

The Bear Necessities

Week of November 2, 2020

Dear Friends,

Great news...we can use the parking lot again for drop off and pick up! Please be sure to follow the arrows for the new traffic pattern and honor the stop line as buses will be sharing the parking lot at drop off and pick up.

Please be sure to view the remainder of this newsletter for important information about dental clinic days. Thank you and have a great week!

~Erin

Dental Clinic Days

We will have our Dental Clinic on Thursday, November 5 and Friday, November 6. If you haven't already done so, please complete and send in the form for your child to participate. Any questions? Please contact Kim Warren (kim.warren@eastonschools.org). Thank you!

School _____ Teacher _____ Grade _____



Fluoride Treatment at School

Your child can get TWO **FREE** fluoride varnish treatments at school. With your permission, a health professional will provide a dental screening and apply a fluoride varnish treatment to help strengthen the teeth.

The American Academy of Pediatrics (AAP), American Dental Association (ADA) and United States Preventive Services Task Force (USPSTF) recommend fluoride varnish treatments 2-4 times per year or every 3-6 months.

This program does not take the place of regular check-ups at a dental office.

Please complete entire form as all information is required:

- ☐ **Yes**, I want my child to get a dental screening and fluoride treatment at school.
- ☐ **No**, I do not want my child to get a fluoride treatment at school.

Parent/Guardian Name (Please Print) _____

Parent/Guardian Signature _____ Date _____

Daytime Phone _____ Home Phone _____

Home Mailing Address _____

Child's Name _____ ☐ Male ☐ Female Birth Date ____/____/____

School _____ Teacher _____ Grade _____

Child's Dentist _____

1. When was the last time your child went to the dentist?

- ☐ In the past year ☐ More than one year ago ☐ Never

2. Does your child have?

- ☐ MaineCare (Medicaid) ☐ Dental Insurance ☐ No Dental Insurance

Please Provide the MaineCare ID# _____

(This information is used for billing purposes only)

3. List your child's health problems or allergies: _____

If you have any questions regarding this form, please contact your child's school nurse.

This program receives funding from Maine Center for Disease Control & Prevention, Maine Oral Health Program.



*Please remember to send your child in with a mask (or two) every day. We are able to replace masks as needed but we have a limited supply of disposable masks. We do have cloth masks for anyone that needs them. Please let us know if you are in need of a cloth mask.

*Masks are required to ride the bus. Please be sure your child has a mask every day they ride the bus. If you are in need of cloth masks, please let us know.

*The cold weather is here...please send your child with hats, mittens/gloves, etc. We have many cold hands at the end of recess!

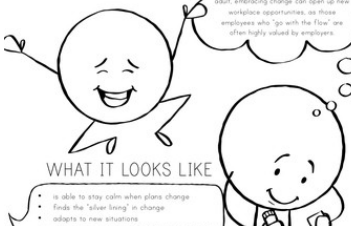
Parenting Help Desk - Flexibility

Flexibility
helping kids "go with the flow"

WHAT IS IT?
"And the most successful people are those who accept and adapt to constant change. This adaptability requires a degree of flexibility and humility most people can't manage!"
-Paul Lutus

WHY IS IT IMPORTANT?
There's a saying that "the only constant in life is change," and this saying could not be any more true. The ability to view change as an opportunity to grow and progress is an important life skill. As an adult, embracing change can open up new workplace opportunities, as those employees who "go with the flow" are often highly valued by employers.

WHAT IT LOOKS LIKE
... is able to stay calm when plans change
... finds the "silver lining" in change
... adapts to new situations




Flexibility
how you can help your child

MODEL IT
Your child is a little barometer of the atmosphere around them. If you are rigid and inflexible, your child is more likely to be that way, too. Make an effort to embrace change in front of your child. Take it a step further by verbalizing your thought process. You could say something like, "I'm really disappointed that my hair stylist cancelled my appointment tonight but she rescheduled for next week, and now we have time to play a board game!"

GIVE THEM A HEADS UP
If you notice around your child when something changes, waiting until the last possible second to tell him, chances are that he will be upset. Instead, state the change in a matter-of-fact tone and give them options for what to do instead. Say something like, "We can't go to the toy store today because we need to pick your sister up from soccer practice. We can be flexible!"

THEY HAVE CONTROL
Changes can make children feel like they have very little control over the things that happen to them. It is important to help them remember that no matter what happens, they have control over one thing - the way that they react to changes. Remind them that they are always in control over their own thoughts and actions.

...BUT DON'T GIVE UP!
It's important to be flexible, yes, but also to be stubborn - how is this possible? We want our children to be flexible when plans change, but we don't want them to be so flexible that they have no direction or drive in their lives. Help your children set goals and mean that they be children and focused on achieving these goals, but flexible with the strategies they use to get



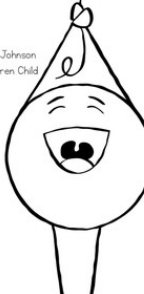
Flexibility
how you can help your child

BOOKS ABOUT FLEXIBILITY:

- The Dot by Peter H. Reynolds
- An Extraordinary Egg by Leo Leonni
- Duck! Rabbit! By Amy Krause Rosenthal
- Harold and the Purple Crayon by Crockett Johnson
- I Will Never Not Ever Eat a Tomato by Lauren Child
- Chester's Way by Kevin Henkes
- The Doorbell Rang by Pat Hutchins

MOVIES WITH DISCUSSION POTENTIAL


- Inside Out (2015)
- The Good Dinosaur (2015)
- Partly Cloudy(Pixar Short Film) (2009)



Contact Information

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