



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.

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.

BOYS MIDDLE SCHOOL ICE HOCKEY OPPORTUNITY

Freeport High School fields a co-operative 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 <https://southportlandhockey.sportngin.com/register/form/884890784>

or visit our website for registration and updates

<http://www.southportlandhockey.info>

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](#).

SPORTS THIS WEEK

SOCCKER

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





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 about our natural world.





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!

Races *for all* **Maine** *Ages* Running *is* Fun

Trail Running Festival

Columbus Day October 10, 2016

This is the first year of an annual festival to promote and celebrate trail running and cross-country 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 Teams may be mixed gender
 Ages 15 - 18 10:00 a.m. Boys 5K 10:45 a.m. - Girls 5K
 11:30 a.m. Awards for first 3 events
 Ages 13 - 14 12:00 p.m. Boys 2 Mile 12:30 a.m. - Girls 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

Concessions
 Food, Snacks, & Drinks
 available from
 10:00 a.m. - 3:00 p.m.

For more information or to register go to:

RunInARace.com

The Location
 Hunter Road Recreational
 Facilities, 86 Hunter Road
 Freeport, ME 04032

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
Race Day Registration available for Open 5K Only



T-shirts will be available to
 purchase from All Star
 Embroidery and Screen
 Printing.



This event is proudly sponsored by the Freeport Running Boosters.