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.



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



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

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	,		
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Parent/Guardian PRINTED Name

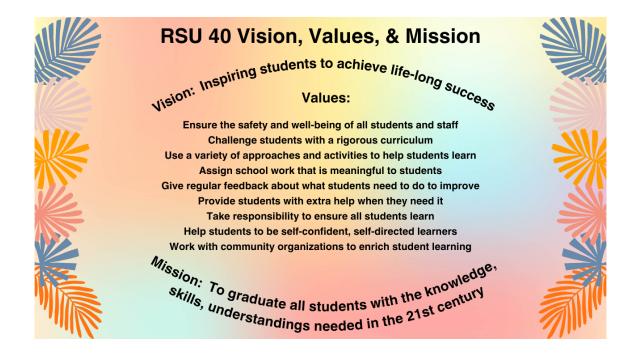
Parent/Guardian SIGNATURE













Bevelopment 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.









Bevelopment 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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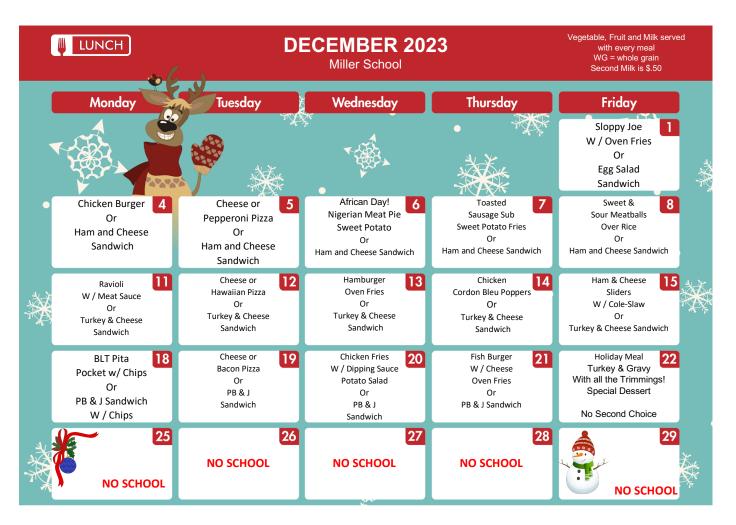
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Lunch Calendar- December

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.



