

RIDGE VIEW COMMUNITY SCHOOL NEWSLETTER



NOVEMBER 2025

Reminders

Teacher Workshop Day- No School

There will be no school on Monday, November 10th. Teachers will be in workshops all day. Classes will resume on Wednesday November 12th.

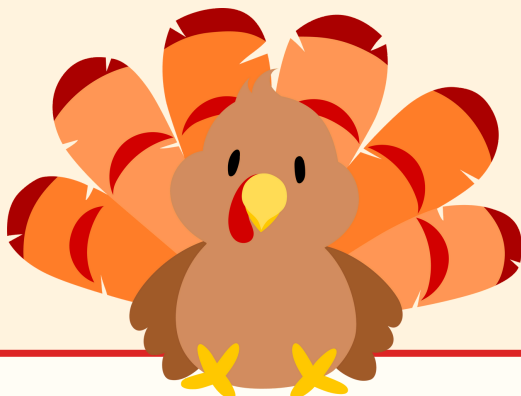
Veterans Day - No School

On Tuesday, November 11th, we celebrate Veteran's Day. There will be no school that day. Classes will resume Wednesday November 12th.



Thanksgiving Break

We will be on Thanksgiving Break on November 26th and will resume classes December 1st



School Board Meeting

The first Wednesday of each month
In the RVCS Gym at 6:00pm



PTO

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

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 the Office Staff

We ask that if there is going to be a change to a child's transportation for the day to please contact the office via phone or email before

1:15pm

Doing so will avoid us having to disrupt classes to have students come down to the office to get their bus or walker slips before dismissal.

7th Grade News

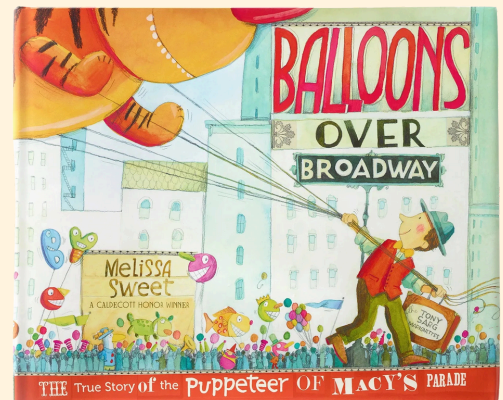
In seventh grade, we've learned about the invention of microscopes and how it changed scientific understanding of our world. We've also learned how to use compound light microscopes and cells, and are beginning our bacterial culture lab. We've been reviewing all operations with fractions, and are now studying proportional relationships. We've also finished up a narrative unit, and are currently working on reading *Freak the Mighty*. Please ask your child(ren) about what they're learning! They may not offer up a whole lot, but they definitely have things to talk about.

MINI OSOB FOR GRADE K-4

We're excited to share that K-4 Ridge View Students will once again be participating in a Mini One School, One Book event! This year's featured title is *Balloons Over Broadway* by Maine author Melissa Sweet, who lives in Portland with her family. The story tells the true tale of the puppeteer behind the famous Macy's Thanksgiving Day Parade.

Each family will receive a copy of the book along with some optional at-home activities designed to make reading together a fun and meaningful experience. We will run OSOB from Nov 3-7 with a Family Night full of creative and engaging activities inspired by the book on Thursday, November 13, 2025.

Keep an eye out for your child's book and activity material that will be coming home on Monday, November 3.



Positive Action Team



The Positive Action Team had a very busy October with Red Ribbon Week activities the week of Oct. 27-31. This included theme days, an assembly for kids in grades 6-8 and a fun lunch dance off for grades K-4. In addition, kids helped out at the Grandparents'

Day, put together Quit Kits encouraging and supporting middle school students to not use drugs and alcohol and supporting the DRHS Friday Night Lights Event. We are currently planning on our first fundraiser of the year to support our RVCS Holiday Program.

Mrs. Webber and a group of 8th grade girls will be attending the annual Trades for ME Conference at TCTC on November 20th. This is a hands-on program sponsored by New Ventures Maine and the University of Maine System which provides information about high paying jobs in the trades and jobs available here in the State of Maine, highlighting non-traditional trades for girls.



B.A.R.R



This week's B.A.R.R. (Building Assets Reducing Risks) U-Time lesson for both 3rd and 4th grades was titled, Looking for Kindness. The goal was for students to recognize that simple interactions can positively affect others. The students were encouraged to "look" at others through different lenses!



For the month of September, the 5th through 8th grade teachers recognized the following students as their Students of the Month:

5th Grade - Jameson Atwood

6th Grade - Heath Mountain

7th Grade - Grace Saunders

8th Grade - Chad Stanley

Each of them was allowed to choose a friend. We took all of them on a quick trip to Lakeshore for an ice cream treat. We are so proud of all of their hard work and positive influence on the Ridge View community!



Academic Excellence
and
Positive Effort and Growth
in 6th Grade



RVCS 6th Grade **Newsletter**

November 2025



English Language Arts (ELA) with Ms. Criss:

Over the past month, students have been focusing on character development through the popular novel *Harry Potter and the Sorcerer's Stone*. They worked in groups to explore different points of view, find text evidence, and even performed skits based on chapters. A highlight was experiencing the "sorting" into Hogwarts houses! To celebrate the unit, students will watch the *Harry Potter* movie, dress up as their favorite characters, and enjoy some treats from the book—all on Halloween. The students have really enjoyed this unit and are excited for the celebration!

Science with Mrs. Doherty:

In Science, our students are diving into Chemistry! We recently finished exploring Elements and the Periodic Table. Now, we're focusing on atoms—the tiny building blocks of everything around us. Students are learning about the three particles inside an atom: protons, neutrons, and electrons, including their charges and where they are located. In the coming days, they will use the Periodic Table to figure out how many protons, neutrons, and electrons each of the 118 elements contains. It's an exciting journey into the fundamentals of matter!

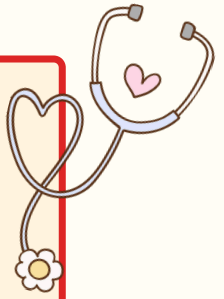
Social Studies with Mrs. Haskell:

In social studies, we've just finished our introduction to civilizations and have now begun exploring Ancient Egypt. Students are learning about the geography of the region, including the Nile River and the important "gifts" it provided to the Egyptians. Over the next few weeks, we'll continue diving into Ancient Egypt, culminating in a research project to showcase what they've learned.

Math with Mrs. Picariello:

In math class, students are excited to begin exploring ratios! We've connected this concept to aquaculture by comparing quantities of fish and plant life, making learning both fun and relevant. As the unit progresses, we'll dive into rates and unit prices to deepen their understanding of real-world math applications. Stay tuned for more.

Notes from Mrs. Greaves



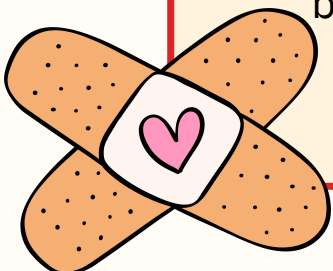
The holidays are already upon us. Before we know it, Thanksgiving will be here and then Christmas is right around the corner. A school board member, Heather Miller, will be gathering dinners for families in need. If your family is in need of a Thanksgiving dinner box, please reach out to me at cgreaves@aos94.org or 924-6000 ext 2213 by November 14th.

If you would like to sponsor a family's dinner box, please contact Heather directly at heathermiller0309@yahoo.com

The weather is certainly getting chilly! If your children are in need of winter gear, please reach out to the nurse's office. We have several winter coats and hats available from generous donors. When the snow arrives, we will have ski pants and boots as well.

Flu vaccine clinics will be held at RVCS and DRHS on Nov 19th and 20th. Forms have been sent home with all students. If your child did not bring home a form and you would like one, please contact me. If you would like your child to have a flu vaccine at school, please complete the form no later than November 4th.

Completed forms may be emailed to me at cgreaves@aos94.org. If you do not wish for your student to have the vaccine, their day will not be interrupted. Students that do not return forms will NOT be vaccinated. This is an optional vaccine offered at school as a convenience to parents.



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.

NOVEMBER 2025					MSAD #46 SCHOOL BREAKFAST MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Milk Choice 1% White 1% Chocolate	 			Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try outside of breakfast and lunch times, 3 days per week.					
3 BANANA BREAD FRUIT/JUICE MILK	4 FRENCH TOAST STICKS FRUIT/JUICE MILK	5 BREAKFAST PIZZA FRUIT/JUICE MILK	6 STRAWBERRY BAGEL FRUIT/JUICE MILK	7 BREAKFAST SANDWICH FRUIT/JUICE MILK					
10 TEACHER WORKSHOP NO SCHOOL	11 VETERANS DAY NO SCHOOL	12 CEREAL CRACKER FRUIT/JUICE MILK	13 SMOOTHIE CRACKER FRUIT/JUICE MILK	14 SCRAMBLED EGGS WITH CHEESE & BISCUIT FRUIT/JUICE MILK					
17 COCOA BREAD FRUIT/JUICE MILK	18 MUFFIN CHEESE STICK FRUIT/JUICE MILK	19 BREAKFAST SANDWICH FRUIT/JUICE MILK	20 CINNAMON BAGEL FRUIT/JUICE MILK	21 SCRAMBLED EGGS WITH CHEESE & PRETZEL/GOLDFISH FRUIT/JUICE MILK					
24 BLUEBERRY BREAD FRUIT/JUICE MILK	25 MINI MAPLE WAFFLE FRUIT/JUICE MILK	26 NO SCHOOL	27 THANKSGIVING NO SCHOOL	28 NO SCHOOL					



NOVEMBER 2025					MSAD #46 SCHOOL LUNCH MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Milk Choice 1% White 1% Chocolate SOMETIMES 1% STRAWBERRY Breakfast and lunch available to all students at no charge.				Fresh Fruit and Vegetable program offers fresh fruits and vegetables for students to try outside of breakfast and lunch times, 3 days per week.					
3 CHICKEN BURGER FRIES FRUIT & VEGETABLE BAR MILK	4 TACO SOUP BOSCO STICK FRUIT & VEGETABLE BAR WITH BEANS MILK DORITOS	5 TURKEY & CHEESE WRAP FRUIT & VEGETABLE BAR WITH BEANS MILK CRACKERS	6 CHICKEN & GRAVY RICE HOT VEGETABLE ROLL AND BUTTER FRUIT & VEGETABLE BAR MILK	7 PIZZA FRUIT & VEGETABLE BAR MILK					
10 TEACHER WORKSHOP NO SCHOOL	11 VETERANS DAY NO SCHOOL	12 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	13 BBQ PORK SANDWICH STEAMED CORN FRUIT & VEGETABLE BAR MILK	14 BREAKFAST CROISSANT W/HAM FRUIT & VEGETABLE BAR MILK					
17 CHICKEN BURGER TATER TOTS FRUIT & VEGETABLE BAR MILK	18 Mrs. Taylors Class Lunch Pick SPAGHETTI & MEATBALLS ROLL & BUTTER STEAMED PEAS FRUIT & VEGETABLE BAR WITH BEANS MILK	19 ORANGE CHICKEN RICE EGG ROLL FRUIT & VEGETABLE BAR WITH BEANS MILK	20 TURKEY & GRAVY MASHED POTATO HOT VEGETABLE ROLL & BUTTER FRUIT & VEGETABLE BAR MILK CRACKER	21 PIZZA FRUIT & VEGETABLE BAR MILK					
24 CHEESEBURGER FRIES FRUIT & VEGETABLE BAR MILK	25 MACARONI & CHEESE FISH STICKS FRUIT & VEGETABLE BAR WITH BEANS MILK	26 NO SCHOOL	27 HAPPY THANKSGIVING! NO SCHOOL	28 NO SCHOOL					

“This institution is an equal opportunity provider” Menu is subject to change without notice

What's New in School lunch?

This year we will have two drawings a month for classrooms to win the opportunity to choose a lunch meal and choose a day of Fresh Fruit and Vegetable choices.

This month's winners are:

Ms. Criss's 6th grade class for lunch

And

Ms. Regan's 5th grade class for FFVP

Ms. Criss's class will get to choose

The entrée of the day and the alternate choice of the day

1. One fruit choice
2. Two vegetable choices
3. Chocolate or strawberry milk

This meal will be served in December.



Ms. Regan's class will get to choose 2 fruits and 1 vegetable to be offered through the Fresh Fruit and Vegetable Program for one day in November.



JMG kicks off 2025–2026 School Year

JMG has finalized this year's Core roster of 7th and 8th graders and will soon be having their kick-off party. Core has also voted in their Leadership Team. First they created job descriptions that outlined the expectations of each role, and then candidates crafted presentations and speeches before being voted in by peers. We will be sharing the Leadership Team soon and you'll find them showcased in the hall outside Ms. Harrington's classroom.

JMG does more than collect bottles; we run multiple businesses throughout the school year and always appreciate the support of students and teachers! Running businesses helps JMG earn money, practice professionalism, learn innovation by testing out ideas, and practice entrepreneurship. Our very first business for teachers kicks off in November!

Last year JMG raised over \$1300. The money was dedicated to 4 purposes: sweatshirts for students, a \$450 engraved brick in the Dexter Beach Restoration project, an AWESOME year-end party held in Ms. Harrington's room, and money left behind in legacy for this year's Core team.

In November, Core will be going on a civic engagement field trip to volunteer at a local animal sanctuary. Core will also be judging this year's Red Ribbon Week door decorating contest. We cannot wait to see what you create!

This year, Core is focusing on elevating reputations by being impressive, achieving bigger goals with better teamwork, and encouraging ourselves (and others) that we can all be unstoppable.

Brookelyn VanAlstyne
[Scribe]



Unstoppable & impressive.
Be JMG.



©Jason Miczek Photography

Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

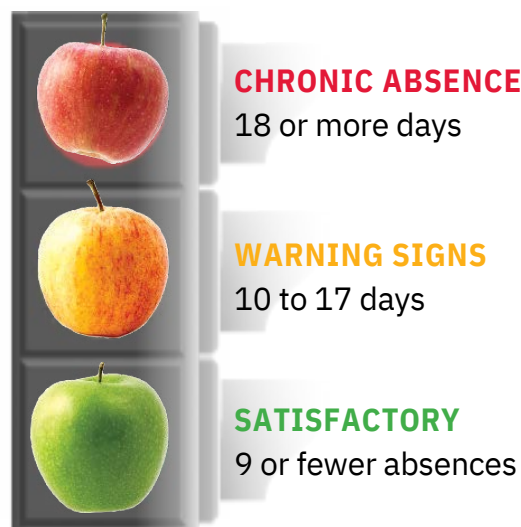
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have a contagious illness, call your school or health care provider for advice.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Revised April 2024

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!



Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-urgent related medical appointments during the school day.
- Keep your student healthy. If you are concerned about a contagious illness, call your school or health care provider.
- If your children must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

Help your teen stay engaged

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful after-school activities, including sports and clubs.
- Support your students if you notice signs of anxiety, and if needed, seek advice from your school or health provider.

Communicate with the school

- Know the school's attendance policy – incentives and penalties.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents, or community agencies if you need support.

Revised April 2024



Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

RVCS PTO

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



Fundraising Packets will go home on October 30th

Thanks in advance to all of our friends, family
and staff for supporting our students with your online catalog
purchases!

The funds raised will be used for experiential learning in the form of
field trips.

Fundraiser will start: November 1st

Fundraiser will end: November 15th

All purchases will be delivered directly to homes and should arrive
before the holidays!



The recent Fall Harvest Festival was a great success, especially with the support of
Mrs. Greaves, Mrs. Gudroe, the Dexter Regional High School Key Club students,
and all of our very important volunteers.

We hope all of those that attended had a great time, it sure looked like it!

Bake Sale

During the parent teacher conferences on November 5th & 6th the PTO will be hosting a
bake sale to raise money towards this year's field trips!

Join us for our upcoming PTO meetings on:

November 4th & December 2nd

Meetings are held in the school library at 3 pm

December upcoming events:

Ugly Sweater Contest

Ornament Sales

3RD ANNUAL

RCS Boosters

HOLIDAY CRAFT FAIR



NOVEMBER

1st

9AM-2PM

RIDGEVIEW COMMUNITY SCHOOL
FERN ROAD
DEXTER, ME

For more Information contact

rvcsboosterscraftfair@gmail.com

Or

Scan the Code





RIDGE VIEW COMMUNITY SCHOOL

BOOK FAIR

November 3rd - 7th

Students will have the opportunity to shop the book fair during school and can shop using the e-wallet option.

We will also be open during parent teacher conference nights November 5th and 6th to give you the opportunity to shop with your children.



RIDGE VIEW COMMUNITY SCHOOL

Holiday

Food Drive

Show how much
RVCS Cares & Shares

October - December

Join us in helping a community in need!

PRE-K - 4TH GRADE: COIN COLLECTION

GRADE 5: CANNED CORN

GRADE 6: CANNED GREEN BEANS

GRADE 7: CANNED PEAS

GRADE 8: CANNED CRANBERRY SAUCE





Ridge View Winter Concerts

Friday, December 12 2025

K-2 at 9 am

**3-5 with Beginner Band
at 1 pm**

Students should wear:
Dark bottoms and a
bright top.

If you wish, they may
wear holiday best, but it
is NOT required.

Students will NOT be allowed to wear hats or
accessories that will distract from the performance.
This includes antlers, Santa/elf hats, and anything
with flashing lights.



Parenting
can be a joy.



It can also be hard.

Everyone needs help sometimes,
and support is out there.

Be There for ME is a judgement-free place to start to find support with:

- Housing
- Transportation
- Getting Everyday Items
- Food
- Child Care
- Your Child's Health or Development
- Your Child's Feelings or Stress
- Being a New Parent or Caregiver
- Your Feelings or Stress
- Drugs or Alcohol
- Figuring Out What You Need



Find out more at: BeThereforME.org

Supporting Parents and Caregivers in Maine

BeThere for ME was developed by the Department of Health and Human Services and the Maine Child Welfare Action Network in partnership with a diverse group of parents and caregivers.



Don't forget to purchase the

RIDGE VIEW COMMUNITY SCHOOL

yearbook before the deadline!

To purchase your yearbook go to Treering.com →

Deadline:

Apr 23

To purchase your yearbook, use the QR code or:

Must be a parent or student 13 years or older

- 1 . Go to: treering.com/validate
- 2 . Enter your school's passcode:

1014210963304119

Regular price: **\$18.64**

*Does not include sales tax, if applicable

