

## **TIGER TALES**



September 27, 2019

#### **WRITING CLUB**

Love to write?

Join the Writing

Club!



The first 5-week session starts next week (October 1st) and runs through October 29th. Writers in 4th to 8th grade are invited to meet on Tuesdays from 3:25-4:25 in Mrs. Hogan's room. Students can get a sign up form from their teachers or from Mrs. Hogan. Forms are due on Monday, September 30th. Contact Mrs. Hogan for additional information.



#### SPORTS THIS WEEK

#### *SOCCER*

October 1

Home vs. Sacopee Valley Girls 4:00pm / Boys 5:00pm

October 3

Home vs. Old Orchard Beach Girls 4:00pm / Boys 5:00pm

#### **CROSS COUNTRY**

October 4 Scarborough 4:00pm



Outing Club grades 5-8 Seacoast Fun Park, Ropes Course

September 30
Departure: 3:15pm
Bus return arrival: 7:15pm

Activity fee: \$17.00 per person

Equipment necessary:

This activity is outdoors so dress for the weather, no flip

flops

Bring a snack and drink as no food will be served

Please return permission slip and money to school by 3:30pm Friday, September 27







Friday, September 27, 2019 6pm ~ 8:30pm

Grades 6 through 8 Admission Cost: \$5.00

Come support the 8th Grade Class to help raise money for their end of the year class trip to Cow Island!

#### **Ropes Course Club**

The club will have their first meeting on October 7th

Location: DCS Room 103 & The Tiger Paw Adventure Course

**Who:** Grades 7 & 8

When: October 7th, October 21st, October 28th, November 4th, November 18th, November

25

Time: 3:15-4:45

**What:** Ropes course and adventure activities that promote team building, self-esteem, and perseverance. Yoga and mindfulness will be incorporated into the adventure course experience. For safety reasons please always wear sneakers to meetings and dress appropriately for the weather.

TO SIGN UP please e-mail Mrs. Triggiani at triggianil@rsu5.og



#### Important Information about the Ropes Course for all DCS Families

The ropes course at DCS is located in the woods behind the school. The elements were installed over the past 5 years with funding through L.L.Bean Aspirations grants and through the school budget. The PTA generously donates money each year to have the course inspected. The course has been used as part of guidance, JMG, and physical education curriculums. To ensure the safety of all students the elements are to only be used with trained staff. The elements are not to be used as playground equipment and not available for use after school hours. The elements may be used for organized groups after school hours with trained staff.

If you have any questions, please call 353-9333 or e-mail <u>triggianil@rsu5.org</u>

Ropes Course Coordinator: Lexie Triggiani



# Prevent the **flu**. Get vaccinated.

### **FLU CLINICS**

FREE for RSU No. 5 Students & Staff
Vaccine is also available for
Families & Community
Donations are Appreciated
Provided in Partnership with CHANS

Tuesday - October 1, 2019 FHS Cafeteria @ 3pm-7pm

Wednesday November 13, 2019 FHS Cafeteria @ 3:30-6:30

HEALTHY CHILDREN..... are READY TO LEARN!



