

Calais Elementary School

Calais, ME 04619

Phone: (207) 454-2000 Fax: (207) 454-2708

November 1, 2019

REMEMBER TIME ROLLS BACK THIS SATURDAY NIGHT

Parent/teacher conferences are next Thursday night November 7th from 3-6PM. For an appointment please call Betsy at the office. While you're in for conferences, please check the lost and found table in the hallway. If you think it belongs to your child, it probably does.

The annual book fair will be starting next week and will run from Monday the 4th through the 12th. The fair will run during school hours and will be open during parent/teacher conference. Please come and get your picture taken with Clifford from 5 pm-6pm.

Picture retakes will be on November 19

A reminder that the school fundraiser will end on November 5th. Thank you to all of those who have ordered and helped sell stuff.

The November menu is attached.

Please find information on lice attached. None of us want our student to get lice. If you need any support please let me know.

The 2nd Annual Addison Coty Memorial Turkey Trot 5 K will be on November 15th. Please find attached more information.

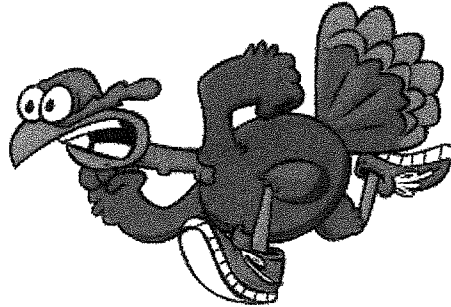
Next Friday will be a half day for students. School dismisses at 11 AM. After school care will be available.

Thank you for all of your support and if you need anything, please do not hesitate to contact me.

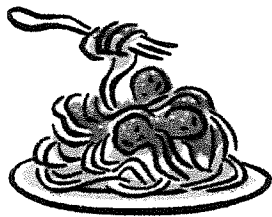
Sue Carter

Principal, Calais Elementary School

2nd Annual



Addison Coty Memorial Turkey Trot 5K



Spaghetti Dinner and Raffle

November 15th 4PM

Calais Congregational Church, 21 Church Street

Free Dinner to Runners, Volunteers and Sponsors

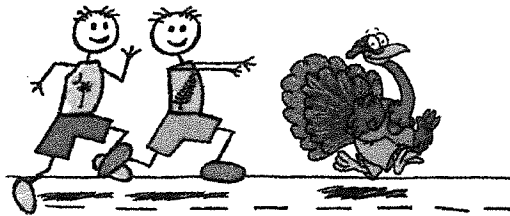
Public \$5/per person or \$20/ per family - Raffle Tickets 4/\$1

RACE DAY November 16th at Robbinston Grade School

9AM Addy's Mini Gobblers—1Mile Fun Run — Registration \$10

10AM Turkey Trot — 5k — Registration \$20

Pre-Register at www.localraces.com or
sign up on November 15th at the Dinner



Addison was a star athlete that shined in cross country with his sportsmanship being one of his best attributes.

A friend to all and missed by many—fundraisers such as this, in his name,

will go to a scholarship fund for a deserving Blue Devil each year!

Calais Elementary School

53 Garfield Street

Calais, Maine 04619

207-454-2000 207-454-8559

Dear Parents,

Several students have been found to have pediculosis (head lice). We are asking all parents/caregivers to check their own child's head each night. The attached information sheet will be helpful to you should a problem arise. Please feel free to call me at school (454-2000) if you have any questions or concerns.

Also, please notify me if you discover that your child has pediculosis & you treat him/her. If I am aware of the problem I can monitor the environment more closely at school. Thank you.



*Sue Clark, R.N.
School Nurse*

What to do if your child comes home with head lice:

Don't panic. Anyone—adult or youngster—can get head lice. Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, etc.). *It has nothing to do with cleanliness and does not reflect poorly on you as a parent.* The problem is easily managed. Just follow the instructions below:

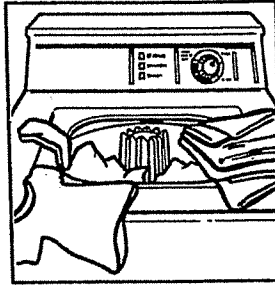
1 Check every member of the family.

Look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the nape of the neck and behind the ears. Head lice are small grayish-tan insects without wings. Any family member with lice or nits must be treated.



4 Wash clothes, bed linens, and towels.

Use hot water and dry on hot cycle for at least 20 minutes. Items not machine washable must be dry cleaned or stored at room temperature in a tightly sealed plastic bag for at least two weeks. Items such as headphones and helmets should be similarly bagged and stored.



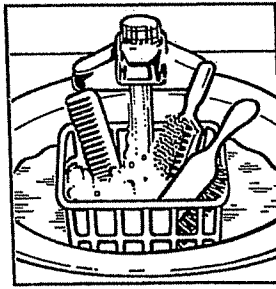
2 Use an effective head lice treatment.

Several are available without a prescription. The creme rinse requires just one application and protects against reinfestation for up to two weeks. Shampoo treatments require a second application 7-10 days after the first, are less effective, and offer no extended protection. Ask your pharmacist for more information.



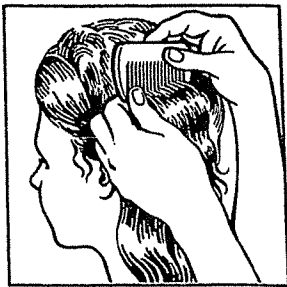
5 Soak combs, brushes, etc. in hot water.

The hotter the better, but at least 130° F. Items should be allowed to soak for 5-10 minutes.



3 Remove all nits.

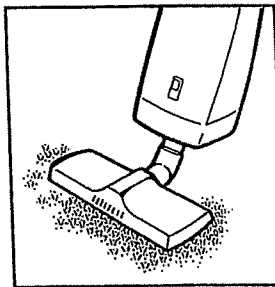
Gently comb the child's hair with the special nit removal comb. These combs are usually provided with the lice treatment products.



* Comb for nits daily for 2 weeks

6 Vacuum everywhere.

To make sure the rest of your home is louse free, you should vacuum, carpets, pillows, mattresses, upholstered furniture, and even the car seats.



Head lice cannot survive without a human host. They cannot survive on family pets. Choose an effective treatment, use as directed, and perform the steps listed above to eliminate head lice from your home and to help prevent their spread in the community.

NOVEMBER

Calais Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Jello Carrots Salad Bar
4 Teriyki Chicken Mashed Potato Veg. Salad Bar	5 Bag Lunches	6 Cheese Burger/Bun Fr. Fries Veg. Salad Bar	7 Grilled Cheese Tomato Soup Fruit Salad Bar	8 Early Release Bag Lunches
11 Holiday	12 Spag/Meat Sauce W.W. Roll Veg. Salad Bar	13 Chicken Burger/Bun Rice Pilaf Fruit Salad Bar	14 Hot Chicken Roll Mashed Potato Veg. Salad Bar	15 Pizza Carrots Pudding Salad Bar
18 Hot Dogs/Bun Hash Browns Veg. Salad Bar	19 Chicken Nuggets Mashed Potato Veg. Salad Bar	20 Mac&Cheese W.W. Roll Veg. Salad Bar	21 Meatball Subs/bun Fr.Fries Fruit Salad Bar	22 Pizza Fruit Veg. Salad Bar
25 Cheese Burger/Bun Potato Puffs Fruit Salad Bar	26 Turkey Gravy Mashed Potato Stuffing Veg.	27 Vacation	28 Holiday	29 Vacation

All bread and pasta products are whole grain or whole wheat. PBJ sandwich offered as an alternative for the entree. Fruit offered daily on the salad bar. Fat free milk is offered with every meal. Menu may change without notice. Bag lunches are available on ER days, sign up the day before. USDA is an equal opportunity employer and producer. Elementary school uses sun butter made with soy in place of real peanut butter.