

# BRES WILDCAT NEWS

Kindness

Responsibility

Self-Control

## Important Dates

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

NO SCHOOL  
WINTER BREAK

### **Wednesday, Feb. 26**

CSD Board Meeting  
6:00 PM in the BRHS Library

### **Thursday, Feb. 27**

Talking Room Field Trip for  
G/T 8:00 - 2:00 PM

### **Monday, March 2**

Dr. Seuss Read Across  
America 8:00 - 2:00 PM

### **Tuesday, March 3**

BRES Chorus Concert  
7:00 PM

Congregational Church of  
Boothbay Harbor, 125  
Townsend Ave. Boothbay  
Harbor

## *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.



# 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>	





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

## 4th Grade BRES Family Cookbook



The fourth grade has recently finished reading *A Long Walk to Water*, by Linda Sue Park, which is based on a true story of a South Sudan refugee. The message of water inequality has motivated our students to take action. Salva Dut, the inspiration for this book, has created Water for South Sudan, a foundation for drilling clean water wells for villages in Africa. Every year they have a fundraising challenge, The Iron Giraffe Challenge, and our students feel passionately about earning money to support this.

HERE IS OUR BIG AND SUPER EXCITING IDEA>>>>

We are going to make a **BRES family cookbook**. In order to do this, we hope to collect everyone's favorite recipes (staff, students, families) PK-8. This cookbook will also include pieces of writing and artwork created by the 4th graders, based on their learnings from this book. If we can sell at least 100 cookbooks to the community for \$10 each, we can meet this fundraising goal of \$1000!

Here is the website for more information: <https://www.waterforsouthsudan.org>

Our next step is to start collecting recipes. If you have a recipe you would like to contribute, please email it to [jlassen@aos98schools.org](mailto:jlassen@aos98schools.org), or have your child bring the recipe to school to give to Mrs. Lassen. Please submit recipes by March 12th.



**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)