

St. Mary Academy Newsletter

March 2010
Volume 4, Issue 6

Principal's News

Mrs. Bobi White, Principal



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Upcoming Events

- ◆ Eurofest (3/4)
- ◆ Auction (3/20)
- ◆ No K or PreK classes due to PALS testing (3/29-3/30)
- ◆ No school (3/19, 4/2)

Dear Saint Mary Academy Family,

When it comes to practicing our faith, Lent is a time of heightened intensity. Catechists of all age groups are always looking for creative Lenten activities so as to heighten that intensity. However the fast pace of life may seem to leave little time and energy for the traditional Lenten practices.

The writers at Loyola Press tell us that the trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day. The three foundational practices of Lent are prayer, fasting, and almsgiving. Here's how to think about them in a new way:

○ Praying Daily

If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favor, you experience great and friendly service, or when something joyful happens to you – you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the Catholic Church's call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, yourself more centered, and your Spirit more aware of God's presence.

○ A Different Type of Fasting

There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumors? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten

call to fasting and abstinence.

○ Give of Yourself

Daily life offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles – give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

So no matter how busy you are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent – and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning. (*Loyola Press*)

March Events

March kicked off with some very exciting news from *Catholic Teacher* about our Innovative School of Tomorrow award. As a community, we should feel some real pride at being one of 12 in the nation winning this distinction. We will be accepting this award at a banquet at the National Catholic Educator's Conference in Minneapolis in April. Watch for the new banner and logo to adorn our building and letterheads.

As your students may have mentioned, we have begun weekly

Principal's Letter (cont'd)

visits from our priests from the Parish of the Assumption. Each week they meet with one grade to extend classroom curriculum and open discussion. Rumor has it that they also do card tricks.

Also visiting the school recently were Father Jason and Sister Lorraine. They met with Grades 4-8 to discuss vocations.

Upcoming Activities

March 4 - Eurofest

March 11 - Our own Mrs. Zelle, cheerleader, and Mrs. White, designated hitter, will be participating in the Dover Reads Final Celebration for the winners of the Dover Reads essay and drawing contest!

March 19 is a professional development day for our staff. This year we will be

combining with the other Catholic schools in the area at St Theresa's in Rye. There is no school.

March 20 - Our major fund raiser of the year is the Saint Mary Academy Auction to be held on March 20. Our auction committee has been busy organizing some wonderful silent and live auction items, wonderful food, and magical atmosphere. Several of our students, faculty and staff have gathered some unique talents to offer some very special silent and live auction items. There is also childcare available on a reserved basis. It is a great chance to have an adult evening out and help raise some needed money for our school.

March 29, 30 No Pre-K or Kindergarten - Pre-K and K PALS testing

March 31 - Butter Braid fundraiser starts

April 2 - No School Good Friday

Mission of the Month – Mrs. Kuder

During March our monthly school mission collection will go towards supporting SMA's adopted children, one in Mexico and one in the Philippines.

Seven years ago, SMA adopted two children through the Christian Foundation for Children and Aging. Our support allows Marco Pablo, now 14, and Ronalyn Alamo, now 15, to attend school and also

helps their families with medical and basic needs. This mission collection is very important because we need a minimum of \$600 to continue support of these children.

Please help us support them by giving generously.

Thank you for your support.

**March
Mission
Collection**

Adopt-a-Child

March 11-12

Office News – Mr. Hall, Mrs. Allyson, Mrs. Kuder

Pennies! Pennies! Pennies!

Our penny collection is now at \$693. 6D is still out ahead with \$148. 1CZ is close behind with \$125 and 3B with \$108.

The following students brought in \$10 or more:

Allie Ferland 3B	\$68.42!!!
Meaghan Skowron 1CZ	\$20.00
Alirose Beauregard 4G	\$11.10
David Beauregard 4L	\$11.10



Thank you for your efforts!
Mr. Hall

Thank you

Thank You, Student Council!!

Members of our Student Council recently picked up trash in front of our school, just before a large snowstorm. A few minutes effort really helped improve the appearance of our school.

Office News (cont'd)

Financial Aid Forms for the 2010-2011 School Year

All families in current Grades K-7 were provided a FACTS Grant & Aid Application (via your child). If you did not get one and want one, check your child's backpack. If that fails, please come to the school office and obtain one. The deadline for applying for financial aid is Friday March 19.

Please use current year tuition rates when you fill out the application – the new rates have not yet been set. You can find the current year rates on the SMA website – follow the Admissions tab to Tuition.

Remember, this is a different process from the supported/non-supported tuition. It is also different from FACTS Tuition Payment program.

Please call Mr. Hall in the office if you have any questions.

Virtue of the Month

February - HONESTY

Choosing to be truthful in everything you do and say

- Grade 3B: Shawn DeKorne, Matthew Kelly
- Grade 3L: Emma Foss, Emma Gould, Ethyn Gower, John Nash
- Grade 4G: Gus Eisenmann
- Grade 4L: Lucas Durfey, Ryan Coleman
- Grade 5G: Steven Constas, Lillian Friars
- Grade 6D: Cameron Gould
- Grade 6G: Alaina Wyrsh
- Grade 7F: Alexis Ladebush, Bryce Berchulski, Hannah Turgeon
- Grade 8G: Michael Goodwin, Elizabeth Hamel

Dress Down Day

Dress down day for the month of March is scheduled for Thursday, March 18. Bring in \$1 and dress down.

Development News— Mrs. Puglisi

SMA Auction is Live. Are You Registered?

The online auction went live on March 1 and will run through March 17. Register today at

www.biddingforgood.com/saintmaryacade-my to start bidding on some wonderful items. Here is a sample of some of our hot items:

- "UNH Men's Hockey Experience" - Attend a practice, meet all the players, get an autographed media guide, hat and take a tour of the locker room with Coach Umile
- One week in St. Petersburg, Florida
- Zoom teeth whitening service

- Pink Nintendo DSi bundle
- American Girl Doll items including AG Doll "Lanie," American Girl doll SMA uniform and matching cotton-blend dress set for both girl and doll
- Beauty and massage packages
- Summer camp options
- Family photo package
- Popular classroom project items
- Gift certificates to local attractions including Santa's Village, York's Wild Kingdom, Emery Farm, Tri-Star Gymnastics, CoCo Key Water Resorts family pack, and much more!

Development News (cont'd)

Remember when bidding to pay special attention to which items are marked "Live." These items will continue to be bid upon during the live event on Saturday, March 20.

Live Event Info:

Ticket price of \$20 each includes heavy appetizers and a special gift for all attendees! The event begins at 5 p.m. and there will be a DJ after the event for families and friends to stay and enjoy the music, dance and socialize, further building this wonderful community at SMA. We encourage everyone to participate. For those who think this might be an expensive night, think again. In addition to a low-cost ticket, for SMA families with children over 4 years of age, complimentary childcare services will be provided to you at the "little building" (SMA's Pre-K and K building). Items up for bid include a range of affordable items, not to mention the several silent and raffle items available at the event. We can honestly say there's something for everyone.

Tuition-free Raffle Tickets

Tickets are \$25 each or 2 for \$40 and are on sale now through March 20. Winner's name will be drawn at the auction which is set for Saturday, March 20. Tickets can be purchased at the main office or by contacting Shelley MacGregor, raffle chair at shelleymacgregor@comcast.net.

If you have any questions about this event, please contact Leslie Barbini, auction chair at leslie@theweddingbelle.net and/or Meaghan Puglisi at puglisi@saintmaryacademy.org.

Auction Volunteer Opportunities

There's still time to join the volunteer team. Here's how:

- **Day of event - Saturday, March 20**
Raffle ticket sellers, runners during the event, servers, babysitters at little building and many others
- **Day before the event - all day Friday, March 19** - set up tables, chairs, decorate, etc. to help us prepare for the live auction on Saturday!

Other Development Reminders

Alumni Reunion "Celebrating Generations" - Plans are underway for a gathering of alumni to celebrate the rich history of Saint Mary Academy and the generations of families which have attended our school. This event will be held in May at Maple Suites. If you are an alum, or know someone who is, registration is available on our web site, www.saintmaryacademy.org to be included in the alumni mailing.

Christmas season planning is starting early. **Join the SMA parade team!** - Preparations will begin soon for the 2010 Dover Holiday Parade. If you are interested in joining the team, please contact Meaghan Puglisi at Puglisi@saintmaryacademy.org.

Box Tops - Help us earn money through this wonderful program

Remember to clip and save your box tops for SMA. Visit the Box Tops for Education web site at www.btf.com for additional ways to raise money for the school. For more information about this program, please contact Cathy Cilley at cilley13@comcast.net.



the difference
1 can make.

Grade 1 & 2 News –Mrs. Cronholm, Mrs. Cruz, Mrs. Pinsince and Ms. Smith

It was wonderful to see so many of you at the Ice Cream Social and the various fun-filled events during Catholic Schools Week. February also brought us to our 100th day of school. We have rounded the corner of the school year and though the children's progress has been remarkable, there is still so much to do. Thank you to everyone who helped with our Valentine's Day parties. Whether you organized the party or donated goodies and supplies,

it is deeply appreciated. We hope to see you at the auction this month. Please check out all the wonderful auction items (including the classroom projects) and bid online as well.

If it's auction time, spring must not be far behind. We are looking forward to enjoying the warmer weather and are excited for our field trip in April to the Rochester Opera House to see "Beauty and the Beast." Happy spring, everyone!

Grade 3 News –Mrs. Bilodeau and Mrs. Leonard

We have just returned from February vacation energized and ready to get back to work!

We are eagerly looking forward to Term 2 report cards coming out this month.

Grade 3 is in charge of the Mission Project for April, which is *Heifer International*. We have started our Read-To-Feed reading project, which began in February and will end in April. All monies collected will go to help Heifer International. The children have done an excellent job in years past, and we are looking forward to the same results this year. We are hoping for 100% participation in this project. Every little bit helps! Heifer receives money and the children read books..... it is a WIN-WIN!! ☺ The books read for this project also go towards

our Reading Wall!

Deacon Bob has been in to see both 3rd grades in chapel talking to us about Lent and the importance of getting ready for the Easter Season. Palm Sunday is the last weekend in March. We are also starting our studies of the seven sacraments.

The children were excited that they have learned the proper way to write out a check in Saxon Math. We continue to work on all of our facts - addition, subtraction, multiplication and division.

The children are very excited about their video book reports which are due during Term 3.

We would like to wish you peace during this Lenten season. Stay warm and may God's blessings be upon you during this special Lenten season.



Grade 4 News— Mrs. Gagne and Mrs. Landry

The Virtual Zoo

The Virtual Zoo was a huge success. An educational and enjoyable day was had by all. The students did their best to portray realistic creatures of the wild. The visiting students, parents, grandparents, and other relatives asked excellent questions and demonstrated a keen interest in each animal. All the students enjoyed a scavenger hunt, animal crackers and juice.

Thank you to all the parents who helped on that day. We appreciate your time, effort and the interest you take in our students.

Valentine's Party

The fourth grade classes enjoyed delightful Valentine's parties on Friday, February 12. Thanks to our wonderful

parents, treats and goody bags were enjoyed by all. The students decorated white paper bags with Valentine symbols and their names. Valentine cards and goodies were deposited in each bag. A special thank you is extended to Mrs. Forcillo who was kind enough to set up for the party in 4G.

Essay Contest

The fourth grade class was invited to take part in a writing contest sponsored by Dover Reads. Both classes participated. Students wrote about a special wish or desire they may have had after being inspired by the book entitled Zachary's Ball. Numerous entries have been sent to be judged. Good luck Grade Four!

Grade 5 News— Mrs. Boal and Mrs. George

Fifth grade has been busy this month. We completed the DARE program and have learned a lot about the dangers of drugs, alcohol and smoking. DARE graduation will be held in March, with the winners of the DARE essay contest reading their speeches.

We met with Father Mark this month and talked about the seven sacraments. We were impressed with Father's amazing ability to remember all of our names.

The Native American Project is well underway. Prepare to be dazzled by our

knowledge at the Native American Festival which will be held in March.

We participated in the Dover Reads Essay contest and are eagerly awaiting the results.

In science, we studied weather in February. We are now studying weight, mass, volume, and density. During March, we will be learning about the periodic table, the names of some of the elements, and the mysteries of subatomic particles.



Grade 6 News— Mr. Duffy and Mrs. Gould

Hope everyone had a relaxing February break. The sixth graders will begin March studying the heart and circulatory system in science and Ancient Rome in social studies. The electricity projects were a hit at open house, too.

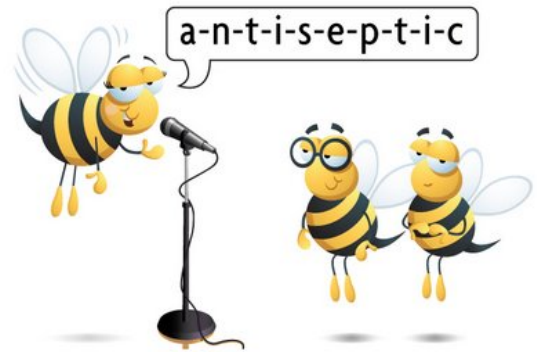
Great job by the sixth grade spelling bee contestants: Quinn O'Sullivan, Kyler Pilewski, Sara Feith and Nick Cruz !

Catholic Schools Week was really fun. Congratulations to 6D for winning the door contest!

Junior High News – Mrs. Furino, Mrs. Houle, Ms. Gitschier and Mrs. Roberts

Merranda Donnelly will be in the regional spelling bee in Rochester on March 6. Good luck!

The Junior High thanks the parents who helped make the Valentine's Dance a success by chaperoning. They are: Mrs. Stacy, Mrs. Berchulski, Ms. Desrosiers, Mrs. Hartford, Mrs. Ladebush, Mrs. Puffer, and Mrs. Teague.



Spanish News – Señora Dromey Heeter

Seventh and eighth grade Spanish students have been watching and listening to Latin Music USA, a wonderful PBS program that highlights the great American music created by Latinos and celebrates the Latin rhythms at the heart of jazz, rock, country and rhythm and blues. It's a fresh take on American musical history, reaching across five decades to portray the rich mix of sounds created by Latinos and embraced by all. In my own words, it's fabulous. We've been learning about everyone from Santana to Celia Cruz, to Ruben Blades, Selena, Ricky Martin, Shakira and Gloria Estefan. I've been having way too much fun at work singing and dancing with my wonderful Spanish students - and teaching Spanish via the Latino music experience.

Often, it's an alternative experience that piques someone's interest in learning another language. I'm always amazed when someone shares how they have embraced another culture, another language. Most recently, Mary Foster (SMA '06) told me she changed all of her iPod settings to Spanish. A former colleague told me he programmed his GPS in

Dutch. I love to keep the French subtitles on DVDs...it's a low impact way to learn new vocabulary. If you are interested in learning another language, use the language tapes and DVDs if you think you'll use them, but embrace the many ways other languages surround you now. Have fun! Dance with Celia Cruz - the Queen of Salsa, try to order your Chinese food IN Chinese, ask your grandmother to speak to you only in French. Enjoy the sounds of words in languages other than English.

World Language Week March 8 - 12, 2010

World Language Week is almost upon us. This year's theme is "Spread Your Wings! Learn a New Language!" Each day, a different language will be spoken over the intercom and all students and staff are invited to "guess the language." This week always invites lots of linguistic excitement! SMA will celebrate World Language Week March 8 -12. Keep posted for exciting events.



Nursing News— Mrs. Bender, R.N.

It's that time of the year and the State of New Hampshire has put out the 2010-2011 school year immunization requirements. Your child must be current in their immunizations before the beginning of the school year in September. It is your responsibility to make sure they are current. What I see is parents waiting until their yearly appointment for the immunizations. New Hampshire has a law that childhood immunizations are free and you should not be charged for the vaccine. You can be charged for an office visit though.

For a copy of the 2010-2011 school immunization requirements, please visit www.dhhs.state.nh.us/DHHS/IMMUNIZATION.

There will be a copy of the state requirements posted on the bulletin board in the office.

On another note, I am seeing more and more children not having had breakfast. Studies have shown that children who have a good breakfast do better academically, especially if they have a breakfast that includes protein i.e. eggs, milk, yogurt, meat and cheese. What I have surmised is that our lives are hectic and we are rushing around and there seems to be no time to get breakfast ready. Below are some suggestions. It's just a

matter of being organized

1. Set the alarm 15 minutes earlier.
2. Pour low sugar cereal in a bowl the night before. Then all you have to do is pour milk in the morning.
3. Make ahead a batch of pancakes and freeze individual portions. Then all you have to do is microwave them.
4. Yogurt parfaits can be made ahead of time. Layer vanilla yogurt, strawberries, blueberries and top with healthy granola. This can be made ahead ready to go in the morning. You can put it in a paper cup and they can eat it in the car.
5. English muffins are easy to work with. Put a slice of cheese on each piece and placed under the broiler or put it in the toaster oven. Also, you can make mini pizzas with tomato sauce and cheese and broil until cheese is melted.
6. Powdered breakfast drinks provide protein. You can put powdered drinks into a blender the night before and all that you have to do in the morning is pour the milk in and blend.
7. Fruit smoothies can also be a good breakfast that provides protein.



*Student Council – Señora Dromey Heeter, Mrs. Finnigan, Mrs. Zelle
Guidance Guide – Mrs. Schwoerer*

RECOGNIZE AND CONNECT:

Helping Youth at Risk of Suicide

(Resources by National Alliance on Mental Illness - Concord, NH 603-225-5359, www.naminh.org)

FACTS ABOUT SUICIDE IN NEW HAMPSHIRE:

- o Historically about 20 youth (ages 10 - 24) die each year of suicide.
- o NH suicide rate is ABOVE the national average.
- o Firearms are the primary method used (hanging for under the age of 15).
- o Suicide is a public health issue. Everyone has a responsibility in preventing suicide.

Recently I had the opportunity to attend a three-day conference on suicide prevention. I returned with lots of information to share and am eager to get started. You and I are "Gatekeepers" in our SMA community and therefore play an important role in preventing suicide. Gatekeepers come from many walks of life and regardless of our role, our education or personal experiences, we all can learn to recognize risk factors, protective factors and warning signs for suicide in youth.

What are Risk Factors? Risk factors (biological, psychological or social) make it more likely to develop a mental health problem. The more risk factors a person has, the more at risk for suicide/self-destructive behaviors. Some examples include history of abuse, bullying or interpersonal conflict, confusion about sexual orientation/identity, family history of suicide, depression or alcoholism, access to firearms, financial difficulties or changes in family structure; i.e. death, divorce, remarriage,

frequent moves/ relocation, etc.

What are Protective Factors? Protective factors (biological, psychological or social) make it less likely that individuals will develop a mental health problem. Protective factors help lower the risk of suicide/self-destructive behaviors. Some examples include abstinence from alcohol/drugs, seeking help when needed, supportive friends/significant others, good problem-solving skills, family cohesion, opportunities to contribute/participate in school/community, restricted access to firearms/lethal means.

What can families do to help kids feel connected? The National Center on Addiction & Substance Abuse (CASA), 2006, states that "children who eat regularly with their families are less likely to smoke, drink, use illegal drugs, have sex at young ages, get into physical fights, be suspended from school, or have thoughts of suicide."

Recognize Warning Signs. It is difficult to tell warning signs from "normal" adolescent behavior. Sometimes youth who are depressed can appear angry, irritable or hostile. Warning signs/causes for concern would include withdrawing from friends/family/activities, increasing alcohol/drug use, feeling anxious/agitated, changes in sleep habits, dramatic mood changes, feeling hopeless/trapped, giving away favorite possessions.

If you have questions or concerns contact SMA school nurse, Mrs. Bender, or SMA Guidance Counselor, Mrs. Schwoerer, at 742-3299; NH Catholic Charities at 1-800-562-5249; or the National Suicide Prevention Lifeline at 1-800-273-8255.



Sports – Mr. Duffy

It's mid-year and the SMA Student Council really has proven to be a winning team. So far this year, they have cleaned up the school yard, helped out at the Grandparents' Luncheon, sold candy canes, celebrated students who have epitomized the Virtues of the Months, orchestrated Christmas caroling, marched in the Dover Holiday Parade, volunteered at the Spaghetti Supper, helped dispense toppings at the Ice Cream Social, given tours to prospective families at the Open House, mounted and removed decorations from the fence, assisted new SMA students, provided uniforms to anyone who wants one, and co-ordinated the recycling program. If you read this and are impressed, please thank one of our Student Council members. They are outstanding - really. Working with them

has been a pure joy.

The next SMA Student Council endeavor is selling our SMA bumper sticker to support technology here at SMA. You can find the order form below. These stickers were designed by Brian Austin, a fifth grader at SMA. These decals are easy to see and celebrate a connection to SMA. Thank you, Brian!

Finally, please make sure you witness the Living Stations of the Cross performed by Student Council members. This event takes place in Mercy Hall and allows the SMA audience to witness Jesus' final hours on Good Friday. The date and time of this event will be announced.

Again, thanks to all Student Council members who suit up and show up to support our wonderful SMA.

Saint Mary Academy Decal Order Form

The SMA decal is an oval, 4 ½ inches by 3 inches sticker. Magnetized versions will be available in the near future. Stickers may also be purchased at the School Store as well as the Main Office.

Name: _____ Classroom: _____

Quantity: 1 @ \$3.00 _____

2 @ \$5.00 _____

Other _____

Please make checks payable to Saint Mary Academy with memo: **Technology Fund**

All profits will be donated to the Saint Mary Academy Technology Fund. Thank you for your support!

This decal was designed by SMA 5th Grader Brian Austin.

Congratulations to the following winners of the intramural program's Super Saturday contests:

Grades 5-6

Free throw: Sara Feith, Kyler Pilewski
Lay up: Brenna Chrisom, Cam Adams
Block shooting: Sara Feith, Ian Wilson
Parent 3-pointer: Mr. Etter

Grades 3-4

Free throw: Caitlin Bryan, Jeremy Wood
Lay up: Christianne Thompson, Andrew Geppert

Block Shooting: Caitlin Bryan, Daniel Wooster

Parent 3-pointer: Mr. Hayden

Congratulations also to the following varsity basketball players selected as among the 10 best players in their respective divisions in the Great Eastern New Hampshire League: Tighe Loch, MVP Division I Girls; Johanna Gleason-Vergados, Kelsi Carter, Liz Hamel, Jesse Quintero, Seth Douglas and Kevin Gould.

Community News

SMart Business Directory

Spring is almost here and those jobs that need to get done are just around the corner. There are people that can be of assistance! Remember to go to the SMA website and look at all the businesses which have advertised in the SMart Business Directory. If you need help around the house - an electrician or a plumber, etc. we have just the people who can help! April 15th, tax time, will be coming soon. We also have people who can help there as well! People who advertise their business in the SMart Directory are SMA parents or alumni who are here for your convenience. Please patronize these businesses - some of them even offer discounts to SMA families. If you have any questions, please contact me at bilodeau@saintmaryacademy.org.

Campaign for a Commercial-Free Childhood

Consuming Kids Summit
Wheelock College, Boston
April 8-10

Since 2001 the Campaign for a Commercial Free Childhood has been bringing together distinguished scholars, activists, parents and educators to talk about how marketing undermines children's health and well-being. The next summit will take place at Wheelock College on

April 8-10 and is well worth attending. If you are interested in going and/or simply would like information on what takes place, please contact me. I've attended this summit twice before and each time I return, I find my parenting and teaching improved, my awareness heightened, my understanding of media strengthened and, in general, just feel that I've spent two days with an amazing group of people who really, really care for children. Again, call or email for any information.

Susan Dromey Heeter

Protecting God's Children

When: Tues., March 9, 6:30-8:30 p.m.
Where: Our Lady of the Holy Rosary Church, St. Matthew Rm. Church Basement, 189 N. Main St., Rochester
Registration: To register, please contact Robin Langlois at rlanglois@hrsl.org

Doll Show

The SAN-D-OVER Dollars Doll Club will be holding its 14th annual Doll Show and Sale on Saturday, March 20, 9:30 a.m.-3 p.m. at the Dover Elks, 184 Durham Road, Dover, N.H.

Admission is \$2 for adults and \$1 for children.

For information, call 868-7039, 356-7690 or 207-636-2397.