

# MILLER SCHOOL

October 6, 2023



**October Character Trait—Be a Learner**

## Dates to Remember

**Oct 6: NO SCHOOL—Workshop Day**

**Oct 9: NO SCHOOL- Indigenous Peoples' Day**

**Oct 18: Early Release Day- Dismissal @ 1:10 pm**

**Oct 18: School Bond Walkthrough @ 6-7:30 pm**

**Oct 26: Public Bond Meeting @ 6-7:30 pm**

**Oct 27: HALLOWEEN @ 5-6:30 pm**

**Nov 6 & 9: Family-Teacher Conferences + Book Fair @ 3:30-7 pm**

## Miller School Values

**Treat others the way you want to be treated**

**Keep things neater or better than you found them**

**Do your best**

**Be safe**

# Principal's Desk



Students often respond well to positive consequences. According to the “Home and School Connection” from Resources for Educators, behaving well and working hard pay off. Help your child see the results of their efforts and they’ll learn self-discipline.

Tying good behavior to positive outcomes can help improve behavior. For instance, if your child is quiet while you’re on the phone you might say, “You were so patient while I made that call. Would you like to play a game now?” Maybe you’d like your child’s room to be neater. Tell them that if they keep their room clean for a month, you’ll help them rearrange or redecorate it. By that time, picking up will be a habit.

At school we work to recognize positive behavior and appropriate expectations too. Each classroom recognizes positive behavior that reflects our monthly character trait. At the end of the week, the class total is sent to Mrs. Morton who adds it to our school total “cotton ball” count. When the “cotton ball jar” is full, we’ll have a school wide celebration.

Please talk to your child about our school expectations and values. See if they can tell you the four Miller School Values and what they look like in different parts of the school.

Together we can help all children be successful at school and at home.

Miller School Values: Treat others the way you want to be treated, Keep things neater or better than you found them, Do your best, and Be safe.

Character Trait for October: Be a Learner

**Public Bond Meeting  
October 26th  
6-7:30**



## Parent Reminder



**Changes to Dismissal Plans?**

**Please call the Office BEFORE**

**2:30 pm @ 832-2103**

## More Parent Reminders

Student Drop Off @ 8:30 am

Classes Begin @ 8:45 am

Afternoon Pickups @ 3:10 pm

Dismissal to Buses @ 3:15 pm



**NO last-minute office pickups after 2:45**

**unless emergency**

# DATE CHANGE

The public is invited to the second walkthrough of Miller School to hear and see information about the proposed bond. The walkthrough will be on Wednesday, October 18 from 6:00-7:30 pm.



**TRICK OR  
TREAT**



## HALLOWEEN

Friday, October 27, 2023

5 - 6:30 pm

Location: the Haunted HALLs of Miller  
School

Children must be accompanied by an adult  
and please no scary costumes.

We need CANDY! If able, please send in a  
bag of Halloween candy by Wed., Oct. 25.

**Anime Your Way at the Library**  
 Thursday, October 12, from 3:30-5:00  
 For anyone age 10 and older-  
 Tweens, teens, adults  
 Program is free, but space is limited. To register or  
 for more information, please call 832-4484 or  
 email to [info@waldoboro.lib.me.us](mailto:info@waldoboro.lib.me.us).

**Ages 2-8**

**Ages 9-14**

October 1, 2023

# PARENTING TIPS

| Ages 2-8 | Happy Halloween!

**Resilient Kids**

Teach your children about pedestrian safety, a skill that will be useful even after Halloween is over!

Stay in a group and communicate

Use reflective clothing to stay visible

Carry a cell phone for communication

Remain on well lit streets and always use the side walk

Never cut across yards or use alleys

Only cross the street at a crosswalk

**Safety Tips for a Healthy Halloween**

- Have your child eat a full meal before parties or trick or treating
- Consider offering non edible goodies
- Keep an eye on what your child is eating while trick or treating
- Try to ration treats to enjoy for a while

**Connecting with your child**

The holidays are a great time to connect as a family. The weather is cooling down, so use the down time to do arts and crafts, games, and read books! Even a movie can be great bonding time!

**Emotionality and Your Child**

Have you been noticing your child seems more shy? Now that school has been going for a month you might have noticed that your child seems to be changing. For most children they just need time to adjust, as they get more use to the new social settings they begin to come out of their shell more. If your child seems to need some help adjusting try helping them learn more coping strategies for the situations they regularly interact with. Share your feelings an encourage them to have a conversation with you. Help your child learn what healthy relationships and emotions look like.

**Understanding your child's development**

As your child is growing so quickly make sure to check that their warm clothing fits. A hat should fully cover your child's head and ears, but not be so big that it can impact your child's vision. Mitten or gloves should be well fitted to a child's hand so that they don't fall off, but also not so tight that it could impact blood flow. Also with mittens consider attaching them to your child's jacket with a safety pin, so they don't get lost. Your child will need a warm winter jacket but make sure that it is in line with the safety needs of your child's car seat. A puffy jacket is very warm but can be compressed making it unsafe in a potential car crash. Warm boots that are water proof and with a good tread will keep your child safe and also protect them when it gets slippery!

For more information visit our website [healthykidsmaine.org](http://healthykidsmaine.org) or call us at 207-563-1818

October 1, 2023

# PARENTING TIPS

| Ages 9-14 | Happy Halloween!

**Resilient Kids**

Teach your children about pedestrian safety, a skill that will be useful even after Halloween is over!

Stay in a group and communicate

Use reflective clothing to stay visible

Carry a cell phone for communication

Remain on well lit streets and always use the side walk

Never cut across yards or use alleys

Only cross the street at a crosswalk

**Safety Tips for a Healthy Halloween**

- Have your child eat a full meal before parties or trick or treating
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**Connecting with your child**

The holidays are a great time to connect as a family. The weather is cooling down, so use the down time to do arts and crafts, games, and read books! Even a movie can be great bonding time!

**Emotionality and Your Child**

At this age your child is growing out of their previous interests and beginning to develop more independence. They may even choose not to participate in family events or holidays. Encourage your child's independence, while also teaching them about safety. You will also probably notice they have an increased need for privacy. Along with seeking out more privacy, children may start pushing boundaries as well. While you need to have established boundaries, children can react strongly if you try and reinforces these limits too forcefully.

**Understanding your child's development**

As your child is growing so quickly make sure to check that their warm clothing fits. A hat should fully cover your child's head and ears, but not be so big that it can impact your child's vision. Mitten or gloves should be well fitted to a child's hand so that they don't fall off, but also not so tight that it could impact blood flow. Your child will need a warm winter jacket but make sure that it is in line with the safety needs of your child's car seat, at this age most children are either in booster seats or no longer using a seat, but still ensure that it will not impact their safety. Warm boots that are water proof and with a good tread will keep your child safe and also protect them when it gets slippery! At this age children might begin to refuse these protective layers but encourage them to at least bring warmer options.

For more information visit our website [healthykidsmaine.org](http://healthykidsmaine.org) or call us at 207-563-1818

# Medications

RSU 40 health offices now offer some non-prescription/over-the-counter medications to students, on an "as-needed" basis, available at no charge. This service is available to relieve a student's minor discomforts, improve attendance, and avoid early dismissal.

Medications are intended for occasional use and will be administered at the discretion of the registered nurse in accordance with accepted standards of practice, using age or weight-based dosage when applicable.

Parental consent will be obtained and will be effective for the current school year only. Parental consent must be renewed at the beginning of each school year.

If you would like these medications to be available to your child, please complete the form and send it back to school.

## Please note:

Should a student require frequent medication, the student will be referred to their medical provider and a doctor's order will be required. Parents will be asked to bring their child's medication, along with the doctor's medication order, into the school for further dispensing.

### RSU 40 DISCRETIONARY MEDICATION FORM

RSU 40 offers some over-the-counter medications for your child to receive on an "as needed" basis, with your permission. This service is free of charge to you. If you would like to participate, please complete this form and return it to the school office. (This permission must be renewed annually).

Student Name:	Date of Birth:
School:	Grade:
Medication Allergies/Sensitivities:	

I would like the following medication(s) made available to my child: (please check)

<p>For headache/fever/minor aches and pains, earache, muscle aches, menstrual cramps:</p> <p><input type="checkbox"/> Acetaminophen (Tylenol) Dose per child's age and/or weight</p> <p><input type="checkbox"/> Ibuprofen (Advil, Motrin) Dose per child's age and/or weight</p>	<p>For minor skin rashes:</p> <p><input type="checkbox"/> Anti-itch gel/lotion (1% Hydrocortisone)</p>
<p>For allergic reaction:</p> <p><input type="checkbox"/> Diphenhydramine (Benadryl) Dose per child's age and/or weight</p>	<p>For cuts/scrapes:</p> <p><input type="checkbox"/> Antibiotic Ointment</p>

#### Please note the following:

After three doses of one single oral medication has been administered by the Health Office, a parent will be asked to submit a medication form from their physician as well as a supply of the medication ordered.

Health Office staff will attempt to notify a parent/designated contact person at the time of a concern and the administration of a medication.

Medications are intended for occasional use in accordance with accepted standards of practice, using age or weight-based dosage, when applicable.

I give permission for my child to receive any medication checked above on this form, as deemed necessary by the school nurse. If the school nurse is not present, I allow other trained school personnel to administer medications. By giving permission, I acknowledge that my child has no allergy or intolerance to the medications I choose to allow.

Date: \_\_\_\_\_ Parent/Legal Guardian Signature: \_\_\_\_\_

Cell/Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

***SCHOOL NURSE USE ONLY*** Grades Pre-K through 6	
WT: _____ LBS.	HT: _____ INCHES
DOSAGE: _____ Acetaminophen	
DOSAGE: _____ Ibuprofen	
DOSAGE: _____ Benadryl	

  
Andrew Blasz, MD  
RSU 40 School Physician

8-28-23  
Date

**THE MVHS PLAYERS PRESENT**



**Disney**

# THE LITTLE MERMAID

Music by  
**ALAN MENKEN**

Lyrics by  
**HOWARD ASHMAN & GLENN SLATER**

Book by  
**DOUG WRIGHT**

Based on the Hans Christian Andersen story and the Disney film  
produced by Howard Ashman & John Musker  
and written & directed by John Musker and Ron Clements

November 3, 4, 10, 11 @ 7:00PM  
5 & 12 @ 2:00PM

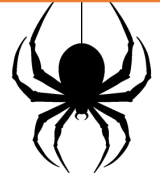
Reserved.....\$14.00  
General Admission:  
Adults.....\$12.00  
Students & Seniors.....\$10.00

Purchase tickets @ <http://msad40.tix.com>

or call 207-832-5389 x333 for reservations



Midcoast Literacy Presents



# Readers Theater

an afternoon performance of four children's stories and Halloween activities for the whole family

**October 29, 1:00-3:30**

performance starts at **2:00**  
activities before and after the show

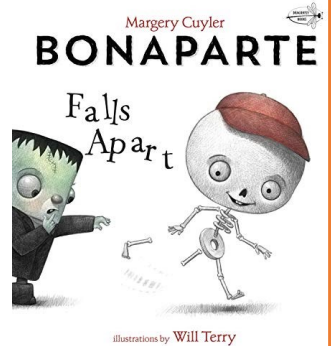
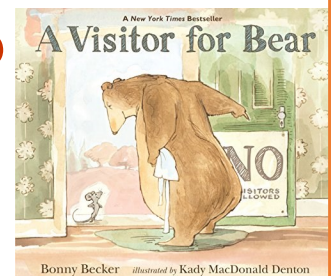
**Morse High School Auditorium**

826 Shipbuilder Drive, Bath

**\$10** per person

**\$35** for a family of 4-8 people

**COSTUMES WELCOME!**



**To buy tickets you can**

scan the QR code  
call Midcoast Literacy  
at (207) 443-6384  
or visit  
[midcoastliteracy.org](http://midcoastliteracy.org)





**Follow us on Facebook or Instagram for updates and information about other great programs and events**



# Lunch Calendar

Milk is **FREE** for students who bring their own lunch

 <b>LUNCH</b>					<b>OCTOBER 2023</b> Miller School					Vegetable, Fruit and Milk served with every meal WG = whole grain A-La-Carte Milk is \$.50				
Monday		Tuesday		Wednesday		Thursday		Friday						
BBQ Riblet Sandwich Or Turkey & Cheese Sandwich		Chicken Cordon Bleu Wrap Or Turkey & Cheese Sandwich		Hamburger Cole-Slaw Or Turkey & Cheese Sandwich		Ham Italian Or Turkey & Cheese Sandwich		No School						
No School		Chili Cornbread Or Ham & Cheese Sandwich		Chicken Stew Over Biscuit Or Ham & Cheese Sandwich		Cheese or Hawaiian Pizza Or Ham & Cheese Sandwich		Fish Sticks WG Roll Or Ham & Cheese Sandwich						
Chicken Fries Rice Pilaf Or PB & J Sandwich		Steak Bomb Wrap Or PB & J Sandwich		Spaghetti W / Beefy Sauce WG Garlic Roll Or PB & J Sandwich		Hot Dog W / Roll Pasta Salad Or PB & J Sandwich		Cheese or Bacon Pizza Or PB & J Sandwich						
Beef Tacos W / All the Fix'ns Or Chicken Salad Roll		Chinese Day! Sweet & Sour Chicken Over Rice / Egg Roll Or Chicken Salad Roll		Meatball Pita Pocket Or Chicken Salad Roll		Cheese or Meat Lovers Pizza Or Chicken Salad Roll		Chicken Burger On WG Roll Or Chicken Salad Roll						
WG Chicken Nuggets W / Dipping Sauce Rice Pilaf Or Turkey & Cheese Sandwich		Spider Sliders (Mini Burger) Mummy Sticks Ghostly Cones Or Turkey & Cheese Sandwich												

"This institution is an equal opportunity provider"  
 Menu subject to change according to availability of food.




EARN CASH FOR YOUR SCHOOL WHEN YOU...

BUY IN STORE	BUY ONLINE
<ul style="list-style-type: none"> <li> <b>BUY</b> Box Tops Products</li> <li> <b>SCAN</b> your store receipt</li> <li> <b>EARN</b> Box Tops for your school</li> </ul>	<ol style="list-style-type: none"> <li><span style="background-color: white; color: #003366; border-radius: 50%; padding: 2px 5px;">1</span> <b>SIGN UP</b> on the app or at BTPE.com</li> <li><span style="background-color: white; color: #003366; border-radius: 50%; padding: 2px 5px;">2</span> <b>SHOP</b> online</li> <li><span style="background-color: white; color: #003366; border-radius: 50%; padding: 2px 5px;">3</span> <b>FORWARD</b> your digital receipt</li> <li><span style="background-color: white; color: #003366; border-radius: 50%; padding: 2px 5px;">4</span> <b>EARN</b> Box Tops for your school</li> </ol>