



Monroe - Message From the Principal

October 23, 2023

Notes from the Principal, Mrs. Roux ...

Can you believe that there is only one full week left in October? The beginning of the school year is flying by, and has been filled with so many amazing learning opportunities! Students have settled into positive routines and our fall benchmark data has allowed teachers to develop instructional plans to meet the varied needs of their classrooms.

We are excited about Parent/Teacher conferences this week and encourage all families to take advantage of this important opportunity. If you have not yet scheduled a conference, it is not too late. Please just reach out to your child's teacher and they will happily add you to the list. Our goal is to make contact with 100% of our school families and update you on your child's current strengths, areas of need, and goals.

Halloween is right around the corner and excitement will be building. Some classrooms will likely be planning small activities and some of the schools will be hosting school wide themes such as dress like your favorite book character, school spirit day, or something similar. Please just keep in mind that if your student's school decides to offer one of these dress up type activities, students are not allowed to wear just regular Halloween costumes that are not connected to these themes, and no dress up that includes weapons, blood or anything related to violence will be allowed. Thank you so much for your cooperation.





Reminders this week include:

- At this time, we are still asking that students be dropped off at the main entrance where a staff member will greet them and escort them inside.
- Daily dismissal time will begin with parent pick ups at 3:00, followed by bus dismissals. Parents are asked to pull up to the entrance and your child will be brought out to meet your car.

Please do not hesitate to reach out to me if you have questions, concerns, or need support for your child or your family. Have a great week!

(email: lrout@rsu3.org school phone: 525-3504 home phone: 568-3980 cell: 323-0990)



PBIS		Our whole school is working to earn a “ Dress like a book character day. ” If we earn enough PAWS coins, this will be on Tuesday, October 31st. We will find out if we’ve earned it on Monday, Oct. 30th. We will email, post on our Facebook group, and send home a paper flier to let everyone know. Some guidelines: no masks, gore, weapons, fake blood, etc. Students are encouraged to bring the book their character is from (if we have it at school, they can borrow it for the day). Keep in mind, this is a P.E. day, so students may need a change of clothes.					
K		In kindergarten we are working hard on our writing, and being able to write a letter for every sound we hear in a word. We are learning some heart words (I, am, the, like, and). We also finished up another chapter in our math and took our Reading NWEA. Next week we will take the Math NWEA.					
1/2		First and second graders have had a busy week! In spelling, they have been working on the digraphs ck, sh, and th. They have been working very hard, and especially enjoy writing words and sentences on whiteboards. In addition to practicing the spelling pattern on our boards, we are also focusing on using lowercase letters unless a capital is needed. Students are really enjoying the challenge of practicing at home! Thank you for helping them remember to bring their work back after completing it!					
2/3	 tiger = ti ger	Oct 23: We completed NWEA tests this week, for math and reading. I will have the results from 2nd grade to share at Parent Teacher Conferences, and will share the results from 3rd grade once they are available. We continue our work on syllable division rules. This week we focused on Tiger words. These are words that have an open syllable (long vowel sound) followed by a closed syllable. Here are some examples: <table><tr><td>ro bot</td><td>Ra chel</td><td>spi der</td><td>pa per</td><td>mu sic</td></tr></table>	ro bot	Ra chel	spi der	pa per	mu sic
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4/5		This week has been very busy! We did both Math and Reading assessments for Maine Through Year Grade 3-5 which previously was called NWEA. Hopefully, I will have results to share during parent teacher conferences this coming week. We also finished learning more about igneous rocks and started sedimentary rocks in science. The fifth graders had a great time at The Gulf of Maine Institute! We are planning follow up activities and our thank you to the sponsors who support this great experience. 					

Title One	Title 1 is up and running feel free to stop in while you are here for conferences. Also, I will be having a make and take game activity as well as power word games to take home. Please stop by the Title 1 room and learn about the power words and how they can help your child read more fluently. I will have ready made games for families to take home featuring these words.
PE	Monroe had another fantastic week in PE - we continue to work on many different things but I'm so impressed with the effort, positive attitude and perseverance.
Agriculture	We finally met our Adopt-a-Cow, Recking Ball, this week! She is an adorable Holstein calf and was born on September 2. We will receive monthly updates on her throughout the year. Students also harvested greens, onions, and radishes from the garden. In preparation for making homemade Calendula Lip Balm, Mrs. Norgang's class steeped calendula flowers in olive oil.
SEL	This week everyone went on an emoji emotion scavenger hunt!



High Frequency Words ("POWER WORDS")

What are they?

High frequency words are ones that show up more frequently in texts than other words. Many of them are not decodable (sound it out) words.

Why learn high frequency words?

The first thirteen words account for more than 25% of the words in print. The first 109 make up half of all words children will encounter when reading. (Adams 1990; Blevins 2017; Richman 1971)

If the child also has some basic phonics skills, the child could read up to 90% of single syllable words they see in a book. (Solity and Vousden 2009)

How can families help?

- 1. Make learning fun. See the games we have provided.***
- 2. Read together.***
- 3. Go on word hunts.***
- 4. Practice writing high frequency words. Have your child think about the parts they do know, for example, the first sound and letter.***

Come to the Title 1 room when you are here during Parent teacher conferences on October 25, or and learn about games you can play to help your child learn these valuable words. I will have games for you to take home with you!



Is my child too sick for school?

Each day many parents are faced with a decision: should they keep their sick children at home or send them to school? Often the way a child looks and acts can make the decision an obvious one. In accordance with Maine Department of Health and Human Services guidelines, a child should not attend school if he/she exhibits one or more of the following symptoms or infections:

Keep your child home if he/she has any of the following symptoms:

- **Fever** (Greater than 100° F)- the student may return when fever-free for **24 hours WITHOUT the use of fever reducing medication.**
- **Cough:** A child with an uncontrolled cough should stay home until they are coughing with less frequency.
- **Diarrhea/Vomiting:** A child with diarrhea and/or vomiting should stay at home and return to school only after being symptom free for 24 hours.
- **Rash-** Any new onset of rash if accompanied by fever; may return after rash resolves or diagnosis is made and clearance given
- **Skin Lesions (sores)** – A student should not be at school with any sores with drainage that cannot be contained within a bandage
- **Strep Throat/Impetigo and other bacterial infections requiring antibiotics-** A student with strep throat must remain home until they have been on their antibiotics for a full 24 hours.
- **Colds-** A child with thick yellow-greenish mucous accompanied by fever, vomiting, diarrhea, or constant nasal discharge should remain home. Very few younger children can effectively blow their noses and wash their hands afterward. A child with the above symptoms will quickly spread the illness to other children.
- **Other-** Any symptoms or complaints that prevent the student from active participation in usual school activities

If your student tests positive for COVID-19, they must isolate at home for 5 days. After 5 days they may return with symptom improvement, masking days 6 through 10. More information can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation>.

Home is the best place for a child who is ill. Students with these symptoms cannot comfortably participate in school activities and unnecessarily expose others to their illnesses.



Check out these **FREE** Digital Literacy classes



Coming soon to RSU 3 Adult Ed!

Windows 10 PC Basics

Oct. 3rd at 4pm

Understanding WordPress

Oct. 5th at 2pm

Using Gmail Effectively

Oct. 31 at 2:30pm

Understanding WordPress

Nov. 2nd at 6pm

Applying for the Affordable
Connectivity Program

Nov. 14 at 6pm

Learning about Devices

Dec. 5 at 3pm

Internet Safety

Dec. 7 at 3pm

Video Conferencing with
Healthcare Providers,
Family, & Friends

Dec. 11 at 3pm

**Don't see what
you want?
Just ask!**

College Success Series

Presented by RSU #3 Adult & Community Education and
Dori L. Leadbetter of The Maine Educational Opportunity
Center (MEOC)



PAYING FOR COLLEGE FAFSA WORKSHOP

Wednesday October 11 3:00 - 5:00 pm



APPLYING FOR COLLEGE APPLICATION WORKSHOP

Wednesday November 8 3:00 - 5:00 pm



FREE MONEY FOR COLLEGE SCHOLARSHIP WORKSHOP

Wednesday December 6 3:00 - 5:00 pm

How to Register

This is a free service but you must register with both Adult Ed & MEOC.

Adult Education registration: In person or online at rsu3.maineadulted.org

Students that have not already submitted a MEOC application to receive free MEOC services,
please complete the MEOC online application from your cell phone or computer using this
weblink:

https://trio.maine.edu/meoc/meoc_application.php

**DISCLAIMER: For all students under the age of 18: A parent/legal guardian signature is
required on the MEOC application and students must attend the workshop with at least one of
their parents/legal guardians.**





Thursday, November 9th, 2023

IN PERSON OR LIVE ZOOM

5:30-7pm

FREE **VETERANS LAW** CLASS

"Who doesn't know a veteran" or "THE VA" ?

One phrase rings true, the other spurs thoughts of frustration, bureaucratic double-speak; and confusion.


However, some attorneys, like Mailloux and Marden's Tyler Hadyniak (Mount View Class of 2011), are experts in navigating the VA benefits system and helping veterans get disability benefits for medical conditions they think are related to service.

Tyler's legal career began in veterans law, and he is the only veterans disability law attorney in Waldo and Knox Counties.

This course will be a basic, introductory guide to veterans benefits law. There is no charge to attend but registration is required.

Tyler will walk participants through the VA benefits process, and explain what an applicant needs to prove and how to do it. By the end of the class, participants will be able to explain to veterans, their friends, and family, what is required to get compensation through the VA.



A photograph of the Colosseum in Rome at night, illuminated by warm lights against a dark blue sky with some clouds.

8 Days and 9 Nights
June 20-29, 2024

The Best of Italy's Culture, History, Food & Wine
Rome, Florence, Tuscany & Umbria

Register by Oct 31, 2023 for Early Bird Pricing!

Trip Website: <https://www.astravel.world/rsu-3-trip-2023>

Informational Meeting Monday Oct 2 5:30-6:30pm

Live or via Zoom at MVHS - Register online at rsu3.maineadulted.org

