

MILLER SCHOOL



NEWSLETTER - FEB 7, 2025

Upcoming



- February 7th - Family Dance @ Miller
- February 17th thru 21st - Winter Break
- March 5th - Early Release
- March 13th - Trimester 2 Ends
- March 14th - Workshop Day/No School

Lunch Menu

MONDAY: EGG AND CHEESE BREAKFAST WRAP

TUESDAY: BBQ CHICKEN NACHOS

WEDNESDAY: CHEESE OR BBQ CHICKEN PIZZA

THURSDAY: TURKEY HOT DOG W/SOFT ROLL

FRIDAY: CHICKEN NUGGETS W/RICE PILAF

ALTERNATIVE: BOLOGNA AND CHEESE SANDWICH

PB&J IS A CHOICE ALL MONTH

Reminder

**Miller Family Dance is TONIGHT,
Friday February 7th**



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



Changes to Dismissal Plans?
Please call the Office
BEFORE 2:30PM @ 832-2103

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****



Miller School is..... FAMOUS



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.



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.



Her future is built on the confidence she has today.

The Girls on the Run program focuses on the whole person—mind, body and social connection. The evidence-based curriculum includes:

Joyful physical movement-based activities for 3rd-5th graders

Relevant group discussions that teach life skills and critical thinking

Trained coaches who teach the importance of nurturing emotional health

Lessons that create a sense of belonging and acceptance to make a welcoming place for all

Setting goals in preparation for a celebratory 5K

Get involved with a program that inspires leadership, healthy habits, and new friendships all at once.

SPRING 2025 SEASON DETAILS

- **Location:** Miller Elementary School
- **Practice Days:** Mon/Thurs. 3:30-5:00pm
- **Site Contact:** Megan Cormier (megan_cormier@rsu40.org)
- **The Program Runs:** 3/31-6/1/2025
- **Financial Assistance Is Available:** Girls on the Run-Maine uses a sliding scale ranging from \$20-\$160 to set the participant fee.

Build confidence that lasts a lifetime.

girlsoutherunmaine.org

SIGN UP, STARTING 2/1!



The Rockland Knights of Columbus is sponsoring a foul shooting championship for boys and girls ages 9-14. The site is South School in Rockland. The date is this Saturday, February 8, from 1:00-3:00. Winners will advance to regional and state championships. FMI contact Tom Mellor at ttmellor@gmail.com or call 691-2770

Registration for Medomak Valley Little League is Open!

This link is for all of Medomak Valley Little League except Warren Tball. Registration is all online this year! Any questions call 832-5369 ext. 9 or email rec@waldoboromaine.org

<https://leagues.bluesombrero.com/Default.aspx?tabid=1759154>

Deadline to Register is March 22, 2025