Rebel Report

COMPASSION HONESTY RESPECT RESPONSIBILITY

December 19, 2025

UPCOMING

TUESDAY, 12/23 IS AN EARLY DISMISSAL. STUDENTS WILL BE DISMISSED AT 11:20 AM.

CONGRATULATIONS TO OUR CHORUS ON THEIR WINTER CONCERT!

6th Grade Choir

Jackson Bearor
Maya Bouchard
Anumeha Chawathe
Charlotte Collier
Hunter Connolly
Delilah Davidson
Benjamin Doyle
Adham Fonseca
Adelyn Gamble
Landon Godfrey
Virginia Goodall
Annabelle Grant
Piper Guptil
Emmelynn Hafford
Annabella Hamilton
Natalie Hansen
Reese Hayward
Lena Hopkins
Owen Humphrey
Desiray Kneeland
Weston LaPointe
Violet Lowther
Kellen Madigan
Hope Mayo
Owen McPheters
Darby Naughton
Azrael Pearl
Geneva Reyes
Finley Rodway
Gabrielle Sargent
Finley Smith
Parke Strong
Janie Valentine
Orin Wentworth
Jordan Amon
Shayli Anderson
Spencer Beale
Tucker Blanchard
Brenden Bulyoff
Nola Ceban
Hannah Clement
Camden Fox
Samuel Harris
Jessica Hood
Cooper Kenniston
Hunter-Joe McAdoo
Josie O'Connor
Wade Patterson
Lilian Sewall
Belle Smith
Lauren Smith
Emi Snyder
Jaxson Stansauk
Delaney Stillman
Cali Stimpson
Emilia Trennam
Poppy Treworgy

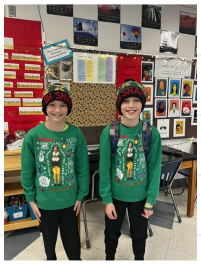
8th Grade Choir

Pete Amon
Scarlett Bourque
Landon Bowden
Isabelle Brodeur
Gabriella Connolly
Paxton Crane
Connor Crosby
Amerlia Erickson
Grace Hallett
Azzy Harris
Joshua Howland
Jemma LaChance
PJ Madigan
Maxwell Madore
Maisara Messahel
Logan Mullaney
Charlotte Newcomb
Sidney Palmer
Chloe Peters
Danielle Sargent
Daniel Smith
Sophia Smith
Brooke Sylvester
Mason Todd
Lila Treworgy
Ryder Tu
Alyssa Wentworth
Iris Wentworth
Ethan White
Grace White
Maxwell Wilkin
Laurel Dickinson
Liam Giles
Emilie Kelley
Isabelle Lawson
Annabelle Morey
Adele Oliver
Sophia Rodway
Gwendolyn Savage
Liam Trennam
Alysha Tyler
Nathaniel Wong

7th Grade Choir

Gavin Adams
Chloe Alberico
Phoebe Barnes
Ellie Biter
Josie Boron
Macy Bryson
Quinlan Byrne
Cosette Cass
Piper Crane
Eva Dow
Zach Duplissis
Serenity Eaton
Maddy Fisher
Addie Greenier
Ethan Harriman
Millie LaChance
Aubree LeBarnes
Amira Lewis
Madison McClure
Lew McHale
Elliott Melia
Avi Moore
Isla O'Connell
Julia Palmer
Aisley Raymond
Ollie Salyer
Madilyn Sanborn
Karter Foose
Hazel Shaffer
Reese Shaw
Ely Stillman
Berkley Taylor
Ledger Thomas
Colt Tyler
McKinley Walker

SPIRIT WEEK FUN



Nurse's Corner

Hello families — warm wishes from the school nurse for a joyful, restful and safe winter break! Below are quick, practical reminders and tips to help your student stay healthy and return ready to learn.

❄️ Illness & Symptoms to Watch For

- Keep your child home and contact your pediatrician if they have:
  - Fever (temperature of 100.4°F or higher)
  - Persistent vomiting or diarrhea
  - New or severe cough, shortness of breath, or difficulty breathing
  - Rash with fever or other concerning symptoms
  - Severe sore throat, ear pain, or any symptoms that prevent normal activity

🧼 Everyday Hygiene Tips

- Teach and reinforce handwashing: 20 seconds with soap and water, especially after being in public spaces and before eating.
- Carry hand sanitizer (60%+ alcohol) for use when soap and water aren't available.
- Encourage covering coughs and sneezes with the elbow or a tissue, then washing hands.

🧣 Cold Weather Safety

- Dress in layers; include hats, gloves, and waterproof boots.
- Limit time outdoors in extreme cold. Watch for signs of hypothermia (shivering, confusion, slurred speech) and frostbite (numbness, pale or hard skin).
- Remove wet clothing promptly to avoid chilling.

🛷 Winter Activity Safety

- Helmets for sledding, ice skating, skiing, and snowboarding.
- Supervise younger children and choose safe, open areas away from roads, trees, and bodies of water.
- Make sure equipment fits properly and is in good condition.

🥦 Nutrition & Hydration

- Encourage balanced meals and healthy snacks — breaks can disrupt routines.
- Keep hydrated even in cold weather; dehydration can still occur.
- Limit sugary drinks and emphasize whole foods when possible.

😴 Sleep & Mental Health

- Aim to keep a reasonable sleep schedule — adequate rest supports immunity and mood.
- Watch for increased anxiety or sadness; reach out if your child seems unusually withdrawn or stressed.
- Keep screen time balanced with physical activity and family time.

💊 Medications & Health Plans

- If your child needs medication during school days after break (prescription or over the counter), bring it to the health office with a completed medication form and original labeled container when school resumes.
- If your child has a chronic disease (asthma, severe allergies, diabetes, seizure disorders) make sure their emergency medical action plans and emergency medications (EpiPen, inhalers, glucagon) are up to date and available at school.

🤧 Managing Allergies & Chronic Conditions

- Cold weather can worsen asthma; ensure rescue inhalers are current and available.
- Keep allergy action plans updated and provide any needed medications to the health office.

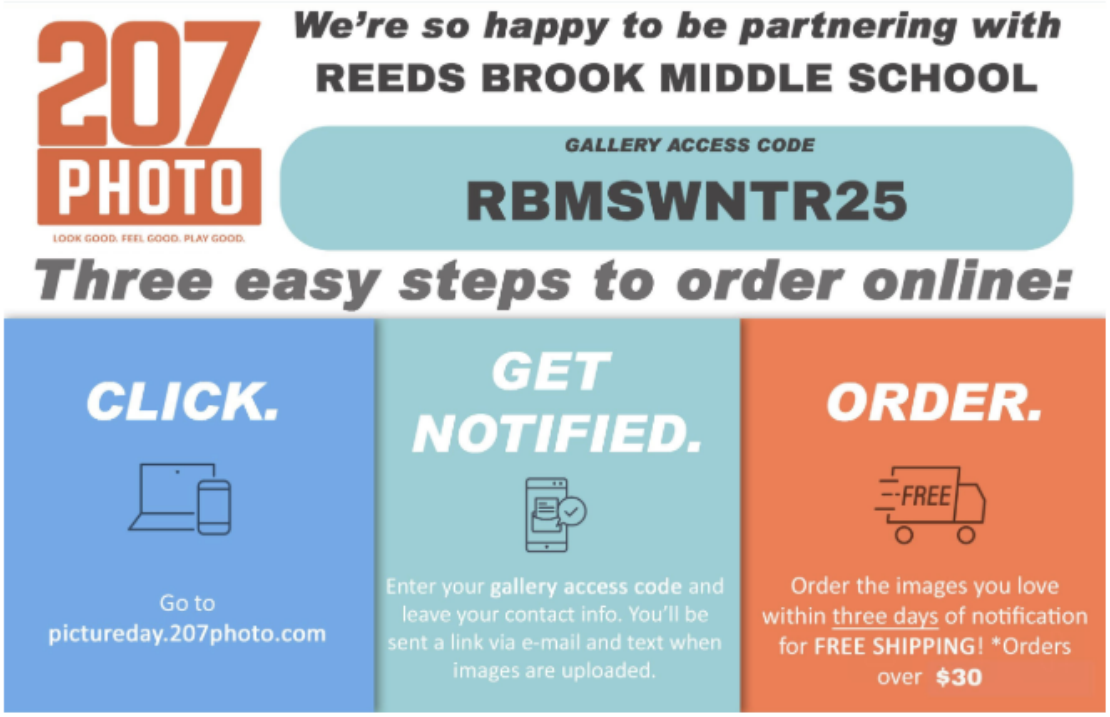
Wishing your family good health and a joyful winter break. I look forward to seeing our students back safe and well.

SPORTS ACTION THIS WEEK

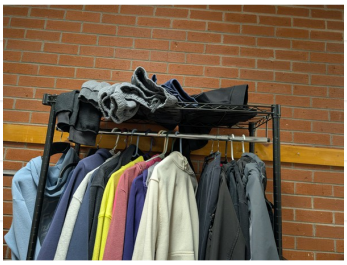
ide REBEL pride!
2019
2023
2024
2025

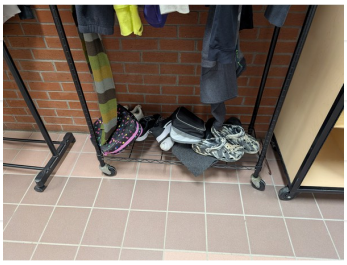
PLAY & LEARN

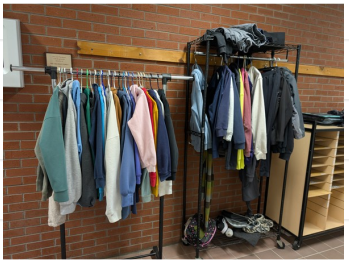
WINTER SPORTS TEAM PHOTOS COMING UP MONDAY, JANUARY 5th



LAST CALL TO CLAIM LOST & FOUND ITEMS







UNCLAIMED ITEMS WILL BE DONATED TO THE SHAW HOUSE OVER DECEMBER BREAK

ATTENDANCE COUNTS

Winter Break: Early Dismissal Dec. 23, 2025; No School Dec. 24, 2025 - Jan. 4, 2026

Dear Families and Caregivers,

As we head into the winter months, we want to partner with you to keep students healthy, engaged, and in school—even when weather and seasonal illnesses present challenges.

While some absences are unavoidable and understandable, research shows that every missed day—even excused ones—makes it harder for students to keep up and stay connected. Missing just 2 days per month adds up to chronic absenteeism, which can impact academic progress.

Plan Ahead:

- **Develop backup transportation plans.** If you can't take them to school, identify who else can give them a ride. Contact your child's principal if needed.

Keep Students Healthy:

- **Talk to a healthcare provider when unsure.** If your student gets sick or you're not sure whether to keep them home, contact your child's medical provider or the school nurse.
- **Promote healthy habits.** Encourage handwashing, good sleep, healthy meals, daily exercise, and plenty of fluids.
- **Prevent the spread of germs.** Remind children not to share cups or utensils.
- **Dress for cold weather.** If you need help with coats, hats, boots, snow pants, or gloves/mittens, contact the school.

Support Student Wellbeing:

- **Watch for signs of stress or anxiety.** If anxiety or stress may be affecting attendance, talk to your student's teacher, school nurse, counselor, or medical provider.
- **Stay connected during absences.** If illness keeps your child out for more than a day or two, contact your child's teacher for learning materials.

Need help? For school-specific resources including transportation assistance, clothing support, and nurse contact information, contact your school's main office.

We know winter can be challenging, but every day your student is here matters. We look forward to seeing you again when school resumes on **January 5, 2026.**

Thank you for partnering with us!

RSU 22

PDF **Winter Break Attendance Letter FY26.pdf**

Download
497.7 KB

PARENT VOLUNTEERS NEEDED FOR BASKETBALL CONCESSIONS

RB Basketball Concessions

Parents and students are welcome to sign up to volunteer. Please encourage 8th graders to sign up for a time slot as the proceeds will fund their project graduation in June. Thank you!

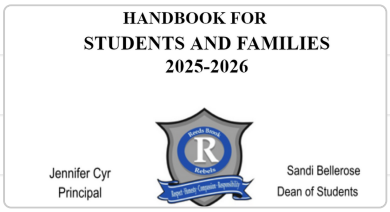
signupgenius.com

SAVE THE DATE!

Community Events

PLEASE NOTE THE DATE CHANGED TO DECEMBER 22

RBMS FAMILY RESOURCES



RBMS Student Handbook 2025-2026

Reeds Brook Middle School HANDBOOK FOR STUDENTS AND FAMILIES 2025-2026 Dear Students and Families, Please join the Reeds Brook staff in creating a supportive learning environment that challenges students to learn and grow. Our school is a p...

docs.google.com

RBMS WEBSITE

Bus Information

2025-2026 RSU 22 District Calendar

Community Events

DECEMBER HEALTH TOPICS

PDF **Health Notice to Families grade 6-8 .docx.pdf** Download 1.8 MB

SUPPORT SERVICES

PDF **Family handout - Acadia NL Case Management.pdf** Download 117.0 KB

CHECK US OUT ON FACEBOOK

About RBMS

Reeds Brook Middle School currently serves approximately 300 students from Hampden and Newburgh, as part of RSU 22. Students at RBMS are in grades 6-8. We challenge all students to achieve individual success in a supportive environment.

Principal: Jennifer Cyr (jcyr@rsu22.us)
Dean of Students: Sandi Bellerose (sbellerose@rsu22.us)
School Counselor: Ann Moody (amoody@rsu22.us)
Nurse: Alison Ramsdell (aramsdell@rsu22.us)
Find us Facebook

A
Tina Hinkley
Tina is using Smore to create beautiful newsletters