



Gator Bites

1st Edition | Mid-September 2017

WELCOME BACK!

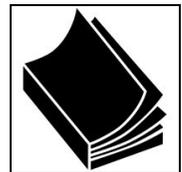
The 2017-18 school year is off to an amazing start! It was great to reconnect with known students, and meet to meet our newest Greene Gators. Teachers have been working hard to orient their students to our school, and our school-wide expectations. The kids are transitioning into the new school year fantastically!

FRIENDS OF GCS

Friends of Greene Central School are a group of parents, grandparents and friends who volunteer to provide activities for the GCS community throughout the school year. We also fundraise to ensure that the events are free. We aim to support activities at GCS, help fund field trips, as well as special classroom initiatives teachers need financial help to establish. We are in need of more volunteers in order to continue to support the school. We are looking for people to attend meetings so we can gain fresh ideas. We are always looking for help at events whether it is helping to set up, clean up or volunteering for an hour during an event. Please contact us at friendsofgcs@gmail.com if you have any questions or feedback to share. We can also be contacted through our **Facebook** page.

STUDENT HANDBOOK

In an effort to save on resources, we chose to send out an electronic copy of the Student Handbook this year. You should have received an email containing a .pdf of the document; it was also posted on our web page. A limited amount of paper copies are still available in the main office. If you haven't already done so, please take some time to review this document so you can know what is expected of your child. You should have received a form to sign indicating that you are familiar with our policies. Please send this completed form to school if you haven't done so already. Thank you for your cooperation with this matter!



AUTHOR VISIT



On Wednesday, September 27, Maine author Lynn Plourde will visit GCS! Lynn is the author of more than 30 beloved kids' books, most of which are picture books for younger readers. Her newest book, Maxi's Secrets, is her first novel for older students (Grades 5 & 6), and has made it onto the Maine State Book Awards list! Lynn will hold an all-school assembly on the 27th, as well as grade-level sessions for Grades 1-4. Ms. Plourde will sign books as she is able. We are looking forward to meeting this wonderful, local author!

Thanks to the Friends of Greene Central School for helping make this event possible.

IMPORTANT DATES: MID TO LATE SEPTEMBER

Date(s):	Activity:
Th. 14	Board Meeting
F. 22	Tooth Fairies visit GCS
M.-T. 25-26	Vision Screening
T. 26	Friends of Greene
W. 27	Lynne Plourde author visit
Th. 28	Board Meeting
Th. - F. 28-29	Tooth Fairies return
F. 29	UNE Dental students visit

FROM THE SCHOOL COUNSELOR

Mindfulness

Mindfulness is a buzzword in education. Over the past year, I have taken 2 courses in the practice of mindfulness, and how to effectively implement a mindfulness program in elementary schools. The value in practicing mindfulness is far reaching. The three researched results of practicing mindfulness are: better focus, improved ability to calm self down, and regulate impulse control, and improved decision making skills.

What exactly is mindfulness?

- Practice of noticing what is happening right now
- Paying attention in a particular way on purpose in the present moment without judgment
- Bringing awareness to our senses, emotions, and experiences without overidentifying.

What it is not?

- To be calm (although calming down often results from practicing)
- Absence of thought
- Discipline
- Religious or wanting people not to be religious

When we can recognize how we are feeling and/or what is happening in the present moment, it allows us the space to name what is happening and then make a choice about how to react to what is happening. The space between what happens and our reaction is valuable to recognize and pay attention to it. “When we can name our feeling, we can tame it”. There is a big difference between feeling an emotion and acting out that emotion. Mindfulness begins with our breathing and being conscious of and

focusing on how we are breathing. There will be more to come in future newsletters. Feel free to contact me with any questions you may have. - *Mrs. Simmons, School Counselor*

FROM THE SCHOOL NURSE



It's hard to believe that we have already been back to school for two weeks! Children have experienced minor colds and coughs as well as a few cases of strep throat and gastrointestinal illness. In an effort to keep all of our students and staff healthy, our district policy indicates that students who have a fever, vomiting or diarrhea will return to school 24 hours after the last episode of these symptoms.

The health office is a busy place as parents bring in medications for their children. If your child needs to use an inhaler or emergency medication, please bring in the medication and complete the medication permission form. This form must be done every year. The medication policy in our school district requires parents to bring in both prescription and over the counter medications in the original container. Due to medication allergies and side effects, students are not permitted to bring either prescription or over the counter medications to school.

Tooth Fairies, Inc. are scheduled to come to our school again this fall! The hygienists provide dental cleanings, fluoride and sealants for any child in kindergarten through grade 6 who does not have an established dentist. They accept children with and without MaineCare. It isn't too late to register your child. - *Mrs. Aldrich, School Nurse*

NEW MEAL PRICES!

Full price lunch:	\$2.50
Reduced lunch:	\$0.40
Full price breakfast:	\$1.00



PLAYGROUND FUNDRAISING EFFORT

This year we are going to be fundraising to build our students a new playground structure. Our plan is to add a new structure and keep our existing one. We have a handful of great ideas. Some include community events and others will be raffles. We are also looking into grant opportunities to alleviate some of the fundraising needs. Please be on the look out throughout the year for fundraising activity and event information being sent home with your children. You can also keep updated on our progress in the lobby of Greene Central School with our playground meter. If you would like to be involved in our efforts, please feel free to join our playground committee meetings which are at 8:00 on the first Tuesday of every month in the library of GCS.

STUDENT INSURANCE OFFERING

FYI...Applications for a student accident medical insurance protection plan sponsored by the Maine School Management Association are available in the main office. Please stop in if you are interested.