

# RIDGE VIEW COMMUNITY SCHOOL NEWSLETTER



OCTOBER 2025

## Reminders

### Early Release Day

Thursday, October 9th, will be an Early Release Day. Students will be dismissed starting at 11:45 AM.

Teacher's will be in workshops all afternoon. Please make arrangements for changes in transportation as early as possible.

### Teacher Workshop Day- No School

There will be no school on Friday, October 10th. Teachers will be in workshops all day. Classes will resume on Tuesday, October 14th.

### Indigenous People Day - No School

On Monday, October 13th, we celebrate Indigenous People Day. There will be no school that day. Classes will resume on Tuesday, October 14th.

### Second Chance Picture Day

#### Wednesday, October 29

Wear your favorite outfit and let's have FUN! PARENTS: NO MONEY REQUIRED IN ADVANCE! We will have portraits in the on-line gallery about a week after the photography date. You will have the opportunity to purchase portraits AFTER previewing them. There's no obligation!



## School Board Meeting

The first Wednesday of each month

In the RVCS Gym at 6:00pm



## PTO

Meetings starting back up  
October 7th

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

Childcare provided for meeting.

Need to contact us?

Text us with your phone, and it comes to our e-mail. Instead of a number, simply put in:

[rvcsoffice@aos94.org](mailto:rvcsoffice@aos94.org)

Type in your message and hit send— it comes directly to our e-mail. Use this for transportation changes, absent notes, any type of information you need us to know!



## A Note from Mrs Dyer



Dear Families,

At Ridge View Community School, the safety and well-being of our students is always our top priority. As part of our commitment to creating a safe and prepared school environment, we will be holding a lockdown drill on October 24.

Just like we practice fire drills and other safety routines, lockdown drills are another way we prepare ourselves to respond quickly and calmly in an emergency. It's important to know that this is only a drill, and there is no danger. We approach it just like any other safety practice — with clear instructions, calm voices, and age-appropriate explanations.

Our goal is to help students feel confident and prepared, not scared. Teachers will take time to explain the drill in a simple and reassuring way, emphasizing that we are practicing just in case — just like we wear seatbelts or look both ways before crossing the street. If you'd like to talk to your child about the drill at home, we encourage you to keep the conversation calm and positive. Let them know it's okay to ask questions and that the adults at school are here to keep everyone safe.

Thank you for partnering with us to support a safe, caring, and prepared school community.

Warm regards,  
Mrs. Dyer



# News From 6<sup>th</sup> Grade



**Picture day is September 30th!**

## **English Language Arts (ELA) with Ms. Criss:**

**What We Did Last Month:** Over the past month, our class has been exploring the theme of perseverance. We started by learning about the Wild Boars soccer team who got trapped in a cave in Thailand in 2019 and how they didn't give up. Then, we studied the diphtheria outbreak in Nome, Alaska, and the brave sled dog teams who worked hard to bring medicine to the town. Last week, we read the story "Lost on a Mountain in Maine," about Don Fendler's challenging journey on Mt. Katahdin. This week, we are reading about two women who got lost in Death Valley. Each story highlights how important it is to keep trying and believe in yourself during tough times. Throughout the unit, we've been practicing finding important details in the text and learning new vocabulary words.

**What's Coming Up:** October is our "Harry Potter" unit. We will be reading the novel and focusing on themes and character development. On October 31st, we will be having our Harry Potter party where students will have the opportunity to try some Harry Potter themed foods and watch the movie "Harry Potter and the Sorcerer's Stone." (More information will be coming about that in the coming weeks!)

## **Science with Mrs. Doherty:**

In Science we are just finishing up our first unit on Laboratory Safety and Equipment. Our test will be on Tuesday September 23. The next unit we will study will be all about Chemistry: Atoms, Elements and Molecules.

## **Social Studies with Mrs. Haskell:**

We have had a fantastic start to the school year! In our first month, students were introduced to the foundations of social studies, including the five themes that guide our understanding of the subject. We then launched into our Early Civilizations and Stone Age unit, where students explored the lives of the earliest humans and examined what characteristics define a civilization. Looking ahead, we will continue our study of early civilizations with a special focus on Mesopotamia. Students will even have the opportunity to practice using the writing system developed in this ancient society!

## **Math with Mrs. Picariello:**

We are working on statistics and probability. Students are learning to analyze data with specific markers. Keep an eye out for homework on Monday, Wednesday, and Friday each week. Students are given class time to complete the assignment. Mission work can be found under to-dos in Google Classroom. Email me with any questions or concerns.

Apicariello@aos94.org



## 7th Grade News

Our year is off to an amazing start! This is an amazing group of students, and we're so glad we get to work with them. If you have any questions or concerns, please don't hesitate to reach out to any of us. If you are looking for ideas of supplies to send in, we can always use tissues, paper towels, wipes (Clorox for all classrooms, plus unscented baby wipes for Ms. Batron), and extra pencils for students to borrow. Thank you to everyone who has already sent in some extras!



# Positive Action Team

The Positive Action Team is ready for another fun-filled, active year at RVCS promoting kindness and wellness. This year we have appointed student leaders within the group to chair committees. PAT members recently helped Mrs. Jordan put together the Title 1 Library, will be helpers during the 9/26 Grandparents' Day and are already very busy planning for Red Ribbon Week in October. We look forward to sharing our adventures with you all throughout the school year!

## Meet our leaders

PAT Co-Leader-Keira

Marketing/Sales Rep-Makaylah

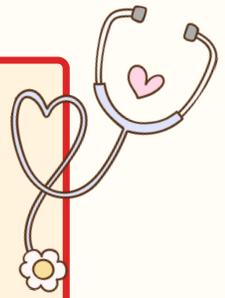
Artistic Design-Corinne

Elementary Liaison-Cierra

Citizenship Groups Liaison-Ava



## Notes from Mrs. Greaves



Happy Fall!

I am so glad to see everyone after summer vacation. I feel like the returning students got so tall! Everyone seems to be settling into the new school year nicely. Some general bits of information from the nurse's office are often helpful for new families and are good reminders for all of us.

**Medications:** Students may not transport medications other than in emergency medications such as inhalers, Epipens, and diabetic supplies. All other prescription medications must be transported by a parent or designated adult. Over the counter medications are stocked in the health office and cannot be kept in student lockers.

Permission slips must be signed every year for your child to receive any medication at school. For daily medications, we require a health care provider's signature as well.

**Clothing:** Please remember to pack a spare set of clothing for your child in the event that they need to change during the day. There can be many reasons that your child would need to change during the day from a toileting accident, to a milk spill, or a wardrobe malfunction. Clothing from the health office will only be provided to students in the event that their clothing has bodily fluids on them. Mornings will soon be rather chilly, so please pack a sweatshirt or jacket for recess. If you need help providing a jacket or winter gear for your child, please reach out to me. Through generous donations, we have a supply of coats, ski pants, and boots available.

**Hearing and vision screenings** are required by the Department of Education for students in Kindergarten, first, third, fifth, and seventh grades (vision only for seventh grade). These will begin later this month and continue throughout the year until they are completed. If you have concerns about your child's hearing or vision, feel free to reach out to me for an earlier screening date.

I am looking forward to getting to know our new students as well as seeing the familiar faces that I have missed over the summer.

Thank you for allowing me to care for your children. I look forward to partnering with you to keep all of our students healthy, safe, and learning this year!



# When is sick too sick for school?

A regular attendance routine is important for your child's well-being and learning. These tips can help you decide when to keep your child home when they don't feel well.



## SEND ME TO SCHOOL IF...

- \*I have a **runny nose** or just a **little cough**, but no other symptoms.
- \*I have **NOT had a fever overnight** and **have NOT taken fever reducing medicine** during that time.
- \*I have a **mild stomach ache**.
- \*I have **not thrown up**.
- \*I have a **mild rash** and no other symptoms.
- \*I have **eye drainage WITHOUT fever**, eye pain or eyelid redness.



## KEEP ME AT HOME IF...

- \*I have a **temperature higher than 100.4**
- \*I have **thrown up** in the past 24 hours.
- \*My **stool is watery** and I may not make it to the bathroom in time.



## SEEK MEDICAL CARE IF...

- \*I have a **temperature higher than 100.4 AND any of the following:** ear pain, sore throat, rash, stomachache, headache or tooth pain.
- \*I have **stomach pain and fever**, I have **bloody or black stool**, or I am **dehydrated** (tired and sleepy, dry mouth) and/or I have **not urinated** in the last 8 hours.
- \*I have a **persistent cough** or **trouble breathing**, or have a fever with the cough.
- \*I have **eye swelling, eye pain** or an **eye injury**.
- \*I have a **rash that has blisters**, is draining, is painful, looks like bruises, and/or I have a fever with the rash.

*If you don't know whether to send your child to school, have specific concerns regarding your child's physical or mental health, or are worried your child will spread illness, contact your child's health care provider, a local urgent care or the school nurse. These tips are not meant to take the place of local health department/school district health guidance including about contagious illnesses such as Covid-19 and the flu.*

# Welcome to an exciting new school year in Physical Education!

Our goal is to help every student build fitness, coordination, teamwork, developing lifelong healthy habits, and a love for being active.

## What to Expect This Year:

1. Skill Development: We'll be focusing on a range of sports and activities to build coordination, balance, and flexibility. Students will have opportunities to learn new skills while building confidence.
2. Teamwork & Sportsmanship: Team games and group challenges will help students learn the importance of working together, communicating effectively, and showing respect to others. Good sportsmanship is always a priority!
3. Healthy Habits: In addition to physical activity, we'll also be incorporating lessons on nutrition, mental well-being, and the importance of staying active outside of school.

## PE Reminders:

- Dress Appropriately: Students should wear comfortable clothing and have athletic shoes/sneakers on PE days.
- Stay Hydrated: Water bottles are welcome and encouraged in class to stay hydrated.
- Positive Attitude: Remember, PE is about progress, not perfection. A positive mindset and effort are key to success

## What We're Doing Right Now:

- Kindergarten to 4th Grade: Our youngest students are sharpening their soccer skills, focusing on dribbling, passing, and teamwork through fun drills and games that build confidence and coordination.
  - 7th Grade: Students are enjoying our biking unit, learning safe riding techniques, balance, and endurance.
  - 5th, 6th, and 8th Grades: These grades are diving into disc golf, a fantastic way to develop hand-eye coordination, strategy, and outdoor fitness. Students practice throwing techniques and course navigation while enjoying friendly competition.
- We look forward to an amazing year filled with energy, growth, and healthy habits. If you have any questions or concerns, feel free to reach out to the PE team. Let's make this year the best one yet!

Ridge View Community School PE team.  
Sandie Emerson and Deklan Thurston  
[semerson@aos94.org](mailto:semerson@aos94.org) and [dthurston@aos94.org](mailto:dthurston@aos94.org)

OCTOBER 2025

MSAD #46 SCHOOL BREAKFAST MENU



MONDAY TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
Milk Choice 1% White 1% Chocolate		1 BREAKFAST PIZZA FRUIT/JUICE MILK	2 STRAWBERRY BAGEL FRUIT/JUICE MILK	3 SCRAMBLED EGGS WITH CHEESE & CHEEZ ITS FRUIT/JUICE MILK
6 PUMPKIN BREAD FRUIT/JUICE MILK	7 BLUEBERRY MINI PANCAKES FRUIT/JUICE MILK	8 DONUT FRUIT/JUICE MILK	9 SMOOTHIE PRETZEL GOLDFISH FRUIT/JUICE MILK <b>EARLY RELEASE DAY</b>	10 <b>TEACHER WORKSHOP NO SCHOOL</b>
13 <b>HOLIDAY NO SCHOOL</b>	14 COCOA BREAD FRUIT/JUICE MILK	15 BREAKFAST SANDWICH FRUIT/JUICE MILK	16 CINNAMON BAGEL FRUIT/JUICE MILK	17 SCRAMBLED EGGS WITH PRETZEL GOLDFISH FRUIT/JUICE MILK
20 BLUEBERRY BREAD FRUIT/JUICE MILK	21 MINI MAPLE WAFFLE FRUIT/JUICE MILK	22 BREAKFAST PIZZA FRUIT/JUICE MILK	23 BREAKFAST PARFAIT FRUIT/JUICE MILK	24 SCRAMBLED EGGS WITH CHEESE& BISCUIT FRUIT/JUICE MILK
27 BREAKFAST BREAD FRUIT/JUICE MILK	28 FLAPSTICK FRUIT/JUICE MILK	29 DONUT FRUIT/JUICE MILK	30 BREAKFAST SANDWICH FRUIT/JUICE MILK	31 SCRAMBLED EGGS WITH CHEESE& CHEEZ ITS FRUIT/JUICE MILK
			<b>Breakfast and lunch available to all students at no charge.</b>	<b>Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try outside of breakfast and lunchtimes, 3 days per week.</b>

"This institution is an equal opportunity provider"

Menu subject to change without notice



# OCTOBER 2025

# MSAD #46 SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Choice</p> <p>1% White 1% Chocolate</p> <p>Breakfast and lunch available to all students at no charge.</p>	<p>Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try outside of breakfast and lunch times, 3 days per week.</p>	<p>1 PANCAKE SAUSAGE STICKS FRUIT &amp; VEGETABLE BAR WITH BEANS MILK</p>	<p>2 CHICKEN &amp; GRAVY MASHED POTATO ROLL AND BUTTER FRUIT &amp; VEGETABLE BAR MILK CRACKER</p>	<p>3 PIZZA FRUIT &amp; VEGETABLE BAR MILK</p>
<p>6 CHEESEBURGER FRIES FRUIT &amp; VEGETABLE BAR MILK</p>	<p>7 CHICKEN PARMESAN WITH SPAGHETTI FRUIT &amp; VEGETABLE BAR WITH BEANS MILK</p>	<p>8 BAKED BEANS HOT DOG IN A BUN FRUIT &amp; VEGETABLE BAR WITH BEANS MILK</p>	<p>9 BOSCO STICKS &amp; MARINARA SAUCE FRUIT &amp; VEGETABLE BAR MILK EARLY RELEASE DAY</p>	<p>TEACHER WORKSHOP</p> <p>NO SCHOOL</p>
<p>HOLIDAY</p> <p>NO SCHOOL</p> <p>National School Lunch Week! Taste the World</p>	<p>14 FISH STICKS RICE CHICKEN SOUP BROCCOLI FRUIT &amp; VEGETABLE BAR WITH BEANS MILK SCHOOL LUNCH LIKE JAPAN</p> <p>Most Japanese schools do not have cafeterias</p>	<p>15 SOFT SHELL TACO MEXICAN RICE CORN APPLE CRUNCH DAY FRUIT &amp; VEGETABLE BAR WITH BEANS MILK SCHOOL LUNCH LIKE MEXICO</p> <p>Mexico does not have a strong school lunch program however tacos are a favorite anytime!</p>	<p>16 BAKED CHICKEN BUTTERED PASTA PEAS ROLL &amp; BUTTER FRUIT &amp; VEGETABLE BAR MILK SCHOOL LUNCH LIKE ITALY</p> <p>Italian school lunches, governed by the Ministry of Health, reflect the local culinary traditions and regional dishes.</p>	<p>17 PIZZA FRUIT &amp; VEGETABLE BAR MILK SCHOOL LUNCH IN USA</p> <p>We have strict guidelines to follow in creating a school lunch menus but each district is allowed to create their own menus.</p>
<p>20 CHEESEBURGER FRIES FRUIT &amp; VEGETABLE BAR MILK</p>	<p>21 ORANGE CHICKEN RICE EGG ROLL FRUIT &amp; VEGETABLE BAR WITH BEANS MILK</p>	<p>22 SLOPPY JOE FRUIT &amp; VEGETABLE BAR WITH BEANS MILK</p>	<p>23 TURKEY &amp; GRAVY MASHED POTATO ROLL FRUIT &amp; VEGETABLE BAR MILK CRACKERS</p>	<p>24 BREAKFAST SANDWICH FRUIT &amp; VEGETABLE BAR MILK</p>
<p>27 CHICKEN NUGGETS EMOJI FRIES ROLL FRUIT &amp; VEGETABLE BAR MILK</p>	<p>28 SPAGHETTI &amp; MEAT SAUCE ROLL &amp; BUTTER FRUIT &amp; VEGETABLE BAR WITH BEANS MILK</p>	<p>29 CHICKEN &amp; WAFFLES FRUIT &amp; VEGETABLE BAR WITH BEANS MILK</p>	<p>30 BBQ PORK &amp; CHEESE ON PIZZA TATER TOTS ROLL &amp; BUTTER FRUIT &amp; VEGETABLE BAR MILK CRACKERS</p>	<p>31 PIZZA FRUIT &amp; VEGETABLE BAR MILK</p>

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## RVCS PTO

Parents and teachers working together  
to enhance the educational experience  
for RVCS students



**PTO Meetings are the 1st Tuesday of each month, all are welcome.**

**Upcoming meeting dates: October 7th, November 4th**

### **Coming In November - Just in time for the Holidays!**



Catalog fundraisers with Meadow Farms Fundraising, offers you sellers a diverse range of high-quality home goods, gourmet foods, and renowned name brands, ensuring a delightful selection for every taste. We pride ourselves on featuring popular brands and locally sourced products such as Kringle Candle, Gertrude Hawk, Harney & Sons, Stonewall Kitchen and Boston Coffee Cakes, alongside well-known favorites like Otis Spunkmeyer.

**More information Coming home in October**

# Ridge View Community School - Fall Festival

The PTO would like to invite you to our Fall Festival event on Friday, October 17th.

**Who:** Students in Pre-K/Head Start through 4th grade are invited to attend

this year's Fall Festivities with a responsible adult.

**What:** Game, crafts, BINGO, dancing and light refreshments

**When:** Friday, October 17th 5:30-7:00 PM

**Where:** Ridge View Community School



This is a great way to support our students, our school and have a fun family night out!

2025  
RVCS BOOSTERS  
PRESENTS:

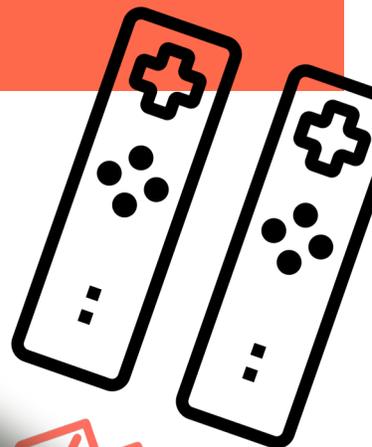
# ACTIVITY NIGHT

OCTOBER 24th

Come and play with friends!!  
Dodgeball, Dance Party,  
Crafts, Nintendo Switch  
Play, Robotics, Board Games  
and MORE!

GRADES 5-8

6:00-7:30



BRING MONEY FOR  
CONCESSIONS  
PIZZA, DRINKS AND  
SNACKS



3RD ANNUAL

RVCB Boosters

HOLIDAY

CRAFT FAIR



NOVEMBER

1st

9AM-2PM

RIDGEVIEW COMMUNITY SCHOOL  
FERN ROAD  
DEXTER, ME

For more information contact

[rvcboosterscraftfair@gmail.com](mailto:rvcboosterscraftfair@gmail.com)

Or

Scan the Code



**SAVE THE DATE**

 **SCHOLASTIC**



# **BOOK FAIR**

November 3<sup>RD</sup> TO November 7<sup>TH</sup>

Save the date!

Kids will have the opportunity to shop the book fair during school and stay tuned for our night Book fair time where families can come and shop too!

We will have the eWallet option again this year but will send out more information about how it works closer to our book fair.



K-Kids is a student-led service organization for elementary school students in grades K-4. The local Kiwanis Club of **Dexter** serves as the K-Kids sponsor. **Traci Taylor (Grade 1 Teacher)** will act as the K-Kids faculty advisor and will be in attendance at all K-Kids meetings. Meetings will be conducted **once a month** (most likely on the 2nd Wednesday) **after school** from **3:00-4:00** at **Ridge View Community School**.

**Parents/Guardians are responsible for picking up their child at 4:00.**

Members in the service organization are students who are interested in service to school and community.

The objectives of K-Kids are:

- To provide opportunities for working together in service to school and community,
- To develop leadership potential.
- To foster development of a strong moral character.
- To encourage loyalty to school, community, and nation.

If your child is interested in joining K-Kids please email Traci Taylor at [ttaylor@aos94.org](mailto:ttaylor@aos94.org) for more information.