**MENU FOR MARCH 16TH through MARCH 19TH**

16th MONDAY – Whole Grain Chicken Nuggets, Mashed Potato, Fruit, Milk
17th TUESDAY – Whole Grain Pancakes, Veggie Beans, Sausage Patty, Fruit, Milk
18th WEDNESDAY – Whole Grain Toasted Cheese Sandwich, Cukes, Fruit, Milk
19th THURSDAY – Whole Grain Cheese or Pepperoni Pizza, Baby Carrots, Whole Grain Trail Mix, Apple, Milk

20th FRIDAY – NO SCHOOL – PROFESSIONAL DAY

**Important Reminders:**
March 16-April 4 MEA Tests (3rd & 4th graders)
March 23-27 Eddington Book Fair
April 20-24 Spring Break NO SCHOOL

**GOLD SLIPS**

Christian Damren, Gavin Ham, Maddie Malm, Jackson Gray, Rylan Russell, Addy Chase, Jaryn Bradley, Keagan Russell, Landon Lagrange, Ryder Bowden, Andy Garcia, Jacob Glidden, Aiden Sirois,

**XTRA MATH**
Ricky Norman, Gavin Dunn

**LEXIA SUPERSTAR**
Toralyn Dualan, Anastasia Brooks, Andrew Dougherty, Makaila Moser, Nick Fitch, Konner Kennedy,

**ANIMAL SIGHT WORDS**
Alex Halber, Emily Berube. Anastasia Brooks,

**WALT DISNEY WORLD SIGHT WORDS**
Exzavier Bush

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**PRINCIPAL’s CORNER**

**MEA’s Begin Next Week**

Our 3rd & 4th graders will begin the Maine Educational Assessments (MEA’s) next week. I wish to thank parents for your support over the next three weeks and know the students will do their very best.

Our 3rd & 4th grade actors/actresses are busy as it’s “crunch time” for the big performance in two weeks. I am looking forward to “Princess Who” and am sure all will go well.

The end of trimester is today and it’s hard to believe we start trimester 3 next week. The student’s progress reports will be sent home on March 23 and I encourage any parents who have concerns to reach out to your child’s teacher.

I am sure there will be plenty of green to be seen next Tuesday as we recognize one of my favorite days.

**MEA SCHEDULE NEXT WEEK:**

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<tr>
<th>MARCH 17</th>
<th>4TH AM</th>
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<tr>
<td>18</td>
<td>3RD AM</td>
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Mr. Spencer

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

**Last day of school:** June 16, 2020 (5 snow days to date)
Superstar Award
Mycah Qualey, Alex Halber

“BUS”TED FOR GOOD BEHAVIOR ON THE BUS
Kody Kennedy

RAINBOW DOLCH SIGHT WORDS
Aubrey Junkins, Konner Kennedy, Andy Garcia, Ryder Bowden, Jackie West, Ryder Bowden, Jackson Gray, Haven Thurston

WEEKLY NEWSLETTER INCENTIVE
Congratulations to Leonidas Haines 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
StudentName______________________________
Parent/GuardianSignature____________________

We appreciate you reading this newsletter. Please sign and return the coupon (or a signed note saying it has been read) by Thursday, March 26th.

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.

MARCH BIRTHDAYS
Toralyne Dualan                   March 16       Kindergarten
Lucas Laplante                   March 20       First Grade
Mikayla Ouellette               March 22       First Grade
Zoe Wallace                     March 22       First Grade
When should I keep my child home?

Please keep your child home if they experience the following:

Temperature of 100 degrees or higher (Your child is still contagious if you use tylenol or ibuprofen to decrease their temperature)
Difficulty breathing, congestion or wheezing
Vomiting
Diarrhea
Inflamed reddened eyes with or without drainage
Open, runny sores on the skin or mouth
Seizures, which differ from the child's normal seizure pattern
Persistent, uncontrollable crying
Unexplained rash

If your child develops these symptoms at school, you will be called to pick him/her up. We try very hard to limit the children's exposure to contagious diseases and appreciate your help with this.

**If your child is sick, we recommend that you:**

Stay home from school and other crowded places.
Wash your hands often and cough and sneeze into a tissue.
Get lots of rest and drink plenty of fluids.

**Return to school only when you're feeling better, no vomiting or diarrhea and you haven't had a fever (without using medication) for at least 24 hours.**
February 20, 2020

‘Bikes for Books’ Program Announcement

Seminary 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