



**Stratton School
After School Activities
October 2020**



Dear Stratton School Families,
Our After School Program is going to look different this year to provide something for multiple age groups and still stay within our COVID guidelines. We have reached out to middle school students and have come up with a couple programs that they have shown interest in. Please notice the days and grade specifications. Daily permission slips are necessary for office information and the safety of your child's whereabouts.

Outdoor activities may be cancelled due to rain.

Monday: 1st/2nd graders "Outdoor Activities"

with Miss Millie and Miss Elaine

Always have sneakers, water bottle, and appropriate outside clothes.

Tuesday: 5th/8th graders "Dance Exercise"

with Miss Nutter

This class needs a serious commitment to attend and participate.

Wednesday: 3rd/4th graders "Outdoor Activities"

with Miss Millie and Miss Elaine

Always have sneakers, water bottle, and appropriate outside clothes.

Thursday: 5th/8th graders "Sewing Club"

with Mrs. Flight and Mrs. Butler

This class needs a serious commitment to attend and participate for project completion.



Child's Name: _____

Parent Name: _____

Age and Grade: _____

Phone #: _____

Pick up options: _____

Allergies or medical needs: _____

Activity Choice: _____

Parent signature: _____

Date: _____



We are a Recognized Silver 5210 Program!

Healthy snacks are provided through the school food program.

Please provide snacks for special dietary needs. We will do our best, but do not always have things on hand and are not required to.

Outdoor activities or activities in the gym will be led to encourage exercise.

Although juice or milk may be a part of the snack,

water

s strongly encouraged.

For more info contact Millie Howard
PHONE:246-2283

After School Activities - Fall 2020

Monday 1st/2nd	Tuesday 5th-8th	Wednesday 3rd/4th	Thursday 5th-8th
Oct. 26 1st/2nd Outdoor Activities 2:30 - 4:30	27 5th/8th Dance with Ms. Nutter 2:30 - 4:30	28 3rd/4th Outdoor Activities 2:30 - 4:30	29
Nov. 2 1st/2nd Outdoor Activities 2:30 - 4:30	3 5th/8th Dance with Ms. Nutter 2:30 - 4:30	4 Remote Learning	5. 5th/8th Sewing Club 2:30 - 4:30 Mrs. Flight & Mrs. Butler
9 1st/2nd Outdoor Activities 2:30 - 4:30	10 5th/8th Dance with Ms. Nutter 2:30 - 4:30	11 Veterans Day	12. 5th/8th Sewing Club 2:30 - 4:30 Mrs. Flight & Mrs. Butler
16 1st/2nd Outdoor Activities 2:30 - 4:30	17 Remote Learning	18 3rd/4th Outdoor Activities 2:30 - 4:30	19. 5th/8th Sewing Club 2:30 - 4:30 Mrs. Flight & Mrs. Butler
23 1st/2nd Outdoor Activities 2:30 - 4:30	24 5th/8th Dance with Ms. Nutter 2:30 - 4:30	25 No School	26 Thanksgiving
30 1st/2nd Outdoor Activities 2:30 - 4:30	Dec.1 5th/8th Dance with Ms. Nutter 2:30 - 4:30	2 3rd/4th Outdoor Activities 2:30 - 4:30	3. 5th/8th Sewing Club 2:30 - 4:30 Mrs. Flight & Mrs. Butler
7 1st/2nd Outdoor Activities 2:30 - 4:30	8 5th/8th Dance with Ms. Nutter 2:30 - 4:30	9 3rd/4th Outdoor Activities 2:30 - 4:30	10 Remote Learning
14 1st/2nd Outdoor Activities 2:30 - 4:30	15 5th/8th Dance with Ms. Nutter 2:30 - 4:30	16 3rd/4th Outdoor Activities 2:30 - 4:30	17. 5th/8th Sewing Club 2:30 - 4:30 Mrs. Flight & Mrs. Butler
21 1st/2nd Outdoor Activities 2:30 - 4:30	22	23 Remote Learning	24 Christmas Vacation 

*This schedule is subject to change due to rain.

*After-school activities will begin in the gym at lunch tables for snack for a short period of time for homework, bathroom breaks, and out door prep.

*Sewing Club will gather in Mrs. Butlers room and then dismiss to the Art room.

*Dance will meet with Miss Nutter in the gym.

*Please be prompt with pick up.





Remember your daily permission slips!

Healthy Eating and Physical Activity at Our School A Message to Families

Date: 10/15/2020

Dear: School Families

Our school believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners. We are pleased to share with you that our school supports the 5-2-1-0 Every Day message, which states the following:

-  or more fruits & vegetables
-  hours or less recreational screen time*
-  hour or more of physical activity
-  sugary drinks, more water

*Keep TV/Computers out of the kids' room. No screen time under the age of 2.

To further support healthy students, staff, and families, we participate in *Let's Go! 5-2-1-0 Goes to School*. As part of this program, we promote and follow the *Let's Go!* five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations and provide healthy choices instead.
2. We limit sugary drinks.
3. We do not reward children with food.
4. We provide opportunities for children to get physical activity every day.
5. We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other *Let's Go!* schools, child care programs, out-of-school programs, and health care practices in our community and throughout Maine. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information about *Let's Go!*, visit www.lets-go.org. Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,

The 5-2-1-0 Team at Stratton School

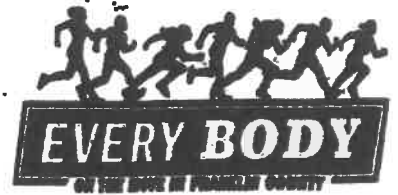


www.lets-go.org

1214 8-05-15

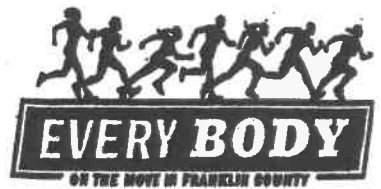
Name: _____ has my permission to stay after school
today to attend EBLG. Date: _____
Signature: _____

Pick up: parent _____ other _____



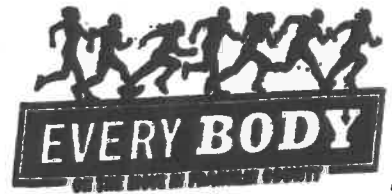
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today to attend EBLG. Date: _____
Signature: _____

Pick up: parent _____ other _____



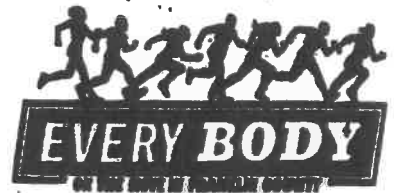
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