



# THE TIGER TALE

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



## Early Release Day

Friday, April 18th, will be an Early Release Day. Students will be dismissed starting at 11:45 AM. Lunches will be served before dismissal!



## April 2025

### School Board Meeting

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



## Spring Break

There will be no school the week of April 21st to the 25th for Spring Break. Classes will resume on Monday, April 28th. Have a wonderful Spring Break!



## PTO Meetings....

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

## A Note From Mrs. Dyer

Cell phone use has become an increasing issue among students in all grade levels. We ask that parents and guardians understand that students do not have access to their cell phones during class time and should be kept in the students locker. We have had an increase of students reaching out to parents without our knowledge asking to be picked up early for various reasons. Please remember that if your child isn't feeling well they need to go to the nurse who will reach out to you to arrange dismissal. If you hear from your child during the day please remind them of this protocol. This is for the safety and accountability of all students. We appreciate your support in this matter.

Thank you,

Mrs. Dyer



HAPPY  
EASTER

## 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](mailto: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](mailto:aanderson@aos94.org)

Dale Jackson    [djaccity68@yahoo.com](mailto:djaccity68@yahoo.com)

Decorating-Ashley Fournier    [a34nier@gmail.com](mailto:a34nier@gmail.com)

Food-Traci Calnan    [tcalnan@aos94.org](mailto: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**

## **Notes from the Nurse**

Happy Spring! We are finally getting closer to spring and warm weather. February saw a lot of illness with Norovirus, Covid, Influenza A, and Influenza B. Penobscot County has bounced between the 2nd and 3rd highest numbers of flu cases for the past month. March showed some improvement in the numbers of illnesses. All respiratory illnesses are treated the same now, whether it is Covid or Influenza. The rules are that students and staff must remain out of school for 24 hours once their fever has resolved without the use of fever reducing medications. A fever is defined as a temperature of 100.4 or higher by the American Academy of Pediatrics. The 24 hour rule also applies to vomiting or diarrhea.

As the weather warms up and the snow starts to melt, many students will have wet feet after recess. Please remember that our playground may be slushy and wet. Students should continue to wear winter boots until the snow has melted and pack a spare pair of socks to avoid having wet feet all day. This is a common problem in the spring and we often run low on socks. Dry clothing will only be provided to students with bodily fluids on them.

Required screenings have been completed for students in grades pre-K, Kindergarten, first, third, fifth, and seventh. If there were any concerns with vision or hearing, referral letters have been sent home. If you have concerns about your child's vision or hearing, please contact the nurse's office.

As required by Maine law, students entering seventh grade will need a meningococcal vaccine (MCV4) and booster for Tetanus, Diphtheria, and Pertussis (Tdap). Letters will be going home for students that are still in need of these immunizations before the start of the next school year.

## **April Vacation Challenge**

The Wellness Team is pleased to sponsor the first-ever April Vacation Challenge. We had nearly 60 students participate in the February Vacation Challenge and are hoping to increase that number in April. Each student who participated in February's Challenge received a certificate and a temporary tattoo. The classrooms with the most participation were Mrs. Taylor's first-grade class and Mrs. Picarello's sixth-grade class. The winning classes were rewarded with a dance party in the gym. Flyers with more information will be sent home the week before April Vacation....





## Emotional Wellness



April at Ridgeview Community School is all about Kindness and Gratitude. If you want to expand your family's practices here are some easy suggestions. Just like habits we are trying to stop or break, we can create healthier habits with daily practice. Consider whether your family might practice gratitude and kindness this month.

- Make it a habit to share at least one thing you are grateful for each day. This is great conversation during breakfast or supper. Try to help your kids think of new things every day.
- Consider creating a gratitude jar, poster or other display that members of the family can add to as they are grateful. If the jar or poster gets filled, maybe we have a small family event celebrating and reading all the things we are grateful for. They can be simple things, a family movie, time at the park or special treat.
- Have your children call or write a note of gratitude to a family member, friend or teacher. Those unexpected thank you's will make that person's day.
- Challenge family members to balance any "complaint" with something they are grateful for.
- Encourage kindness at home. Challenge your children to share a toy, do the siblings chore, give the last cookie or other treat to someone else at home. Catch your children being good, acknowledge when they are making good decisions or choices. Be as specific as you can about the behavior you are happy with.
- Kindness outside of your home. If your family does spring cleaning, this is also a great time to sort toys and clothes that are still in good condition but no longer are needed. You can donate items to a local charity. If you go to a local park, take a few minutes (safely) to clean up some downed branches or litter. If you go to the local grocery store, offer to return a cart to the store for someone. Simply smiling and greeting people you meet or holding a door open for them can mean so much.

The opportunities are endless.

# Physical Education News!

We are thrilled to share some highlights from our recent activities in Physical Education!

K-4 participated in the following:

## **Read Across America Week**

Our students had a fantastic time celebrating Read Across America week! Engaging in various Dr. Seuss-themed activities and games that brought the stories to life.

## **Outdoor Adventures**

Some of our groups ventured outside for snowshoeing and walking on the trails. It was a wonderful opportunity for the students to experience nature while developing their physical skills and working together.

## **Current Activities**

We are now starting noodle hockey and floor hockey! These activities will focus on enhancing our students' coordination, teamwork, and sportsmanship.

In grades 7-8 we are learning about teamwork and communication through playing Volleyball . Grades 5&6 will be starting a lacrosse unit in April practicing new skills and reviewing team concepts.

We encourage you to ask your children about what they are learning and experiencing in these activities!

Thank you for your support in promoting an active lifestyle for our students. We look forward to many more fun and engaging activities in Physical Education!

The Ridge View Community School PE Team

Sandie Emerson and Deklan Thurston





### **Mrs. Webber's Guidance Class Updates**

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](mailto:dwebber@aos94.org)

Don't forget to return your permission slips!

### **Positive Action Team News**

The Positive Action Team had a successful You Quack Me Up rubber ducky sales. All money raised was donated to the Dexter Kiwanis. We invited Trampas King to our meeting for a check presentation and talk about the importance of making a difference in our communities. Next month we will be recognizing Kindness Week with a whole bunch of activities planned.



### **Unified Super Fans**



## BARR (Building Assets Reducing Risks) Program



Brooke Gudroe from Mrs. Grant's 4th grade class sharing what she has learned from U-Time activities.

## Activity Night

RVCS Boosters' Last Activity Night of the school year will be on Friday, April 11th from 6:00-7:30pm for grades 5-8. Come and enjoy dodgeball & basketball in the gym, craft room, Lego building & board games, Nintendo switch room, and BINGO with prizes. \$4.00 admission and there will be concessions available for purchase.





## Kindness Week, April 14th—18th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Theme: Crazy hair</p> <p>Quote: You are the creator of your own mind. Do great things!</p> <p>Challenge: Complement 3 people today</p> <p>Tomorrow: Kids dress like a teacher and teachers dress like a kid</p>	<p>Theme: Teacher-student swap day. (Kids dress like a teacher, teachers dress like a kid)</p> <p>Quote: "No act of kindness is too small."</p> <p>Challenge: Say "please" and "thank you" each time each fits</p> <p>Tomorrow: Dress in neon or crazy colors.</p>	<p>Theme: Neon or crazy colors</p> <p>Quote: Be the sunshine</p> <p>Challenge: Write a thank you note to a teacher or someone special in the school</p> <p>Tomorrow: Earth Day! Wear red!</p>	<p>Theme: Wear Red</p> <p>Quote: Kindness is your superpower!</p> <p>Challenge: We hope that you are participating in Earth Day today. Let's make our school beautiful!</p> <p>Tomorrow: Wear PJs and bring a stuffy!</p> <p style="text-align: center;">Earth Day-campus-wide clean-up! Moved to Friday if it rains</p>	<p>Theme: Pajamas and Stuffy Day</p> <p>Quote: Kindness is always fashionable.</p> <p>Challenge: Think of 3 things that make you a cool kid</p> <p>Thanks, everyone for participating in Kindness Week. Don't forget that you can be kind EVERY day!!</p>

There will be a K-2 Kindness Assembly on April 16th at 1:50-2:20  
put on by the Positive Action Team in the cafeteria

The Builder's Club is having a soup drive CHALLENGE! The class that collects the biggest donation wins an ice cream party!

Positive Action Team members will be peppering all lockers in grades 5-8  
with kindness notes!





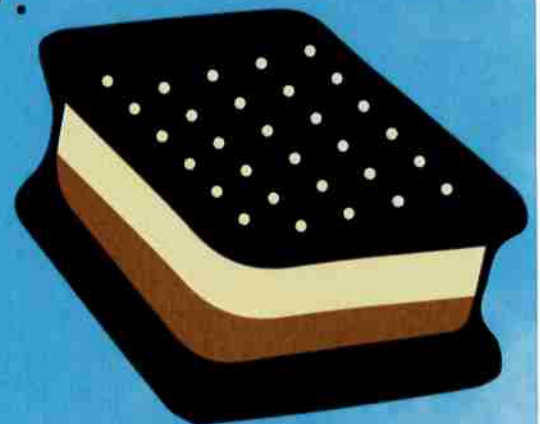
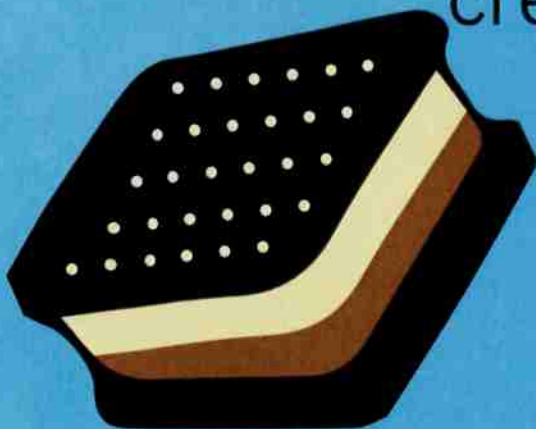


## Soup Drive

for the local Food Pantry  
sponsored by **The Builders Club**

When: April 14th-18th.

The class that brings in the  
most soup will earn an ice  
cream party.





RVCS PTO  
rvcs\_pto@aos94.org  
Parents and teachers working together  
to enhance the educational experience  
for RVCS students.



Online or phone orders are due,

Monday, April 14th!

Phone # (888) 332-3294, ext. 1

Thank you for supporting this important Spring fundraiser!

Monies raised through Square 1 Art help fund activities for our students.

Thank  
You

Thank you Mrs. Langlais, Ms. McHenry, and

Mrs. Reinhardt for helping our students create  
masterpieces for our Square 1 Art Fundraiser!

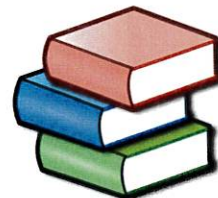
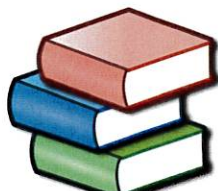
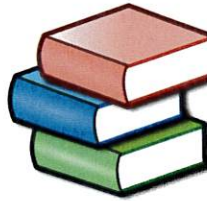
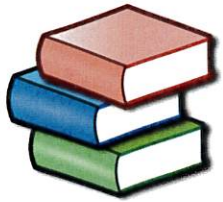
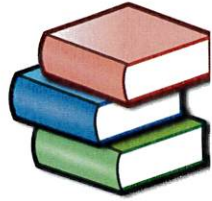
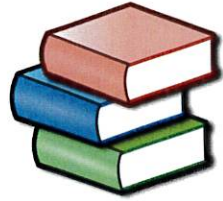
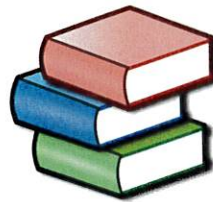
Also, a HUGE thank you to EVERYONE involved in

The Sweetheart Dance!



It was a wonderful night for all of those in attendance!





## **Pre-K REGISTRATION**

### **For the 2025-2026 School Year**

(Ridge View Community School for children in the towns of Dexter,  
Exeter, Garland & Ripley)

**Date: Tuesday, April 8, 2025**

**Where: RVCS – Café**

**Time: 3:00 – 6:00**

Child must be registered by a parent or legal guardian

#### **Required before child can start school:**

LEGAL copy of birth certificate (may be obtained from the town office of the town you lived in when the child was born or the town/city of the hospital they were born in)

#### **Immunization Record of child:**

#### **Proof of Residency:**

Something with your name and current address on it, (examples: driver's license, utility bill, lease, etc.)

#### **Custody Papers:**

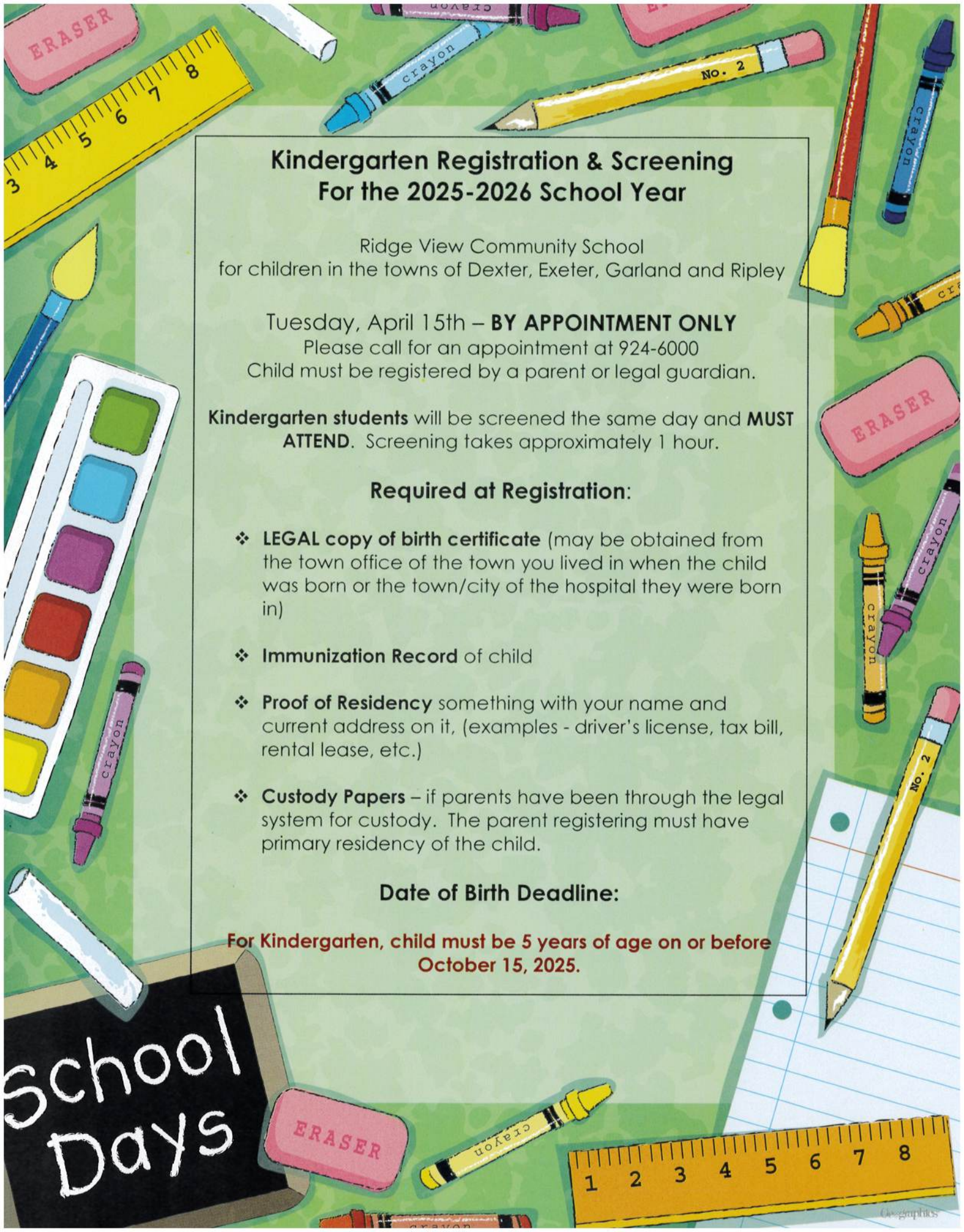
If parents have been through the legal system for custody. The parent registering must have primary residency of the child.

#### **Date of Birth Deadline:**

**For Pre-K, child must be 4 years of age on or before**

**October 15, 2025.**





## Kindergarten Registration & Screening For the 2025-2026 School Year

Ridge View Community School  
for children in the towns of Dexter, Exeter, Garland and Ripley

Tuesday, April 15th – **BY APPOINTMENT ONLY**

Please call for an appointment at 924-6000

Child must be registered by a parent or legal guardian.

**Kindergarten students** will be screened the same day and **MUST ATTEND**. Screening takes approximately 1 hour.

### Required at Registration:

- ❖ **LEGAL copy of birth certificate** (may be obtained from the town office of the town you lived in when the child was born or the town/city of the hospital they were born in)
- ❖ **Immunization Record** of child
- ❖ **Proof of Residency** something with your name and current address on it, (examples - driver's license, tax bill, rental lease, etc.)
- ❖ **Custody Papers** – if parents have been through the legal system for custody. The parent registering must have primary residency of the child.

### Date of Birth Deadline:

**For Kindergarten, child must be 5 years of age on or before  
October 15, 2025.**

School  
Days





# INFINITY FARM JUNIOR RIDING CLUB

*Junior riding club combines learning about horses and the opportunity to be outdoors with our pony friends! The program introduces children to horses and teaches them the basics of handling and riding horses. This 7 week program will be held on Saturdays from 9am-11am from April 5th through May 17th.*

- ✓ Ages 4 to 10
- ✓ No Horse Experience Needed
- ✓ \$300 For 7 Week Program

**FOR MORE INFORMATION OR TO REGISTER:**

Visit the event page on Infinity Farm's facebook page or email [infinityfarm7046@gmail.com](mailto:infinityfarm7046@gmail.com)

## Cafeteria Microwaves

We would like to inform you that we are currently down to one microwave in the cafeteria. Unfortunately, three microwaves have caught fire this year due to students heating macaroni and cheese without adding water.

At this time, we will not be replacing the microwaves. We kindly ask all parents and guardians to be mindful when sending microwaveable items for lunch with your child, as they only have a limited time to prepare and enjoy their meals.

Thank you for your understanding and cooperation in ensuring a safe lunch environment!







## Does your child bring lunch from home?

If they do, please make sure they bring everything they need including condiments and silverware. The school nutrition regulations prohibit the use of school nutrition supplies outside of school meals.

However, if a student would like to supplement their home lunch with school lunch, they only need to take 3 components to qualify as a school meal and get everything they need for their lunch.

### Example of three components of lunch

Sandwich & applesauce = 2 grain, 2 meat & 1 fruit = 3 components

Watermelon, carrots, milk = 1 fruit, 1 vegetable & Milk = 3 components

### Or they can take all of the components

Cheeseburger, strawberry cup, carrots, cucumbers, Milk =

2 grain, 2 meat/meat alternate, 1 fruit, 2 vegetables & 1 Milk =

5 components

# April Wellness Snack Recipe

## Frozen yogurt bark

Ingredients	For 1 serving	For 4 servings
Yogurt	½ cup	2 cups
Honey	1 tsp	4 tsp
Fruit – Berries, peaches, pineapple	1 Tbls	¼ cup

Chop fruit. Combine all ingredients. Spread on a parchment lined tray and freeze.

Break apart and enjoy.





APRIL 2025

# MSAD #46 SCHOOL BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BREAKFAST BREAD FRUIT/JUICE MILK	2 WAFFLE FRUIT/JUICE MILK	NATIONAL BURRITO DAY! 3 BREAKFAST BURRITO FRUIT/JUICE MILK	4 BREAKFAST PIZZA FRUIT/JUICE MILK
7 YOGURT & CRACKER FRUIT/JUICE MILK	8 BREAKFAST BREAD FRUIT/JUICE MILK	9 FLAPSTICK FRUIT/JUICE MILK	10 BREAKFAST SANDWICH FRUIT/JUICE MILK	11 BREAKFAST PIZZA FRUIT/JUICE MILK
14 YOGURT & CRACKER FRUIT/JUICE MILK	15 BREAKFAST BREAD FRUIT/JUICE MILK	16 FRENCH TOAST STICKS FRUIT/JUICE MILK	17 STRAWBERRY BAGEL FRUIT/JUICE MILK	18 CEREAL CRACKER FRUIT/JUICE MILK EARLY RELEASE
21  NO SCHOOL	22  NO SCHOOL	23  NO SCHOOL	24  NO SCHOOL	25  NO SCHOOL
28 CEREAL & CRACKER FRUIT/JUICE MILK	29 BREAKFAST BREAD FRUIT/JUICE MILK	30 PANCAKES 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

APRIL 2025

# MSAD #46 SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN SALAD CROISSANT FRUIT & VEGETABLE BAR WITH BEANS MILK	2 SLOPPY JOE FRUIT & VEGETABLE BAR WITH BEANS MILK	3 BBQ PORK & CHEESE ON TATER TOTS ROLL & BUTTER FRUIT & VEGETABLE BAR MILK CRACKER	4 BREAKFAST SANDWICH FRUIT & VEGETABLE BAR MILK
7 CHICKEN NUGGETS EMOGI FRIES FRUIT & VEGETABLE BAR MILK CRACKERS	8 SPAGHETTI & MEATSAUCE ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	9 ROAST CHICKEN RICE & STEAMED CORN ROLL & BUTTER FRUIT & VEGETABLE BAR WITH BEANS MILK	10 TURKEY SANDWICH FRUIT & VEGETABLE BAR MILK	11 PIZZA FRUIT & VEGETABLE BAR MILK
14 <b>KINDNESS WEEK</b> CHICKEN BURGER FRUIT & VEGETABLE BAR MILK  SIDEKICK	15 <b>KINDNESS WEEK</b> TACO SOUP BOSCO STICK FRUIT & VEGETABLE BAR WITH BEANS MILK DORITOS	16 <b>KINDNESS WEEK</b> FISH STICKS TATER TOTS FRUIT & VEGETABLE BAR WITH BEANS MILK HEARTZELS	17 <b>KINDNESS WEEK</b> CHICKEN & GRAVY RICE & PEAS FRUIT & VEGETABLE BAR MILK  CRACKERS	18 <b>KINDNESS WEEK</b> BREAKFAST SANDWICH FRUIT & VEGETABLE BAR MILK FRUIT JELLO <b>EARLY RELEASE</b>
21 <b>NO SCHOOL</b>	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>
28 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	29 CHICKEN PARMESAN FRUIT & VEGETABLE BAR WITH BEANS MILK	30 BEEF NACHOS WITH CHEESE SAUCE FRUIT & VEGETABLE BAR WITH BEANS MILK CRACKER	Breakfast and lunch available to all students at no charge.	Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try, 3 times per week.

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Menu subject to change without notice