

09-13-19

BOOTHBAY REGION ELEMENTARY SCHOOL

bres.aos98.com

BRES WALK-A-THON



The **CARNIVAL** walkathon is just around the corner on Saturday, Sept. 21 from 9 - 12. We know there are a lot of other happenings this day, but please try to attend even if it's only for an hour.

Younger siblings (under 5) are welcome to join in walking. They will get a sticker and the first lap prize at 5 laps. A permission slip will need to be filled out at the check in booth on the day of the event.

The BRES PTO is working really hard to make this a super spectacular event so COME ONE, COME ALL to the walkathon and join in the fun with your BRES community of children, parents, teachers and staff.

FROM THE CAFETERIA

Salad and fruit bar daily with a variety of side dishes! Four choices of milk daily. Breakfast choice: cereal, bagel, muffins, fruit or juice & milk. Breakfast offered daily at break times. Menus are subject to change without notice. Breakfast - \$1.50 (Reduced

Breakfast No Charge) Lunch \$2.95 (Reduced Lunch No Charge) (Parents can pay daily, weekly, or monthly for lunch and breakfast. Please make checks out to Boothbay Region Cafeteria. We send bills and menus out monthly.

If you have any questions, please call 633-7131.

Thank you, Darlene French.)

Monday Mozzarella Sticks w/Sauce
Egg Salad Sandwich

Tuesday Egg McBoothbay
Whole Wheat Tuna Roll

Wednesday Oven Fried Chicken
Belgian Waffle
Ham & Cheese on Whole Wheat

Thursday Shepherd's Pie
Chicken Salad Sandwich
Homemade Wheat Rolls

Friday Assorted Pizza
Sunbutter & Jelly Sandwich



BRES MAIN OFFICE

207-633-5097

Weekly Events

Monday 9/16

PTO Book Fair 8-3

Tuesday 9/17

PTO Book Fair 8-3

Field Hockey Home Game
Begins @ 3:45

PTO Book Fair Family Night 4-7

Community Cookout 5-6

Open Houses Times posted on page 3 of newsletter.

Wednesday 9/18

PTO Book Fair 8-3

CoEd Soccer Home Game
Begins @ 3:45PM

Thursday 9/19

PTO Book Fair 8-3
Cross Country Meet Home
Begins @ 4:00 PM

Friday 9/20

PTO Book Fair 8-3

“Kurr’s Korner”

Dear Parents,

There are many things I want to talk with you about in this first full week of school that are exciting and cheery. However, I feel given recent events, there is something more pressing that I need to share with our community around the health and safety of our youth. After hearing a mom from Texas share the misconceptions she held around "vaping" and how her teenage daughter nearly died because she had no idea how damaging it truly was, I feel it is my responsibility to educate members of our community to the dangers of this vaping epidemic. Attached is information to help you understand some facts about vaping and to help you shape conversations with your children.

As always, reach out if there is a way we can help you further with this information.

- Shawna

Middle School Powerschool Access Info

Attention parents/guardians of Middle School students (grade 7 or 8): Parent Powerschool access codes have been sent home with your child.

Please ask him/her for the paper that was given by his/her homeroom teacher.

Please let the teacher(s) know if you did not receive your access information.

BoxTops For Education



B.R.E.S. School Photos will be on Tuesday, October 1, 2019



Achoo!

Parents please remember to call the office when your child will be out sick. Thank you!



Special Olympics Tennis moved from Summer to Sept 24 @ Bates college
Leaving @ 7:30
8 athletes participating



Mrs. O'Connell has two trumpets and one cornet for sale. Please contact her if you are interested.
goconnell@aos98schools.org

Welcome to the 2019-2020 school year! While an ill child is hopefully still far from your mind, I thought I'd send home this reminder just in case. If you have any questions or concerns throughout the school year please don't hesitate to contact me, Kate Schwehm- school nurse @ 633-9814, kschwehm@aos98schools.org, or feel free to pop in my office at the elementary school any time.



Is My Child Too Sick For School?

Each day many parents are faced with a decision: should they keep their sick children at home or send them to school? Often the way a child looks and acts can make the decision an obvious one. In accordance with Maine Department of Health and Human Services guidelines, a child should not attend school if he/she exhibits one or more of the following symptoms or infections:

Fever: The child should remain home with a fever greater than 100 degrees. The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin)

Diarrhea/Vomiting: A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.

Rashes: Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorized the child's return to school.

Colds: A child with thick, yellow-greenish mucous accompanied by fever, vomiting, diarrhea, or constant nasal discharge should remain home. Very few younger children can effectively blow their noses and wash their hands afterward. A child with the above symptoms will quickly spread the illness to other children.

Strep Throat/Impetigo and other bacterial infections requiring antibiotics. A student with strep throat or bacterial infection requiring antibiotics must remain home until they have been on their antibiotics for a full 24 hours.

Students with these symptoms cannot comfortably participate in program activities and unnecessarily expose others to their illnesses; they should stay home for at least 24 hours before returning to school.

If your child is diagnosed with a communicable disease, please notify the school as soon as possible. Some students have medical conditions that require special care if they are exposed to certain illnesses. Home is the best place for a child who is ill. If your child is sick and will be missing school, please call the school to report the absence.



Grade 1 & 2

September 17th @ 6:00 PM
Meet in your homeroom.

Grade 3

September 17th from 6:00 - 6:45 PM
Meet in your homeroom.

Grade 4

September 19th @ 6:00 PM
Meet in Mrs. Hartley's Room #212

Grade 5 & 6

September 17th @ 6:00 PM
Meet in your homeroom.

Grade 7 & 8

September 17th from 6:00 - 7:00 PM
A letter will be sent home with more information.

ENFORCING HANDBOOK BUSING INFORMATION



All students are eligible to ride the school bus to and from school. All students in grades K-5 must take the bus home unless the office is notified of alternative arrangements. It is your responsibility to make arrangements for someone to meet your child at his/her destination.

Any students in grades Pre-K through Grade 2 will not be dropped off without a parent or adult guardian visibly present at the bus stop, or without a prior written authorization from parents that has been given to the school's main office. If no one is at the bus stop for your child, your child will be brought back to the school to be picked up there.

Parents must observe the following procedure when altering a student's method of transportation:

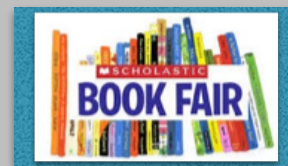
1. Students (K-5) who will not be riding the bus home **MUST HAVE A NOTE FROM THEIR PARENT/GUARDIAN.** These notes are to be given to their homeroom teacher. **To ensure the safety of all children at BRES, we cannot accept phoned in bus notes.**
2. Students (K-5) who have a **change** from their regular scheduled after school plan, **MUST HAVE A NOTE FROM THEIR PARENT/GUARDIAN.**

*All bus notes must contain the child's first and last name, the name of his/her homeroom teacher, where he/she is going (street address) and whom he/she will be with and must be signed by a parent/guardian.
3. Students attending after school programs or extracurricular activities may use a blanket permission slip for the period of time involved. When the program or activity has ended, a new note to update the after school plan will be needed.
4. Notes may be written on Monday for the entire week.
5. **In the case of an emergency** and you must change your child's after school plan, call the school office by 12:00.



FREE Community Cookout

Come join us Tuesday, September 17th at BRES for a FREE Community Cook Out From 5-6 PM Chefs Mrs. Kurr & Mrs. Campbell will be cooking hamburgers and hot dogs.



The PTO Book Fair will be held September 16-20. Family Night will be held Tuesday, September 17th from 4-7 pm. Your support of the Book Fair helps support the programs we offer our students such as Audubon's Seabird Sue and scholarships for middle school students to attend Camp Kieve.

HIDING IN PLAIN SIGHT

Basics About Vaping, JUUL & More



◀ **This is a JUUL (pronounced "jewel").**
This is one of the most popular types of e-cigarette being used by teens and young adults today.



Other types of e-cigarette devices.



▶ **These are JUUL pods.**
These e-liquid flavor packs come in a variety of flavors, including mango, creme brulee, and fruit medley. The cartridge clicks into the top of a JUUL device.

▶ **This is a PHIX and PHIX pod.**



Very similar to the JUUL, the PHIX is rising in popularity. It has a diamond shape, and its pods hold twice the e-liquid as JUUL, lasting longer, and equaling about 2 packs of cigarettes.

Photos:
www.juul.com
www.nida.nih.gov
www.phixvapor.com

Why the concern? Vaping is...

Discreet



- Small like USB drives
- Vapor disappears quickly
- Usually little or no smell, or sometimes fruity

Trendy



- Social activity with friends
- Strong social media presence
- Teens may not know about nicotine

Addictive



- Nicotine is a highly addictive - JUUL is one of the highest nicotine strengths on market
- One JUUL pod = one pack of cigarettes.

1. Know what to look and smell for (USB drive, sweet smells).
2. Talk with your teen about the harms of nicotine.
3. Learn more: www.healthylincolncounty.org



HIDING IN PLAIN SIGHT

What You Can Do: Start Talking

TAKE ADVANTAGE OF A NATURAL SITUATION



Your child is more likely to listen if it is a more natural discussion. You can bring it up more casually if you pass by an e-cigarette shop when driving or walking together, if you see someone using an e-cigarette, or if you see a sign or advertisement.

Choose a time to talk when you are calm and free of distractions. Be understanding and don't be quick to judge them if they tell you they've made questionable decisions. Remind them that they can come to you when they have questions, or problems, about anything, including vaping, alcohol or other drugs.

BE THEIR 'GO TO' RESOURCE FOR ANSWERS TO THEIR QUESTIONS

If kids know they can count on you for answers to their questions, they will come back for more information. Be prepared for their tough questions.

They might say...

What's the big deal? It's not like they are real cigarettes.

I know some people who have tried vaping, and they seem fine.

Isn't it safer than traditional cigarettes?

Why don't you want me to use them?

You could say...

Many e-cigarettes have nicotine in them which is the same drug in cigarettes that gets people hooked on them.

Nicotine can change your brain, making you crave it more and more. It can also affect your heart and lungs. I don't want that for you.

E-cigarettes can be very difficult to quit using once you start. Some people may never be able to quit. That's why it's important to never start using them in the first place.

I appreciate you being honest with me. I hope you and your friends will stay away from e-cigarettes and other tobacco products.

Right now, your brain is still growing, which means that your brain is more vulnerable to all of the chemicals and nicotine in e-cigarettes.

I care about you and want your brain and body to stay healthy.

OTHER TIPS FOR PARENTS

- 1- Role play with your child how to say "no" when offered an e-cigarette, alcohol or other drugs
- 2- Listen to them to let them know you care about what they have to say
- 3- Establish clear rules and expectations for them
- 4- Get to know their friends, and talk about how to have healthy friendships
- 5- Spend time with them, and take an interest in their interests