



Medomak Valley High School

Panther Pride Newsletter

September 8, 2017

Andrew J. Cavanaugh, Principal

Linda M.D. Pease, Asst. Principal

Tamra S. Philbrook, Asst. Principal

Matthew J. Lash, Athletic Director

Upcoming Events

Friday, September 8:

Golf Home Meet w/Oceanside 3:30

Cross Country Meet at Belfast 4:00

Varsity Football Home Game w/Waterville 7:00

Monday, September 11:

Golf Meet at Lincoln Academy 3:30

JV Football Game TBD 4:00

Tuesday, September 12:

Girls Soccer Game at Maranacook JV: 4:00 Var: 6:00

Boys Soccer Home Game w/Maranacook 3:30

Wednesday, September 13:

Golf Meet w/Mt. View 3:30

Thursday, September 14:

Friday, September 15:

Cross Country Homecoming Invitational 4:00

Varsity Football Home Game w/Gorham 7:00

Saturday, September 16:

Boys Soccer Home Game w/LA JV: 11:00 Var: 3:00

Girls Soccer Home Game w/LA JV: 9:00 Var: 1:00

Early Release Day

Wed. Sept. 13,
MVHS dismisses at 11:50.

MVHS Open House

Sept. 20, 6-7:30

Watch for details!

Picture Day

Thursday, Sept. 21

Orders can be brought to the
photographer or done on line.

Our Comprehensive Planning Team is happy to share our DRAFT Comprehensive Plan for your review and feedback. You can access the draft plan and the feedback form on our district website at www.msad40.org. We appreciate your thoughtful feedback!

Bus Notes

When a student wants to get off at a stop other than their usual stop, a note from home is required.

Students should bring the note to the office to be stamped and signed.

Visit the Medomak Valley High School website at

<http://www.msad40.org/schools/mvhs>

Please submit news items to be published in the

MVHS newsletter via e-mail to

lisa_gunn@msad40.org by Wednesday morning

for Thursday publication.

Free and Reduced Lunch Application

Please fill out the free and reduced meal application as soon as possible and send it back to your child's school for processing. Only one application is needed per household. Make sure the application is complete. Incomplete applications will slow down the process. A new application must be made out each year. Make sure you fill out the SY 2018 application.

If your child attended school in a different district last year and received free meals, please do not assume he or she will be receiving free meals at RSU 40. I have no way of knowing if a child should be receiving free or reduced meals unless the child's name is on the state's Direct Certification list or I have received a completed application. MaineCare is not a qualifier.

A-la-carte milk is \$.50. Students who take a milk with their cold lunch will be charged \$.50 even if he or she normally receives a free meal. A student who receives free meals may only have a free milk if he or she takes the schools breakfast or lunch.

If you need help with the application, please contact me at 785-2277 ext 241

MVHS Spirit Week 2017 September 11-15

Mon 11th- Patriotic Day in support of Texas Flood Victims.

**Red, white, and blue colors for America and Texas
Participation count during PAT.**

**Tues 12th- Athletes and Mathletes Day
Dress as athletes or scholars. Parade during Last 20 min
of 1st Period in Gym.**

**Wed 13th- Wacky and/or Formal Day
Mismatch, crazy hair, funky socks, or your best formals.
Participation count during PAT.**

**Thur. 14th- Costume, Twin, and Duo Day
Parade during PAT**

**Fri. 15th-Blue/Gold Day
Pep Rally 4th period**

5pm- Class Float Parade. The theme is Panther Pride.

Bonfire after Football Game 9:30-10:30pm

MVHS' Homecoming Dance is Saturday 7pm-10pm.

PAWS for Texas

Medomak Valley High School will be raising money to help with the recovery efforts in Texas.

Students will be able to purchase Paws for \$1. Students will be able to put names, messages of hope, or drawings on the Paws. The Paws will then be hung up in the Cafeteria.

We would like to raise \$1,000, and will be putting up a fundraising chart to track our progress.

Please help us show the hurricane victims that the Panthers of Medomak Valley are rooting for them by purchasing a Paw for Texas!

The Homecoming Dance Saturday, September 16, 7-10 MVHS Cafeteria.

Admission is \$3 each

Guests under the age of 21 are welcome with prior approval from Administration. Guest forms are available in the Main Office or in the PASS room.

Homecoming King and Queen sign ups are in the Main Office. The deadline for signing up for King and Queen and for outside guests is Wednesday, September 13.

RSU 40 FLU SHOT CLINICS



Provided by Hannaford Pharmacy

When & Where

Medomak Middle School	Oct 3 rd Tuesday	11 am - 4:30 pm
Medomak Valley High School	Oct 4 th Wednesday	11 am-4:30 pm
Miller School	Oct 5 th Thursday	11 am-4:30 pm
Prescott Memorial School	Oct 10 th Tuesday	1 pm-4:30 pm
Warren Community School	Oct 11 th Wednesday	11 am-4:30 pm
Friendship Village School	Oct 12 th Thursday	1 pm-4:30 pm
Union Elementary School	Oct 19 th Thursday	1 pm-4:30 pm

Cost

Most major insurances accepted.

Cost is \$20.85 without insurance.

For Whom

Students, age 7 through 18

RSU 40 Employees

Families of RSU 40 & Community (after school hours)

Sign Up

For staff and family members – no need to sign up but it is appreciated if you let the Health Office or school secretary know in advance.

For students – the consent form must be turned in, with your insurance information, prior to the clinic date.

What To Bring With You That Day

Your insurance information/card.

News from the Health Office
September 8, 2017

Welcome Back!

We hope that everyone has had a wonderful summer. It is hard to believe that we are already back in school. Each week, the RSU 40 Health Office will provide helpful tips on staying active, healthy living/eating and staying safe. With the new school year upon us, we'd like to set parameters for when a child should be sent to school when they are not feeling well. Some parents have asked for guidelines in making this decision, so we thought it wise to let you know of conditions when it would be best for a child to not attend school.

Please keep your child home if she/he exhibits one or more of the following symptoms:

- *Fever: A temperature of 100.6 degrees F or higher (taken orally). A child should be "fever free" for 24 hours without the use of Tylenol or Motrin.
- *Diarrhea: Watery, foul smelling, runny and/or bloody stools.
- *Vomiting: One or more times in the last 24-hour period.
- *Sore throat: With vomiting, earache or irritability accompanied by a fever.
- *Nasal Discharge: Runny, yellowish-greenish mucous accompanied by fever, vomiting, or diarrhea.
- *"Pinkeye": Greenish, yellowish drainage and inflammation of the conjunctiva (white) of the eye.
- *Rash: An unexplained rash with fever or behavioral change. A child can return to school if a physician has determined the illness is not communicable and a fever is gone.
- *Strep throat/Impetigo and other bacterial infections requiring antibiotics:
Discuss with your physician when it is appropriate to return to school.

Children with the above symptoms cannot comfortably participate in program activities and they unnecessarily expose others to their illnesses. They should stay home for at least 24 hours before returning to school. If you believe your child is too sick to go out to recess, then she/he is probably too sick to attend school.

Please encourage your child to wash hands before eating, after using the bathroom, and after sneezing or blowing her/his nose.

By using these few guidelines we can all stay a little healthier.