

# Eagle News

December 2011

Dear parents and friends of Windham High School,

How do you capture in words the amazing opportunities and achievements that have taken place at Windham High School over the past month? As I write the introduction to the newsletter this month, I am finding it next to impossible to share the sights, sounds, and excitement of the things that I have watched our students do over the past couple of weeks. In early November, the Boys' Soccer Team captured the Class A State Championship and one of our Cross-Country runners represented our school in the New England Championships. In mid-November, our drama students produced and put on a production of *The Wizard of Oz* with singing and choreography that would surpass many college productions. And finally, the events of this past weekend where the Windham Chamber Singers and invited guests put on a command performance in their annual production of *An American Family Holiday*. As I reflect back on the events of the past month, there is a common thread of hard work that weaves through the achievements of our students. In each of the events, our students took on a challenge and worked as hard as they could to prepare. At the end of each night, there were never any regrets because they had performed as hard as they could on the stage and had left everything on the playing field.

There are others who should be recognized for the amazing events that have occurred this month. I believe that one of the strongest reasons for the success of our students has been the support that they have received from fellow students, parents, family friends, school staff and community members. This was evident on a cold night at Falmouth High School when a quarter mile line formed to buy tickets for a soccer game. 2000 fans showed up that night to cheer on our boys. The same support was observed at the final performance of *The Wizard of Oz* where the show sold out and the back of the auditorium had to be opened to accommodate overflow. And finally, the support that was shown for the Chamber Singers through sold our performances of *An American Family Holiday*.

I am extremely proud of the students at Windham High School. My admiration has not been earned by the achievements that they have accomplished. It has been earned by the manner in which they have accomplished it. They have earned their recognition through hard work and through taking advantage of every opportunity that has been given to them. We should all be proud of the manner by which they have represented the communities of Windham and Raymond.

As we approach the holidays and the new year, I wish all of our students and families a safe and relaxing holiday season and a very Happy New Year.

Chris Howell, Principal

## **National Honor Society**

The Faculty Council has selected the following students to be members of the National Honor Society. They will be inducted on Thursday, December 15 at 7:00 PM in the Performing Arts Center. All are welcome.

Seniors: Lubov Barankevich, Clay Bolduc, Riley Dow, Georgia Noonan

Juniors: Whitney Bolduc, Christian Coons, Meghan Fullarton, Tyler DeFosse, Nicolas Gleason-Boure, Phoebe Hurd, Marybeth Noonan, Spring Pillsbury, Avery Topel

### **Health Education helps out YAAPP (Young Adult Abuse Prevention Program) through an anonymous questionnaire on relationships generated by graduate students at Saint Joseph's College.**

Family Crisis Services in collaboration with a Saint Joseph's College of Maine Sociology class will be surveying your child on Intimate Relationships. The survey asks about the perceptions of healthy and unhealthy behaviors and interactions among their peers followed by questions on where students can get help if they have questions or concerns about relationships.

The survey is ANONYMOUS so students will not put their names on the surveys and the researchers will not have access to individual participants. The data will be analyzed by Saint Joseph's College students, the original surveys will be destroyed and the results will be shared with Family Crisis Services and the participating schools.

The purpose of this data collection is to learn how high-schoolers perceive healthy or unhealthy behaviors in relationships. From these findings, Family Crisis Services and schools can recommend programs or information to address incidences of violence, abuse and control within couples and provide support in helping young people develop healthy relationships.

If you have any questions or concerns, please contact Family Crisis Services at 207-767-4952.

### **Windham Raymond Adult Education**

Winter/Spring 2012 Brochures will be out around the holidays.

Check out our 150 + course offerings in Computers & Technology, Health & Wellness, Exercise & Outdoor Fun, Music & Dance, Arts & Crafts, Personal Finance, Cooking, General Enrichment, Trips, Healthcare and Workforce Training, High School Completion, Literacy, English for Speakers of Other Languages, Online Classes, College Transitions and SMCC College Courses.

[www.maine.windhamadulthood.org](http://www.maine.windhamadulthood.org)

Call 892-1819 FMI or to get a brochure.

## **ATHLETICS**

- For all daily updates of our schedules please call our Hotline 892-1810 option 5 then option 1.

For parents who would like to see the **Daily Announcements**, you can see it on our website. Go the Schools, Windham High School, For Parents, Announcements, Daily Announcements and click on a day. They are posted daily by 8:30 am.

If you want to continue to receive a paper copy of the newsletter, please send a note in to the main office with your student. Thank you.

### **WELLNESS Tips of the Month**

- How many commercials do think you watch every year? The average child watches 20,000 commercials each year. Now that's a reason to turn off the tube! Aim for less than 2 hours a day of screen time.
- Did you know that children who watch a lot of television are likely to: have lower grades in school, read fewer books, exercise less, and to be overweight. Try to watch less than 2 hours of screen time every day.
- Physical activity does not have to be strenuous to be beneficial. Physical activity helps build and maintain healthy bones, muscle, and joints and helps the brain work better.
- Having fresh fruit or vegetables as a snack will help you stay full longer! They pack more sustaining energy over sugary snacks.
- Try a new fruit or vegetable once a week. You may find that you love kiwi fruit or avocados!

**Dental clinic is coming to the High school January 9<sup>th</sup> and 10<sup>th</sup>.  
Who qualifies? Students who have not seen a dental provider in the past 12 months. Please review carefully the following forms for more information on what is provided and payment plan.**

**Call or email school nurse for more information. [saccardi@rsu14.org](mailto:saccardi@rsu14.org)**

# Dental Hygiene Program Coming To Your School!

Provided by **Tooth Protectors Inc.**  
P.O Box 314 Lewiston, Maine 04243 Office (207) 513-1111  
[www.ToothProtectors.org](http://www.ToothProtectors.org)



RETURN to SCHOOL by: \_\_\_\_\_ Dental Clinic Date(s): \_\_\_\_\_

We are excited to be able to provide preventative dental hygiene services to your child at school. Tooth Protectors Inc. (TPI) is a Maine based program, we have a team of licensed, registered dental hygienists who travel throughout Maine providing much needed preventative dental services. **We currently provide services at over 250 clinic sites across Maine.**

### We bring the dental office to you!

Our dental clinic will be set up within your child's school and they will be seen during school hours.

We provide *oral assessments, oral cancer screening, oral hygiene instruction, cleanings, fluoride treatments, sealants of molars and pre molars, temporary fillings, preventative care and x-rays (if available).*

All records are kept confidential and claims to your dental insurance will go directly through TPI per electronic transfer, not the school. TPI is compliant with HIPAA regulations, OSHA's infection control and with the Department of Education for Finger printing.

**We are dedicated to dental education as a means of prevention!**

### WHO CAN PARTICIPATE and HOW?

Due to recent changes with the State of Maine Board of Dental Examiners, If your child has been seen by a dental provider (other than Tooth Protectors) **within the past 12 months** for the following: **an exam by a dentist, a dental cleaning and fillings (if needed) do not fill out this form as they do not qualify for the service.** You can contact your dental provider to discuss having your child seen at school for services, if your dental provider approves of your child receiving services from Tooth Protectors at school **you must get it in writing and then attach it to your child's Tooth Protectors permission form.** A REVIEW of proper brushing & flossing is offered for those who do not qualify for a cleaning if you choose.

For those who do qualify, please read permission form carefully and then fill out form **COMPLETELY**; Also **SIGN** where it asks for parent/guardian signature or we cannot see your child.

There are 3 ways to participate with this program, if your child has: 1. MaineCare Insurance. 2. Other Dental Insurance (please contact TPI office (207) 513-1111 for a listing of dental insurance accepted). 3. No Dental Insurance/ Underinsured, will be a Self-Pay participant and can take advantage of our affordable rates (listed on the permission form).

### HOW DO I KNOW WHAT SERVICES MY CHILD NEEDS?

TPI provides two different types of services, a **Full Cleaning & Review** and a **Review**, so please pay close attention when filling out the permission form, they are DIFFERENT! Details Below:



**Full Cleaning & Review:** Only if your child has **NOT HAD** a **CLEANING** within the past 6 MONTHS & **does Not** have a dental home. By checking this line your child **WILL** receive an Assessment of Needs, Full Cleaning, Flossing, Fluoride Treatment, Sealants if needed and Review of Proper Brushing and Flossing. Your child **WILL NOT** be **DUE** for a Cleaning again for 6 MONTHS.

**Review:** Please select if your child **HAS RECEIVED** a cleaning within the last 6 Months. By checking this line your child **WILL** receive a Review of Proper Brushing, Flossing, and Fluoride Treatment (Sealants may be provided to those who do not have a regular dental provider) **This is NOT A CLEANING**

### WHAT ARE SEALANTS? WHAT IF MY CHILD ALREADY RECEIVES SEALANTS AT SCHOOL?

Sealants are thin **tooth protectors** that are painted in the grooves of healthy teeth. Sealing your child's teeth along with regular dental cleanings & good home care are the best ways to help prevent cavities!

Your child **CAN** participate in the Dental Hygiene Program even if they are currently participating with the School Sealant Program. **WE WORK TOGETHER!** The Sealant program provides sealants to your child's 6 year molars and TPI will provide your child with sealants on the rest of their molars & premolars.

### HOW WILL I KNOW IF MY CHILD WAS SEEN AND/OR NEEDS FURTHER TREATMENT?



A Form will be sent home with your child, it will list what was done, recommendations and any obvious concerns. A list of dentists for MaineCare recipients is on the back side of this form. If your child has other insurance or participated as a Self-Pay, you can take your child to a dentist of your choice. **It is your responsibility to make an appointment for your child.** Please **REMEMBER TO BRING THE TAKE HOME FORM WITH YOU TO YOUR CHILD'S APPOINTMENT, THIS IS A REFERRAL AND THE OFFICE WILL NEED THIS INFORMATION.**

**By signing up your child, you are giving TPI permission to provide services up to, two (2) times during the current school year (if your child's school offers two per school year) approximately 6 months from the above clinic date(s) will be the second clinic date.** You will receive a reminder from the school **PRIOR** to the next dental clinic. You are able to remove or add your child for the next clinic or update their information etc. just by contacting

either TPI Office (207) 513-1111 or your child's school. **KEEP this sheet for future reference!!**

# School Dental Hygiene Program—Permission Form

## Patient Consent & Medical/Dental History

P.O. Box 314, Lewiston, Maine 04243 Office (207) 513-1111

www.ToothProtectors.org



### **IMPORTANT PLEASE READ BEFORE FILLING OUT FORM:**

Due to recent changes with the State of Maine Board of Dental Examiners, If your child has been seen by a dental provider (other than Tooth Protectors) **within the past 12 months** for the following: **an exam by a dentist, a dental cleaning and fillings** (if needed) **do not fill out this form as they do not qualify for the service.** You can contact your dental provider to discuss having your child seen at school for services, if your dental provider approves of your child receiving services from Tooth Protectors at school **you must get it in writing and then attach it to your child's Tooth Protectors permission form.**

A REVIEW of proper brushing & flossing is offered for those who do not qualify for a cleaning (see details below).

Please **COMPLETE ONE FORM per child, incomplete form will result in your child NOT being seen.**

School: \_\_\_\_\_ Teacher/Grade: \_\_\_\_\_

Childs Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Male \_\_\_ Female \_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Fill in **ONE BOX BELOW** that represents how your child will be participating with this program ( MaineCare Insurance Recipient, Other Dental Insurance or No Dental Insurance/Underinsured) — then turn page to complete form

**MAINECARE INSURANCE RECIPIENTS ONLY:** services provided at no cost, MaineCare will be billed directly.

\_\_\_ **FULL CLEANING & REVIEW** - My child has not been seen in the last 12 months for a dental cleaning and I would like my child to participate and receive a FULL dental cleaning, flossing, fluoride treatment and sealants.

\_\_\_ **REVIEW** - My child already had a cleaning in the last 12 months, but I would like my child to participate and REVIEW proper brushing, flossing, receive fluoride treatment and sealants if recommended. (this is NOT a full cleaning).

Childs MaineCare ID# \_\_\_\_\_

X-rays: If you would like your child to receive x-rays please Initial \_\_\_\_\_ and Date of last x-ray was \_\_\_\_\_ (this service may not be available during clinic, we will indicate on take home sheet if your child did receive an x-ray at the clinic)

**OTHER DENTAL INSURANCE RECIPIENTS:** Currently accepting CIGNA DENTAL, please contact Tooth Protectors Inc. (TPI) for a list of accepted dental insurance (207) 513-1111— Services provided with no upfront cost, we bill your insurance directly.

INSURANCE COMPANY: CIGNA DENTAL \_\_\_ If OTHER you must contact TPI to see if accepted before listing \_\_\_\_\_

FULL NAME OF POLICY HOLDER: \_\_\_\_\_

Group #: \_\_\_\_\_ Policy #: \_\_\_\_\_

By completing this consent form you are indicating that your child has not been seen in the last 6 months for a dental cleaning and would like your child to participate and receive a FULL dental cleaning, flossing, fluoride treatment and sealants if needed. However if your child was seen within the past 6 months you will be billed directly as your insurance will not cover services provided.

X-rays: If you would like your child to receive x-rays please Initial \_\_\_\_\_ and Date of last x-ray was \_\_\_\_\_ (this service may not be available during clinic, we will indicate on their take home sheet if your child did receive an x-ray at the clinic)

**NO DENTAL INSURANCE / UNDERINSURED:** Your child can participate as a Self-Pay patient. Mark ONE of the following.

\_\_\_ My child is 12 or Under, for \$42.00 I would like my child to have a full cleaning, fluoride and sealants if needed.

\_\_\_ My child is 13 to 20, for \$52.00 I would like my child to have a full cleaning, fluoride and sealants if needed.

\_\_\_ My child is 1-20, for \$10.00 (Does NOT INCLUDE CLEANING), it's a review of proper brushing, flossing and fluoride treatment.

Please send payment to school with this completed permission form

Method of Payment: \_\_\_ Check \_\_\_ Cash \_\_\_ Money Order/Bank Check

Please make checks payable to: Tooth Protectors Inc or TPI—There will be a \$20.00 fee for insufficient funds

**FORM NOT COMPLETE—TURN PAGE TO CONTINUE**

School Dental Hygiene Program Permission Form Continued...



Child's Medical/Dental History:

Please list any Medical Conditions your child has: \_\_\_\_\_

List ALL Medications: \_\_\_\_\_

Has your child ever needed Antibiotics for dental treatment? Y N *if yes, please take the same precautions prior to treatment at school.*

My child is Allergic to: \_\_\_\_\_

Physicians Name: \_\_\_\_\_

Has your child ever seen a Dentist or Hygienist? Y N Does your child take Fluoride Supplements? Y N

Has he/she has a cleaning in the past 12 months? Y N If yes, Date of Last Visit: \_\_\_\_\_

Dental Provider Name & Phone#: \_\_\_\_\_

Please circle the services your child received at last visit by the above dental provider:

Cleaning—Fluoride—Sealants—Temp Fillings—Fillings—Exam—X-Rays—Other: \_\_\_\_\_

Please list dental concerns: \_\_\_\_\_

If there are services you DO NOT want your child to receive from Tooth Protectors Inc, please list below:

\_\_\_\_\_

By signing below you are giving permission for your child to be seen up to two (2) times during this school year—approximately once every 6 months, if your child's school is able to offer two times per school year.

**This means your child will be added to the dental hygiene clinic schedule for the next clinic in 6 months.**

**You will receive a reminder from the school prior to the 6 month clinic date - you are able to remove your child from the next clinic, update your child's information etc. by contacting either TPI (207) 513-1111 or your child's school prior to the next dental hygiene clinic in 6 months.**

I give permission for my child to receive dental hygiene services that I have indicated on this permission form, at school, during school hours. I understand that Tooth Protectors Inc (TPI) may release basic information regarding services provided to benefit my child. I understand that services provided do not take the place of an exam by a dentist. I understand that TPI is HIPAA compliant and all records are kept confidential and that claims to insurance (if applies to your child) will go through TPI per electronic transfer. I agree to notify my child's school and/or TPI at (207) 513-1111 of ANY changes to my child's medical history or of a dental home. I also understand that all information that I have entered onto this permission form is accurate and truthful and understand that it is my responsibility to remember my child's date of service and report this date when needed for dental treatment and cannot hold TPI responsible if information is not accurate/truthful on this form regarding current and/or previous treatment/appointments with other dental office locations.

Parent/Guardian Signature

Parent/Guardian Printed Name

Date

**These services will not interfere with the Schools Sealant Program  
Your child WILL NOT be DUE for another CLEANING FOR 6 MONTHS  
YOUR Child MAY BE SEEN TWO (2) TIMES DURING THIS SCHOOL YEAR**

**It is your responsibility to contact Tooth Protectors Inc (207) 513-1111 or your child's school to update their information.**

## **Upcoming events**

**December 3 - American Family Holiday Concert - 2:00 and 7:30 p.m.**

**December 7 – Early Release Day (10:00 a.m.)**

**December 13 – Winter Concert - 7:00 p.m.**

**December 15 - National Honor Society Inductions - 7:00 p.m.**

**December 16 – Quarter 2 Progress Report distributed**

**December 23 – January 2 – Winter Break**

**January 7 – Nickerson Scholarship Concert – 7:00 p.m.**

**January 16 – No School**

**January 20 – 2<sup>nd</sup> Quarter ends**

**January 26 – 2<sup>nd</sup> Quarter Report Cards distributed**

**January 27 – Early Release Day (10:00 a.m.)**

**Please Continue for School Delay Schedules....**

# ONE HOUR SCHOOL DELAY SCHEDULES

## 1 HOUR DELAY MAROON DAY

PERIOD	TIMES
1	8:25-9:30
HR	9:37-9:52
3	9:59-11:04
5	11:11-12:41
	11:11-11:36 A LUNCH
	11:45-12:05 B LUNCH
	12:16-12:41 C LUNCH
7	12:48-1:54

## 1 HOUR DELAY WHITE DAY

PERIOD	TIMES
2	8:25- 9:30
4	9:37-10:42
6	10:49-12:19
	10:49-11:14 A LUNCH
	11:20-11:45 B LUNCH
	11:54-12:19 C LUNCH
HR	12:26-12:41
8	12:48- 1:54

## BLUE DAY 1 HOUR DELAY BELL SCHEDULE

PERIOD	TIMES
1	SKIP
2	8:25-8:50
3	8:57- 9:36
4	9:43-10:22
5	10:29-11:35
	10:22-10:49 A LUNCH
	11:08-11:35 B LUNCH
6	11:42-12:21
7	12:28- 1:07
8	1:14- 1:54

# TWO HOUR SCHOOL DELAY SCHEDULES

## 2 HOUR DELAY MAROON DAY

PERIOD	TIMES
3	9:25-10:29
5	10:36-12:27
	10:36-11:01 A Lunch
	11:16-11:41 B Lunch
	12:02-12:27 C Lunch
7	12:34-1:54

**Skip period 1 and no homeroom**

## 2 HOUR DELAY WHITE DAY

PERIOD	TIMES
4	9:25-10:29
6	10:36-12:27
	10:36-11:01 A LUNCH
	11:16-11:41 B LUNCH
	12:02-12:27 C LUNCH
8	12:34-1:54

**Skip period 2 and no homeroom**

## BLUE DAY 2 HOUR DELAY

PERIOD	TIMES
4	9:25-10:09
5	10:16-11:21
	10:16-10:30 A LUNCH
	10:59-11:21 B LUNCH
6	11:28-12:12
7	12:19- 1:03
8	1:10- 1:54