

Reiche School News

Volume 2, Issue 8, January 2, 2019

Reiche Community School | 166 Brackett Street, Portland, ME | 207.874.8175

Important Dates

Wednesday, Jan 9
2:30 Dismissal

Wednesday, Jan 16
2:30 Dismissal

Thursday, Jan 17
Math Night
6-7pm

Monday, Jan 21
No School
MLK Jr. Day

Tue, Jan 22 –
Fri, Jan 25
National No Name-
Calling Week

This Superfood Was a Super Hit!

Just before winter break, Cultivating Community held a cafeteria taste test during lunch at Reiche School. Students sampled baby kale with a lemon vinaigrette. Over 150 students tried it! Of those who tried it, 26 of them decided it wasn't for them, 17 thought it was okay, and 110 students loved it! We hope to see this recipe added to the salad bar rotation and encourage you to try serving baby kale at home!

Winter Fest 2019

The Reiche Winter Festival is an annual school event that brings Reiche students, families, and staff together for an afternoon of fun. This year's Winter Fest will be held on Sunday, February 9th, 2:00-5:00pm. Bring the whole family! There will be swimming, gym activities, crafts, board games, face painting, a book table, and hot cocoa. Dinner will be served at 4:00pm. Come and enjoy!

Managing Emotions

All our classes are in the third unit of our Second Step curriculum: Emotion Management. We are learning about recognizing strong feelings, what it does to our brain, and how to name our feelings so we can calm down. Thinking about and naming our feelings helps switch from the feeling (reactive) part of the brain to the thinking part of the brain. You can help by asking your child where they feel certain feelings in their body. Ask your child how to "stop, name your feeling, and calm down."

Winter Weather

Winter weather is here! Portland Public Schools will close when it is unsafe for children to get to school due to the conditions of the roads and sidewalks. If schools are closed or delayed it will be announced on the district's website (www.portlandschools.org) and on local radio and tv stations.

If there is no announcement of Portland Schools being closed, all students are expected at school. Please give yourself extra time to get to school if roads or sidewalks are slippery. If your student will be late, please call the front desk at 874-8175 to let us know you're on your way.

School Counselor Site

Ms. Baltren has created a new website: <https://sites.google.com/portlandschools.org/reiche-sc>. Learn more about the role of a school counselor, Reiche's Family Support Team, attendance, and parent resources! It is always getting updated so check back often. Email Ms. Baltren at baltra@portlandschools.org with questions or suggestions.

Thank you for reading our bi-weekly newsletter!

Please contact Anne Baltren with questions or suggestions (baltra@portlandschools.org).