

SACS Thursday Bulletin

January 16, 2020

Notes from the Nurse:

For grades 6-12 and any current 4th and 5th graders planning on playing **middle school soccer next year (2020-2021)**: SACS Annual School **Sports** Physicals will be conducted on Friday, March 13, 2020. The cost is \$15.00 per person. Physicals will be conducted on-site by our School Physician, Ronald Blum, M.D. A completed "school physical form" (available in the School Health Office) and the \$15.00 are due at the time of the physical.

If your child sees his/her own physician for a sports physical, please provide the school with documentation of that exam. In keeping with RSU #50 athletic policy, no student will be allowed to participate in practices or games without proof of a physical examination from a doctor prior to the start of the sports season, and the physical cannot expire within that sport season. There will be no waivers or exceptions. Also, no player will be allowed to participate in games or practices without health insurance. If you do not have your own insurance, school insurance is available for your child. Right now, the basic school-approved plan costs \$42.00/year. Information and applications are available in the high school office. Please feel free to call should you have any questions.

It seems as though "pink-eye" is back for another round. We have had 4 cases, just since the first of the week. "Pink-eye" often presents itself with a watery/crusty/goopy/itchy/pink-colored eye, and it does often start in one eye before moving to the other. Because "pink-eye" is highly contagious, if it is even suspected, you will be asked to pick up your child and take him/her for further medical follow-up. School policy and eye doctor recommendations are 48 hours on treatment before returning to school. This does make a big difference in reducing the spread of "pink-eye." Please do not send your child to school if he/she wakes up with symptoms of "pink-eye," as this often increases the rate at which it spreads.

Just a reminder that our Annual Dental Sealant Program, for second graders (and any third graders who missed the opportunity last year) will be held on Friday, January 31st. Many permission forms have come in, but please let me know if you did not get one/would like one. Third graders and some fourth graders (who had sealants replaced last year) will have an opportunity to have their sealants checked, as well. Thank-you.

Kathy Chamberland, R.N., B.S.N., School Nurse

Maine Kids Rock Instruments



Above pictured are the instruments that Southern Aroostook Community School received through Maine Kids Rock. Maine Kids Rock initiative is a program developed between the Department of Education and a national non-profit Little Kids Rock. Selected schools receive instruments and materials and training necessary to run modern band programs in their schools. We had received the keyboards, sound system and microphone in late November, but the guitars were on backorder. The shipment of guitars arrived early this week, and some of our elementary classes are already beginning to use the instruments. The students have been very eager to use the instruments, especially the guitars.



Lyndsie Beaulieu and Thatcher Lawlor are the Aroostook Right to Read Bookmark Contest winners.



Ruth Greene, Emma Stubbs, Caraline Elhoff and Jakoby Porter are the Young Author winners for 4th and 5th grades. They will be attending the Young Authors' Institute at UMPI in May.

Upcoming Events

January 20th - Martin Luther King, Jr. Day

January 29th - Early Release Day

January 31st – Dental Sealant Program

February 13th – Valentine Parties

February 14th - Winter Carnival

