

EDDINGTON SCHOOL NEWS

CALENDAR

**LUNCH
MENU**

ANNOUNCEMENTS

**STUDENT
RECOGNITION**

BIRTHDAYS

PRINCIPAL'S CORNER

CONTACT US


Click Here

CURRICULUM CORNER



Announcements



Eddington Elementary School Parents Page is on Facebook! Click the logo to visit & follow our page for school updates and info.

Dismissal: Please notify the office and your child's teacher of any dismissal changes before 2:00pm (except in cases of emergencies). This helps us get everyone home safely!

PTG Movie Night at the Holden School TONIGHT!

There will be a donation box for a "Picture with the Grinch" with all proceeds to benefit an RSU 63 staff member who is facing some unexpected medical news.

PreK-1st Grade



**pancake
breakfast**
for students

VOLUNTEERS & DONATIONS
WELCOME, PLEASE SIGN UP AT THE
LINKS BELOW IF YOU'RE INTERESTED!

FOR DONATIONS TO VOLUNTEER



Join Us in Our Mission

Remember ★ Honor ★ Teach



★ **December 16, 2023** ★

National Wreaths Across America Day

Join the Town of Eddington as they Honor Local Heroes!

At their Ceremony
December 16, 2023 at 12:00 Noon
at the Eddington Town Office
906 Main Road
Eddington, Maine

Just scan the QR code to your right with your smart phone camera to make a donation online.



#ServeAndSucceed

Our 2023 Holiday Concert was a HUGE success!!



CHRISTMAS PAJAMA
Party

Eddington School is inviting students to wear festive and cozy pajamas on the last day before vacation. Slip into your favorite PJs, (but come with appropriate footwear) and get ready for a day of holiday cheer and fun!

22 DECEMBER 2023

EAT | PLAY | DRINK | BE MERRY




LET'S GO! STRATEGY:
Limit Unhealthy Foods; Provide Healthy Choices

5

five or more fruits and vegetables

Snacks to Fuel Your Brain

Eating healthy, nutritious snacks fuels your brain and boosts your energy.



HEALTHY SNACK IDEAS

Try serving these vegetables raw with hummus, bean dips, or salad dressing:

- Baby carrots
- Celery sticks
- Cucumber slices
- Peppers – red, green or yellow
- Snap peas
- Green beans
- Cherry tomatoes
- Zucchini slices

- Snacks with nuts and low-fat dairy are full of lean proteins and healthy fats and give what a growing brain needs for learning.
- Snacks with whole grains provide a healthy form of energy.
- Snacking on fruits and vegetables along with low-fat milk and other dairy may lead to higher grades.
- Too much junk food has been shown to slow down learning.
- Snacking on unhealthy foods like potato chips, cookies, and candy is connected with childhood obesity.

TIP

To save money, buy fruit in season.

LET'S GO! STRATEGY:
Limit Unhealthy Foods; Provide Healthy Choices

5

five or more fruits and vegetables

HEALTHY SNACK IDEAS

Make a fruit salad or kabob with:

- Apples
- Bananas
- Berries
- Grapes
- Melon
- Oranges



Frozen and canned fruit are as healthy as fresh fruit—and cost less too.

Offer fruits in different ways:

- Unsweetened applesauce
- Dried fruit
- Canned fruit in 100% juice or water
- Frozen fruit avoid those with added sugar



TIP

Pack healthy snacks to grab & go!





Make snacks healthier by serving whole grains or low-fat dairy with fruits and vegetables:

- Whole grain muffins
- Whole grain crackers
- Baked tortilla chips
- Popcorn
- Nuts or nut butters
Children with nut allergies often like sunflower butter.
- Cheese sticks or cubes

Try making some of these quick and healthy snacks:

- Vegetable Sticks with Spread
Celery or carrot sticks topped with nut butter or cream cheese (add some raisins)
- Cottage Cheese or Yogurt with Fruit and Granola
Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- Mini Bagel with Spread
Try cream cheese, nut butter, or hummus.
- Chips and Salsa
Use whole grain baked pita chips or baked tortilla chips.
- Taco Roll-Up
Small whole wheat tortilla rolled with cheese, beans and salsa.
- Turkey Roll-Up
Turkey slice rolled up with cheese.

Drinks to go with healthy snacks:

- Water
- Milk
- Infused water
Just add fruit—berries, melons, citrus slices, kiwi, or vegetables like cucumber or celery, or fresh herb leaves (like mint or basil). Mix and match and let it sit for a few hours in the fridge to let the flavors blend.



PRINCIPAL'S CORNER

[Newsletter Incentive](#)



December 8, 2023

We have two weeks of school left before we start winter break. I can't tell who gets more excited between the staff and the students. Either way, it's going to be a well deserved break for everyone.

The Eddington School Winter Concert was a big hit once again. The students did a fantastic job. Mrs. Holsapple puts on the best concerts; we are incredibly fortunate to have her in our district—great job to everyone!

The first trimester ends today, Friday, December 8, and progress reports will be sent home on December 18th.

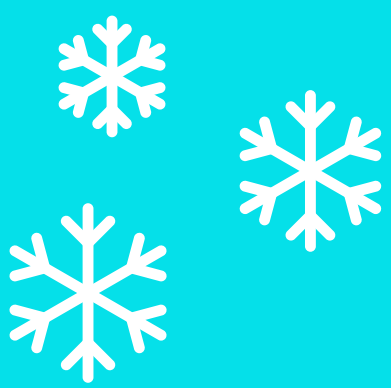
Parents, please make sure that your child is dressed for the weather. We saw our first significant snowfall of the year, and if students want to play in the snow, they need to have snow pants, boots, mittens, and a coat.

The PTG will host a movie tonight at the Holden School at 6:30 p.m; please arrive early to check out the Gardens Aglow at 5:30 p.m. (sponsored by the Holden Garden Club). This week's secret word for reading the newsletter is: Santa.

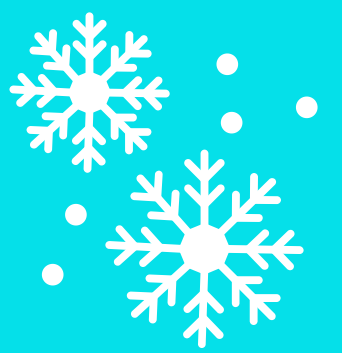
Keep practicing those math facts and read to your child each night!!

Mr. Baker





DECEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Winter Concert 2:00 p.m.	8 Early Release at 12:00 noon	9
10	11	12	13	14	15 PROGRESS REPORTS SENT HOME	16
17	18	19	20	21	22 Pancake Breakfast for ALL Students!	23
24	25	26	27	28	29	30
VACATION - NO SCHOOL - ALL WEEK						

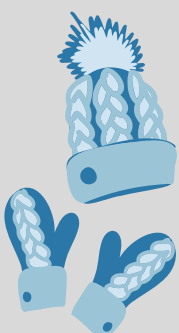
PTG Holiday
Movie Night at
Holden School
Dec. 8 @ 6:30 pm



JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY new YEAR NO SCHOOL	2	3	4	5	6
7	8	9	10	11	12	13
14	15 HOLIDAY NO SCHOOL	16	17	18	19	20
21	22 School Board Mtg. 6:30 pm at Eddington School	23	24	25	26	27
28	29	30	31			



- 2023 -

DECEMBER

EDDINGTON ELEMENTARY SCHOOL

At this time, lunch and
breakfast continues to be
FREE for all students.

*WG = Whole Grain

MONDAY

4

Chicken Strips
Brown Rice
Carrots
Applesauce
Milk

11

Tomato Soup
Ham & Cheese
Sandwich on WG Bread
Tropical Fruit Mix
Milk

18

WG Fish Sticks
Broccoli
Applesauce
Milk

25

TUESDAY

5

Egg Patty
½ WG Bagel
Sausage Patty
Vege. Baked Beans
Pears
Milk

12

French Toast Sticks
Sausage Patty
Vege. Baked Beans
Peaches
Milk

19

WG Pancakes
Sausage Patty
Vege. Baked Beans
Fruit Cocktail
Milk

26

WEDNESDAY

6

Tuna Noodle
Casserole with
WG Egg Noodles
Broccoli
Pineapple Chunks
Milk

13

WG Macaroni & Cheese
Hot Dog
Broccoli
Pears
Milk

20

WG Pasta with
Meat Sauce
Green Beans
Pears
Milk

27

THURSDAY

7

Pepperoni or
Cheese WG Pizza
Baby Carrots
Apple
Milk

14

Pepperoni or
Cheese WG Pizza
Baby Carrots
Apple
Milk

21

Pepperoni or
Cheese WG Pizza
Baby Carrots
Apple
Milk

28

FRIDAY

1

WG Soft Shell Tacos
Cheddar Cheese,
Corn, Salsa
Applesauce
Milk

8

WG Chicken Nuggets
Tater Tots
Banana
Milk

*Early Release Day

15

Hamburger on
WG Roll
Oven Fries
Grapes
Milk

22

Chicken Tender on
WG Roll
Tater Tots
Fruit Cocktail
Milk

29

VACATION – NO SCHOOL ALL WEEK

HAPPY BIRTHDAY

Peyton Lowery
Graham Nason
Jordy Somasundrea
Tanner Perry
Sophia Garland
Elijah Leathers
Isabelle Gerrish
Dominic Jones
Lucy Laverdiere
Brynn Hanscom
Gavin Deprey
Griffin Deprey
Mackenzie Cangelosi
Madison Cangelosi

Dec. 1
Dec. 1
Dec. 4
Dec. 4
Dec. 9
Dec. 13
Dec. 16
Dec. 18
Dec. 18
Dec. 20
Dec. 23
Dec. 23
Dec. 29
Dec. 29

1st Grade
PreK
Kindergarten
Kindergarten
Kindergarten
1st Grade
PreK
1st Grade
Kindergarten
Kindergarten
Kindergarten
Kindergarten
Kindergarten





GOLD SLIPS



Madison Cangelosi
Oliver Farricker
London Haskell
Avaree Kennedy
Lucy Laverdiere
Kohlson Lockhart
Vivian Mitchell
Gavin Rogers
Olive Sekera-Andersen



NEWSLETTER INCENTIVE



Last week's newsletter incentive winner is Violet Shellhamer from
Mrs. Perry's class!

Don't forget to click the incentive link in the Principal's Corner to enter!





EAGLET WINNERS



Mrs. Alley's Class
Mason Walton

Mrs. Blake's Class
Lucas Hardy

Mrs. DeRoche's Class
Maverick Wyman

Miss Geiser's Class
MJ Ford

Mrs. Linscott's Class
Aubrey Nadeau

Mrs. Perry's Class
Gracie Hawes



CURRICULUM CORNER



Welcome to the Curriculum Corner,

Teachers have been working hard on Curriculum Maps that will be completed by the end of the school year. They will then be available on our District Website along with a Scope and Sequence so you can see what topic your child(ren) is learning and when.

I recently received a great one pager on Dyslexia that I wanted to share. We are required to have a screener for our students. We will, by the end of the year, be using DIBELS 8 as our screening tool. This will be administered to students 3 times a year.

Thank you!

Tina Dumond

Director of Curriculum and Instruction

Gifted and Talented Administrator

McKinney-Vento Liaison

RSU #63

kumond@rsu63.org (207)843-7769 ext.129

Dyslexia

- is real.**
It's a learning difference that makes reading difficult. It often runs in families. Researchers have been studying dyslexia for more than 100 years.
- is common.**
Some experts say 5 to 10 percent of people have dyslexia. Other say as many as 17 percent show signs of it.
- is lifelong.**
With the right support, people with dyslexia can get better at reading. Many thriving adults with dyslexia say it helped them be more creative and resilient.

Trouble areas

- Sounding out written words
- Recognizing common words in text
- Spelling
- Reading accurately and smoothly
- Understanding what's read
- Writing
- Rhyming
- Solving word problems in math
- Learning a foreign language

Ways to help

1. Step-by-step instructions on the basics of reading, with each concept mastered before moving on
2. Different ways for people to show what they know, like speaking rather than doing a written report
3. Technology like audiobooks and text-to-speech to level the playing field

Dyslexia isn't a problem of intelligence, laziness, vision, or reading letters backwards.

Understood

© 2018 Understood for All, Inc.

CONTACT INFORMATION

EDDINGTON SCHOOL

843-6010

VISIT YOUR CLASSROOM'S FAMILY WEBPAGE!

PRE-K

KINDERGARTEN

1ST GRADE



STAFF EMAILS

Front Office

Mrs. Smith: kjsmith@rsu63.org

Mr. Baker: tbaker@rsu63.org

Nurse Bickford: dbickford@rsu63.org

Classroom Teachers

Pre-K:

Ms. Leland: aleland@rsu63.org

Kindergarten:

Mrs. Alley: jalley@rsu63.org

Mrs. DeRoche: bderoche@rsu63.org

Ms. Linscott: klinscott@rsu63.org

First Grade:

Mrs. Blake: sblake@rsu63.org

Miss Geiser: jgeiser@rsu63.org

Mrs. Perry: aperry@rsu63.org

Additional Services

Mrs. Haines: vhaines@rsu63.org

Speech Therapy: ssalley@rsu63.org

Occupational Therapy: hfooster@rsu63.org

Literacy Intervention: astickle@rsu63.org

Specialists

Art: hallen@rsu63.org

PE: msagehorn@rsu63.org

Music: sholsapple@rsu63.org

Spanish: mnorris@rsu63.org

Library: ablais@rsu63.org

School Counselor: lmoulton@rsu63.org

