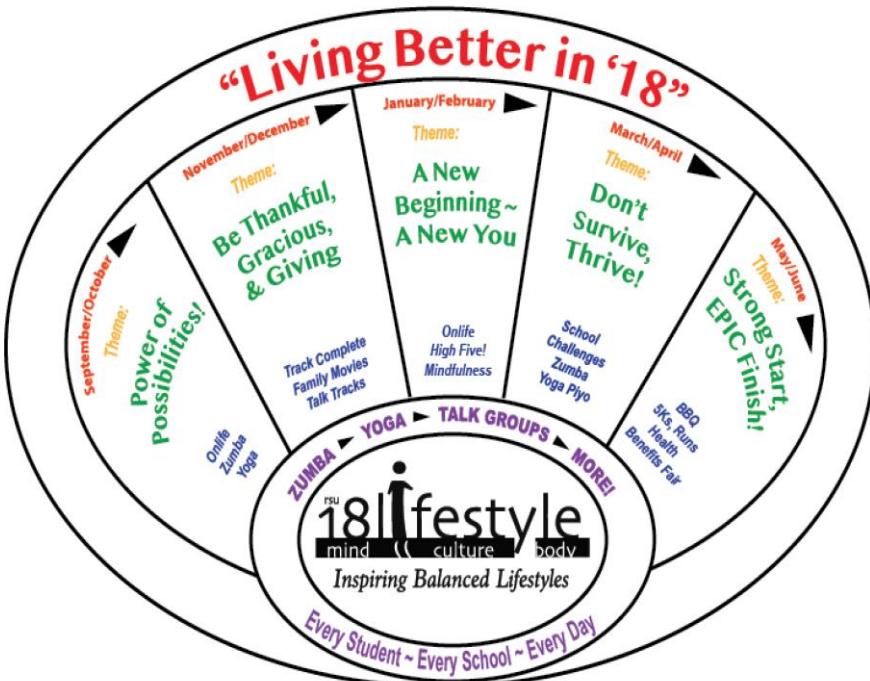




Fall 2018 Parent Healthy News

From the RSU #18 Lifestyle Team



Coming Soon!



The Polar Express Movie
Messalonskee High School
Performing Art Center

Friday, December 7th
6-8 pm

Mark the date in your calendar

Bring your children in their PJ's to enjoy this wonderful animated movie.

Hot Chocolate and Cookies provided at intermission.

More information to come soon from the RSU #18 Lifestyle Team



Enjoy the Bountiful Fruits and Vegetables as many of our school gardens and local farms have harvested their fall crops.



Something New –
Growing Rice at Messalonskee Middle School



**Let's Go! Family Fun
Activity Day**

Quarry Road Fall Festival

Saturday, November 3rd

10:00 am to 1:00 pm

**Quarry Road Recreational Area
Waterville, Maine**

Family-friendly activities will include trail walks, pumpkin bowling, apple slinging, bean bag toss, face painting, and more.

 **Northern Light Health
Inland Hospital**



Come Join!

The Messalonskee High School Family

**Annual Free Thanksgiving Dinner
Thursday, November 22nd
Starting at 11:00 AM**

Location - Messalonskee High School Cafeteria

Delivery Available

Volunteers for dinner and delivery are always welcome!

More information will be available soon.

November is –

National Family Literacy Month



National Family Literacy Month brings families together to continue the tradition of reading as a family.

Here are some helpful hints to promote family literacy.

- Set aside time each day for reading with your children.
- Visit your local library
- Have books easily accessible around your home
- Read the book version of your child's favorite movie.

November is -

National Family Stories Month

With Thanksgiving just around the corner, many of us will be reconnecting with family members and listening to old family stories. All the stories that get passed around give us an opportunity to learn about our family traditions and heritage. Traditions make us feel connected.

Some ideas to keep traditions alive are;

1. Collect old family recipes to pass down to future generations.
2. Listen to stories of family events and traditions
3. Read a book aloud about a story of your families' heritage.
4. Learned where your ancestors came from.

"Painting A Brighter Future" Grant



Thank you to **True Value Foundation** and our local **True Value Retailer Campbell's Agway True Value in Winslow** for the 30 gallons of paint to brighten Williams Elementary School. The paint has revitalized our learning environments with the help of teachers and volunteers. Special Thanks to manager Jon Smith for all his help in securing the grant for WES.

New Grant Award Updates

Maine Ag in the Classroom Garden and Greenhouse Grant- \$ 3,000 WES to start a new garden

Oak Grove Foundation –\$3,950 written by Sylvia Jadcak for the PAC stage curtain, Health Library resources & Fast Break Café. \$2,000 written by Pam Rhein for the music program.

Mid-Maine Substance Abuse Coalition – Drug Free Communities – To conduct activities that focus on substance abuse Prevention at CMS - \$500, MMS - \$1,500 & MHS \$1,500

Onion Foundation – \$700 each for JHB, CPS, CMS - Bring an author to read and discuss books with the students. Written by Kate Bailey and Sonia Boudreau

Poland Spring 207 – ATW – for the Reading Gardens and Orchard. \$5,000