



CUSHING COMMUNITY SCHOOL NOTES

April 2, 2018

Luau Dance

Friday, April 6, 2018
5:30-8:00 p.m.

Dress for a Luau

Tickets \$10.00 for adult and CCS student. Each additional ticket \$5.00.
Tickets are available at the school office NOW!
Includes sweet treats and drinks



- **April 2-May 1:** Leaps of Imagination, grades 2 & 4 (Tuesdays and Wednesdays)
- **April 6:** Spring Fling Dance
- **April 9-13:** Extended day: School ends at 4pm
- **April 11:** CCS Friends & Family Meeting
- **April 16-20:** School vacation
- **April 23-27:** Extended day: School ends at 4pm



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.

Leaps of Imagination

Starting this week our 2nd and 4th graders will be participating in a special month-long program with LEAPS of IMAGINATION. This year students will travel to the Langlais Sculpture preserve each week (thanks for generous funding from our own Friends & Family Group and the Cushing Town library) and look for inspiration in the artist's remarkable wooden sculptures and the natural surroundings of the homestead.

Blending art, literacy, and environmental stewardship, students will be recording observations of nature in journals, writing poetry, and creating their own two- and three-dimensional works of art. Debby Kraft, Town of Cushing Children's Librarian, will be helping, and has also added a new collection of books to the library in support of this project.

Students' artwork will be shared at the Cushing Library on May 2nd and we hope to also feature it our annual CCS *Arts in the Barn* showcase in early June. More details on that to come!

Healthy Eating and Physical Activity at Our School

A Message to Families

Date: March 30, 2018

Dear: Parent/Guardian

Our school believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners. We are pleased to share with you that our school supports the 5-2-1-0 Every Day message, which states the following:

5 or more fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

To further support healthy students, staff, and families, we participate in *Let's Go! 5-2-1-0 Goes to School*. As part of this program, we promote and follow the *Let's Go!* five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations and provide healthy choices instead.
2. We limit sugary drinks.
3. We do not reward children with food.
4. We provide opportunities for children to get physical activity every day.
5. We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other *Let's Go!* schools, child care programs, out-of-school programs, and health care practices in our community and throughout Maine. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information about *Let's Go!*, visit www.letsgo.org. Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,

Meredith Fales, School Nurse



www.letsgo.org

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