

Maine School Administrative District No. 75

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April 14, 2020

COVID-19 Update Letter #10

M.S.A.D. No. 75 families and community members:

Important Change:

Food Service - We will continue our Breakfast and Lunch program through the duration of remote learning, INCLUDING the week of April vacation, on April 22nd. (Please note the change.) The program is open to all children 18 years of age or younger. If you need meals, please come. The hours and pickup locations are the same.

- Mt. Ararat Middle School - Wednesdays 11:00 AM - 2:00 PM: PICK-UP IN FRONT BUS LOOP ONLY
- Bowdoin Central School – Wednesdays 12:00 PM - 1:00 PM
- Harpswell Community School – Wednesdays 12:00 PM - 1:00 PM

April Vacation - April vacation week is still scheduled, and it is important for everyone that this be a break from learning and work. Teachers will *not* be sending out learning plans this week. Also, please note that this Friday, April 17 will continue to be a Teacher Planning Day, not a student learning day.

Continuity of Learning Plans - We are committed to maintaining and strengthening relationships with our students and families. Teachers will continue to provide students with opportunities for learning. As we continue to work remotely, teachers will adjust the quantity and type of work they are providing. Families are encouraged to reach out at any time with questions.

Support - Please remember that to support our students, staff, families, and community members, M.S.A.D. No. 75 nurses, nurse practitioners, and Health Coordinator are available for call-in hours. You are welcome to call in with your questions about COVID-19. Our trained staff will provide you with essential health information and/or direct you to appropriate resources.

School Nurse Call-In Hours, Monday - Friday from 9:00 AM to 3:00 PM

- ELEMENTARY SCHOOLS
 - Monday & Wednesday, Calls Answered by Ellen Martel @ 798-3608
 - Tuesday & Thursday, Calls Answered by Lori Huot @ 798-3628
 - Friday, Calls Answered by Therese Chamberland @ 798-3618

- MT. ARARAT MIDDLE SCHOOL, Calls Answered by Naomi Mullane @ 798-3638
- MT. ARARAT HIGH SCHOOL, Calls Answered by Kelsey Fogg @ 798-3648

Nurse Practitioner Call-In Hours for Students Enrolled in the School-Based Health Center

- Monday & Thursday from 8:30 AM - 2:30 PM Calls Answered by Laurel Reeve @ 798-3658

General Questions District-wide (similar to the State's 211 number)

- Monday - Friday from 8:00 AM - 4:00 PM Calls Answered by Mary Booth @ 798-3600

**If you have an EMERGENCY, please call one of the numbers below.
ALL NUMBERS BELOW are FREE and available to all ages 24/7**

1. Life-threatening emergency - dial or text 911
2. Mental health emergency - State-wide Crisis –1 (888)- 658-1112
3. National Suicide Prevention Lifeline - 1(800)-273-TALK (8255)
4. Crisis Text option - Text HOME or HELLO to 741741
5. Sexual Assault Response Services - 1(800)-871-7741
6. Child Abuse Reporting - DHHS - 1(800)-452-1999
7. Information and referral service - State-wide - Dial 211 or text your zip code to 898-211

Again, we strongly ask that you and your family do everything you can to follow our Governor's and President's instructions, along with the State and National CDC, concerning the spread of COVID-19.

Be well!

Sincerely,

Shawn M. Chabot
Superintendent of Schools