



Fall 2019 Parent Healthy News




From the RSU #18 Lifestyle Team



Wellness Theme for 2019-2020 - Our Lifestyle Team will focus on engaging our school community in activities around the 2020 Olympics in Tokyo, Japan

**RSU 18's
Sizzling Summer Passport Challenge
Winners of the Wellness Baskets**



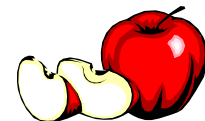
Elementary School – Emma Stevens –
Williams Elementary School
Middle School – Jada Forney –
Messalonskee Middle School
High School – David Kopyto
Staff Member – Jamie Wade – Belgrade
Central School
218 students & 111 Staff members
participated in this fun summer activity. All
participants were awarded a RSU 18
Lifestyle Drawstring Backpack.



Celebrate National Farm to School Month!



Isabella Mowbray, a student at Williams Elementary School enjoyed harvesting the Messalonskee High School garden as part the Agriculture Mentoring Program led by Mrs. Prelgovisk and the Greenhouse Garden Club. Mrs. Forney's 4th grade Class spent a sunny day at the greenhouse and gardens. Enjoy the Bountiful Fruits and Vegetables as many of our school gardens and local farms have harvested their fall crops.



Maine Harvest of the Month - Apples

- Fall Garden Activities:**
- Harvest** - fall crops such as pumpkins, winter squash, kale, Swiss chard, carrots, Brussels sprouts, beets, lettuce, and spinach.
 - Plant** - garlic, spring flower bulbs, and perennials.
 - Divide** - perennial flowers).
 - Mulch** - new perennials and divided plants
 - Cover**- raised beds with straw unless a cover crop or winter crop has been planted.
 - Clean up** - garden beds, composting non-diseased plant material.
 - Turn** - the compost. If you have a 2-3 bin system, turn the compost, one bin to another.
 - Plan** - a cooking project using pumpkins, carrots, squash, or other garden produce -Muffins, soups, and roasted seeds are delicious!
 - Research** - season extension techniques. Brainstorm about projects for this (and next!) gardening season. *For season extension ideas:*
 - Maine School Garden Network - <http://www.msgn.org/>
 - Maine Cooperative Extension - <https://extension.umaine.edu/programs/>

True Value Foundation “Painting a Brighter Future” Grant



James H. Bean School Kindergarten Student Antonio DeSanctis Painting the Cafeteria Newly Painted Bathrooms with attached Team Decals with Positive Quotes

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 James H. Bean School & Ralph M. Atwood Primary School. The paint has revitalized our learning environments with the help of teachers and volunteers. Special Thanks to manager Jon Smith at Campbell's Agway True Value for all his help in securing the grant for our schools.



Save the Date! Family Holiday Movie Night – “Polar Express”. Santa & Snacks
Friday, December 6 – 6:00pm to 8:00pm Messalonskee HS Performing Art Center



“Mediterranean Diet for Better Health.”

Wednesday, October 30

5:30pm – 7:30pm

Snow Pond Center for the Arts.

8 Goldenrod Sidney

Free Cooking Demo & Taste Testing

Pre-Registration Required by October 29th

Contact Jim Fortunato at 861-3392 or email: jfortunato@northernlight.org



Eagle Scout Trail Projects on the Messalonskee School Trail



Sam Fegel creating the Fairy Houses for the Fairy House Learning Center and upgrading the Turkey Trail.



Walter Fegel designing and building new stairs to the Pond Learning Center.

Kennebec Messalonskee Trail (KMT) recruited the Maine Conservation Corp to improve trails in the greater Waterville Area. The Messalonskee School Trails had a 5 member team who worked on our trail erosion over the 4th of July week.

Take a fall walk to see colorful leaves on **our school trails in Oakland and China**. Find local KMT trails <https://www.kmtrails.com/the-trails/> Or at Maine Trail Finders <https://www.mainetrailfinder.com/trails>

A Special Thank you to Anita Smith & Elaine Philbrook (former teachers at CPS) for the loving care and attention they give to the China Forest Trails behind China Primary School for the benefit of our students and community.