

MILLER SCHOOL

December 8, 2023



December Character Trait-- Self-Control

Dates to Remember

Dec 8: Report Cards Through ParentSquare

Dec 25-Jan 1: Holiday Break

Jan 2: School Resumes

Jan 10: Early Release Day- Dismissal @ 1:10 pm

Jan 15: No School- Martin Luther King, Jr. Day

Feb 7: Early Release Day- Dismissal @ 1:10 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



As you know the Miller School community works on one character trait each month. We teach students what that trait looks like in various areas of the school and then recognize students who display this trait by giving out Schooner Pride tickets. The names of students who receive tickets are collected in the classroom. At our All School Meeting at the beginning of the next month one student from each grade level is chosen to win a coupon to choose a prize in the office. This is one of the many ways Miller School helps students learn how to be good community members as well as good students.

December's trait is Self-Control. This trait was chosen for December because it aligns with our Second Step curriculum and is one we can talk about for school and for home at this time of year.

The holidays can be a very stressful time of year for children and adults. There's so much to do and so little time to get it done. On top of that this can be a very difficult time financially for families. Expectations for presents, trees, family dinners and more can really stretch us thin. Reminding your child about the character trait they are working on, and what it looks like at home and at school, may make this time a little easier for everyone.

Something else we do at school to help keep the stress level low is to continue with our regular routine as much as possible. While we do have special events planned, we do our best to keep the everyday classroom routine. At home that could look like making sure that children keep their regular bedtime, eat regular meals, limit sugary treats, and spend quality time with family members.

I hope that these measures will help make this month more enjoyable for you and your family. If we can help with any questions or concerns please feel free to contact us.

PBIS

Positive Behavior Interventions and Supports

We celebrated last week after filling our whole school cotton ball jar! Students participated in a variety of activities such as soccer, painting, playing games, and even yoga.

**The monthly character trait for December is "Self-Control".
Ask your child what skills they know to help control their actions.**

Students have the opportunity to earn Schooner Pride tickets for demonstrating the monthly character trait.

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

 **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**



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

**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*

Or

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

GENERAL INFORMATION: School Name: _____ Teacher/Grade: _____

Child's Full Name: _____ Date of Birth: ____/____/____ Male / Female

Mailing Address: _____ Town: _____ Zip Code: _____

Home Phone: _____ Cell: _____ Email: _____

DENTAL SERVICES: Must Choose Services Below INSURED PATIENTS ONLY

All Services Covered By Insurance Or Selected Services ONLY Cleaning Fluoride Sealants
 Temp Fillings Review (Educational Review of proper brushing, flossing and proper oral hygiene)

Dental Services you **DO NOT** want your child to receive from Tooth Protectors Inc: Fluoride Sealants Other _____

PAYMENT METHOD: - Accepted insurance is subject to change without notice – We currently **DO NOT** accept: Harvard Pilgrim, Humana, BCBS FEP

MAINECARE INSURANCE- ID # for Child: _____ A

DENTAL INSURANCE- Ins. Company Name: _____ Policy Holders Full Name: _____ DOB: _____

Group # _____ Policy/Subscriber ID or Social Security # _____ Payer ID: _____

Dental Ins. Phone #: _____ Dental Claim Phone #: _____ (on back of Ins Card)

Please TEXT A PICTURE OF YOUR INSURANCE CARD front & back to: EMAIL: Info@ToothProtectors.org.

SELF PAY - PAYMENT METHOD: **Payment must be received before services are provided** - There will be a \$25.00 fee for insufficient funds

Please make Check/MO payable to: Tooth Protectors or TPI Please write your child's Full Name in the Memo Line

Cash – must be in exact amount Credit Card – Go to ToothProtectors.org to make a payment.

Former MaineCare insured patients please read fully: "I understand that my child no longer has active MaineCare coverage. I understand that I will be paying out of pocket and by signing this permission form, I understand that I am responsible for payment of services rendered.

Services I want my child to receive: (Check the services from left to right. Then add up & total to the right)

My child is age 12 or Under, for \$75.00 - Full dental cleaning, Review Fluoride treatment \$35.00 Sealants \$30.00 per tooth TOTAL: \$ _____
 My child is age 13 or Older, for \$85.00 - Full dental cleaning, Review Fluoride treatment \$35.00 Sealants \$30.00 per tooth TOTAL: \$ _____

MEDICAL/DENTAL HISTORY: Has your child ever needed Antibiotics for dental treatment? Y N *if yes, please take the same precautions prior to treatment.*

Please list dental concerns you may have: _____ List any Medical Conditions/Allergies your child has: _____

List ALL Medications: _____

Has your child ever seen a Dentist? Y N If yes, was it at school? Y N If not, which dental office were they seen at? _____

Has he/she had a cleaning in the past 6 months? Y N Patient was last seen (month & year) _____

Patient last seen by: _____ Services received during Last Visit: Cleaning—Fluoride—Sealant—Fillings—Exam—X-Ray---Extraction---other _____

I give permission for my child to receive dental services **TWO (2) TIMES DURING THIS SCHOOL YEAR.** (if my child's school can offer it two times this school year.) I understand that I will receive a reminder of the 2nd dental clinic date from the school and/or TPI and that my child will be automatically added to the dental clinic list to be seen. It is my responsibility to notify either TPI (207) 513-1111 or my child's school prior to the 2nd dental clinic spring date to make any changes regarding my child's medical/dental history or removing them from the spring dental clinic list. I understand that the services provided today do not take the place of a complete dental exam by a dentist. However, dental services are being provided by a registered, licensed dental hygienist with Public Health Status (PHS) associated with Tooth Protectors Inc. (TPI), at school, during school hours. I have entered my child's information on this permission/consent form accurately and truthfully and understand that it is my responsibility to report/remember my child's date of dental service. I am also responsible to report this date when needed for current/future dental treatment and cannot hold TPI responsible if the information is not accurate/truthful on this form regarding current and/or previous treatment/appointments with other dental office locations. I agree to notify my child's school and/or TPI at (207) 513-1111 of ANY changes to my child's medical/dental history or of a dental home. I give permission for TPI to release patient and dental service information to benefit my child. I understand that the services provided do not take the place of a complete exam by a dentist. I understand that TPI is HIPAA compliant, and all records are kept confidential and that claims to insurance (if applies to your child) will go through TPI per electronic transfer or mail. Services not paid for by my insurance are my responsibility. I understand that if I have listed insurance information for my child & he/she does NOT have dental coverage at the time services are provided, and/or received the same services by another dental provider within 6 months and I did not divulge this above, than I assume all responsibility for payment of services received and understand that I will receive a bill from Tooth Protectors Inc.

Parent/Guardian SIGNATURE _____

Parent/Guardian PRINTED Name _____

Date _____



Bloomin' 4 Good Program

Give the Best Gift



Give the gift of a Bloomin' 4 Good Bouquet. During the month of **December**, every purchase of this bouquet at our selected Hannaford will send us \$1.

hannaford.2givelocal.com
Bloomin' 4 Good Program

RSU 40 Vision, Values, & Mission

Vision: Inspiring students to achieve life-long success

Values:

- Ensure the safety and well-being of all students and staff
- Challenge students with a rigorous curriculum
- Use a variety of approaches and activities to help students learn
- Assign school work that is meaningful to students
- Give regular feedback about what students need to do to improve
- Provide students with extra help when they need it
- Take responsibility to ensure all students learn
- Help students to be self-confident, self-directed learners
- Work with community organizations to enrich student learning

Mission: To graduate all students with the knowledge, skills, understandings needed in the 21st century

December 2023

PARENTING TIPS

AGES 2-8



Development and your Child

At this age range, children developmentally benefit from a regular schedule. Holidays often disrupt the typical schedule that has been established with a school routine. Consider creating a holiday schedule to keep your child active and engaged with periods for rest and quiet time.

Emotional Connections

Creating social connections is so important for children. Their friends, teachers, and other people in your child's life teach them about interactions, motor skills, and also how to regulate and label emotions! Encourage your child to engage and create safe, appropriate, relationships.

Resilient Parents

This time of year is a busy one, and it can often take a toll on the ones already giving the most; parents and caregivers! Even though tradition demands a lot of us remember to take time for yourself and check in on your own mental and physical health! Remember to breath and that its ok to take a break!



Safety Tips

It can be so easy to just enjoy the sweets that come with the holidays, but even baby teeth can get cavities! Limit sweets when able, and have your child brush their teeth at least twice a day. Tooth decay can spread from baby teeth to adult teeth, and cause overall mouth damage, which, in extreme cases, can cause infection. Brushing, flossing, and mouth wash can help prevent all of these and establish good oral hygiene!

Playing with your Child

Play is so important no matter the age. Playing with your child shows them that you like them. They already know you love them but show how much you like them! During this season try playing pretend with dolls or other toys, age appropriate puzzles, sledding, and building snowmen. These activities are using different parts of your child's brain and helping them develop motor skills. Done with others also helps them to build relationships, problem solving and communication skills.



December
2023

PARENTING TIPS

AGES 9-14



Development and your Child

Stress and pressure are beasts that even fully grown brains struggle with. But, imagine being a tween transitioning from child to adult and shifting from concrete to abstract thinking! For all the concerned parents out there, it's time to understand what's going on in your child's brain. The academic, social, and emotional growth of your kiddo is a big deal, and it's important to be in the know! Consider a parenting class at Healthy Kids to learn more!

Emotional Connections

Let's be real, mental health is a big deal. Whether your teen is feeling on top of the world or not, it's important to help them build a solid foundation of self-care and happy habits. Together, take time to enjoy some family fun that brings a smile to everyone's faces. These positive moments and relationships create a shield of strength for our mental health. Let's not forget, we all have our ups and downs, and mental health is a priority. So, let's make it our daily mission to keep our minds and hearts in tip-top shape!

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Play is so important no matter the age. Playing with your child shows them that you like them. They already know you love them but show how much you like them! During this season try teaching new board games, a family ice skating night, crafts for the whole family. These activities use multiple parts of your child's brain and teach important social skills!



Lunch Calendar- December

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

LUNCH					DECEMBER 2023					Vegetable, Fruit and Milk served with every meal WG = whole grain Second Milk is \$.50				
Monday		Tuesday		Wednesday		Thursday		Friday						
 Chicken Burger 4 Or Ham and Cheese Sandwich		Cheese or Pepperoni Pizza 5 Or Ham and Cheese Sandwich		African Day! Nigerian Meat Pie 6 Sweet Potato Or Ham and Cheese Sandwich		Toasted Sausage Sub 7 Sweet Potato Fries Or Ham and Cheese Sandwich		Sloppy Joe 1 W / Oven Fries Or Egg Salad Sandwich						
Ravioli 11 W / Meat Sauce Or Turkey & Cheese Sandwich		Cheese or Hawaiian Pizza 12 Or Turkey & Cheese Sandwich		Hamburger Oven Fries 13 Or Turkey & Cheese Sandwich		Chicken 14 Cordon Bleu Poppers Or Turkey & Cheese Sandwich		Ham & Cheese 8 Sliders W / Cole-Slaw Or Turkey & Cheese Sandwich						
BLT Pita 18 Pocket w/ Chips Or PB & J Sandwich W / Chips		Cheese or Bacon Pizza 19 Or PB & J Sandwich		Chicken Fries 20 W / Dipping Sauce Potato Salad Or PB & J Sandwich		Fish Burger 21 W / Cheese Oven Fries Or PB & J Sandwich		Holiday Meal 22 Turkey & Gravy With all the Trimmings! Special Dessert No Second Choice						
 25 NO SCHOOL		26 NO SCHOOL		27 NO SCHOOL		28 NO SCHOOL		 29 NO SCHOOL						

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



BOX TOPS FOR EDUCATION EARN CASH FOR YOUR SCHOOL WHEN YOU...

BUY IN STORE	BUY ONLINE
 BUY Box Tops Products	1 SIGN UP on the app or at BTFE.com
 SCAN your store receipt	2 SHOP online
 EARN Box Tops for your school	3 FORWARD your digital receipt
	4 EARN Box Tops for your school