

Kittery

School District

Truth & Knowledge

Eric F. Waddell • Superintendent of Schools • ewaddell@kitteryschools.com • (207) 475-1334

October 1, 2021

Good afternoon...

It's October...thank goodness! Did anyone else feel like September was the month that would never end? I'm happy to see October arrive with all the fun of autumn--apple (and potato!) harvesting, cooler nights (and shorter days which I'll admit is a bummer), and the realization that winter is beginning its approach. Wait; can I change my vote about September? 😊

This will be a relatively brief Weekly Communication. Let's get started:

- Remember; the **benefit of pooled testing** for the unvaccinated is clear. If a student is identified as an asymptomatic close contact and they are a pooled testing participant, they do not need to be quarantined from school or school-related activities. If you'd like to join the program, you may email me directly (ewaddell@kitteryschools.com) and I'll walk you through the VERY EASY process. We currently have over 600 participants within the District.
- I've received this question a few times this week: **what if my student receives a positive COVID-19 test?** Quite simply, you must notify your student's school nurse immediately. The school nurse will explain to you what your student needs to do in terms of an isolation period, and when your student may return to school.
- This question is also popping up frequently: **what do I need to do if my student is identified as a close contact OUTSIDE OF SCHOOL?** By order of the Maine CDC, you are obligated to notify your student's school nurse. She will ask you some questions and explain your next steps. Although it may be tempting for some families not to disclose this information to the school nurse, the potential of exposure to the virus for others could be devastating.
- **We all need help sometimes.** Our local mental health professionals have put together a great resource with contact information for families seeking help. **I've attached the resource card to this email.** Remember; if you or someone in your family is experiencing an emergency, call 911.
- Are you familiar with the **Maine Integrated Youth Health Survey?** The State of Maine has been administering the survey every other year for at least a decade. As a result, Shapleigh School and Traip Academy have some very valuable longitudinal data related to the health of our students here in Kittery. The MIYHS administration was delayed from February to October. I'm happy to announce that Shapleigh School (grades 5-8) and Traip Academy have set their MIYHS survey dates: **October 19th for Traip Academy, and October 27th.** Watch

for parent consent letters from those two schools. Want to learn more about MIYHS? [Click this link](#) for all the details!

- The new **Mitchell Primary School Playground is taking shape!** Principal Gamache reports that they need volunteers for tomorrow (Saturday, October 2nd)...bring a wheelbarrow, bring a rake, bring a shovel, but don't bring a student (adults only!). The playground will open Monday, October 4th after a hands-off weekend to allow the concrete to set.
- And finally on just a fun note, did you know that Kittery is preparing to celebrate a big birthday? In 2022 (which is a mere 3 months away), Kittery will turn 375 (I think our town looks great for 375. I would have guessed 225 or maybe 250!). The first big kick off event to celebrate the town's incorporation (Maine's first, by the way) is **A Taste of Kittery**, a fun event that showcases our town's many wonderful eating establishments. It's set for Saturday, October 9th, 1 - 4 PM in Post Office Square. If you'd like to buy some tickets to the event, you can click on [this link](#). Bon appétit!

That's all for this week. I'm actually going to give you a break from my Weekly Communication next Friday since **October 8th is a staff Professional Development day (no classes for students)**, and Monday is a holiday (Indigenous Peoples Day). I'll re-connect on October 15th.

Take care!

Eric

Eric F. Waddell
Superintendent of Schools

We All Need Help Sometimes

911 FOR ALL EMERGENCIES including for potential drug overdose

Do You Need Referrals to Services or Treatment?

211 in Maine 24/7	Dial 211 or 211maine.org or Text your zip code to 898-211	Info and referrals for social services including mental health, addiction treatment, and financial assistance in ME
Sweetser PromiseLine	1-800-434-3000	Referrals for mental health and substance use
The Recovery Center at York Hospital	207-351-2118	Substance use disorder counseling for youth and adults, including medication assisted treatment
Regional Access Point Services, NH 24/7	1-844-640-7277	Referral to treatment and support, help for Maine residents with private insurance

Are You in Crisis?

Maine Crisis Hotline 24/7	1-888-568-1112	Help for you or someone you know
Poison Control 24/7	1-800-222-1222	Treatment advice and info for poisoning
Suicide Prevention Lifeline 24/7	1-800-273-TALK (8255)	Confidential support and crisis resources
Sexual Assault Crisis & Support 24/7	1-800-871-7741	Support for those affected by sexual abuse

Do You Need Peer Support?

Alcoholics Anonymous	1-800-737-6237 csoaamaine.org	Info, peer support and meetings
Al-Anon	1-888-425-2666	Info, peer support, and meetings for affected others
Narcotics Anonymous	1-800-974-0062 namaine.org	Info, peer support and meetings
Nar-Anon	1-800-477-6291	Info, peer support and meetings for affected others
Portland Recovery Center	207-553-2575	Peer support for recovery
Safe Harbor Recovery Center Portsmouth, NH	603-570-9444	Peer support services for recovery
Intentional Warm Line 24/7	1-866-771-9276	Non-crisis peer support for mental health and addiction
Partnership Helpline	1-855-DRUGFREE	Peer support for caregivers

Do You Want to Learn More?

Partnership to End Addiction	www.drugfree.org	Info on prevention, intervention and treatment of drug use
------------------------------	--	--

NAMI Maine National Association of Mental Illness	1- 800-464-5767 www.namimaine.org	Help for anyone about mental health concerns



List updated July 2019 and not meant to be exhaustive. Compiled by Choose To Be Healthy Coalition at York Hospital.