

# Buck Bulletin

News and Information from Bucksport Middle School



### New Website

BMS has a new website - [bms.rsu25.org](http://bms.rsu25.org). Be sure to check it out and add it to your bookmarks.



### Gym Project Almost Finished

The replacement of the gym floor is almost complete. The new concrete slab has been poured and is curing. Once it is cured, the new WOOD floor will go down. We appreciate the community's support of this project.

## Welcome to Bucksport Middle School!

All students will receive t-shirts next week they can proudly wear to our school assemblies as part of the BMS team

Our first Bucks P.R.I.D.E. assembly of the year will be on Friday, September 20th. Bucks P.R.I.D.E stands for "Personal Responsibility In Daily Efforts". We use our Bucks P.R.I.D.E. assemblies to recognize all of the positive contributions our students make to our school and have a lot of fun!

### UPCOMING EVENTS

- 9/16-9/27 NWEA Testing
- 9/24 Instrument Rental Night 5:30
- 9/24 Macbook Training for 7th Grade
- 9/26 Macbook Training for 8th Grade

### HOME SPORTS

- 9/16 'A' Soccer, 3:30
- 9/17 Girls B Soccer, 3:30
- 9/18 'A' Soccer, 3:30
- 9/19 XC, 4:15
- 9/23 Girls Soccer, 3:30
- 9/26 Girls B Soccer, 3:30

### FYI

The late bus will start on Tuesday, 9/17. Students can ride the late bus Tuesday-Thursday with parent and teacher permission. Buses depart BMS at 4:00pm.

## Helping Hands for Students and Families

### School-based Counseling Services Available For RSU 25 Students

Bucksport Regional Health Center (BRHC) and RSU 25 are working together to provide school-based clinical counseling services to students at all RSU 25 schools. BRHC has a variety of clinical providers available to provide short-term, solution-focused counseling to address a variety of concerns or issues. BRHC clinicians are able to meet with students at school, so parents don't need to figure out how to get them to appointments. Students are not required to be current patients of BRHC in order to receive services. If you are interested or have questions about these counseling services, please contact Kathy Bonolo at BRHC at 902-1641 or Bucksport Middle School Counselor Stan Pelletier at 469-6647 to find out more or make a referral.

### Food Assistance at BMS

BMS will be distributing food donations to students and families in need to take home over vacations and weekends during the school year. We hope to have a steady supply of non-perishable food items to assist students and

families experiencing food insecurity. If you would like your student/family to be considered for receiving supplemental food aid as it is available, please contact Principal Todd West [[todd.west@rsu25.org](mailto:todd.west@rsu25.org)] or School Counselor Stan Pelletier [[stan.pelletier@rsu25.org](mailto:stan.pelletier@rsu25.org)] by email or by calling 469-6647.

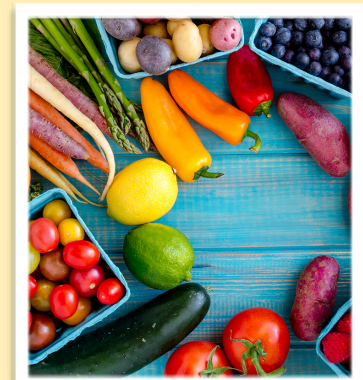
### Students, We Don't Want to Miss You!

Regular, consistent attendance plays a huge role in students' academic success at all grade levels. Families play a key part in ensuring that students get to school safely each day and understand why being in school is so important for success in school and eventually in the world of work. Included in this newsletter are some attendance facts and tips for parents and caregivers in English and Spanish. You can also go to the Attendance Works website at [www.attendanceworks.org](http://www.attendanceworks.org). For information about when our School Nurses think students should stay home, please check the "illness/absences" section of their welcome letter.

### FRESH FRUITS AND VEGETABLES AVAILABLE AT SNACK

BMS has received a Fresh Fruit and Vegetable Program grant from the Maine Department of Education. The grant will allow BMS to provide healthy fruit and vegetable trays for morning snack to all BMS students, free of charge!

The program benefits students by increasing children's knowledge of a variety of fruits and vegetables, increases consumption of fresh fruits and vegetables among students, and allows students to experience new and unfamiliar fruits and vegetables.



# SCHOOL NURSE NEWSLETTER

compassionate  
temperature taker  
head lice checker  
*curer of headaches*  
**SCHOOL NURSE**  
tender loving care  
stomachache expert  
keeper & giver of medicine  
vision & hearing screener  
**Indispensable**

Dear Parents and Guardians:

The school nurses for RSU 25 would like to extend a warm welcome to all students and their parents/guardians. We are looking forward to working with you and your children at Middle School during the 2019-2020 school year. To ensure your child's health and safety we would like to share a few items with you.

**HEALTH CONCERNS:** Please inform your school nurse of any severe allergies, surgeries, accidents, or new health problems that occurred during the summer months or which may occur during the school year. Clear communication on orders to follow, allows for better care of your child. Individual Health Plans will be mailed out to some students. Please sign and return to school as soon as possible.

**MEDICATIONS:** NO child is to take or carry PRESCRIPTION OR OVER THE COUNTER MEDICATIONS to school. All medication must be in the original prescription bottle and must be brought in by parent or guardian. If a child, by order of a physician, must receive medications in school longer than two weeks, a provider's signature must be obtained. This form along with the prescribed medication in its original container must be brought to school by the parent/guardian. All medication MUST be administered in the nurse's' clinic. If you administer medication to your child before he/she comes to school, which could affect their performance, please send in a note to the teacher. New medication should be trialed a day at home first prior to coming to school. Permission for over the counter medication forms have been sent home and will need to be completed prior to your child receiving any over the counter medications at school

**ILLNESS/ABSENCES:** Please contact the school office in the morning if your child is to be absent and inform them why he/she will not be attending. If your child has been ill, he/she should be free of a temperature for 24 hours before returning to school without the use of tylenol or ibuprofen. If your child gets placed on antibiotics, they must be on antibiotics for a full 24 hours before returning to school. Please encourage frequent hand washing as it is the number one prevention for spreading germs!

**LICE:** Lice is common in every school every year. Our policy states we are not nit free but will send a child home if we find live lice. We ask you do one treatment prior to sending your child back to school. We are happy to give advice on prevention and treatment of lice.

We would love to see you. Stop by the clinic with any questions or concerns - or a friendly hello!

Best,

Jinger Pepin, RN & Lorraine Lugdon, RN



Advancing Student Success By Reducing Chronic Absence

[www.attendanceworks.org](http://www.attendanceworks.org)

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

*Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely 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.
- 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 potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

### WHAT YOU CAN DO

#### Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

#### Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if 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 meaningful afterschool activities, including sports and clubs.

#### Communicate with the school

- Know the school's attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.





Advancing Student Success By Reducing Chronic Absence

[www.attendanceworks.org](http://www.attendanceworks.org)

## Ponga atención a la Asistencia Escolar: Mantenga a su hijo por el buen camino en la Secundaria y la Preparatoria

*La asistencia escolar tiene un gran impacto en el éxito académico de un estudiante. Aún cuando los niños crecen y se vuelven más independientes, las familias siguen jugando un rol clave en asegurarse que asistan diariamente a la escuela, porque la asistencia es importante para el éxito escolar y en el trabajo.*

### ¿Sabía usted que...?

- Los estudiantes no deberían faltar más de 9 días a la escuela durante el año escolar, para permanecer motivados y exitosos.
- Las ausencias pueden indicar que el estudiante pierde interés en la escuela, tiene problemas con el trabajo escolar, está siendo acosado por otro estudiante o enfrenta algún otro problema.
- En el sexto grado, el ausentismo es un indicador de que el estudiante pudiera abandonar la secundaria.
- En el noveno grado, la buena asistencia escolar es mejor pronóstico para los índices de graduación, que los resultados de los exámenes del octavo grado.
- Faltar a la escuela un 10% o alrededor de 18 días durante el año escolar, puede afectar el éxito académico.
- Se considera ausencia crónica si el estudiante falta uno o dos días en varias semanas.
- La asistencia escolar es un hábito de vida importante que ayudará a su hijo a graduarse de la Universidad y a mantener un empleo.

### ¿Qué puede hacer usted?

#### **Hacer que la asistencia escolar sea una prioridad**

- Hable sobre la importancia de ir a la escuela todos los días, haga que se convierta en una expectativa.
- Ayude a sus hijos a mantener rutinas diarias, como terminar la tarea y dormir bien por la noche.
- Trate de no programar citas con el dentista y el médico durante el día escolar.
- No deje a su hijo en casa a menos que realmente esté enfermo. Las quejas de dolores de cabeza o de estómago pueden ser signos de ansiedad.

#### **Ayude a su adolescente a estar involucrado.**

- Averigüe si su hijo se siente motivado por sus clases y profesores y si se siente a salvo del acoso de estudiantes y de otras amenazas. Asegúrese que no está perdiendo clases debido a una mala conducta. Si tiene cualquiera de estos problemas, trabaje con personal de la escuela.
- Manténgase al tanto de su progreso académico y busque la ayuda de maestros o tutores si es necesario.
- Manténgase al tanto de los contactos sociales de su hijo. La presión de grupo puede llevarlo a faltar a la escuela.
- Fomente actividades relevantes después de la escuela, incluyendo deportes y clubes.

#### **Comuníquese con la escuela**

- Conozca las reglas de asistencia de la escuela - incentivos y sanciones.
- Hable con los maestros si nota algún cambio repentino en el comportamiento de su hijo.
- Verifique la asistencia de su hijo para asegurarse que las ausencias no se están acumulando.
- Pida ayuda a las autoridades escolares, recurra a programas después de clases, otros padres o agencias de la comunidad, si está teniendo problemas para conseguir que su hijo vaya a la escuela.