China Primary School

Regional School Unit No. 18 - *www.rsu18.org*
Belgrade – China - Oakland - Rome – Sidney
Engaging Learners ~ Strengthening Communities ~ Creating Global Leaders

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September 22, 2020

Student Emergency Contact Info

Please review, update, sign, and return your child's emergency contact / permissions sheet, the daily bussing schedule / early release instructions, and the health history and medication forms to us as soon as possible. It is very important that we have accurate and up-to-date contact information in case an emergency or illness should occur while your child is at school. In addition, if there is an unexpected early release due to weather, it is most helpful to have your instructions in advance in order to minimize confusion and stress for your child and for school staff. We appreciate your immediate attention to these important matters.

School Nutrition News:

The federal government has made it possible for us to provide free breakfast and free lunch for all students through Christmas vacation. ***However, it is still vitally important for you to fill out and return the Free & Reduced Price Meal Application Forms because several sources of our federal and state school funding are based on our ratio of families that qualify for this support. Also by submitting your application now, your child's nutrition benefit status will already be established and you will have no gap in coverage when the federal benefit expires after Christmas.***

Applications for free and reduced price meals at school must be submitted for each school year. Forms are included in the student information packets along with the student handbooks, etc., or you can apply online at www.schoollunchapp.com. Please submit your completed application to CPS or to RSU 18 Nutrition Director Barbara Bonnell at 41 Heath Street, Oakland, ME 04963. If you need an application form or need help in filling it out, please call the school office at 445-1550 or Barbara Bonnell at 465-7384 Ext 2661.

Flu Vaccination Clinic @ CPS

RSU 18 and Maine General Medical Center will host a free flu vaccination clinic at China Primary School Tuesday, Oct 6, for all China PK-4 students including our remote learners. The Federal Centers for Disease Control and Prevention recommend flu vaccinations for all children age 6 months and older. A *Vaccine Information Statement*

and a *Health Screen & Permission Form* was sent home last week and must be completed, signed, and returned in order for your child to participate. ***Please return your forms by Tuesday, Sept 29.***

RSU 18 District - Wide News

Want to keep up with district news? Follow us at https://rsu18messenger.com/

Upcoming Events:

- China Schools PTO Meeting Thursday, Oct 1, 6:00pm on Facebook Live
- Flu Clinic sponsored by RSU 18 and MaineGeneral Medical Center Tuesday, Oct 6
- Fall Portraits with Lifetouch Wednesday, Oct 7
- School Board Meeting Wednesday, Oct 7, 7:00pm @ Messalonskee Middle School
- ***Teacher Comp Day Friday, Oct 9 - NO SCHOOL***
- ***Columbus Day Holiday Monday, Oct 12 - NO SCHOOL***

China PTO News

China Schools PTO News: We will host a Fall Portrait Mini Fundraiser Sunday, September 27th from 2:00 - 6:00 pm athe the China Lake Boat Launch on Route 32 in East Vassalboro. Each session will be 20 minutes, $85 for 10 images. A $25 deposit is due at the time of booking.

Want to join the PTO: We would love to have you! We meet on the first Thursday of every month at 6:00pm via Facebook Live. Our next meeting is Thursday, Oct 1. Email us at chinaschoolsPTO@gmail.com to get your name on our list.

Community News

Cub Scout Pack 479 News: Pack 479 scouts and scout leaders are excited to be organizing new dens and activities for the year. If you are interested in joining, please contact scouts479@gmail.com for more information, meeting dates and locations, typical activities, etc.

How to wash and care for your reusable cloth face masks

How often should you wash your face mask?

According to the US Centers for Disease Control and Prevention (CDC), a cloth face mask should be washed after each use. If you're wearing a face mask every day, it's a good to have a few in rotation, so you'll always have a clean one available.

Machine washing your face mask

The simplest way to clean your cloth face mask is to add it into your washing machine along with your other laundry. Any regular detergent will do, and the CDC recommends using the warmest water setting for the specific cloth of your mask. If you have a laundry bag, put your mask in there to keep it from getting tangled.

Hand washing your face mask

For handmade masks, which might be more delicate than the store-bought kind, hand washing is the best way to go. Lather the mask with soap and scrub it for at least 20 seconds under warm or hot water. Pat out excess water with a clean towel.

Using bleach to wash your face mask

You can also use bleach to hand wash your mask. You'll want to find a bleach that's safe for coloured clothing and is also intended for disinfection, so read the bleach label carefully. The CDC recommends a ratio of 4 teaspoons of bleach per 950ml of room temperature water. Soak your mask in the bleach and water solution for five minutes, then rinse it in cool or room temperature water.

Drying your mask

If you have a dryer, place the mask inside on the highest heat setting. Otherwise, just hang your mask up or lay it flat in direct sunlight to dry.

How to store your mask

It's best to store your clean face masks in a covered container until you're ready to use them, but make sure they're completely dry before putting them away, to prevent mold growth.