



Prescott Memorial School
100 Waldoboro Road
Washington, ME 04574
Phone 845-2424 Fax 845-2748
www.RSU40.org
Crystal Boucher, Principal
Mary Ledger, Administrative Assistant
11/09/23 NEWSLETTER



Respectful

Responsible

Ready & Safe

Dates to Remember

Nov. 10 - VETERAN'S DAY OBSERVED - NO SCHOOL
Nov. 15 - EARLY RELEASE DAY - Dismissed at 1:15
Nov. 18 - 9-noon - HOLIDAY BAZAAR (includes student crafts)
Nov. 20 & 21 - Parent Teacher Conferences - sign up through Parent Square or call the school
Nov. 22 - 24 Thanksgiving Break - NO SCHOOL

MVHS PLAYERS PRESENT



HOT LUNCH MENU

All breakfasts include Milk, Fruit or Juice
All lunches include Vegetable, Fruit & Milk
B - Breakfast ~ L - Lunch

Mon. - **B-** WG Apple Cinnamon Muffin or WG Granola Bar
- **L- Choice A** Hamburger or **Choice B** Corndog or Tuna Salad Sandwich
Tues. - **B** -WG Pancake & Sausage Stick or WG Benefit Bar
- **L**-Chicken Caesar Salad or Tuna Salad Sandwich
Wed. - **B** -WG Mini Pancake or WG LS Trix Cereal Bar
- **L- Choice A** Cheese or **Choice B** Bacon Pizza or Tuna Salad Sandwich
Thur. - **B**-Yogurt Cup w/Graham Crackers or WG Blueberry Pop-tart
- **L**- Thanksgiving Meal (Turkey) with all the Fixin's & "Special Dessert" - **NO ALTERNATIVE MEAL**
Fri. - **B-** Ms. Dawn's Choice or WG Mystery Cereal
- **L**- Cheese Filled Bosco Stick or Tuna Salad Sandwich
Mon. - **B-** WG Breakfast Pizza or WG Benefit Bar

Menu subject to change - milk available
Student Breakfasts and Lunches are Free
Cold Lunch Milk is Free
Adult Hot Lunch - \$5.50

REMINDER FROM THE SHERIFF'S DEPARTMENT

Seat Belt Law

Children **must** be 12 years old to ride in the front seat of a motor vehicle.

All children under 12 must ride in the back seat of a vehicle, if applicable.

Until a child is 8 years old, weighs 80 pounds and is 4' 9", that child needs to be in a booster seat in the back seat of the vehicle.

THE ANGEL TREE

Applications for holiday assistance from the Washington Village Church went home with students earlier this week. Please turn in your request by November 17th. If you didn't receive one and would like the assistance, please call the school office 845-2424.



**5th Annual Prescott Memorial School
Holiday Bazaar**

Date: Saturday, November 18th
Time: 9:00 am to NOON
Place: Prescott Memorial School
100 Waldoboro Road
Washington, ME 04574

Information for inclusion in the school newsletter must be submitted to Mrs. Ledger by Friday a.m. and can be e-mailed to Mary.Ledger@msad40.org.

There will be student made crafts for sale, baked goods, jams and jellies, wooden snowmen/gnomes & ornaments, soaps & candles, jewelry, books, crocheted stuffed animals, hairbows/headbands & Superhero cape/mask sets, repurposed lobster rope decorations and many other handcrafts.

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

GIRLS YOUTH BASKETBALL CLINICS

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

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

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.

- 1

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.
- 2

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.
- 3

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.
- 4

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 pea-size 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.



DEPARTMENT OF
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood
Health and Wellness