

Pittston-Randolph Consolidated School



November 2020

School Calendar Update

Early Release days are being removed from our 2020-2021 school calendar while we are operating in the yellow hybrid model or the red remote model. We will continue to hold Workshop Days as scheduled on the district calendar.

Upcoming Events:

November

9th PTG Meeting 6:00pm

11th No School/Veterans Day

20th Trimester 1 Ends

25th-29th Thanksgiving Break

December

4th - Cohort B and Remote Report Cards sent home

7th - Cohort A Report Cards sent home

14th PTG Meeting 6:00pm

23rd-Jan. 3rd Christmas Break

REMINDER! THANKSGIVING BREAK 11/25-11/27

See you on Monday, November 30th!!



Happy Thanksgiving!!

Dressing for the Weather - With

cold weather here, please help your child remember to wear long pants, a warm coat, hat, and mittens or gloves to school! When there is snow on the ground, children will also need snow pants and boots each day!

Dear Families,

November and the upcoming Thanksgiving holiday is the perfect time to pause and reflect on the things we are thankful for. Here at PRCS we are very thankful that we have been able to be in school with our students these first months of school. Thank you for your support and flexibility as we operate in our different learning models. We were in our red learning model last week, with your children receiving live instruction with their teachers. Thank you for your patience as we transitioned and adjusted to red, and for prioritizing your children's learning in all models. We know this presents a challenge for some families and students. Please do not hesitate to contact us so we can support you and your children and help them be successful!

Trimester 1 will end on November 20th and report cards will be prepared and sent home on December 4th for Cohort B and C and December 7th for Cohort A. Trimester 2 will begin on Monday, November 23rd, with art, guidance and library as our specials.

Also, just a quick reminder to please keep your emergency contact information up to date with the office in the event we need to reach you. Also, please make sure we can leave a message. Often we are not able to leave messages due to voicemail boxes being full. Thank you!

Although the weather is getting cooler, we will continue to spend time outdoors for fresh air, recess and mask breaks. Please be sure to send your children with warm and dry clothing. If you have any clothing needs, please let us know so we can help. Thank you to the Rotary Club of Gardiner for their generous donation of sneakers and winter boots!

Our PRCS staff cares so much for all of your children and are working hard every day to help them succeed in the midst of these stressful times, from delivering meals and learning materials, to continually adjusting and improving lessons in our socially distanced and remote environments. Your feedback helps us to continue to get better and build our positive school community.

Stay healthy and well!

Yours in education,


Christina O'Neal



GUIDANCE

Here we are, two months into school and things should be getting easier, right? Well, maybe, maybe not. All of us are “doing” school in such different ways than we have ever experienced or thought of before. The challenges we are all encountering are plain and simple- hard! I’d like to encourage you to

take some time to reflect on what has worked well so far and what might need some fine tuning. Look at this situation through a lens of compassion and being solution focused on what can be changed and how. I’d like to make some generic suggestions that I hope will be of help.

First of all, I’d like to mention the importance of routine. Whether it is an in school learning day or a remote learning day, having consistency is important. Going to bed and getting up at the same time each day is helpful. Get your child into that routine of each night “this is what we do”. Shut off screen time an hour before bed. Create some quiet, relaxing rituals to help send your child off to a peaceful rest- maybe a bath or a couple of calming stories, listening to soothing music or sounds (there are many great sites and apps out there for this, also CDs), spending time talking about “3 Good Things” that happened in both you and your child’s day or something new either of you noticed or learned.

Morning routines are just as important and help your child get off to a successful start. Prepare as much as possible the night before by setting out their clothes and mask, and getting their bag and lunch ready can make a big difference in

how smoothly the morning runs. Creating a checklist of tasks and putting it on their bedroom and bathroom doors as a visual reminder can be helpful in keeping things flowing. Both you and your child are much more likely to have a happy and productive day if you have had a restful night and a calm, smooth running morning.

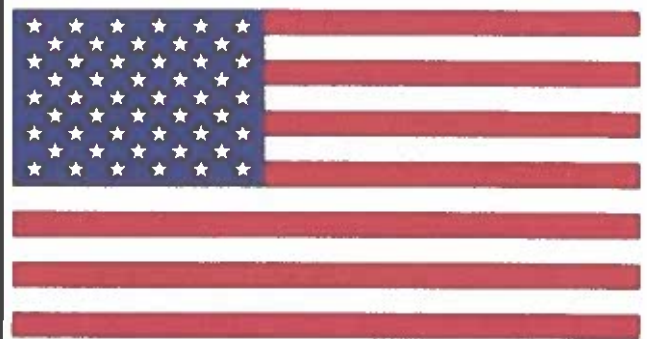
My second suggestion relates to topics we have talked about in Guidance class: mindfulness, being in control of our bodies, expressing our emotions appropriately, and solving problems in respectful ways. Work through big feelings with your child by helping them take deep breaths to calm down and then discussing what is wrong and brainstorming ideas for how to fix it. Notice when your child engages in this kind of behavior on their own or seeks out your guidance as opposed to reacting in an inappropriate manner, and compliment them for their growth and positive choices. Learning to be peaceful problem solvers is a life skill that pays off every day.

Finally, feel free to reach out to us here at school. We are all on the same team and that is “Team Your Child”. If you have a question or concern about something that is not quite working for your child, contact your child’s teacher or myself to do some solution finding. Let’s work together and support each other. It is incredible what can be accomplished when we all move forward together toward a common goal, that of making it through this new way of learning. This pandemic is not forever and we CAN do this. Together, we can and will do hard things, and we will be better for it.

Here for you,

Joan Tourtelotte (“Miss T.”)
School Counselor

Thank you to Mrs. Rowe and Mrs. Ciampa and their students for leading us in the Pledge of Allegiance for the last 2 weeks.



Parent Teacher Group

Follow us on Facebook: Pittston Randolph Consolidated School
<https://sites.google.com/a/msad11.org/pittston-ptg/>
PTG News

Virtual PTG meeting for November 9th @ 6:00 pm, please join us!

Meeting ID

meet.google.com/rcc-bdjn-zat

Phone Numbers(US)

+1 414-909-5908

PIN: 134 971 913#

The 2020/2021 election of PTG officers has been completed. Please join me in welcoming a new secretary, Denise Mills. We would like to thank Heather Doray for her time in the group.



We are once again entering cold and flu season. The Maine CDC has these recommendations to help stop the spread of germs:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Try to avoid touching your eyes, nose or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Thank you for your help in keeping our school healthy!

Kristin Martin, RN
MSAD 11 School Nurse
Kristin Martin, RN, BSN
MSAD 11 Lead Nurse

Physical Education:



Happy November
PRCS families!

The last day of Physical Education classes at PRCS for trimester 1 will be on November 20th. ***Please remember to send your student to school with appropriate clothing including hats, gloves, extra footwear and rain jackets.***

We will have **PE class outside** until the very last day of trimester 1. The weather is changing quickly, please continue to keep this in mind when you are sending your student to school for the next month! Students will not have PE classes in trimester 2.

Stay healthy,
Ms. Nadeau

Thank You!

Although this year was a little different with Fire Safety and Fire Prevention. We want to give a big "thank you" to our favorite firefighters at the Pittston Fire Department for another great year and for sending in goody bags for the students at PRCS. Also, just a reminder to check your smoke alarm batteries.

