



MILLER SCHOOL



NEWSLETTER - JAN 31, 2025

Upcoming



Lunch Menu

MONDAY: FRENCH TOAST STICKS,
SYRUP CUP & SAUSAGE

TUESDAY: GRILLED TERIYAKI
CHICKEN SANDWICH

WEDNESDAY: CHEESE OR
MEATBALL STUFFED PIZZA

THURSDAY: BBQ CHICKEN
W/BUTTERED NOODLES

FRIDAY: PULED PORK SLIDERS

ALTERNATIVE: TURKEY AND
CHEESE SANDWICH

**PB&J IS A CHOICE ALL
MONTH**

- February 5th - Early Release Day
- February 7th - Family Dance @ Miller
- February 17th thru 21st - Winter Break



Parent Reminders

Student Drop off @ 8:30AM

Classes Begin @ 8:45AM

Afternoon Pickups @ 3:10PM

Dismissal to Busses @ 3:15PM

****NO last minute office pick up
after 2:45 unless emergency****

**Reminder: School parking
lot is only 10 MPH. Please
drive SLOWLY!**

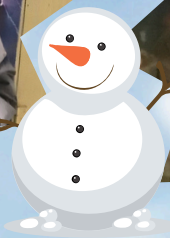


Changes to Dismissal Plans?

Please call the Office

BEFORE 2:30PM @ 832-2103

WINTER KIDS FAMILY NIGHT 2025



Stop Germs, Stop Flu!

Do you have the flu? Ask yourself two quick questions:

1. Do you have a fever?
2. Do you have other symptoms? A cough, sore throat, body aches, headache, chills, diarrhea or vomiting?

If your answer is **YES** to both, you might have the flu.

If you have the flu, what should you do?

- Stay home, drink plenty of liquids and get rest.
- Protect the health of others by staying away from crowds, covering your cough, and washing your hands often.

If you aren't getting better, please call a health care provider.

When sick, stay home



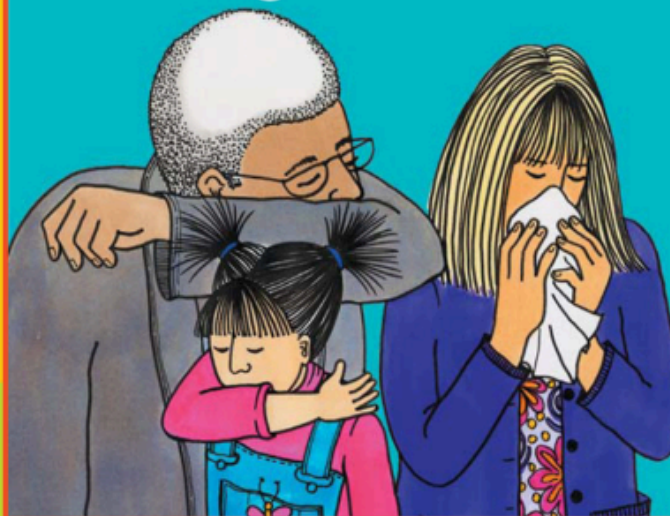
**Wash hands often
for 20 seconds**



**Can't wash?
Use alcohol-based
hand sanitizer**



Cover coughs and sneezes



**Do Your Part,
Be Healthy Smart!**

BE PRESENT, BE POWERFUL!

GOOD SCHOOL ATTENDANCE MEANS...

- PRESCHOOLERS**
build skills and develop good habits for showing up on time
- ELEMENTARY STUDENTS**
read well by the end of third grade
- HIGH SCHOOLERS**
stay on track for graduation
- COLLEGE STUDENTS**
earn their degrees
- WORKERS**
succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.



Girls on the Run is back at MILLER ELEMENTARY SCHOOL

Mon/Thurs. 3:30-5:00pm
from March 31 - June 1

REGISTRATION OPENS 2/1

Connect. Explore. Grow.

New member sign-up event.

Membership scholarships are available to make Girl Scouts accessible for every girl.

March 26, 2025

5:30P

Miller School

45 Kalers Corner Street, Waldoboro, Maine 04572

In the event of inclement weather, this event will be rescheduled. Please check our website or the Facebook event for updates.



Join Girl Scouts—where curiosity meets possibility, lifelong friendships are made, and girls thrive. Through our enriching experiences your girl will develop essential life skills, boost her confidence, and nurture her well-being in a supportive community.

Girls in grades K-3 and their caregivers are invited to a fun-filled event where we'll create secret bracelets using binary code, make new friends, and learn about exciting Girl Scout swaps. Plus, discover opportunities to connect with local troops and explore how you can get involved in starting a new one!

Join anytime at www.girlscoutsofmaine.org



This event is for families seeking information about joining Girl Scouts, not current member
girlscoutsofmaine.org | 888-922-4763 | customercare@gsmaine.org

This is not a school-sponsored event. Girl Scouts of Maine is a 501(c)(3) non-profit organization.



Can't make the event but still want to learn more? Contact us or scan the QR code and complete the form and we will contact you!



Health Guidance for Maine School Children

Attending school each day is critical for children's successful academic and social growth! The guidance below gives you examples of normal health conditions that occur, as well as when to consider staying home or seeking medical attention. Children in Pre-K through high school benefit by attending school regularly to learn, grow and engage with their peers.

Avoid keeping children at home unless they are too sick to participate in regular activities. Please see the reverse side of this document for details. If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.

Some of the normal conditions children may experience, but don't usually require them to stay home from school might include:

- a mild cold with runny nose or occasional cough
- a mild upset stomach with no other complications
- a mild rash with no other symptoms
- treated head lice
- mild eye irritation or drainage without fever, pain or eyelid redness
- menstrual cramps and/or other symptoms
- mild anxiety or sadness
- fever has gone away and they are not taking fever reducing medicine

Children may avoid school due to anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache, etc). If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, social worker or other school staff and/or the child's health care provider to discuss the challenge and identify what support or intervention might help your child stay in school.

This document is not meant to take the place of CDC/DOE/School Department guidance about illnesses such as Covid-19 and flu.