

# BRES WILDCAT NEWS

Kindness

Responsibility

Self-Control

## Important Dates

### **Friday, Jan. 31**

BRES PTO Book Fair 8-3 PM

### **Tuesday, Feb. 4**

Grade 3 to Center for Maine Contemporary Art 8:50 - 1:00

Girl Scout Intro Grades K - 3.  
6:00- 7:00PM in the FCS  
Room 112 @ BRES

### **Wednesday, Feb. 5**

CSD Board of Trustees  
Meeting @ 5:15 PM in the  
BRHS Library

### **Wednesday, Feb. 12**

CSD Board Meeting 6:00PM  
in the BRHS Library

### **Feb. 17 - Feb. 21**

NO SCHOOL  
WINTER BREAK

## *Kurri's Korner*

Dear BRES Parents,

It's been a tough week for our BRES community. The outpouring of support for our families in need has been overwhelming, to say the least. The loss of long time resident, Chris Pinkham, has raised many emotions, concerns, and questions for our entire school, including some of our students.

Our school has a Crisis Team made up of professionals trained to help with needs of students, parents, and school personnel during difficult times, such as this. At BRES we have had counselors available for any student who may need or want any type of assistance surrounding this loss. We encourage you, as parents, to also feel free to use our resources.

I have enclosed some information that may be useful to you in helping your child at home. If you would like additional information, have questions, or need assistance, please do not hesitate to contact Kim Dionne, Sarah Gordon, Tricia, myself, or The Center for Grieving Children at 775.5216.

We are saddened by this loss to our school community and will make every effort to help you and your child as needed.

With all of my support,  
Shawna



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**A DEATH IN THE FAMILY:  
How do we explain the sad news to children?  
By Sharon Gloger Friedman**

When Mary T. was 4 years old her grandmother died. Mary was sent to stay with friends for a few days, and when she returned home she was told that her grandmother had gone on a long trip. In the days that followed, Mary waited in vain for her beloved grandmother to return, and she grew more and more angry with her for leaving without saying good-bye.

Ten year old Neal H. was not told his mother was terminally ill. Rather, in order to spare his son the pain of the truth, Neal's father told him his mother was getting better. When she died, her death was such a shock to Neal that he began to be afraid his own death was imminent. He was afraid to go to sleep, lest he not wake up again. He dreaded leaving his house because he was convinced he too would get sick and die.

Six year old Tommy C. was told his infant sister had died and gone to heaven. Each time he flew in an airplane, he searched the clouds for sight of his sister.

Although fictitious names have been used, the above are true incidents in actual case histories. They tragically illustrate the misconceptions children can have about death. The same society that is mindful of its obligation to teach its children the facts of life has been woefully negligent in teaching them the facts of death.

There is nothing as devastating to a family as the death of a loved one. Thrown into a turmoil of grief and despair, many parents first instinct is to shield their children from the pain of sorrow. They send their children away or tell them half-truths. In the belief that children cannot comprehend death or that it will be too frightening to them, parents often offer their children no explanation at all.

If the conspiracy of silence on matters of death and dying has been entered into in an attempt to spare children from the fears and pain of grief and loss, the effort has been futile.

Our children are not ignorant about death. The technology of television brings death into our homes in vivid color for our children to see daily. Furthermore, they see dead animals lying in the road, a bug is killed, a flower withers, a pet dies.

How children react to these incidents will be determined largely by their age and level of maturity. In what has come to be regarded as a classic study of children's perceptions of

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death, psychologist Maria Nagy determined that preschool-age children have no concept of death as final. To them death is like sleep. It is only “make believe” and they think the person will awaken. At ages 5 to 9, children begin to realize death’s finality but tend to personify it. Death is a skeleton or a ghost that will carry people off. It is at the age of 9 or 10 that children comprehend that death is final-it does not mean being taken away by a person or a boogeyman; those who are dead are dead. They begin to sense and accept that death is an inevitable part of life.

Dr. Jeffrey Robbins Goldberg, former clinical instructor of psychiatry at Boston University Medical School and director of Framingham Psychiatric Counseling Associates, states:

“We should take care not to shelter our children from reality. Rather, we should filter it to the degree that they can understand. A simple and straightforward explanation of the circumstances of death is the best approach. Parents should be particularly careful when using such euphemisms as ‘asleep’, ‘on a long trip’, ‘passed away’ or ‘been put to rest’. Children, especially young ones, tend to interpret such statements literally, and euphemisms only serve to confuse them and cloud their perceptions of death.”

Very often the death of a pet is a child’s first close experience with mortality. Sad as the occasion is, counseling professionals believe it can also provide parents with an opportunity to help their children view death in an emotionally healthy way.

Children should be allowed to mourn the pet’s death and to express their sorrow. Whether it is a goldfish or a beloved dog that has died, parents should respect their children’s sadness and allow them the consolation of their grief. If a rite of burial is requested, it should be encouraged as a natural way to help children accept the finality of death.

Children should also be given time to grieve. Professionals advise against replacing the pet immediately. Doing so robs children of their right to continue to love the deceased pet and also suggests to them that all loved ones can be easily replaced.

When a death in the family occurs, counselors have found it best for parents to tell their children as soon as possible. Their own grief will be apparent, and not telling their children the reason for their sorrow only gives rein to imaginations already filled with frightening fantasies.

Children should be told of a death simply, gently, and in language they can understand. Their questions should be patiently and honestly answered. Fairy-tale explanations that will later surface as untruths should be avoided.

A noted authority on death and bereavement, Earl A. Grollman, writes in *Talking About Death: A Dialogue Between Parent and Child*:

“When you mourn, you give your children a model to follow. They then understand that it is acceptable for emotion to be out in the open.”

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Adults' grief tells children that it is all right to cry when they are sad.

Medical and counseling professionals caution against urging children, however, to express unfelt feelings. Like adults, children react differently to sorrow, and while one child may cry, another may not.

A child's request to go outside to play or to resume his or her daily routine should not be interpreted as a lack of caring or feeling. Children are creatures of habit, and they need to go through their daily activities to reassure themselves that things will go on as they did before. Dr. Michael J. Robinson, a practicing pediatrician and clinical associate in pediatrics at Massachusetts General Hospital, states:

"A child's routine is a security blanket of sorts, and as much as is possible, the parent should reassure him or her that the family's life will go on in much the same manner it did before the loved one's death. However, this does not mean that you should make unrealistic promises. If it is a parent who has died, for instance, there are bound to be changes in the family's pattern of living, and it would be untruthful of you to tell your child that things will be exactly the same. But you can reassure him or her that you will make every attempt to see to it that the things that are important in his or her life will remain a part of the family's activities."

The grief of children is often complicated by their unspoken fears, and parents must take care to anticipate and calm their anxieties. "Guilt is perhaps the most painful companion to death," writes psychiatrist Elisabeth Kubler-Ross in *Questions and Answers on Death and Dying*, and children often suffer deep pangs of guilt when someone they love dies. Children believe that wishes come true and that bad deeds are punished, and they need to be assured that nothing they did or said or wished caused the death of the loved one.

For this reason especially it is important that a family remain together when a death occurs. When children are sent away, they often feel rejected and somehow responsible for what has happened. They see their removal from the household as a kind of punishment for the death that has taken place. Children can handle a great deal of stress if they have loved ones to lean on. They do not need to be protected from grief, but they do need the strength and comfort of family security and the reassurance that they are loved.

Children should not be denied the right to participate in the rites of burial if they express a desire to do so. Parents tend to want to shelter their children from what they consider a frightening experience but recognized authorities have concluded that if a child is old enough to attend church or synagogue, he or she is old enough to comprehend the solemnity and purpose of a funeral.

Time should be taken to explain to children what to expect at a funeral. An emphasis can be made that a funeral is a way of saying good-bye to the loved one, and that because it is a sad occasion some people may cry. And that it is all right if they cry, too. "When your youngster understands what is occurring," writes Grollman, "he may be more relaxed about the unfolding events. He understands his inclusion more than he would exclusion, and is far

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better off observing the funeral than living with fantasies conjured up by his young and fertile imagination.”

If children seem apprehensive about attending a funeral or going to the cemetery, their feelings should be respected. They should be reassured that it is all right for them to remain at home and that no one is angry with them for doing so.

Children have the most difficulty accepting death if they have been poorly prepared when someone they love is dying. If someone in the family is terminally ill, honesty about his or her condition gives the child time to adjust to the idea of the person’s death.

Authorities in the field of death and dying also believe it can be beneficial to children to visit someone who is dying if they wish to do so. However, it is important to prepare them for the visit so they will know what to expect. If, for instance the person’s appearance has altered drastically, children should be told beforehand. If the person is in the hospital, they need to know the procedures that are followed and what, if any, apparatus will be present in the room. Above all, they need to be assured that they cannot catch the person’s illness.

The death of a loved one is a traumatic and distressful time for everyone and there is no one simple way to help children cope with the upheaval it brings into their lives. Experts agree, however, that an honest and straightforward approach is the healthiest way to deal with the difficult subjects of death and dying. “A child can live through anything” writes educator Dr. Erla LeShan in *Learning to Say Good-by: When a Parent Dies*, “so long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering.”

*Sharon Gloger Friedman is a freelance writer living in Framingham, Mass.*

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# 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.

<b>February 2020</b>		<b>Boothbay Region Elementary Lunch</b>		
Lunch Prices Elementary & Middle School: \$2.95 High School: \$3.00 Reduced Lunch: \$0.00 Adults: \$7.00 Milk: \$0.50				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<ul style="list-style-type: none"> <li>• BBQ Ribs</li> <li>• Whole Wheat Tuna Roll</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Corn</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Dog on a Whole Wheat Bun</li> <li>• Sunshine Egg Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Baked Beans</li> <li>• Carrot Sticks</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fun Fish Nuggets</li> <li>• Mashed Potatoes</li> <li>• Chicken Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Fresh Broccoli</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Sausage Patty</li> <li>• Assorted Sandwiches</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pazzo Bread w/ Dipping Sauce</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<ul style="list-style-type: none"> <li>• Chicken Sliders</li> <li>• Sunshine Egg Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Corn</li> <li>• Baked Beans</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• Whole Grain Grilled Cheese</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Homemade Yeast Rolls</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Green Beans</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Chicken Rice Bowl</li> <li>• Vegetable Fried Rice</li> <li>• Egg Roll</li> <li>• Whole Wheat Tuna Roll</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Turkey Sandwich W/ Gravy</li> <li>• Assorted Sandwiches</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Pizza</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<ul style="list-style-type: none"> <li>• VACATION</li> </ul>	<ul style="list-style-type: none"> <li>• VACATION</li> </ul>	<ul style="list-style-type: none"> <li>• VACATION</li> </ul>	<ul style="list-style-type: none"> <li>• VACATION</li> </ul>	<ul style="list-style-type: none"> <li>• VACATION</li> </ul>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<ul style="list-style-type: none"> <li>• Hamburger or Cheeseburger on a Whole Wheat Bun</li> <li>• Whole Wheat Tuna Roll</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Baked Beans</li> <li>• Corn</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Noodle Soup</li> <li>• Whole Grain Grilled Cheese</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Carrot Sticks</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Casserole</li> <li>• BLT on Whole Wheat Bun</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Steamed Fresh Broccoli</li> <li>• Homemade Wheat Rolls</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Assorted Sandwiches</li> <li>• Mixed Vegetables</li> <li>• Homemade Wheat Rolls</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Pizza</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>



## *Is My Child Too Sick For School?*

As we run full steam ahead into the cold and flu season I wanted to remind you to please keep your student home from school if they are sick. Attendance is so important but an ill student will not be able to participate in the school day, will prolong the period of illness and spread the germs to other students. If you have any questions or concerns please don't hesitate to contact me, Kate Schwehm - school nurse @ 633-9814, [kschwehm@aos98schools.org](mailto: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.



# Mission Possible

Girls in grades K-3, along with their families, are invited to join us for a FREE interactive event to learn more about becoming a Girl Scout.

**February 4th, 2020**  
**6pm-7pm**

**Boothbay Region Elementary School**  
 238 Townsend Ave Boothbay Harbor, ME 04538

Weather Closures - If the school or after school activities are cancelled please see the Facebook Event for virtual meeting details.

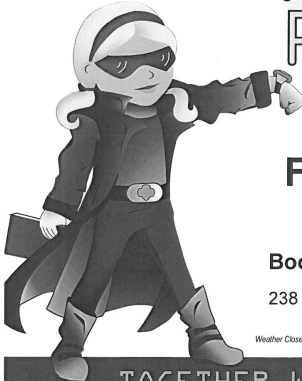


**TOGETHER WE WILL:**

- ◆ Make a **SERCET CODE BRACELET** & other fun secret agent activities while exploring the power of STEM
- ◆ Receive your first Girl Scout patch for attending
- ◆ Team up with other members of the community to form new or join existing troops
- ◆ Complete your registration and become a Girl Scout!
- ◆ Discover the importance of the inclusive, all-girl environment of a Girl Scout troop where girls can try new things, develop a range of skills, take on leadership roles, and just be themselves.

**Are you ready to join now?**  
**Register today at [girlscoutsofmaine.org/join](http://girlscoutsofmaine.org/join)**

[girlscoutsofmaine.org](http://girlscoutsofmaine.org) | 888-922-4763 | [customercare@gsmaine.org](mailto:customercare@gsmaine.org)

This is not a school sponsored event.

## Dental Clinic

**Have you seen a dentist in the last 6 months?** Lincoln County Dental is visiting our school and would love to see you smile. Professional cleaning, sealants, hygiene exam and fluoride applications are being offered.

Please contact Ms. Pound (207)633-1934 at the School Health Center for additional information or an application to take part in this wonderful opportunity today!

## SEND-A-SMOOCH ORGANIZED BY THE BRES LOAFs



Parents & teachers, want to send a Valentine to that special someone at BRES or BRHS? The LOAFs can help you out. Fill out an order form (one buyer per form - although buyer can have more than one form) to have that special someone get a Valentine and a few smooches (5 candies) on Friday - February 14th. Deliveries will be made to BRES & BRHS ONLY.

We cannot do off school property. Cost for a Smooch and Valentine is \$1.00. All Smooches must be ordered by Feb. 10th at 3pm in the BRES office. If you need to make a check, please make it out to BRES and in the memo write "Send a Smooch".



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## KID'S NIGHT OUT DATE NIGHT FOR YOU, GREAT NIGHT FOR THEM.

**WHERE:** BOOTHBAY REGION YMCA

**WHO:** KINDERGARTEN - 5TH GRADE

**WHEN:** JANUARY 31, 2020  
 6:00PM-8:00PM

**FEE PER CHILD:**  
 FAMILY MEMBER: FREE  
 MEMBER: \$10.00  
 NON-MEMBER: \$20.00

SIGN UP AT THE Y FRONT DESK OR WITH LINDSEY SENECAAL

**HIGHLIGHTS**  
 Arts and Crafts, Gym or Field House Time







**MERRY  
BARN  
WRITERS'  
RETREAT** &



**LEARNING  
ON THE  
MOVE**

**A FEBRUARY VACATION  
ADVENTURE !**



**READ  
THEM !**

**WRITE  
THEM !**

**BECOME  
THEM !**

Join the fun as we explore circus literature and lore, art, and performance. Participants will spend three days moving and learning, as they write wordless picture books, create poetry and art, and design their own circus posters.

Campers will develop circus arts skills using scarves, balls, flower sticks, feathers, and balancing tubes.

There will be opportunities to perform for each other, as well as a performance for family and friends.

Cost: \$150. Aftercare is provided for a minimal fee. Financial assistance is available.

**AGES 8-13**

**FEBRUARY 18, 19, 20 ... 9:00am - 3:30pm**

[www.merrybarn.com](http://www.merrybarn.com) Cultivating Creativity, Curiosity, and Community



**CIRCUS STORIES WRITING ADVENTURE**  
**MERRY BARN WRITERS' RETREAT**  
Cultivating Creativity, Curiosity, and Community



Please return this registration form, with check made payable to the Merry Barn Writers' Retreat, 417 River Road, Edgecomb, ME 04556. Registration will be confirmed by e-mail or phone call when received.

CAMPER'S NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_ EMAIL \_\_\_\_\_

TELEPHONE \_\_\_\_\_ ADDRESS \_\_\_\_\_

CELL \_\_\_\_\_

2ND EMERGENCY CONTACT \_\_\_\_\_ ALLERGIES / MEDICAL CONDITIONS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

*TUESDAY, FEBRUARY 18 - THURSDAY, FEBRUARY 20*

**3 DAY CAMP: \$150**  
**AFTER CARE OPTION: \$15/DAY**  
**TUES: \_\_\_\_\_ WED: \_\_\_\_\_**  
**TOTAL ENCLOSED: \_\_\_\_\_**

Some financial assistance is available. For more information, email: [stephaniemcsherry@merrybarn.com](mailto:stephaniemcsherry@merrybarn.com).

**PHOTO and STUDENT WRITING RELEASE**

- \_\_\_\_\_ I give permission for the Merry Barn Writers' Retreat to use photos and writing samples of my child in its publications and website content.
- \_\_\_\_\_ I do not give permission for the MBWR to use photos of my child.
- \_\_\_\_\_ I do not give permission for the MBWR to use my child's writing.

[www.merrybarn.com](http://www.merrybarn.com)