

## **TIGER TALES**

#### September 28, 2016

## Band/Chorus

Welcome back! The Middle School Advanced Band and Chorus have begun and are sounding great. Beginner band will have a meeting on Wednesday, October 5th, at 6:30 PM in the DCS Cafeteria. The music company will be there to lease instruments, and all beginning students will learn to put their instruments together and make their first sounds! Please contact Heidi McCarthy at mccarthyh@rsu5.org with

any questions.

## SPORTS THIS WEEK

#### SOCCER

September 28 at Freeport Girls 3:30pm / Boys 4:30pm

> September 30 at NYA Boys only 3:30pm

#### CROSS COUNTRY

September 30 at Scarborough Invitational Meet 3:30pm

## Middle School Dance

Grades 6-8 Friday, September 30th at DCS 6:00 - 8:30pm Cost \$5.00

If you would like to chaperone or make cupcakes for the concession stand please email Nancy Decker at orc95@comcast.net.

## RSU 5 Community Programs

Upcoming Classes! To register for classes: By Phone: 865-6171 Online: www.rsu5cp.org In Person: 17 West St, Freeport (Central Office)

#### New Bus Driver Training

RSU5 is looking for a few dependable, trustworthy, positive individuals to take our students where they want to go. Are you looking for a full or part-time job with good pay that allows you to spend your day with children? Contact us to find out if you have what it takes to be an RSU No. 5 School Bus Driver. For more information, view our flyer.



#### BOYS MIDDLE SCHOOL ICE HOCKEY OPPORTUNITY

Freeport High School fields a cooperative boys ice hockey team with South Portland HS and the Waynflete School.

If you are interested in playing boys ice hockey, please consider the South Portland MS Team as it would prepare you for our HS program.

Registration for the 2016-17 South Portland Middle School Hockey season is officially open. Registrations will close October 20th, 2016.

Who can play? Anyone currently in grades 5-8

Please register here <u>https://</u> southportlandhockey.sportngin.com/ register/form/884890784

or visit our website for registration and updates

http://www.southportlandhockey.info





## **6th Grade Conservation Camp**





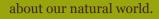




The DCS sixth graders attended the University of Maine's Bryant Pond 4-H Camp and Learning Center on September 21, 22, and 23. The students learned about wildlife, conservation, gardening and other outdoors skills. The days were spent hiking, canoeing, climbing the ropes course, and many other activities. We had a great time, and we all came back more knowledgeable

















# FLU CLINIC

## \*\*\* Seasonal Flu Vaccine \*\*\*

Available for RSU No.5 STUDENTS - FAMILIES - STAFF Vaccines are FREE for Students DONATIONS ARE APPRECIATED

PLEASE BRING YOUR HEALTH INSURANCE CARD

Provided in Partnership with CHANS, Community Health & Nursing Services, Brunswick

> Tuesday October 4, 2016 3-7pm & Thursday November 17, 2016 3-7pm

**Freeport High School Cafeteria** 

PLEASE review the attached Vaccine Information Sheet (VIS) before the clinic. You will also need to complete a Permission Form when you attend the clinic. If your child has a chronic illness or a complex medical condition, consult their physician. The Flu mist will NOT be available as it is no longer recommended by the CDC.

\*Contact your School Nurse with any questions\* HEALTHY CHILDREN...are READY TO LEARN!

## Ages Maine Running Races for all **Trail Running Festival** Columbus Day October 10, 2016

This is the first year of an annual festival to promote and celebrate trail running and crosscountry across Maine. There will be events for all ages. Each event is designed for specific age groups. Each race will be for individuals as well as teams. Running groups can have multiple teams with different team names. Teams can have from 5 to 7 runners with the top 5 scoring. The top 10 runners in each event will earn medals. The top scoring team in each event will earn a trophy/plaque. If you would like to add an event or have questions, please contact brian@runninarace.com

### The Races

Ages 19 - 99	9:00 a.m.	Open 5K Tea	ms may be mi	ixed gender
Ages 15 - 18	10:00 a.m.	Boys 5K	10:45 a.m G	iirls 5K
11:30 a.m. Awards for first 3 events				
Ages 13 - 14	4 12:00 p.m. Boys 2 Mile 12:30 a.m Girls 2 Mile			irls 2 Mile
Ages 11 - 12	1:00 p.m.	Boys 1 Mile	1:30 p.m Girls 1 Mile	
Ages 9 - 10	2:00 p.m. Boys 3/4 Mile 2:30 p.m Girls 3/4 Mile			
Ages 5-8	3:00 p.m. Boys 1/2 Mile 3:30 p.m Girls 1/2 Mile			
4:00 p.m. Awards for last 8 events				
Consessions Food, Snacks, & Drinks available from 10:00 a.m 3:00 p.m. The Location Hunter Road Recreational Facilities, 86 Hunter Road Freeport, ME 04032		For more information or to register go to: <b>RunInARace.com</b> The Fees 1/2 mile, 3/4 mile, 1 mile, 2mile: individuals -\$10, Teams up to 7 runners - \$50 5K races: individuals - \$15, Teams up to 7 runners - \$75 <b>Race Day Registration available for Open 5K Only</b>		
SCREE www.allst		purchase fr Embroidery	be available to om All Star and Screen ting.	able for Open 5K Only

Run In A Race . com

This event is proudly sponsored by the Freeport Running Boosters.