Eddington School Newsletter

March 06, 2020

MENU FOR MARCH 9th through MARCH 13th

9th MONDAY – Whole Grain Chicken Nuggets, Brown Rice, Broccoli, Fruit, Milk
10th TUESDAY – Whole Grain Pancakes, Veggie Beans, Sausage Patty, Fruit, Milk
11th WEDNESDAY – Soft Shell Beef Tacos, Salsa, Corn, Fruit, Milk
12th THURSDAY – Whole Grain Cheese or Pepperoni Pizza, Baby Carrots, Whole Grain Trail Mix, Apple, Milk
13th FRIDAY – Hamburger on wg Roll, Cheese Slice, Potato Wedges, Fruit, Milk

Important Reminders:
March 16-April 4 MEA Tests (3rd & 4th graders)
March 13 - Early Release Day/End of 2nd Trimester
March 23-27 Eddington Book Fair
March 26 - School’s Spring Portrait Picture Day
March 27 PTG Pastries for Parents @ Eddington
March 27 Holden Play
April 20-24 Spring Break NO SCHOOL

GOLD SLIPS
Zoe Bowers, Toralyn Dualan, Nora Osborne, Jacquelyn West

TRA MATH
Lucas Laplante, Zoe Wallace, Ewan Purinton, Aubrey Junkins, Jacquelyn West, Steven Carr, Charlie Laverdiere, Maddie Malm, Haven Thurston, Raelene Wilson, Silas Wood, Ricky Norman, Hazel Purinton

LEXIA SUPERSTAR
Steven Carr, Frederick Churchard, Gavin Dunn, Emma Ford, Eli Foster, Lucille Garland, Leonidas Haines, Landon Lagrange, Rylan Russell, Lorelei Walsh, Jacob Glidden, Ewan Purinton, Eleanor Farrar

PRINCIPAL’s CORNER

BEST WISHES DEPUTY WATSON!

After five years of “keeping a watchful eye” over the children & adults at the Eddington School, Deputy Chris Watson will be moving into an office job within the Penobscot County Sheriff’s Department. We can’t begin to thank him enough for his presence at our school over the years. Friday morning the staff held a “Breakfast” thank you gathering and then we held him here for a time to recognize him at assembly. The grade levels presented him with thank you cards and self-illustrated books. The school also presented him with a “Fernwood” art piece of the school, making sure he will always hold our “palace of learning” in his mind at his new job. Best wishes Deputy Watson, you will be missed!!

Once again, the local Masonic Lodge (Daylight Seminary) will sponsor our “Read A-Thon” over the next few months. We encourage all students to participate whether reading books on their own or family members reading to them. The more you read the higher chances you have of winning a bike.

Reminders:
- MEA Tests (3rd & 4th): March 16- April 10
- Early Release Day/End of 2nd Trimester March 13
- PTG Pastries for Parents @ Eddington March 27
- Holden Play: March 27

Mr. Spencer

Please remember to read (or have them read to you) each night and practice their math facts daily.

** Last day of school as of 03/06/2020: June 16, 2020 (5 snow days to date)
ANIMAL SIGHT WORDS
Alivia Davis, Eli Foster, Adelia Sanders, Mason Vilasuso, Lorelei Walsh

WALT DISNEY WORLD SIGHT WORDS
Larry Young

RAZ-KIDS
Harrison Ouellette

Superstar Award
Freddie Churchard, Christian Damren, Jace Dupuis, Eli Foster, Lucy Garland, Gavin Ham, Briley Hughes, Landon Lagrange, Paxton Lander, Brielle Mitchell, Harrison Ouellette, Ava Roberts, Mason Vilasuso, Benjamin Kuhn, Anastasia Brooks

RAINBOW DOLCH SIGHT WORDS
Ryder Bowden, Lukas Brunson, Jude Buchanan, Connor Downs, Gavin Dunn, Emma Ford, Konner Kennedy, Hazel Purinton, Riley Quam, Silas Wood, Blake Woods

“BUS”TED SLIP-caught being great on a bus
Thomas Bloom, Isabelle Ford

WEEKLY NEWSLETTER INCENTIVE
Congratulations to **Jamila Issoufou** from **Mrs. Voci**’s class. His/her name was chosen from the returned newsletter incentive coupons. A gift was received from the office.

Newsletter Incentive Coupon

We appreciate you reading this newsletter. Please sign and return the coupon (or a signed note saying it has been read) by Thursday, March 19th.

MARCH BIRTHDAYS
Isabelle Ford
Sadie Grover
Toralyn Dualan
Lucas Laplante
Mikayla Ouellette
Zoe Wallace
March 11
March 12
March 16
March 20
March 22
Pre-K
First Grade
Kindergarten
First Grade
First Grade

5 Ways to Boost Your Immune System

1. **Get enough sleep.**
Children need between 10-14 hours of uninterrupted sleep. Your immune system is hard at work while you are sleeping! Parents, you need 7-9 hours.

2. **Eat more fruits and vegetables.**
Cut down on sugary drinks and snacks. Make room for nutrient rich foods.

3. **Play more**
Unstructured playtime is good exercise and relaxing. Stress can affect your white blood cell numbers and your ability to fight viruses and bacteria.

4. **Get out in the Sun**
Vitamin D3 is the sunshine vitamin and very important in immune health. Most folks who live in the north are deficient in D3.

5. **Wash your hands**
Make it a habit not to touch your face! Don’t give viruses and bacteria a free ride.

MEMORY BOOK ORDERS
Order Forms and Envelopes were sent home last week for Memory Books which will include our Pre-K through 1st Grade students along with the Holden School Students, Grades 2nd – 4th. Checks can be made to **Eddington School**.

Please return with payment by **MARCH 13, 2020** (not the date printed on the form, it is 2019)
Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don’t have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you’re setting an example for your children to follow.
HOLBROOK RECREATION SPRING SPORTS 2020

Holbrook Recreation once again will be offering Tee Ball & Farm League baseball programs this spring. We are excited to turn the corner to warmer weather, as we gear up for the upcoming baseball season. We are looking for volunteers and sponsors for both Tee Ball & Farm League, remember that these programs can’t run without your help! Registration can be found on our website at holbrookrec.com. Information on each program is as follows:

TEE BALL

Tee ball is an introduction to baseball for girls and boys ages 5-7 (age of child is prior to August 1, 2020) and is devoted to teaching fair play, sportsmanship fundamental skills and having fun. Tee Ball is just that, batters will hit off a tee, learn baserunning, fielding positions and many other skills. Tee Ball Fun nights (Holbrook School Gym) Will begin end of March. When tee ball starts its outside portion of the program it will run for 6 weeks on Saturday mornings at Holbrook School Field 9am – 10:15am. Projected outside start date for this Tee Ball is April 25, 2020.

FARM LEAGUE

Farm League is a developmental league next step up from Tee ball, which is designed to continue building on baseball fundamentals, sportsmanship and fair play. This league will be coach pitch and is an introduction to a more competitive environment with weekly games and playoffs at the end of the season. Farm league is for girls and boys ages 7-9 who may not be ready for Little League baseball and softball Minors program. (age of child is prior to August 1, 2020). Volunteer coaches and helpers are needed, if you want to coach a team please contact Tommy Smith – 944-3005 or thomassmith550@gmail.com

Inside portion, Farm League fun nights will begin end of March in the Holbrook School gym. Projected outside start date for Farm League will be middle of April depending on field conditions.

For registration and more program information please visit www.holbrookrec.com
2019 Novel Coronavirus (2019-nCoV) is a respiratory illness. It is caused by a coronavirus.

2019-nCoV cases are very rare in the United States and occur in people returning from Wuhan, China.

Common Signs and Symptoms

- Fever
- Cough
- Shortness of Breath and Trouble Breathing

Severe disease can cause pneumonia, kidney failure, and death.

If you have symptoms and traveled to Wuhan or had contact with an infected person, call your healthcare provider. Tell them your travel history and if you were around someone ill with 2019-nCoV.
The 8th Grade Class at Holbrook Middle is holding a Spaghetti Supper and Dessert & Silent Auction

Friday, March 13th from 5-8pm to raise money for end of year activities.

Admission will be by donation. Prizes will be awarded to the highest bidder.

EVERYONE IN OUR COMMUNITY IS WELCOME!

THANK YOU FOR YOUR SUPPORT!
The 8th Grade Class at Holbrook Middle is holding a **Spaghetti Supper and Dessert & Silent Auction**

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**THANK YOU FOR YOUR SUPPORT!**
February 20, 2020

‘Bikes for Books’ Program Announcement

Senary Hill Daylight (Masonic) Lodge #220 is again sponsoring a program called Bikes for Books in Holden and Eddington. Bikes for Books is a reading incentive program for all grades at the Holden Elementary School and Eddington Elementary sponsored by the fraternity of Freemasons of Maine (www.mainemasons.org).

This is how the program works: starting on March 1, for every book a child reads, they get a ticket to fill out and put into a drawing for a new bike. At a school assembly in late May we will draw one ticket for a boy and one for a girl from each class. The child whose name is on the ticket will win a new bike and helmet, so the more books they read, the more the better their chances to win. (Pre-K and Kindergarten students may count the books read to them by parents and teachers.)

For more information about Bikes for Books you can call James Oakes at 659-3949 or email him at jocko17_04468@yahoo.com.

We hope that this program will encourage a life-long reading habit and welcome your support.

Thank you,

James Oakes
Master, Seminary Hill Daylight Lodge #220
www.seminaryhilldaylightlodge.org
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Spread of 2019-nCoV

- The exact way the virus spread to people is not known. Early on in the outbreak, many patients had a link to a large seafood and animal market. This suggests animal-to-person spread.

- Limited person-to-person spread is occurring. It is not yet known how easily this virus spreads between people.

Prevention of 2019-nCoV for Travelers

Avoid contact with sick people.

Avoid animals (alive or dead) and animal products. This includes uncooked meat.

Wash your hands with soap and water.

Wash your hands for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. If you traveled to Wuhan and have the above symptoms, you should call your healthcare provider.

For More Information, Visit:

1. www.maine.gov/dhhs/coronavirus
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (U.S. CDC's Travelers' Health Page)

You can also call Maine CDC at 1-800-821-5821.
Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child’s day, they will practice it throughout their lives.

**Handwashing can prevent**

1 in 3 cases of diarrhea

1 in 5 respiratory infections, such as a cold or the flu

**Give frequent reminders**

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

**What if soap and water aren’t available?**

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

**Did you know?**

Baby wipes may make your hands look clean, but they’re not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.

Remember to make handwashing a healthy habit at home, school, and at play!
February 20, 2020

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Thank you,

James Oakes
Master, Semyary Hill Daylight Lodge #220
www.semiaryhilldaylightlodge.org