

RANGELEY LAKES REGIONAL SCHOOL

January 2020

Dear Parents & Guardians

Welcome to 2020 and the new decade! It is our New Year Resolution here at RLRS to provide parents and guardians with as much information as possible regarding our school.

In the past this has been done by sending out a newsletter that has been a combination of what is going to be happening at the school and a highlight of the great things that have already taken place. We will now be switching to a monthly bulletin that will contain up to date information on events that are going to be happening here at our school as well as other information that we feel you will find useful.

To stay up to date on the wonderful things that our staff and students have been doing here at RLRS we encourage parents and guardians to "Like" our Facebook page, Rangeley Lakes Regional School 2019-2020. Here is where you will find a multitude of photos, videos and stories.

As with everything your feedback is welcomed. If you have any suggestions or constructive criticism or you would prefer to receive a hard copy of these bulletins, please feel free to contact Kimberley Dolbier at 864-3311 or by email at kdolbier@rangeleyschool.org.

RANGELEY LAKES REGIONAL SCHOOL

January 2020

Upcoming School Events

A reminder that there is NO school on Monday, January 20 in observation of Martin Luther King Day.

- January 31-February 1 Kennebec Valley Music Festival
January 20 Afternoon of ice skating and curling
Haley Pond 2:00pm-4:00pm
January 22 Field trip to Foster Tech for all sophomores and interested juniors 7:30am

Upcoming Sporting Events

- January 18 VARSITY BASKETBALL HOME vs. AR Gould –
boys only - 1:00pm
January 20 RANGELEY ALPINE SKI CLUB (middle school ski club) ski meet
at Black Mountain 9:00am
January 23 MIDDLE SCHOOL BASKETBALL HOME vs Phillips
Boys 4p Girls 5:30pm
January 24 VARSITY BASKETBALL teams (girls and boys) AT Hebron Academy
Girls will play Hebron at 5:30pm
Boys will play Greater Portland Christian School 7:00pm
HIGH SCHOOL SKI TEAM meet – GS – at Black Mountain 4:00pm
January 25 VARSITY BASKETBALL HOME vs St. Dom's –
boys only 12:30pm
January 27 MIDDLE SCHOOL BASKETBALL AT Kingfield
Boys 4pm Girls 5:30pm
January 28 VARSITY BASKETBALL HOME vs Pine Tree Academy
Girls 5:00pm Boys 6:30pm
January 31 VARSITY BASKETBALL HOME vs Buckfield ~ SENIOR NIGHT
Girls 5:30pm Boys 7:00pm
HIGH SCHOOL SKI TEAM meet – GS – at Black Mountain 7:00pm
February 1 VARSITY BASKETBALL AT Hebron Academy –
boys only vs Richmond 2:30pm
RANGELEY APLINE SKI CLUB (middle school ski club) ski meet
at Titcomb 9:30am

Upcoming Meetings

- January 22 Parenting Class (Active Parenting for the First Five Years)
4pm – High school Spanish room. Daycare available
- January 29 Parenting Class (Active Parenting for the First Five Years)
4pm – High school Spanish room. Daycare available
- January 29 Costa Rica 2020 Meeting 5pm – High school Spanish room

School Happenings and Information

RLRS is competing in the WinterKids Winter Games 2020 for a chance at \$5,000 and other various prizes. For the month of January, students in PreK-5 are learning about nutrition, activity and family engagement through STEM and being outdoors. Ask your child about some activities they have done in the classroom.

Join us on Monday, January 20th for a free family friendly afternoon of ice skating and curling on Haley Pond from 2-4pm. This is proudly sponsored by the PTA in collaboration with RLRS WinterKids.

Also be on the lookout for the family BINGO cards coming home next week!! The more that participate, the more points we collect!!

DID YOU KNOW.....

ATTEND TODAY, ACHIEVE TOMORROW

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



MIDDLE AND 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.

Home & School

Working Together for School Success

CONNECTION®

January 2020

Rangeley Lakes Regional School
Mrs. Georgia Campbell, Title I Coordinator

SHORT NOTES

Snow day plan

Make sure you have a plan in place for weather-related school closings and delays. You might ask a coworker to swap shifts or see if you could telework when school is canceled. If you can't get home in time for an early closing, find a relative or neighbor to pick up your child from school or meet him at the bus stop.

What's that sound?

Play this game to sharpen your youngster's listening skills. Have her close her eyes while you make a noise. Can she identify the jingle of the dog's leash or the "pop" of the toaster? Trade roles, and let her create a sound for you to figure out.

Support for grandfamilies

If you're raising a grandchild, ask the school counselor about "grandfamily" support groups. You'll meet other grandparents to swap advice and discuss the joys and challenges of parenting the second time around. Some may even offer grandparent-grandchild activities where your youngster can meet other kids with families like his.

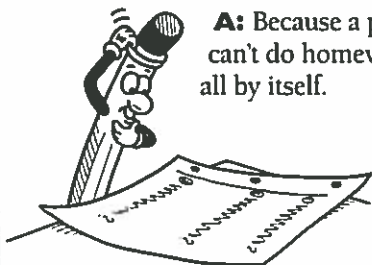
Worth quoting

"If you see a friend without a smile, give him one of yours." *Proverb*

JUST FOR FUN

Q: Why do you do homework with a pencil?

A: Because a pencil can't do homework all by itself.



Goal setting: A recipe for success

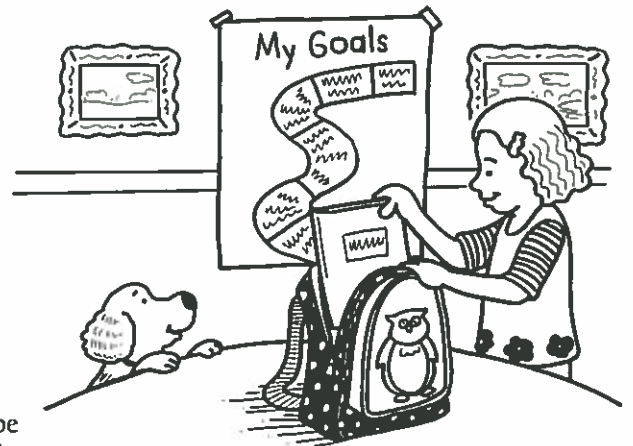
Reaching a goal involves more than just hoping and dreaming. Here's how your child can practice setting, tracking, and achieving goals—skills that will serve her well now and in the future.

Be specific

What would your youngster like to accomplish? Maybe she wants to earn higher grades or become a better gymnast. Suggest that she narrow down the goal so it's more targeted. Her goal might be "I will turn in all of my assignments on time" or "I will move up one level in gymnastics this year."

Map it out

Breaking a goal into small steps makes it feel more manageable. Your child could draw a winding road on paper, add lines to divide it into segments, and write a step in each one. *Examples:* "Put my planner in my



backpack when school ends" or "Do my beam routine five times in a row without falling off." She can color each step as she completes it.

Check in

Support your child in sticking to her plan. Say she falls behind on a long-term project. Together, look at her planner and find slots of time where she can catch up. Or if she has to miss gymnastics class one day, offer ways to practice at home like using a strip of duct tape as a balance beam. ♥

Parent helpers

School volunteer opportunities come in all shapes and sizes to fit anyone's schedule. Consider these ways you might help your youngster's school.

● **Contribute supplies.** Offer to save recyclables to use in the classroom. Ask the teacher what he needs—perhaps plastic bottle caps for math games or baby-food jars for snow globes. *Note:* If you have clothes your child has outgrown, find out whether the school nurse could use them.

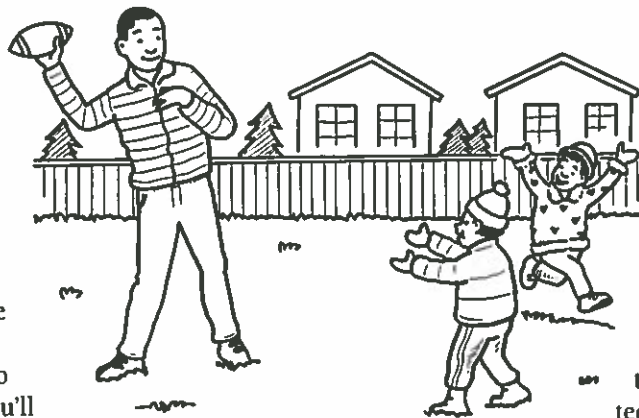
● **Share a talent.** See if you can help with an after-school or evening activity. Love music? Maybe you could tune students' instruments before a concert. If you're a runner, you might help coach a running club. Or if you enjoy arts and crafts, volunteer to make scenery or sew costumes for a play. ♥



Screen-free play

Studies show that kids who spend less time in front of screens tend to be healthier and earn higher test scores. Encourage your youngster to enjoy “unplugged” play with these ideas.

Nature time. Electronics don’t grow on trees—so going outside to play is one of the easiest ways to avoid screen time. You and your child can bundle up and go for a walk or throw a football around. You’ll both enjoy being outdoors and spending special time together.



A screen-free corner.

Create a spot for your youngster to store his favorite non-electronic items like jigsaw puzzles, board games, and play dough. He could put them on shelves or in bins and hang up a sign that says “Screen-free zone.”

He’ll have an inviting place to exercise his brain without technology.♥

ACTIVITY CORNER A dancing snake

Air currents make a paper “snake” wiggle and dance with this simple science experiment.

Materials: crayons, paper plate, scissors, yarn, lamp



Have your youngster use a crayon to draw a spiral on the paper plate. She can decorate the snake with patterns, then cut it out. Poke a small hole in the snake’s head, and tie on a piece of yarn.

Turn on the lamp, and let your child hold her snake by the yarn at least 1 foot above (not touching) the warm lightbulb. Her snake will dance and spin.

What’s going on? As warm air created by the lamp rises, cooler air moves in to replace it. This constant motion creates air currents that move the snake around.♥

Write organized reports

This three-step strategy will set your youngster up to write a clear, well-organized report.

1. Choose your topic

Say your child is supposed to write about an animal. The process will be more fun if she picks an animal she finds interesting—and her enthusiasm is likely to come through in her writing.

2. Brainstorm questions

What does your youngster want to know about her topic? If she chose penguins, she might decide to research what they eat or how many eggs they lay at a time. She could write each question on a separate index card.

3. Collect facts

Your child can read about penguins in library books and online. As she researches, she should fill each card with facts. She might write information about a penguin’s diet on one card and offspring on another. *Tip:* She can use each card to write one paragraph in her report.♥



Q & A Keep an eye out for bullying

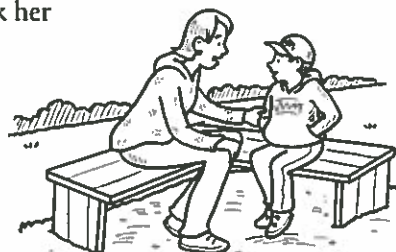
Q: My son has been coming home from school with bruises. He keeps saying he fell at recess, but I worry he’s being bullied. What should I do?

A: Start by talking to his teacher. Tell her what you’ve noticed, and ask if she’s aware of any recess accidents. If she isn’t, let her know you’re concerned about bullying, and ask her to keep an eye out.

Then, ask your son if he has ever felt unsafe in school or if he has seen anyone being hurt or being teased repeatedly.

Also, explain that he should always get adult help right away if anyone is hurting him or someone else. After all, bullying isn’t a problem he’s expected to handle alone, and it can get worse if adults don’t step in.

Once you get the ball rolling, he might open up. If he admits to being bullied, meet with the teacher to make a plan for putting an end to it. And if he doesn’t, the teacher will be aware of the situation and can alert you if she observes bullying.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
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SCHOOL MEALS HELP MILLIONS OF KIDS GROW UP HEALTHY

BIG CHANGES

99% of U.S. schools meet USDA's healthier meals standards that took effect in 2012

Breakfasts are 44% healthier

Lunches are 41% healthier

Schools with the healthiest meals have highest student participation rate

Kids like and eat more of their meals:

More students are choosing fruit in the lunch line

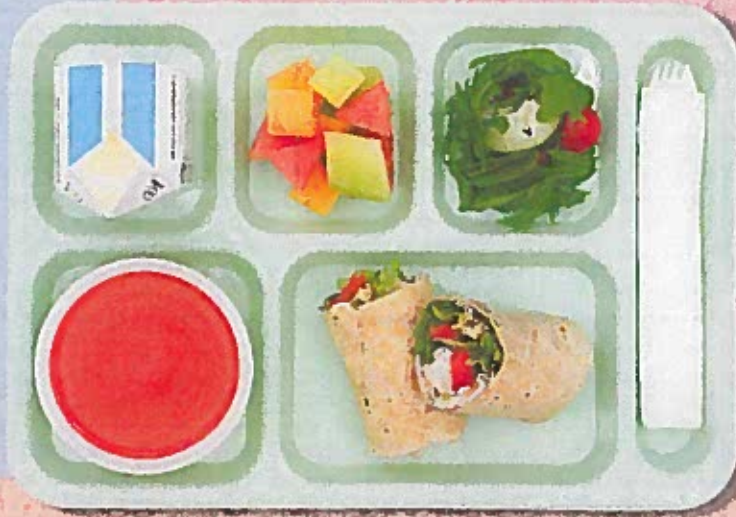
2012: 54% | 2014: 66%

Students are eating more of the vegetables they choose at school

2012: 46% | 2014: 64%

Students are eating more of their school meal entrees

2012: 72% | 2014: 84%



Healthy Eating Index scores show lunches offer more key nutrients:

Whole Grains



Fruits



Greens / Green Beans



BIG IMPACT

28.2M students participate in school lunch, and benefit from:

A healthier diet

- + fruit
 - + vegetables
 - + milk
- (at breakfast and lunch)



Better academic performance

- + attendance
- + test scores
- + grades
- + classroom behavior



Reduced health risks

- obesity
- hunger
- food insecurity

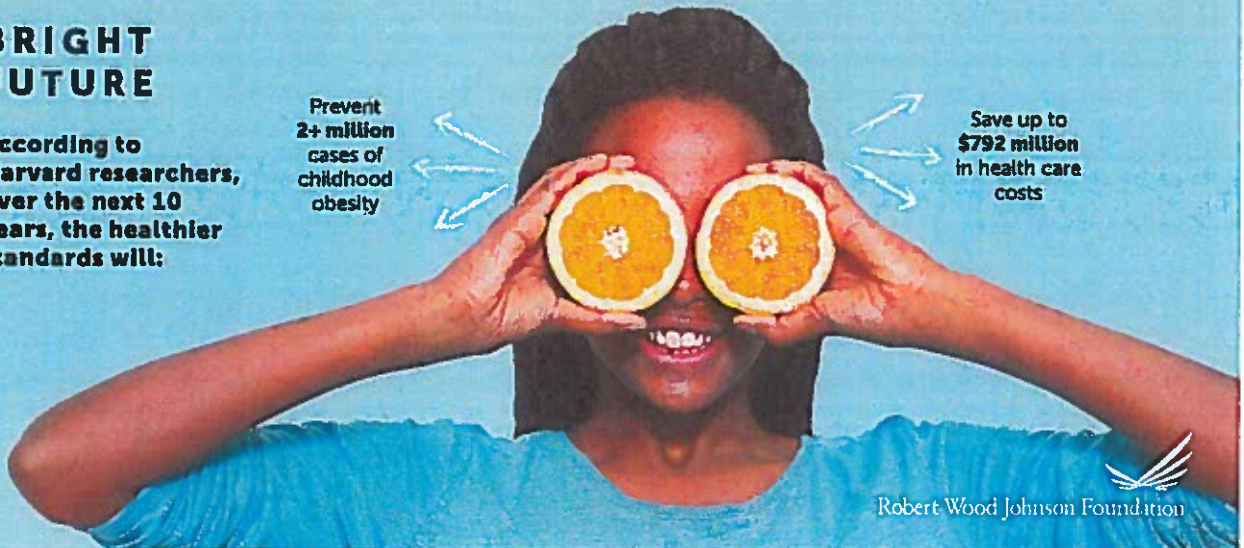


BRIGHT FUTURE

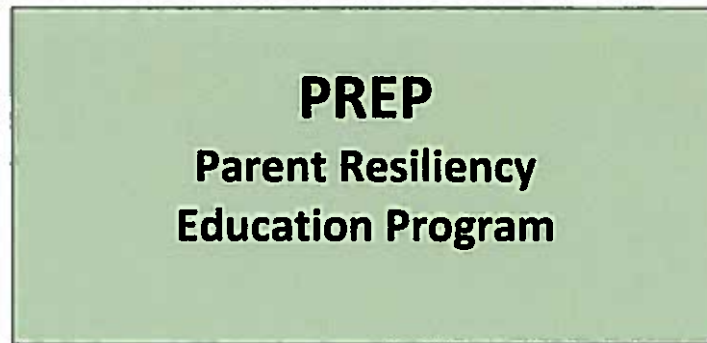
According to Harvard researchers, over the next 10 years, the healthier standards will:

Prevent 2+ million cases of childhood obesity

Save up to \$792 million in health care costs



**ARE YOU HAVING DIFFICULTY TALKING TO YOUR CHILD ABOUT
SUBSTANCE ABUSE OR JUST KNOWING WHERE AND HOW TO
START A CONVERSATION?**



**AT YOUR OWN PACE ONLINE PROGRAMS
AND/OR IN-PERSON SUPPORT GROUPS**

<https://prep-parent-resilience-education-program.teachable.com/>

**A PROGRAM TO PROVIDE YOU WITH SKILLS AND INFORMATION
TO PREP YOU TO BE A STRONG SUPPORT AND INFLUENCE FOR
YOUR TEEN.**

