MILLER SCHOOL

November 10, 2023



November Character Trait—Empathy

Dates to Remember

Nov 6-13: Book Fair

Nov 10: No School-Veteran's Day observed

Nov 15: Early Release Day- Dismissal @ 1:10 pm

Nov 22-24: No School- Thanksgiving Break

Dec 1: Trimester 1 Ends

Dec 6: Early Release Day- Dismissal @ 1:10 pm





Changes to Dismissal Plans?

Please call the Office <u>BEFORE</u> 2:30 pm @ 832-2103

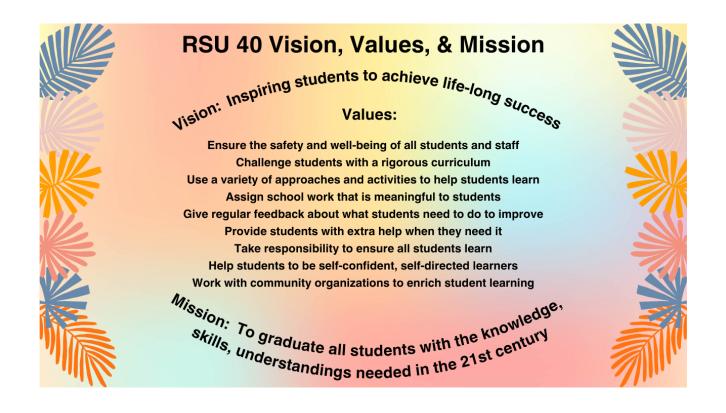
More Parent Reminders

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

When using ParentSquare to contact the office, please use "miller office" (no quotes) so all office staff will receive the messages.



SEEKING

Big Brother/Big Sister Miller School Site-Based Mentoring Coordinator

Big Brothers Big Sisters of Mid-Maine's (BBBSMM) Site-Based Mentoring program (SBM) matches high school students (Bigs) in one-to-one relationships with elementary school-aged youth (Littles).

They spend time together on Tuesdays from 3:15 - 4:15 at Miller School for one hour after school.

BBBSMM requires that these matches/after-school programs are supervised and supported at all times by a screened and trained adult volunteer known as the **Site Coordinator**.

What do coordinators do?

- Supervise weekly meetings between Bigs & Littles to ensure match quality, healthy relationship development, and child safety.
- Arrive approximately 15 minutes early to greet all Bigs & Littles and record attendance, distribute snacks, and supplies.
- Communicate with BBBS program staff weekly to share details of the program, attendance, questions, success, etc.

If interested, please contact BB/BS Program Manager Katelyn Robbins 207.518.8396 katelyn@bbbsmidmaine.org

Scholastic Book Fair



When: November 6-13 during school hours Where: Library

FYI- we have to charge <u>TAX</u> this year.

Our school district partners with Tooth Protectors, Inc. to offer preventative dental care here at school to students

When:

During the last two weeks in January 2024 (Dates to be announced)

For Who:

Services are available for students with or without dental insurance

Cost:

Services are FREE to those with active MaineCare Insurance (be sure to provide insurance information on the permission form)

Fees available for self-pay patients

Tooth Protectors can bill other dental insurances

Tooth Protectors currently do not accept the following insurances: Harvard Pilgrim, Humana and Martins Point

Your child will receive the dental services you select on the permission form Please remember to pay or send in payment to the school PRIOR to the date of the clinic

If you would like your child to receive this dental service, please complete and sign the Tooth Protectors Dental Permission Form, one per child, and return to the school as soon as possible

Oi

You can fill out the Electronic Permission form and pay for services at this link below https://www.toothprotectors.org/permission-form/

Important: Be sure to complete the permission form, including providing insurance information.

Be sure to sign and date the form at the bottom

There are also Tooth Protectors Permission Forms in the Main Office of your child's school

Sign up today to help keep your child smiling!



Tooth Protectors Inc.

School Dental Care Program Permission Form 2023-2024 School Year

Patient Consent & Medical/Dental History

P.O. Box 314 Lewiston, Maine 04243 Office (207) 513-1111 ToothProtectors.org



THIS FORM PROVIDES PERMISSION FOR YOUR CHILD TO BE SEEN TWO TIMES DURING THIS 2023-2024 SCHOOL YEAR FOR DENTAL CARE. PLEASE FILL OUT ONE FORM PER CHILD TO BE SEEN

nild's Full Name:	Dat	e of Birth:/_	/	Male / Female
ailing Address:	Town:		Zip Code:_	
ome Phone: Cell:	Email:			
DENTAL SERVICES: Must Choose Services Below INSURED PATEIN				
All Services Covered By Insurance Or Selected Services ONLY	Cleaning	Fluoride		Sealants
Temp Fillings Review (Educational Review of proper brushing, flossi	ng and proper oral hyg	iene)		
Dental Services you <u>DO NOT</u> want your child to receive from Tooth Prote			Other	
PAYMENT METHOD: - Accepted insurance is subject to change without notice — W MAINECARE INSURANCE- ID # for Child:A	e currently <u>DO NOT</u>	accept: Harvard Pil	lgram, Huma	na, BCBS FEP
DENTAL INSURANCE- Ins. Company Name: P	olicy Holders Full Nam	9:	DC	DB:
Group #Policy/Subscriber ID or Social Security # Dental Ins. Phone #:Dental Claim Phone #:		Payer ID: (on back of Ins Card)	,	
Please TEXT A PICTURE OF YOUR INSURANCE CARD front 8	back to: EMAIL: Info	@ToothProtectors	s.org,	
Please make Check/MO payable to: Tooth Protectors or TPI Cash – must be in exact amount Credit Card – Go to ToothProtectors Former MaineCare insured patients please read fully: "I understand that my child paying out of pocket and by signing this permission form, I understand	tors.org to make a pay d no longer has active	ment. MaineCare coverage le for payment of s		
Services I want my child to receive: (Check the services from left to right. Then add	up & total to the right	,		
	up & total to the right e treatment \$35.00	/ ☐ Sealants \$30.00	per tooth	TOTAL: \$
	e treatment \$35.00		-	TOTAL: \$ TOTAL: \$
☐ My child is age 12 or Under , for ☐ \$75.00 - Full dental cleaning, Review ☐ Fluorid	e treatment \$35.00 e treatment \$35.00 reatment? Y N if	☐ Sealants \$30.00 ☐ Sealants \$30.00	per tooth ame precautio	ns prior to treatment.
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Parent/Guardian PRINTED Name

Parent/Guardian SIGNATURE

GIRLS BASKETBALL CLINICS

Medomak Valley High School and Medomak Middle School will be the sites for upcoming basketball clinics for girls.

The clinics will be run by MVHS Girls Varsity Head Coach Lindsay Vinal and Assistant Richie Oliver on Saturday, November 4th and 18th with the program starting on November 20th.

The November 4th clinic will be at MVHS from 1-2:30 for grades 3 & 4, and 2:30-4 for grades 5 & 6.

The November 18th clinic will be at MMS from 9-10:30 for grades 3 & 4, and 10:30 – 12 for grades 5 & 6.

Participants can register at the clinic for the upcoming season which will run Monday, November 20th – Saturday, January 20th. For more information, or to sign up, contact Coach Vinal at vinallindsay@gmail.com

WINTER YOUTH BOYS BASKETBALL CLINICS 2023-2024 Season

GRADES 3-6

at MEDOMAK VALLEY HIGH SCHOOL

CLINIC DATES

NOVEMBER 4th Grades 3/4 9:00-10:30

Grades 5/6 10:30-12:00

NOVEMBER 18th Grades 3/4 9:00-10:30

Grades 5/6 10:30-12:00

Participants will be able to register at the clinics. You can also email or call Coach DePatsy and Coach Starr. THIS PROGRAM WILL BEGIN ON NOVEMBER 20th AND END ON JANUARY 20th.

Coach DePatsy 207-542-3671 Coach Starr 207-975-4145 nick.depatsy@fivetowns.net



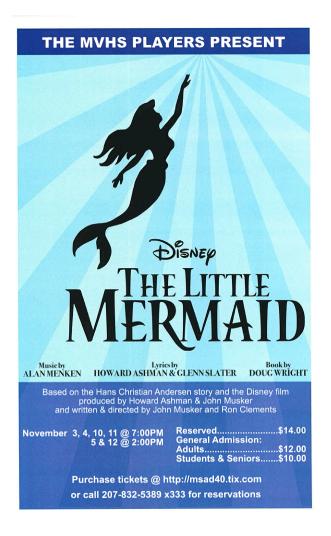




Fundraiser for Miller School

Miller School will receive \$1 from every \$2.50 reusable *Fight Hunger Bag* sold during the month of November at Waldoboro Hannaford.

Plus, Miller School will receive \$0.25 from every *Hannaford Snack Pals Plate* sold during November. You will find these 2/\$5 plates in special displays at the Waldoboro store.



Keep your Child Away from Lead





Here are 4 things you can do to keep your child away from lead. If you know that you have lead paint in your home or you think you might, use this tipsheet to help keep your children away from lead.

Toddlers at ages 1 and 2 are more likely to be around lead. They can get lead dust or lead paint chips into their bodies because they often put their hands, toys or other things in their mouths. They also play where lead dust may be—like on floors and near window sills.

Keep Play Areas Clean

Think about all the places in your home where your child plays.

- · See if there is peeling or chipping paint. Pick up any paint chips and throw them away.
- Wash the floor or vacuum the carpet often (use a HEPA vacuum).
- · Put furniture in front of window sills with chipping paint so your child can't get to them.
- If you live in an apartment, don't let children play in the hall, stairs or on the porch.

Wash up Dust

A little bit of lead dust can easily spread over your entire house or apartment. Frequent cleaning using wet mops and rags can help reduce the amount of lead dust in your home.

- Wash window sills, trim around windows and doors and other areas children touch.
- Wash floors once a week.
- Go to the homeowners' section at maine.gov/healthyhomes for more information.

Test Your Child for Lead

Talk to your child's doctor about a blood lead test for your child.

- Maine requires all children be tested at 1 and 2 years of age.
- If your child's blood lead test comes back high, your child will need other lead tests to make sure the lead is leaving the body.
- Make sure you go to all the appointments with your child's doctor.
- · Go to the parents' section at maine.gov/healthyhomes for more information.

Keep Lead Out of your Child's Mouth

- Wash hands before eating and sleeping.
- · Wash toys weekly.
- Don't let children eat food or use pacifiers that have fallen on the floor.
- · Feed children at a clean table or in a high chair.

Protect your family.

- · Check this website: maine.gov/healthyhomes
- Call for advice: 866-292-3474 TTY: Call Maine Relay 711



ORAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a peasize amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better.
 Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products,

- whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.





Lunch Calendar- Revised 11/3

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



"This institution is an equal opportunity provider"

Menu subject to change according to availability of food PAY FOR MEALS ONLINE

MvSchoolBucks.com

