



CUSHING COMMUNITY SCHOOL NOTES

March 16, 2018

Please Sign up for a Parent-Teacher Conference

Teacher-parent conferences provide an important opportunity to increase communication between school and home. Following up on progress reports, which came home this week, teachers will share more details about student progress, answer questions, and discuss plans for moving ahead. In some classrooms students are strongly encouraged to attend to share goals and be part of the conversation. Look for more information from your classroom teacher.

Please call the office at 354-2312 to schedule an appointment with your child’s teacher. Special Education and Title 1 teachers are also available and usually attend the classroom conference. If you have any questions, please contact the office.

- **March 16, 21, 28:** 3rd grade skating at MRC
- **March 21:** Friends & Family of CCS meeting, 3:15 pm
- **March 21:** SNOW DATE “It’s All About Words” Family Literacy Night 5-7pm
- **March 22:** Early Dismissal, 12:00 p.m. / Parent/Teacher Conferences, 12:30-7:00
- **Week of March 26:** MEA State Testing (Grades 3-5)
- **April 6:** Spring Fling Dance



Grades 3 & 4 Red Carpet Event

Our third and fourth grade students are participating next week in Reading Showtime, a Strand Theater initiative. Students will be turning favorite books into short films which will be shown on the Strand’s giant screen that evening. Their families are invited to cheer them on at this Red Carpet Event. We are very proud of our young screenwriters / actors!

CCS Kindergarten Registration

Kindergarten Information Night will be held on Tuesday, April 10, from 6:00-7:00 pm at Cushing Community School. Registration packets will be available to fill out that evening. If you are unable to attend, please contact the school office to arrange to pick up a packet. Screening appointments will be scheduled on Thursday, May 10.

Langlais After School Program

Due to the March 8 snow day, the after school program did not begin as planned on March 7. It will begin next week, on March 21. Please be sure students who are attending bring bus notes. Thank you!

MEA State Testing

A letter will be coming home early next week to families of 3rd - 5th graders soon about our upcoming MEA testing. Students will be testing during the week of March 26.



Help the Friends & Family of CCS by filling a CLYNK bag!

You may get your CLYNK bag at the school office. Once filled with recyclable bottles, drop the bag off at the Rockland Hannaford or bring it to school. If you don’t use Clynk, you can still help! Please save your returnables and bring them to Family Literacy Night on March 21. Clynk bags or not, we’ll collect your bottles for CCS. Thanks for your support!

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EAT AT LEAST FRUITS + VEGETABLES EVERY DAY



READY'S RULES

Try it!

- Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
- Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- Make a fruit smoothie with yogurt.

Mix it!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.

Slice it!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

Did you know?

A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

What is a serving?

Kids

- Size of the palm of their hand

Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits



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