pick up their child. A student who is positive for COVID cannot stay in school and cannot ride the bus home. Please have a plan to pick up your child from school during school hours in the event your child becomes ill. Be sure the school has your most up-to-date contact information.
- Following our current CDC guidelines, anyone who is a close contact of a positive case and is NOT part of pooled testing or fully vaccinated will need to quarantine for 10 days from last exposure. A COVID test is recommended 5-7 days from exposure.
- Any student who is a close contact from school exposure and IS part of pooled testing and/or fully vaccinated, can continue to come to school and participate in sports and after school activities, as long as they do not have symptoms of COVID. Students who are part of pooled testing may continue to come to school because they are being tested weekly for COVID.
- ***IMPORTANT: Any student who has symptoms of COVID – regardless if they are part of pooled testing or not – must stay home until symptoms have resolved and/or they have been cleared by their physician.***

For more information on pooled testing from the company we will be working with, [Click here](#).

Pooled testing is slated to begin **on January 10th, 2022**

To learn more about pooled testing, read the attached overview of Concentric's pooled testing program and watch this [video](#) from another school using this service.

For more information, visit Concentric by Ginkgo's [website](#) or reach out to Kate ~~Schwehm~~, School Nurse 633-9814.

— 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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TEENS BENEFIT FROM SPENDING TIME WITH FRIENDS AND FAMILY DURING THE HOLIDAYS.



TEENS STILL NEED REST. KEEP AS CLOSE TO SCHEDULE AS POSSIBLE TO HELP WITH BEHAVIOR.



MONITOR FOODS AND SWEETS. MANY NEGATIVE BEHAVIORS CAN COME FROM HIGH SUGAR INTAKE.

PARENTING TIPS

Holiday Tips

Giving adolescents room to be adolescents is important, especially around the holidays. The process of becoming an adult is one in which children separate from their parents. It's a painful process for both teens and their parents. And, when teens assert their individuality during the holidays, it can be particularly sad for the parents. Decide what's important in your family and remember what it was like being a teen yourself.



Happy Holidays

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chef Salad Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Rolls Milk	2 Teriyaki Chicken Rice Bowls Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk	3 Pazzo Bread W/ Dipping Sauce Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk
Chicken Nuggets Sunshine Egg Salad Sandwich Sunbutter & Jelly Sandwich French Fries Assorted Fruit Milk	7 Hamb/CheeseBurger WW Roll Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk 	8 Pulled Pork Sandwich Sunbutter & Jelly Sandwich Pick-n-Go Vegetable, Asst Assorted Fruit Milk	9 Chicken Casserole Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Rolls Milk	10 Assorted Pizza Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk
Beef Hotdog Pick-n-Go Sunbutter & Jelly Sandwich Assorted Fruit Vegetable, Asst Milk	14 Beef Taco Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Assorted Pizza Milk	15 Caesar Salad w/ Chic Sunbutter & Jelly Sandwich Assorted Fruit Vegetable, Asst Milk	16 ROAST PORK LOIN Sunbutter & Jelly Sandwich Apple Sauce Mashed Pots, scratch Rolls Milk	17 Bosco Cheese Stick Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk
Lasagna Roll Up w/ Meat Sauce Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Rolls Milk	21 Crispy Chicken Sandw Sunbutter & Jelly Sandwich Assorted Fruit Vegetable, Asst Milk 	22 Assorted Pizza Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk	23 	24  CHRISTMAS HAPPY HOLIDAY
	28 	29	30	31 

Important Dates

Tuesday, Dec. 14

BRES Picture
Retake Day

Wednesday, Dec. 15

Home Middle School Basketball
Game Begins @ 3:45 PM

Thursday, Dec. 16

Home Middle School Basketball
Game Begins @ 3:45 PM

Thursday, Dec. 23 - Jan -2

Christmas Break

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 corrected.

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



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).

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

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



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
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

