

# WAYNE ELEMENTARY SCHOOL NEWSLETTER

SEPTEMBER 8, 2023

DEAR FAMILIES, THE STAFF AND STUDENTS WERE ALL TROOPERS THIS WEEK WITH THE HOT WEATHER! WE TOOK ALL PRECAUTIONS TO MAKE SURE YOUR KIDDOS WERE STAYING HYDRATED AND DID NOT OVEREXERT THEMSELVES ON THE PLAYGROUND -PHYSICAL SPORT ACTIVITIES WERE PROHIBITED ON A COUPLES DAYS.. (I HAD SOME UNHAPPY CAMPERS) BUT WE KEPT THEM SAFE IN THIS HEAT!!

## Weekly Menu

### WEEK OF 09/11/2023

**MON-** SPICY MEATBALLS W/ ROLLS

**TUES-** MINI CORN DOGS W/ BAKED BEANS

**WED-** TOASTED CHEESE W/ TOMATO SOUP

**THURS-** FISH STICKS W/SWEET POTATO  
FRIES

**FRI-** PIZZA! PIZZA!

**SUN BUTTER AVAILABLE DAILY**



## Upcoming Dates

### LOOKING AHEAD

#### SEPTEMBER

**09/27-**EARLY RELEASE DAY

#### OCTOBER

**10/06-**NO SCHOOL-WORKSHOP

**10/09-**NO SCHOOL-HOLIDAY

**10/19** -FLU CLINIC (PERMISSION  
SLIPS WILL BE SENT HOME EARLY  
OCTOBER

**10/19-** CURRICULUM NIGHT

6:00-7:00PM

**SOME THINGS TO REMEMBER:  
WATER BOTTLES  
SNACKS**

**SNEAKERS FOR PLAYGROUND AND GYM**

# PRINCIPAL NOTES

Dear Parents and Guardians,

How are the back-to-school routines going? With so much happening between school, childcare, and extracurricular activities, establishing routines can feel overwhelming. Things don't always go as planned, if you have multiple children their needs may be different, or your child(ren) may simply be struggling to adjust. As parents, these moments are hard. Yet, rest assured, two things can still be true: your routines may not be perfect, but you are still doing great!

Progress over perfection is the name of the game when working toward building healthy habits. One essential habit we can all work on is bed time. Helping children develop good sleep habits is necessary for positive mental health and learning. You may already know that children need to be well rested to be ready to learn, but did you also know that a primary function of sleep is to consolidate learning? When we sleep, our brains transfer and store information in our long-term memory! This is the same for adults and children alike! Research even suggests that the quality of sleep, up to **three days** after a learning event, can benefit memory retention. Basically, kids need quality sleep as much as possible—including weekends—because they are learning EVERY day and storing that learning EVERY night.

To help your kids have the best night sleep, check out the Bedroom Tips for Quality Sleep from [Sleepfoundation.org](https://www.sleepfoundation.org), and use the [School Year Bedtimes For Kids](#) chart below to help gauge the best bedtime for your child's age and family's schedule. Click on the links for more detailed information. Want to dive deeper in sleep science? Check Out Matthew Walker's book, [Why We Sleep](#).

Hang tight WES and sleep well! 🤪

Jeanette Jacobs  
WES Principal

## Bedroom Tips for Quality Sleep

A child's sleep environment contributes to how well they sleep. Parents can take several steps to ensure their children have quality sleeping environments:

- Keep the room dark. Dark or heavy curtains can eliminate outside light.
- Make sure the room is cool. An environment that is too warm can keep your child awake.
- Eliminate noises and keep the room quiet. Some children may desire a white noise machine or a fan to create a soothing sound so they sleep distraction-free. Be sure to avoid noisy activities (such as vacuuming) in the evening when your children are trying to sleep.
- Use the bed only for sleep. Encourage your child to do homework, reading, and other activities in designated locations.

AOM SCHOOL Year BEDTIMES FOR KIDS			
age	wake up time	in bed by	
5	6:00 am	6:15 am	
	6:45 pm	7:00 pm	
	6:30 am	6:45 am	7:00 am
	7:15 pm	7:30 pm	7:45 pm
6	6:00 am	6:15 am	
	7:00 pm	7:15 pm	
	6:30 am	6:45 am	7:00 am
	7:30 pm	7:45 pm	8:00 pm
7	6:00 am	6:15 am	
	7:15 pm	7:30 pm	
	6:30 am	6:45 am	7:00 am
	7:45 pm	8:00 pm	8:15 pm
8	6:00 am	6:15 am	
	7:30 pm	7:45 pm	
	6:30 am	6:45 am	7:00 am
	8:00 pm	8:15 pm	8:30 pm
9	6:00 am	6:15 am	
	7:45 pm	8:00 pm	
	6:30 am	6:45 am	7:00 am
	8:15 pm	8:30 pm	8:45 pm
10	6:00 am	6:15 am	
	8:00 pm	8:15 pm	
	6:30 am	6:45 am	7:00 am
	8:30 pm	8:45 pm	9:00 pm
11-13	6:00 am	6:15 am	
	8:15 pm	8:30 pm	
	6:30 am	6:45 am	7:00 am
	8:45 pm	9:00 pm	9:15 pm
teens	6:00 am	6:15 am	
	9:00 pm	9:15 pm	
	6:30 am	6:45 am	7:00 am
	8:30 pm	8:45 pm	9:00 pm

# NOTES FROM THE NURSE



**PLEASE WATCH FOR FLU CLINIC PERMISSION SLIPS! WE'LL BE SENDING HOME EARLY OCTOBER IF YOU WOULD LIKE YOUR CHILD TO RECEIVE THE FLU SHOT**

## **IMPORTANT**

### **KINDERGARTEN PARENTS**

**ALL KINDERGARTEN CHILDREN MUST HAVE A 5 YEAR PHYSICAL ON FILE, PLEASE HAVE YOUR DOCTOR'S OFFICE FAX TO THE SCHOOL NURSE AS SOON AS POSSIBLE, THANK YOU!**

**FAX TO 207-685-9172**

**PARENTS, PLEASE HAVE YOUR CHILD'S PHYSICIAN FORWARD UPDATED HEALTHCARE ACTION PLANS FOR THE NEW SCHOOL YEAR TO THE SCHOOL NURSE.**







**FAX TO 207-685-9172**

**ALSO, CONTACT THE SCHOOL NURSE IF YOUR CHILD WILL NEED TO HAVE MEDICATION ADMINISTERED DURING SCHOOL HOURS.**

**THANK YOU!!!**

# More info from the Nurse

## I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE BEEN IN THE HOSPITAL	I HAVE TESTED COVID +
					
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Hospital stay and/or ER visit	5 Day isolation begins with Day 0 as symptom onset or + test if no symptoms

## I AM READY TO GO BACK TO SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medication (i.e. Tylenol, Motrin)	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash, itching, or fever. I have been evaluated by my doctor if needed	Released by my medical provider to return to school	End isolation if symptoms are improving and Fever free for 24 hours without the use of fever reducing medication (i.e. Tylenol, Motrin)
---	---	--	---	---	---



# REMINDER STUDENT/PARENT PORTAL

I want to stress the importance of filling out the yearly forms as soon as possible, We rely on updated and accurate information so we can take the best care of your child(ren) while they are at school and in case of any emergency we are able to reach you.

Nurse Jennifer also needs updates on Health information found in the online forms as promptly as you can. If you need assistance, please call the office at:

**685-3634**

## VERY IMPORTANT

PLEASE FILL OUT THE STATE ECONOMICALLY DISADVANTAGED FORM FOUND UNDER "GENERAL" IN THE FORMS (THE FIRST FORM) WHETHER YOU QUALIFY OR NOT EVERYONE NEEDS TO FILL THIS OUT. FILLING THIS OUT IS IMPERATIVE IN ENSURING WE CAN CONTINUE TO OFFER FREE BREAKFAST AND LUNCH TO OUR STUDENTS , THANK YOU!

## TECHNOLOGY DEVICE USE & AUP FORMS

# THESE FORMS MUST BE COMPLETED BEFORE THE STUDENT WILL RECEIVE THE DEVICE

Hi Everyone,

Just wanted to remind you all to fill out our opening of school documents using PowerSchool! This will not only save you and your family time but also save time and paper for our school staff and allow for faster processing. You will also have the ability to pay the Technology Use Fee online using this system in PowerSchool.

Elementary student devices will be disseminated on Wednesday, September 13th. We would like to have all forms in by then! If you already have a PowerSchool account, you will simply log in at <https://rsu38.powerschool.com/public> and choose "Forms" in the left sidebar. You will then see a list of forms to fill out. If you have more than one child, you can navigate to each child and fill out the forms from there.

If you need to set up a PowerSchool Parent Account, please contact [techsupport@maranacook.com](mailto:techsupport@maranacook.com) to get the information needed. Please include your first and last name as well as your student's name, grade, and the school he or she attends for faster service.

Please contact your school at 207-685-3634 if you need a hard copy of the 23-24 Elementary Device Use & AUP Form

Thanks,

Diane MacGregor, Technology Director  
Maranacook Area Schools/RSU #38





**In first grade we are learning to count by 2's and to graph. To make this a little more fun we used twin popsicles! At the end of the week we celebrated with kindergarten and second grade and got to try out our own frozen twin popsicles!!**

# 1st Grade







# 5th Grade



**The fifth graders are having a great start to the school year! They did some team building activities and learned the routines and procedures the first week back. Then, they dove right into the curriculum the second week. They have been working hard and they are looking forward to being the role models of the school. They work hard to earn class cash each week and get to cash in at the school store on Fridays. Ask your student what they do to earn class cash!**





If you travel through North Wayne, you are sure to see the Old North Wayne School House at 9 Kents Hill Road and now you will notice a new addition of a Little Library. It is a replica of the North Wayne School House, built by Ted Becker and Ron Aseltine. The school house little library will house children's books for very young children to chapter book readers. Books were contributed by Mary Becker, who attended the school house, Deb Aseltine and Kathy Hendrikson. The little library will be available this fall until the snow flies and once again in the spring and summer months. It is our hope that the children of the area will enjoy it and take a book and share a book.





**Thank you to the Greater Augusta Backpack program for all the wonderful backpacks and school supplies that were donated to our students.**

**If you feel your child could use a new backpack, please reach out to Mrs. Birtwell at 685-3634 or email [tammy\\_birtwell@maranacook.com](mailto:tammy_birtwell@maranacook.com)**







# Local



# Events



## Underwood Memorial Library (Fayette)

- Owls of Maine Chewonki Natural History Program  
Wednesday, September 20, 2023 6:00-7:00 pm

Two live owls are the highlights of this program, which introduces participants to the owls native to Maine and New England.

Beginning with slides and sounds, participants will learn the identifying characteristics and calls of each owl. Then, using talons, wings, and skulls, we explore the adaptations of these silent nocturnal hunters. This program ends with an intimate and detailed look at live owls, bringing these creatures of the night into the light!

- The library has a Story Time during the school year. The first Wednesday of the month will be Story Time from 6:00-7:00 pm. We will read a story, do an activity or craft, and have a snack.

### Upcoming Story Times

October 4th-Too Many Pumpkins with pumpkin playdough

November 1st-Mousekin's Golden House with mouse craft

- The third Wednesday of each month is Kids Night Out at the Library. We meet from 6:00-7:00 pm. Snacks are provided.

### Upcoming Kids Nights

October 18th- It's Almost Halloween! Wear your costume, play some Halloween games, decorate a cookie and get a treat.

November 15th- Building Night! Build with legos, straws, gears, blocks, etc.

Theme: Build a winter house for an animal

- Children's Reading Program is starting up again! Children, 12 and under, can read and record as many books as possible. Your child can track and record his/her reading on the reading log sheet. When a book or 10 pages, is read by you (for the younger children) or your child, your child will color a book. All recording sheets are due on the last day of each month. Students can turn their reading log into the library or the Fayette Elementary School for a free pizza coupon. The drawing will be held on the next open library day and you will be contacted if your child has won the prize. Each month will have a new prize for our drawing. Happy reading!

## Readfield Community Library (Readfield)

- STORY WALK® --Two sites in Readfield for families to enjoy in September!

September STORY WALK® at the Readfield Community Library --The Night Walk

The Library StoryWalk® is always open for all to enjoy! The walk begins on the trail behind the Library and goes about ¼ mile to the Readfield Union Meeting House. The picture book featured for September is The Night Walk by Marie Dorleans, sponsored by Marc Loiselle and Lynette Miller. Please feel free to walk the StoryWalk® at any time that works for your family, regardless of whether the Library is open. And, be sure to stop by the Library to pick up the take-home craft that accompanies the story.

September STORY WALK® at Readfield Elementary School--Good Morning, Maine!

The RES StoryWalk® is always open for all to enjoy! The RES Story Walk is located along the edge of the back soccer field behind the school. The picture book featured for September is Good Morning, Maine! by local authors Adalynn, Lillian, and Sara Frautten.

- Weekly In-Person STORY TIME on Tuesday Mornings (Back to the Library in September!) Note that we will move back to the Library (instead of the Beach) beginning in September. Join us outside the Library on Tuesdays at 10:00am for theme-based books, songs, and crafts. We will meet outside the Library in good weather through the fall, and move inside the Library in case of rain.

## Dr. Shaw Memorial Library (Mt. Vernon)

- Storywalk on the Ezra Smith Conservation Area in Mt Vernon! Start on the upper level.



# Not RSU#38 Sponsored Events

**Looking for  
free, family  
friendly  
activities?!  
Check out  
one of the  
local libraries  
in our  
district...**

## Cary Memorial Library (Wayne)

- Drop-in Story Time-Every Monday  
at 10:00 am

A brief storytime for our youngest visitors.

- Lego Night, Wednesdays 6:00 pm  
to 7:00 pm

Join the fun! We have plenty of LEGO blocks for you to make your creations.

This Program is on Summer Break. Please check back in September to see when a new session will be offered.



# WEEKLY

## *Riddle*

**I have no legs. I  
will never walk  
but always run.**

**What am I?**



# FIRE DRILL



ON THURSDAY WE HAD OUR FIRST FIRE DRILL AND THE KIDS DID AWESOME! WE PRACTICED EXITING AND LINING UP, THE KIDDOS WERE QUIET AND RESPECTFUL! WE ARE ALL PROUD OF HOW WELL THEY DID!!





## Join in the fun of Cub Scout Pack 622

We are restarting Cub Scout Pack 622. Cub Scouts is open to **all boys and girls** in grades K-5.

Come check out Cub Scouting at our recruiting information night, Tuesday, September 19<sup>th</sup> at the Manchester Lions Club on Club House Road (off Rt 17) in Manchester. We'll begin at 6:30PM and have activities for the kids while the parents meet and learn about Cub Scouting.

We also need interested parents to help lead individual "Dens" or grade level groups.

Come find out what Cub Scouting is all about!

For more information, contact:

Seth Vincent, [svincent240@gmail.com](mailto:svincent240@gmail.com), 207-485-4206

or

Tom Bartol, [bartolnp@gmail.com](mailto:bartolnp@gmail.com), 207-248-7924

# ADULT ED

RSU 38 Maranacook Adult Ed News	
Lots of new classes starting soon!!	
HiSET/Diploma Classes Ongoing Year-round	
Enrichment Classes	Start Date
Zumba Fitness	09/19/2023
Exploring Mindfulness and Meditation	09/20/2023
Play the Ukulele, Your Journey Begins Here!	09/26/2023
Introduction to Chair Caning	10/04/2023
Pickleball: Learn to Play!!	10/05/2023
Acadian Arts Asian Fusion Cooking/Watercolor Retreat	10/06/2023
<u>History of Malaga Island</u>	10/11/2023
Acadian Arts Asian Fusion Cooking/Watercolor Retreat	10/12/2023
Map & Compass Level 1	10/16/2023
Women's Health Series	10/16/2023
Women's Health & Fitness 101	10/17/2023
Adult Coed Volleyball	10/29/2023
Instant Piano	10/30/2023
Instant Guitar	11/1/2023
Developing a Personal & Home Defensive Protection Plan	11/6/2023
Coastal Navigation Level 1	11/9/2023
Martial Arts For Women	11/10/2023
Driver's Ed	11/13/2023
Constitutional Carry & Legal Force Explained	11/13/2023
How to Become a Registered Maine Guide Info Night	11/15/2023
When Your Office is Someone's Home	11/20/2023
Registered Maine Guide Training	1/23/2024
15 iPhone/iPad Vision Accessibility Features	Ongoing
Cooking With BoomerTECH Adventures	Ongoing
Create & Deliver Online Zoom Courses	Ongoing
Digital Tools for the Beginning Memoir Writer	Ongoing
Fantastic Photo Finishes-Organize & Edit Images with Your iPhone/	Ongoing
Hidden Gems Lurking in Your iPhone and iPad	Ongoing
Introduction to iPhone Basics	Ongoing
Introduction to Mac Basics	Ongoing
Introduction to Zoom Basics	Ongoing
Maximize Your iPad's Potential	Ongoing
More Hidden Gems Lurking in Your iPhone & iPad	Ongoing
Taking Awesome Pictures With Your iPhone/iPad Camera	Ongoing
Unlock Safari's Secrets on Your iPad in Just Five Lessons	Ongoing
To register, or for more details and to view all classes, go to:	
<a href="https://maranacook.coursestorm.com/browse">https://maranacook.coursestorm.com/browse</a>	
Or call the Adult Ed office at 685-4923 x1065 for more info	



# RSU #38 2023 – 2024 SCHOOL CALENDAR

2023

2024

## H - SCHOOL HOLIDAYS

### JULY

S	M	T	W	T	F	S
						1
2	3	H	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	W	W	F1	F2		

### SEPTEMBER

S	M	T	W	T	F	S
						1 2
3	H	F3	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	ER	28	29	30

### OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	W	7
8	H	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	ER	9	H	11
12	13	14	15	16	17	18
19	20	21	WI	H	V	25
26	27	28	29	30		

### DECEMBER

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	ER	V	23
24	H	V	V	V	V	30
31						

### JANUARY

S	M	T	W	T	F	S
		H	2	3	4	5 6
7	8	9	10	11	12	13
14	H	16	17	18	19	20
21	22	23	ER	25	26	27
28	29	30	31			

### FEBRUARY

S	M	T	W	T	F	S
						1 2 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	H	V	V	V	V	24
25	26	27	28	29		

### MARCH

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	W	16
17	18	19	ER	21	22	23
24	25	26	27	28	29	30
31						

### APRIL

S	M	T	W	T	F	S
		1	2	3	4	5 6
7	8	9	10	11	WI	13
14	H	V	V	V	V	20
21	22	23	24	25	26	27
28	29	30				

### MAY

S	M	T	W	T	F	S
						1 2 3 4
5	6	7	ER	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	H	28	29	30	31	

### JUNE

S	M	T	W	T	F	S
						1
2	3	G	5	6	7	8
9	10	L	▲	13	14	15
16	17	18	H	20	21	22
23	24	25	26	27	28	29
30						

July 4	-	Independence Day
September 4	-	Labor Day
October 9	-	Indigenous Peoples' Day
November 10	-	Veterans' Day, Observed
November 23	-	Thanksgiving Day
December 25	-	Christmas Day
January 1	-	New Year's Day
January 15	-	Martin Luther King, Jr. Day
February 19	-	Presidents' Day
April 15	-	Patriots' Day
May 27	-	Memorial Day
June 19	-	Juneteenth

W	Staff In-Service (no school students)
F1	First student day, Grades K-5, 6, 9, 12
F2	First student day, Grades 7, 8, 10, 11, CATC
F3	First student day, Grade Pre-K
G	Graduation
WI	In-Service Comp Day (no school students)
ER	Designated Early Release Day (see below)
V	Vacation
L	Last Student Day (if 2 emergency days used) (1/2 day)
▲	Flex Day

Aug. 28, 29	Professional Days
Aug. 30	1 <sup>st</sup> Student Day, grades K-5, 6, 9, 12
Aug. 31	1 <sup>st</sup> Student Day, grades 7, 8, 10-11, CATC
Sept. 5	1 <sup>st</sup> Student Day, grade Pre-K
Oct. 6	Professional Day
Nov. 22	In-service Comp Day (no school)
Nov. 23-24	Thanksgiving Break
Dec. 22-Jan. 1	Winter Break
Feb. 19-23	February Break
March 15	Professional Day
April 12	In-service Comp Day (no school)
April 15-19	Spring Break
June 4	Graduation
June 11	Last student day (if 2 emer. days used) (1/2 day)
June 12	Last staff day (if 2 emer. days are used)
Note: This calendar includes 2 remote learning days and 2 emergency days.	

182 teacher days; 175 student days  
Calendar includes 2 emergency days

Designated Early Release Days (student dismissal at 11:40 a.m.; content to be determined by Professional Development Committee and A-Team). No Pre-K on early release days.

September 27	January 24
November 8	March 20
December 21	May 8

Adopted by RSU 38 Board: 06/07/23 (R1 06/21/23 corrected)



**RIDDLE**

*Answer*

**A River!!!**



Enjoy  
your  
Weekend