

# BRES WILDCAT NEWS

Kindness

Responsibility

Self-Control

## Important Dates

### Monday, March 23-27

Youth Arts Theme Week

### Wednesday, March 25

CSD Board Meeting  
6:00 PM in the BRHS  
Library

### Tuesday, March 31

Quarter 3 Ends

Greetings Families,

What a time of uncertainty swirling around us right now. As we now have our first presumptive confirmed case of COVID19 in Maine along with the University of Maine System closing campuses, many questions are coming in our direction about school closure. As Dr. Laser mentioned in his most recent letter to you, we are receiving multiple updates from the Maine Department of Education with new information in each update. Dr. Laser is keeping our administrative team and staff updated.

Along with the many proactive measures we're taking, BRES staff is working on remote learning bags for all of our students, in the case of a school shut down situation. In doing so, we are taking into account the many diverse needs of our students. One of our most immediate areas of planning has become how to get food to our families in need, if we should need to close our doors. More information to come, as needed.

Please know that we are practicing social distancing as best we can in a public space. We are not hosting school wide events, and are continuing to send sick students and staff home. We continue to teach and promote hand washing and covering coughs and sneezes. Our hardworking custodians are disinfecting surfaces and objects that are frequently touched.

This is a rapidly changing situation. We will continue to work to communicate and update students and families. In a televised statement on the 12th, Governor Mills shared that our communities should begin to think about avoiding large events and assemblies to reduce the spread of this virus.

Our guidance counselors have noticed that with an increased worry in our community, our students are showing us their increased worry and anxiety around unknown world and community events. Here are a few resources to help you explain this virus to your children that might help.

[Center for Disease Control \(CDC\)- Talking with Children](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html)  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

[PBS Parents-Talking with Younger Children](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus)  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

[NPR-A Comic Strip for Older Students Explaining COVID-19](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus)  
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

I have also attached to this newsletter information from a national agency (SAMHSA) that outlines developmentally appropriate kid reactions and response language for caretakers.

I understand that there are many reactions to what's happening around us. We will remain steadfast with student and community safety as our focal point. Thank you for your continued support as we navigate this together.

My best,  
Shawna

# CELEBRATE THE ARTS

LET'S WRAP UP  
YOUTH ART MONTH TOGETHER  
MARCH 23RD - MARCH 27TH

MONDAY  
RAINBOW DAY: WEAR ALL THE COLORS OF THE  
RAINBOW.

TUESDAY  
COLLABORATION DAY: COORDINATE WITH A  
FRIEND TO DRESS ALIKE.

WEDNESDAY  
PIANO DAY: WEAR BLACK AND WHITE LIKE  
PIANO KEYS.

THURSDAY  
FORMAL DAY: DRESS UP LIKE YOU ARE GOING TO A  
ART MUSEUM, PLAY, OR MUSIC PERFORMANCE.

FRIDAY  
MUSIC/ART/DRAMA SHIRT DAY: WEAR A SHIRT  
INSPIRED BY AN ARTIST OR PERFORMANCE.



# 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.

## March 2020

## Boothbay Region Elementary Lunch

Lunch Prices Elementary & Middle School: \$2.95 High School: \$3.00 Reduced Lunch: \$0.00 Adults: \$7.00 Milk: \$0.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>2</b></p> <ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Potato Puffs</li> <li>• Sunshine Egg Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Carrot Sticks</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>3</b></p> <ul style="list-style-type: none"> <li>• Nachos w/ Ground Beef</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>	<p style="text-align: center;"><b>4</b></p> <ul style="list-style-type: none"> <li>• Meatballs</li> <li>• Ham &amp; Cheese Melt on a Whole Wheat Bun</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Steamed Broccoli</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>5</b></p> <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>	<p style="text-align: center;"><b>6</b></p> <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>
<p style="text-align: center;"><b>9</b></p> <ul style="list-style-type: none"> <li>• Chicken Patty on a Whole Wheat Bun</li> <li>• Whole Grain Grilled Cheese</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Roasted Sweet Potato</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>10</b></p> <ul style="list-style-type: none"> <li>• Shepherd's Pie</li> <li>• Whole Wheat Tuna Roll</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Homemade Wheat Rolls</li> <li>• Carrot Sticks</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>11</b></p> <ul style="list-style-type: none"> <li>• Mozzarella Sticks w/ Sauce</li> <li>• Sunshine Egg Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Baked Beans</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Fresh Broccoli</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>12</b></p> <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>	<p style="text-align: center;"><b>13</b></p> <ul style="list-style-type: none"> <li>• NO SCHOOL TODAY</li> </ul>
<p style="text-align: center;"><b>16</b></p> <ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Belgian Waffle</li> <li>• Sunshine Egg Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Carrot Sticks</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>17</b></p> <ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• Chicken Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Homemade Wheat Rolls</li> <li>• Green Beans</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>18</b></p> <ul style="list-style-type: none"> <li>• BBQ Ribs</li> <li>• Ham &amp; Cheese Melt on a Whole Wheat Bun</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>	<p style="text-align: center;"><b>19</b></p> <ul style="list-style-type: none"> <li>• Roast Pork Loin</li> <li>• Mashed Potatoes</li> <li>• Assorted Sandwiches</li> <li>• Roasted Butternut Squash</li> <li>• Homemade Wheat Rolls</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>20</b></p> <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>
<p style="text-align: center;"><b>23</b></p> <ul style="list-style-type: none"> <li>• Fun Fish Nuggets</li> <li>• Potato Puffs</li> <li>• Whole Wheat Tuna Roll</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Steamed Broccoli</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>24</b></p> <ul style="list-style-type: none"> <li>• Chicken Casserole</li> <li>• Sunshine Egg Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Homemade Wheat Rolls</li> <li>• Mixed Vegetables</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>25</b></p> <ul style="list-style-type: none"> <li>• Hamburger or Cheeseburger on a Whole Wheat Bun</li> <li>• Chicken Salad Sandwich</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>	<p style="text-align: center;"><b>26</b></p> <ul style="list-style-type: none"> <li>• Spaghetti and Meat Sauce</li> <li>• Assorted Sandwiches</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Green Beans</li> <li>• Homemade Wheat Rolls</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>	<p style="text-align: center;"><b>27</b></p> <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>
<p style="text-align: center;"><b>30</b></p> <ul style="list-style-type: none"> <li>• Pulled Pork Sandwich</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>	<p style="text-align: center;"><b>31</b></p> <ul style="list-style-type: none"> <li>• Sloppy Joes on Whole Wheat Bun</li> <li>• Chicken Salad Sandwich</li> <li>• Sunbutter &amp; Jelly Sandwich</li> <li>• Steamed Broccoli</li> <li>• Fresh Fruit &amp; Veggie Bar</li> <li>• Milk</li> </ul>			



## Order your yearbook today

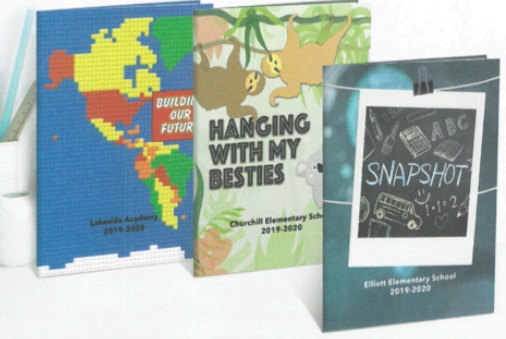
Encarga hoy tu anuario.

### ybpay.lifetouch.com

<b>Order Deadline:</b> <small>Fecha de tu pedido</small> <b>04/16/2020</b>	<b>Yearbook ID Code:</b> <small>Código ID del anuario</small> <b>11224320</b>	<b>School Name:</b> <small>Nombre de la escuela</small> <b>Boothbay Region Elem School</b>
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### Yearbook

Anuarios



\$12

Don't miss this year's school memories

No te pierdas los recuerdos escolares de este año

\*Yearbook design varies by school. El diseño del anuario varía según la escuela.

**Yearbook Includes:**

- Sturdy soft cover with protective coating
- All-color pages that vibrantly capture your memories throughout the school year
- Durable binding that keeps the yearbook intact through wear and tear

**El anuario incluye:**

- Cubierta blanda resistente con revestimiento protector
- Todas las páginas a color, que captan de manera vibrante sus recuerdos durante el año escolar
- Encuadernación costada a caballete duradera, que mantiene el anuario intacto contra el desgaste natural

Yearbook Flyers will be going home on Friday, Feb. 28th.

## Help us raise \$1 million for local schools!

Children are our future and by raising money for local schools, we ensure their success. Help us raise \$1 million this year by purchasing participating products and spreading the word to friends and family.

**Look for participating items with these tags:**



**4 products = 3 School Dollars**  
(8 products = \$6, 12 products = \$9)

**The highest earning school per store receives a \$1,000 bonus**

**NEW! Hannaford will double the payout to all schools registered at the store with the highest % increase in School Dollars redeemed - one store in each of our five states!**




  
**shop**  
Look for the shelf tags on more than 1500 participating products to earn money for your school!

  
**check out**  
Get 3 School Dollars for every 4 participating products you purchase.

  
**deposit**  
Deposit your School Dollars in the collection tower in-store.



## Talking With Children:

### TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

#### What You Should Know

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This is true even if they live far from where the outbreak is taking place and are at little to no actual risk of getting sick. Young people react to anxiety and stress differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help.

This tip sheet will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support.

#### Possible Reactions to an Infectious Disease Outbreak

Many of the reactions noted below are normal when children and youth are handling stress. If any of these behaviors lasts for more than 2 to 4 weeks, or if they suddenly appear later on, then children may need more help coping. Information about where to find help is in the Helpful Resources section of this tip sheet.

#### PRESCHOOL CHILDREN, 0–5 YEARS OLD

Very young children may express anxiety and stress by going back to thumb sucking or wetting the bed at night. They may fear sickness, strangers, darkness, or monsters. It is fairly common for preschool children to become clingy with a parent, caregiver, or teacher or to want to stay in a place where they feel safe. They may express their understanding of the outbreak repeatedly in their play or tell exaggerated stories about it. Some children's eating and sleeping habits may change. They also may have aches and pains that cannot be explained. Other symptoms to watch for are aggressive or withdrawn behavior, hyperactivity, speech difficulties, and disobedience.

- **Infants and Toddlers, 0–2 years old**, cannot understand that something bad in the world is happening, but they know when their caregiver is upset. They may start to show the same emotions as their caregivers, or they may act differently, like crying for no reason or withdrawing from people and not playing with their toys.
- **Children, 3–5 years old**, may be able to understand the effects of an outbreak. If they are very upset by news of the outbreak, they may have trouble adjusting to change and loss. They may depend on the adults around them to help them feel better.



TALKING WITH CHILDREN: **TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS**

## EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Children and youth in this age range may have some of the same reactions to anxiety and stress linked to infectious disease outbreaks as younger children. Often younger children within this age range want much more attention from parents or caregivers. They may stop doing their schoolwork or chores at home. Some youth may feel helpless and guilty because they are in a part of the world currently unaffected by the outbreak, or where the public health system protects people against outbreaks in ways it cannot in other parts of the world.

- **Children, 6–10 years old**, may fear going to school and stop spending time with friends. They may have trouble paying attention and do poorly in school overall. Some may become aggressive for no clear reason. Or they may act younger than their age by asking to be fed or dressed by their parent or caregiver.
- **Youth and Adolescents, 11–19 years old**, go through a lot of physical and emotional changes because of their developmental stage. So it may be even harder for them to cope with the anxiety that may be associated with hearing and reading news of an infectious disease outbreak. Older teens may deny their reactions to themselves and their caregivers. They may respond with a routine “I’m okay” or even silence when they are upset. Or they may complain about physical aches or pains because they cannot identify what is really bothering them emotionally. They may also experience some physical symptoms because of anxiety about the outbreak. Some may start arguments at home and/or at school, resisting any structure or authority. They also may engage in risky behaviors such as using alcohol or drugs.

## How Parents, Caregivers, and Teachers Can Support Children in Managing Their Responses to Infectious Disease Outbreaks

With the right support from the adults around them, children and youth can manage their stress in response to infectious disease outbreaks and take steps to keep themselves emotionally and physically healthy. The most important ways to help are to make sure children feel connected, cared about, and loved.

- **Pay attention and be a good listener.** Parents, teachers, and other caregivers can help children express their emotions through conversation, writing, drawing, playing, and singing. Most children want to talk about things that make them anxious and cause them stress—so let them. Accept their feelings and tell them it is okay to feel sad, upset, or stressed. Crying is often a way to relieve stress and grief.



- **Allow them to ask questions.** Ask your teens what they know about the outbreak. What are they hearing in school or seeing on TV? Try to watch news coverage on TV or the Internet with them. Also, limit access so they have time away from reminders about the outbreak. Don't let talking about the outbreak take over the family or classroom discussion for long periods of time.

## TALKING WITH CHILDREN:

## TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

- **Encourage positive activities.** Adults can help children and youth see the good that can come out of an outbreak. Heroic actions, families and friends who travel to assist with the response to the outbreak, and people who take steps to prevent the spread of all types of illness, such as hand washing, are examples. Children may better cope with an outbreak by helping others. They can write caring letters to those who have been sick or lost family members to illness; they can organize a drive to collect needed medical supplies to send to affected areas.
- **Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.** Adults can show children and youth how to take care of themselves. If you are in good physical and emotional health, you are more likely to be readily available to support the children you care about.



## Tips for Talking With Children and Youth of Different Age Groups During an Infectious Disease Outbreak

**A NOTE OF CAUTION!** Be careful not to pressure children to talk about an outbreak or join in expressive activities. While most children will easily talk about the outbreak, some may become frightened. Some may even feel more anxiety and stress if they talk about it, listen to others talk about it, or look at artwork related to the outbreak. Allow children to remove themselves from these activities, and monitor them for signs of distress.

### PRESCHOOL CHILDREN, 0–5 YEARS OLD

Give these very young children a lot of emotional and verbal support.

- Get down to their eye level and speak in a calm, gentle voice using words they can understand.
- Tell them that you always care for them and will continue to take care of them so they feel safe.
- Keep normal routines, such as eating dinner together and having a consistent bedtime.

### EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Nurture children and youth in this age group:

- Ask your child or the children in your care what worries them and what might help them cope.
- Offer comfort with gentle words or just being present with them.
- Spend more time with the children than usual, even for a short while.
- If your child is very distressed, excuse him or her from chores for a day or two.
- Encourage children to have quiet time or to express their feelings through writing or art.

## Helpful Resources

### Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane -- Rockville, MD 20857  
 Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727)  
 Email: [info@samhsa.hhs.gov](mailto:info@samhsa.hhs.gov)  
 SAMHSA Store: <https://store.samhsa.gov>

### SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515 Email: [DTAC@samhsa.hhs.gov](mailto:DTAC@samhsa.hhs.gov)  
 Website: <https://www.samhsa.gov/dtac>

### Hotlines

#### SAMHSA's Disaster Distress Helpline

Toll-Free: -877-SAMHSA-7 (1-877-726-4727)

(English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English):

<https://www.disasterdistress.samhsa.gov>

Website (español): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

#### SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <https://www.samhsa.gov/find-help/national-helpline>

#### Child Welfare Information Gateway

Toll-Free: 1-800-4-A-CHILD (1-800-422-4453) Website:

<https://www.childwelfare.gov/topics/responding/reporting/how>

### Treatment Locator

#### SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (1-800-662-4357)(24/7 English and español);

TTY: 1-800-487-4889

Website: <https://findtreatment.gov>

### Resources Addressing Children's Needs

#### Administration for Children and Families

Website: <https://www.acf.hhs.gov>

### Additional Resources

#### National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <https://www.suicidepreventionlifeline.org>

(español): <https://suicidepreventionlifeline.org/help-yourself/en-espanol>

#### National Child Traumatic Stress Network

Website: <https://www.nctsn.org>

- Encourage children to participate in recreational activities so they can move around and play with others.
- Address your own anxiety and stress in a healthy way.
- Let children know that you care about them—spend time doing something special; make sure to check on them in a nonintrusive way.
- Maintain consistent routines, such as completing homework and playing games together.

## When Children, Youth and Parents, Caregivers, or Teachers Need More Help

In some instances, children may have trouble getting past their responses to an outbreak, particularly if a loved one is living or helping with the response in an area where many people are sick. Consider arranging for the child to talk with a mental health professional to help identify the areas of difficulty. If a child has lost a loved one, consider working with someone who knows how to support children who are grieving.<sup>1</sup> Find a caring professional in the Helpful Resources section of this tip sheet.

<sup>1</sup> National Commission on Children and Disasters. (2010). *National Commission on Children and Disasters: 2010 report to the President and Congress* (AHRQ Publication No. 10-M037). Rockville, MD: Agency for Healthcare Research and Quality. Retrieved from <http://archive.ahrq.gov/prep/nccdreport/nccdreport.pdf> [PDF - 1.15 MB]

*\*Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*



**SAMHSA**  
 Substance Abuse and Mental Health  
 Services Administration

PEP20-01-01-006