



# Monroe - Message From the Principal

October 30, 2023

## Notes from the Principal, Mrs. Roux ...

Happy Halloween!



Well, last week was a bit unsettling in light of sad/scary events in our state. These situations are never easy to navigate and take an emotional toll on everyone; however, I want to acknowledge and applaud the staff for how well they handled the situation here at school. For those families who chose to send your children to school, please know that teachers and staff worked together to provide as much normalcy as possible, while also being sensitive to the needs of some students who shared questions or concerns. I am very proud of all staff members for their professionalism and commitment to providing a safe and productive learning environment.

I'd also like to send out a huge thank you to all families who attended Parent/Teacher conferences last week. These conferences are a critical part of ensuring that your child has a positive educational experience this year. **If you were unable to attend, please reach out to your child's teacher(s) and they will happily accommodate a way to connect with you for these important conversations.**

One final reminder about Halloween: 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 for any 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.

**Please see below for Halloween Safety Tips if you will be participating in Trick-or Treating!**

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: [lroux@rsu3.org](mailto:lroux@rsu3.org) school phone: 525-3504 home phone: 568-3980 cell: 323-0990)



### How can caregivers support attendance?

- Set a regular routine for your child's bedtime and morning wake-up
- Prepare the night before for the next day's activities:
  - Pack backpacks
  - Lay out clothes
  - Make lunch

## Check out what's happening at Monroe School ... Week of: 10/23

|             |  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
|-------------|--|--------------------------|--------------------------|--------------------------|----|--------------------------|--------------------------|-----|--------------------------|--------------------------|---|--------------------------|--------------------------|----|--------------------------|--------------------------|-------|-------|-------|-------|-------|--------|
| 1/2         | <p>First and Second graders have had a busy week! Students have enjoyed using checklists and receiving feedback on their work and making changes to make it their very best. They have been doing this in writing, reading, spelling, and math.</p> <p>It was great to have a chance to talk with parents at conferences. Your support at home is helping these students shine!</p> <div><div><div>1 2 3 Spelling</div><div>1 2 3 Lowercase letters</div><div>1 2 3 Letter formation</div><div>1 2 3 Spaces between words</div><div>1 2 3 Starting capital</div><div>1 2 3 Punctuation</div></div><div><div>LIST 1</div><table><tr><td>the</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>of</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>and</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>a</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>to</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table></div><div><div>Writing with the 5 W's</div><div><div><input type="radio"/> Who is there?</div><div><input type="radio"/> Where are they?</div><div><input type="radio"/> What are they doing?</div><div><input type="radio"/> Why are they doing it?</div><div><input type="radio"/> When are they doing it?</div></div><div></div></div><div><table><tr><td>0 + 1</td></tr><tr><td>2 + 1</td></tr><tr><td>3 + 2</td></tr><tr><td>2 + 6</td></tr><tr><td>4 + 6</td></tr><tr><td>10 + 4</td></tr></table></div></div> | the                      | <input type="checkbox"/> | <input type="checkbox"/> | of | <input type="checkbox"/> | <input type="checkbox"/> | and | <input type="checkbox"/> | <input type="checkbox"/> | a | <input type="checkbox"/> | <input type="checkbox"/> | to | <input type="checkbox"/> | <input type="checkbox"/> | 0 + 1 | 2 + 1 | 3 + 2 | 2 + 6 | 4 + 6 | 10 + 4 |
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| 2 + 1       |  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| 3 + 2       |  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| 2 + 6       |  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| 4 + 6       |  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| 10 + 4      |  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| 2/3         | <div></div> <p>Several students have been motivated this week to complete their “Write to 1,000” challenge. I offer this challenge to every student, and so far we’ve had five students complete it. The need to write each number from 1 - 1,000, with no digit reversals. It’s very common for students to enter 2nd grade still writing some letters and digits backwards, but generally after completing this challenge, they outgrow that. This picture shows a couple classmates celebrating their friend’s accomplishment!</p>   |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| 4/5         | <p>This week we started writing our informational texts on animals with the hope of publishing our very own book! Students picked animals that are endangered, vulnerable, threatened, or making a comeback to research and teach others all about them. We also are finishing up our first chapter in math for both grades and will be assessing to see if we are ready to move on! We continued reading Percy Jackson and learning about igneous, sedimentary, and metamorphic rocks. 5th grade also chose to follow up their Gulf of Maine trip by learning more about Lobster traps and tools. They will be putting together a Sponsor thank you video showcasing what they learned before, during, and after their trip with a big Thank you at the end.</p>  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| Title One   | <p>It was great to see people at Conferences! Thanks to everyone who stopped by to find out about Power Words and how they can help your student be a more fluent reader. Title one homework will begin coming home this week please keep an eye out for a red, blue or yellow pouch.</p>  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| Music       | <p>This week in music, K-2 students continued work on ukuleles. We also learned The Little Bell of Westminster. 3-5 students continued working on their songs.</p>   |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |
| Agriculture | <p>We had a mooooving agriculture class this week as we learned how farmers care for their calves. We also wrote friendly letters to Farmer Betsy, who takes care of our Adopt-a-Cow, Recking Ball. Many students are curious what the red dye is on Recking Ball’s head.</p>  |                          |                          |                          |    |                          |                          |     |                          |                          |   |                          |                          |    |                          |                          |       |       |       |       |       |        |

## HALLOWEEN SAFETY TIPS FOR PARENTS AND CHILDREN

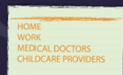
It's not surprising that Halloween is a favorite for parents and children! Kids love to dress up, go trick-or-treating, and eat candy. But, Halloween night can also be dangerous. Make sure to follow these safety tips to ensure a safe and fun evening!

### WALKING SAFETY

- Obey traffic signals, walk on sidewalks, and cross at crosswalks.
- Young children under the age of 12 should always have an adult present.
- If your child is old enough to trick-or-treat with friends, make sure everyone stays together and knows what time to come home.
- Children should never enter a strange car or home.



Parents: **PUT** your phone away. If you're distracted, you and your child could unknowingly walk into traffic.



**INCLUDE** a communications card with contact and medical information in your child's costume.



**MAKE** sure children memorize their home phone number and address in case of an emergency.



- Choose brightly-lit walking paths that you're familiar with. If necessary, make practice runs ahead of Halloween night.
- If you're crossing a parking lot, walk slowly and listen for cars that are backing out of parking spaces.
- Be aware of your surroundings.

- See something, say something: If you notice any suspicious individuals or behaviors, don't hesitate to call 9-1-1.



## HALLOWEEN SAFETY TIPS FOR PARENTS AND CHILDREN

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### HOME SAFETY

**ONLY** trick-or-treat at houses with brightly-lit porches.



**MAKE** sure your front porch is well-lit and free of clutter and sharp objects.



**CHOOSE** LED candles. Open flames can cause fires, especially when children are excitedly running around.



Young children **MAY BE FRIGHTENED** by Halloween night. Before heading out, talk to them in advance about costumes and make-believe.



**NEVER** let young children carve pumpkins.



**KEEP** your furry friends indoors.

### DRIVING SAFETY

**DRIVE** extra slow around neighborhoods with children present.

**KEEP** an eye out for distracted walkers that might dart out into the street.

If you're pulling out of a parking space, **LOOK** behind you, **CHECK** your blind spots, and roll down the windows to **LISTEN** for children.



## HALLOWEEN SAFETY TIPS FOR PARENTS AND CHILDREN

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### COSTUME SAFETY



**APPLY** non-toxic face paint instead of a face mask.



**AVOID** swords and canes with sharp edges.



**CHOOSE** a safe, flame-retardant costume.



**HAVE** children carry glow sticks or flashlights so they can see the road ahead.

**MAKE** sure your child's costume fits properly.

Loose clothing can be a tripping hazard. It can also catch fire, or unintentionally cause strangulation.



**MAKE SURE** children carry a bright-colored trick-or-treating bag.



**DRESS** children in weather-appropriate layers.



If your child's costume is dark, **ADD** reflective tape or bright-colored materials.

### CANDY SAFETY



**PARENTS:** thoroughly examine all candy before children indulge.

**TELL** children not to share candy with friends that have food allergies.



**TEACH** children to ration candy to avoid tummy aches.



**MAKE** sure children know not to accept any baked goods.



Large candies are a choking hazard. **KEEP** them away from young children.





Don't forget...

*Everyone is welcome!*

*at* Monroe Elementary School  
36 W. Main Street, Monroe

# DESSERT AUCTION

**NOVEMBER 20TH**

(SNOW DATE NOVEMBER 21ST)

**DOORS OPEN AT 5:30 PM**



**AUCTION STARTS AT 6 PM**

*Come grab a paddle and bid on  
some great desserts.*

*Welcoming back our very own Darlene  
Charrier to auctioneer.*

**ALL FUNDS RAISED FOR MONROE PTO.  
SNACKS AVAILABLE TO PURCHASE.**





## 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](http://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](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.

