



THE TIGER TALE

RIDGE VIEW COMMUNITY SCHOOL
175 Fern Road, Suite #3
Dexter, ME 04930
Phone: 924-6000 Fax: 924-7668



Early Release Day

Thursday, March 13th, will be an Early Release Day. Students will be dismissed starting at 11:45 AM. Lunches will be served before dismissal!



March 2025

School Board Meeting

The first Wednesday of each month—RVCS Gym—7:00 PM



Teacher Workshop —No School

There will be no school on Friday, March 14th, because of a Teacher Workshop day. Enjoy the long weekend!



PTO Meetings....

Meetings are at 3:00 on the first Tuesday of each month in RVCS library. Childcare provided for meeting.

8th Grade TCTC Assembly

On February 14th students in 8th grade had a brief assembly with Sarah Hanson from TCTC to talk about their program and what it has to offer students.

Like us on Facebook

Ridge View Community School has a Facebook page, and we'd like you to "like" us! Lots of important information is posted there regarding sports, activities at school, and other things related to Ridge View. Check us out and keep track of school activities through Facebook.

Unified Basketball

Unified Basketball will be starting soon. Members of the PAT and other interested students will be joining Mrs. Webber as Super Fans. Be on the lookout for our schedule and confirm that you support your child's participation in this amazing event!



8th Grade Slide Show

As part of the celebration of 8th Graders' time here at Ridge View, we will put a slide show of memories from their school years to be shared with them. We need your help. Please look for and bring in or e-mail pictures of the following:

* **BABY PICTURE:** Just one or TWO at the most.

***FRIEND PICTURES:** A "GROUP" is better than just a single, but either is fine.

***SPORTS OR ACTIVITY PICTURES**

* **CLASS PICTURES:** From Kindergarten to present.

Please make sure that you write your name and homeroom teacher on the back of pictures. Put them in a baggie or paperclip them together. They will be returned to you as soon as the show is completed.

Pictures can also be e-mailed to: kpowers@aos94.org

ALL PICTURES MUST BE SUBMITTED BY MAY 2ND, 2025

IF YOU DO NOT SUBMIT PICTURES, DO NOT EXPECT YOUR PICTURE TO BE IN THE SLIDESHOW

PARENTS NEEDED!!!!

The 7/8 Spring Dance

May 16th from 6-8

\$5 per student; drinks and snacks included

Donations of food and drinks are needed! We also need parents who are able to help with set up and clean up. Please reach out to the following individual(s) to show your support;

Roles-Angie Anderson aanderson@aos94.org

Dale Jackson djaccity68@yahoo.com

Decorating-Ashley Fournier a34nier@gmail.com

Food-Traci Calnan tcalnan@aos94.org

Just a reminder that this dance is for RVCS 7th and 8th graders only; no students from other schools or grades, siblings, or families will be admitted into the school. There will be space and time from 6-6:30 for families to take photos in the lobby. We will have a photographer on site. All of the photos will be shared in group emails to 7/8 students. If you do NOT want your child's photo taken please let Mrs. Webber know. Once the photos are shared we cannot control other students seeing or sharing them. **Kids needing clothing for this event should see Mrs. Webber**

Mrs. Webber's Guidance Class Updates

The week of March 17, by homeroom, students will accompany Mrs. Webber to tour TCTC. We will leave RVCS around 8 and return around 10.

The week of June 2, by homeroom, students will accompany Mrs. Webber to tour Dexter Regional High School. We will leave RVCS around 8 and return around 10.

Mrs. Webber will be available if you need to reach your child during that time at dwebber@aos94.org

Permission slips will be sent home with students on March 3rd.

Positive Action Team News

In February we raised money through our Flowers for a Friend campaign and recognized healthy relationships through our Wear Your Orange event on Feb. 11. We are gearing up for Kindness Week which keeps us VERY busy. The kids will be Tigers, morning announcers, actors and helpers all around the school. Students will help with campus clean-up and put together an assembly for the little kids. We recently began a new endeavor this year acting as peer mentors for students in grades K-2. This has been a win-win experience!

BARR (Building Assets Reducing Risks) Program



This is Mrs. Grant's 4th grade class participating in a BARR U-Time activity called "A Year in My Life." Students Aubree Messina and Khloe Yankowsky brainstormed milestones they have had in their lives like: birthdays, favorite holiday memories, favorite foods, best places they have visited....They then wrote down one interesting fact they learned about each other and shared them with the class.

Builder's Club



1/29 Builders Club raised \$224.00 for the Heart of Maine Resource Center. This donation allows the resource center to provide 20 boxes of food. They do food distributions once a week.



Builders Club has a school store during holiday weeks. The Valentine's school store is to raise money for t-shirts. Students will wear these shirts to the Pack Out at UMaine in April. This group of students will volunteer to pack food that will be distributed to food banks.

Thank you to everyone who purchases items from the school store.

K-8 Physical Education News - March Update

Our K-4 students have been working on teamwork and communication through a range of cooperative games. These activities challenged students to work together, strategize, and support each other to achieve common goals.

We have also spent time focusing on fundamental basketball skills, including dribbling and passing as well as practicing volleying skills using our hands, focusing on control, accuracy, and teamwork.

March will include activities for Read Across America week which are designed around Dr. Seuss's books and also try to get outside, weather permitting, to try snowshoeing.

Our middle school students have been playing Floor Hockey in PE class, learning different positions and stick skills and then playing in competitive games.

6th graders had the opportunity to learn how to ski at Big Moose Mountain on Fridays for the month of January. The 6th grade did a fantastic job learning a new skill and representing Dexter well while on our trips out. A big thank you as well to all the volunteers and teachers who took their time to help teach our students an awesome new hobby and lifelong sport!



The RidgeView Community School PE Team

Sandie Emerson and Deklan Thurston

DEXTER REGIONAL HIGH SCHOOL
IN ASSOCIATION WITH
RIDGE VIEW COMMUNITY SCHOOL

PRESENTS

*Rodgers &
Hammerstein's*

Cinderella

YOUTH EDITION



THURSDAY, MARCH 13 AT 7:00 PM

FRIDAY, MARCH 14 AT 7:00 PM

SATURDAY, MARCH 15 AT 2:00 PM

TICKETS AVAILABLE AT DRHS MAIN OFFICE

OR AT THE DOOR

\$7 FOR ADULTS

\$5 FOR STUDENTS/SENIORS

Hello February!

It's TIME to order
your YEARBOOK

[https://www.treering.com/purchase?](https://www.treering.com/purchase?PassCode=1014210963304119)
PassCode=1014210963304119



Deadline May 20
Softcover \$19.67
Hardcover \$26.01



Emotional Wellness



March often is associated with beginnings and all things new. Some of us look forward to the first official day of Spring. We begin to notice the increased daylight, buds beginning to grow on our trees and sometimes even a hint of green grass. Spring also can find us putting away the heaviest of our winter gear and getting ready for warmer weather. It is a great time to begin new habits within our families.

Consider ways to strengthen communication with your family members. Could you consider eating meals at the table together (if not every night...a few nights a week). Could you create an hour every evening when screens are shut off and the family engages in work or play together. Can you enjoy a walk, bike ride or family game together? These activities build memories, shared experiences and opportunities for discussions.

When asking questions of your children, consider these tips

- Instead of questions that children can answer yes, no or other one word responses, try open ended questions like, "What was the best thing (or tell me 3 things) about your day today, what did you struggle with"?
- Check yourself, make sure you have put your screen down, listen actively to your child, make eye contact often, nod or gesture that you are listening
- Ask follow up questions like tell me more about _____, what else did you notice when that happened?
- Watch your child's body language, facial expressions as they speak, do their words match what their body language is?

Practice Circles

- Many of our students have been exposed or encouraged to participate in circles
- Using an item as a talking piece, whoever has the talking piece speaks, while everyone else must listen respectfully.
- Everyone gets a turn to speak but must use respectful language.
- You can ask fun questions to build positive relationships
- You can address concerns such as undone chores or sibling conflict
- You can use a circle to plan events or ideas for a family gathering.



8 WAYS CHEESE

Can help your body

One serving of **cheese** contains many of the essential nutrients your body needs, including:



15%

Calcium

Helps build and maintain strong bones and teeth.



10%

Niacin

Used in energy metabolism in the body.



15%

Protein

Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.



10%

Riboflavin

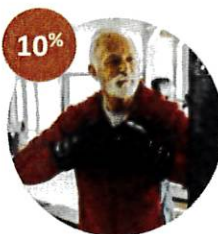
Helps your body use carbohydrates, fats and protein for fuel.



10%

Phosphorus

Helps build and maintain strong bones and teeth, supports tissue growth.



10%

Selenium

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.



15%

Vitamin B12

Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.



15%

Iodine

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.



= daily value

10% or higher
is a good source

20% or higher is
an excellent source

REFERENCES

- USDA FoodData Central online at <http://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels for common cheese varieties (hard, semi-hard, semi-soft, soft-fresh, processed, pasta-filata) and their respective RACCs in Legacy, Foundation, and Survey (FNDDS) data sources (n=91).
- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



The first week of March is National School Breakfast week. We encourage all students to participate in school breakfast!

March is also National Nutrition Month! Cheese is a great source of protein. See below for how cheese can make you healthy. See how many times you see cheese on March's school menu!

March Wellness Snack Recipe

Pinwheels

Ingredients	For 1 serving	For 4 servings
Whole wheat tortilla	1	4
Slice ham or turkey	2 oz	2 oz
Sliced Cheese	1 oz	1 oz
Shredded Lettuce	½ cup	2 cups
Mayo, mustard, dressing	As needed	As needed

Put mayo, mustard or dressing choice across the middle of a tortilla.

Layer meat, cheese and lettuce on top of condiment choice.

Fold one empty end of the tortilla over the middle then roll up the tortilla making a tube.

Slice across the tube in ½ to 1" pieces.

MARCH 2025

MSAD #46 SCHOOL BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			NATIONAL SCHOOL BREAKFAST WEEK MARCH 3-7, 2025	
3 SMOOTHIE & CRACKER FRUIT/JUICE MILK	4 BANANA OR CHOCOLATE BREAD FRUIT/JUICE MILK	5 FLAPSTICK FRUIT/JUICE MILK	6 DONUT FRUIT/JUICE MILK	7 BREAKFAST PIZZA FRUIT/JUICE MILK
10 YOGURT & CRACKER FRUIT/JUICE MILK	11 BREAKFAST BREAD FRUIT/JUICE MILK	12 FRENCH TOAST STICKS FRUIT/JUICE MILK	13 STRAWBERRY BAGEL FRUIT/JUICE MILK EARLY RELEASE	14 NO SCHOOL
17 YOGURT & CRACKER FRUIT/JUICE MILK	18 BREAKFAST BREAD FRUIT/JUICE MILK	19 PANCAKES FRUIT/JUICE MILK	20 BREAKFAST BURRITO FRUIT/JUICE MILK	21 BREAKFAST PIZZA FRUIT/JUICE MILK
24 YOGURT & CRACKER FRUIT/JUICE MILK	25 BREAKFAST BREAD FRUIT/JUICE MILK	26 FLAPSTICK FRUIT/JUICE MILK	27 CHEESY PULL APART FRUIT/JUICE MILK	28 DONUT FRUIT/JUICE MILK
31 YOGURT & CRACKER FRUIT/JUICE MILK			Breakfast and lunch available to all students at no charge. Why not try it?	Fresh Fruit and Vegetable pro- gram offers fresh fruits and vege- tables for students to try, 3 times per week.

"This institution is an equal opportunity provider"

MILK CHOICE 1% WHITE OR CHOCOLATE

Menu subject to change without notice

MARCH 2025

MSAD #46 SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN & WAFFLES WARM CINNAMON APPLES VEGETABLE BAR MILK	4 CHEESE OMELET BLUEBERRY MUFFIN VEGETABLE BAR WITH BEANS CANNED FRUIT MILK	5 FRENCH TOAST STICKS TURKEY SAUSAGE PATTY CHEESE STICK VEGETABLE BAR WITH BEANS BERRY CUP MILK	6 BACON & CHEESE EGGS CHEESE STICK TATER TOTS CINNAMON ROLL FRUIT & VEGETABLE BAR MILK	7 BREAKFAST CROISSANT VEGETABLE BAR GRAPES MILK
10 CHICKEN BURGER TATER TOTS FRUIT & VEGETABLE BAR MILK	11 TACO SOUP BOSCO STICK FRUIT VEGETABLE BAR WITH BEANS MILK DORITOS	12 ROAST CHICKEN RICE & PEAS ROLL AND BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	13 BREAKFAST SANDWICH FRUIT & VEGETABLE BAR MILK EARLY RELEASE	14 NO SCHOOL
17 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	18 CHICKEN ALFREDO OVER SPA- GHETTI ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	19 BEEF NACHOS WITH CHEESE SAUCE FRUIT & VEGETABLE BAR WITH BEANS MILK CRACKER	20 BBQ PORK SANDWICH CHEESE STICK STEAMED CORN FRUIT & VEGETABLE BAR MILK	21 TERIYAKI CHICKEN SANDWICH FRUIT & VEGETABLE BAR MILK
24 FISH STICKS RICE HOT CARROTS FRUIT & VEGETABLE BAR MILK	25 Ground beef and Macaroni ROLL & BUTTER FRUIT VEGETABLE BAR WITH BEANS MILK	26 HAM & CHEESE WRAP FRUIT VEGETABLE BAR WITH BEANS MILK DORITOS	27 TURKEY & GRAVY RICE STEAMED PEAS ROLL FRUIT & VEGETABLE BAR MILK	28 PIZZA FRUIT & VEGETABLE BAR MILK
31 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	NATIONAL SCHOOL BREAKFAST WEEK MARCH 3-7, 2025	Breakfast and lunch available to all students at no charge.		Fresh Fruit and Vegetable pro- gram offers fresh fruits and vege- tables for students to try, 3 times per week.

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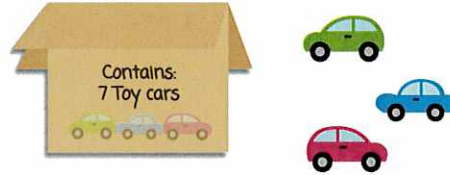
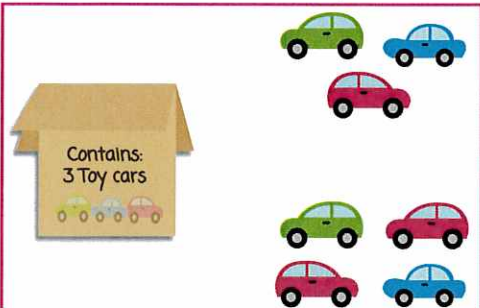
Menu subject to change without notice

Same but Different

Record your answers on the slip. Be sure to write your FIRST and LAST name so that we can easily find you if you are the winner!

Grades K-2:

Directions: How are the pictures the same? How are they different?



Name: _____ Homeroom Teacher: _____

Grades 3-5:

Directions: How are the pictures the same? How are they different?

$$12 \div 3$$

$$120 \div 3$$

Name: _____ Homeroom Teacher: _____

Grades 6-8:

Directions: How are they the same? How are they different?

$$x^3 x^4$$

$$x^7$$

Name: _____ Homeroom Teacher: _____