



Monroe - Message From the Principal

November 27, 2023

Notes from the Principal, Mrs. Roux ...

Welcome back from the break. I hope everyone had a nice Thanksgiving. It was a much needed little break for students and staff, but we are back and ready to make the next few weeks before the winter break as productive as possible with a few fun activities mixed in. Be sure to pay close attention to the important upcoming dates and reminders that will be sent out about special events this week and through December. We look forward to opportunities to invite families into school. We are also excited to be preparing the first report cards of the year that will be sent home during the week of December 4.

I'd like to send out a huge thank you to the Monroe PTO for once again coordinating the amazing dessert auction that took place on November 20. It was a huge success again this year and a lot of fun. If all of the desserts were as delicious as the carrot cake that I took home, then I'm sure everyone was equally delighted with your purchases. Thank you to everyone who helped with and supported this event!

As we move toward the colder months and the holiday season, please do not hesitate to reach out to the school if you have any needs that we can support with. We want to make sure that all students have what they need for the winter whether it be warm winter clothing or items for the holidays.

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 school phone: 525-3504 home phone: 568-3980 cell: 323-0990)

Important Upcoming Dates.....

Week of 12/4 - Report Cards come home

12/4 - Holiday Brunch - feel free to wear your favorite holiday pjs

12/18 - Holiday Variety Show

12/22 - Early Release Day

12/25 - 1/1 - Winter Break



I'd like to try adding in a new resource to the weekly newsletter. Each week I will provide some helpful hints to support parents from the website "parents.com" This site offers family friendly tips and strategies for supporting healthy growth in children which will also support their continued success in school.

7 One-Liners to Use When Disciplining Kids By [Parents Editors](#) Updated on January 19, 2022

Disciplining children is hard—and knowing what to say is even harder. But these simple one-liners convey powerful parenting messages in nine words or less.

"I Know; It's Hard."

Validation can help your child move through difficult feelings instead of getting stuck, says Dr. Ershler.

"Walk, Please!"

. "When you say 'Don't run!' or 'Quit arguing,' not only does your child have to stop the action, they also have to search their repertoire of responses for what to do next," says Dr. Ershler. But "Walk, please!" simply tells her what to do next.

"Try Again."

Kids can be more cooperative if they feel they have some control over a situation, so saying something like this or "Let's have a redo" gives them a chance to choose to behave differently without piling on the guilt.

"What Did I Say?" or "Can you tell me what I said?"

How you say this one is super important because if you're not careful it can sound scoldish. And if your emotions become heightened, so will your child's. But genuinely asking him to tell you what you said is a good way to remind him of what he's supposed to be doing.

"I Love You Too Much to Argue."

My own "keep-it-simple" eureka moment actually came the day I heard these seven words.



"I Can't Understand You When You Use That Voice."



This is a blessed alternative to "Stop whining!" Once your child speaks to you more normally, you can then praise her and explain why she made a good choice, says Dr. Ershler.

"How Do We Ask?"

Getting kids to remember their manners is an ongoing battle, but instead of nagging—which can trigger a rebellious response—help your child remind himself of the rules with a calm question.

Check out what's happening at Monroe School ... Week Of: 11/13

K	<p>This week we have done some amazing learning through hands-on activities. We have looked at ways to catch/hide our turkey from being dinner. We have made turkeys with disguises and we also started looking at some engineering skills to build "hidey-holes" for our turkeys. We used paper, popsicle sticks, glue, cotton balls and pom-poms to build these structures. Please be on the lookout for a special family gift coming home on Tuesday. We are also very excited about our "sight word" pin the feather on the turkey that we will play on Tuesday as well. Hope Everyone has a wonderful and safe Thanksgiving Break!</p>
1/2	<p>First and second graders have had a very busy week! We have been learning about long vowels and how the silent e at the end of a word changes the vowel sound. It is so exciting to see the connections students are making by noticing these patterns in their small group reading books. In Math we have been working on addition strategies in both grades, and second graders have been focusing on place value as well. Students have finished their Animal Adaptations book, but we will continue to do more informational writing about animals.</p>
2/3	 <p>Third graders started multiplication this week, which is one of my favorite math units to teach. We start by using models (slips and chips) to show equal groups. We'll spend the next couple of months building strategies for quickly solving multiplication problems using factors 0-9. The goal is for all of these facts to be fluent by the end of 3rd grade. Second graders will be moving into addition and subtraction fluency practice soon. They should have all their doubles memorized (6+6, 9+9, etc.), as well as the pairs of numbers that make ten (4+6, 7+3, etc.). Practice at home is key to building fact fluency. I hope everyone has a wonderful Thanksgiving break!</p>
4/5	 <p>Students have worked extremely hard this week to wrap up units in writing, science, and social studies. Friday, we had a special guest in the classroom! Mrs. Woodbury brought in an amazing selection of Native American artifacts and made fry bread with the students. She also donated multiple copies of the book that the children used in one of the activities, so they can explore more! The students had a blast learning how to identify artifacts, reading about history, and enjoyed tasting the fry bread.</p>

	
Title One	Please help your students remember to bring back their homework pouches. Reading homework goes home every night Monday through Thursday nights.
PE	Another fantastic week at Monroe - the effort, the positive attitude and enthusiasm from the big kids to the littles - I'm so impressed and can't wait to see what they do next semester - make sure to read the report cards with the children please and thks for everything. TB
Library	We are working in all grades on responsible behavior with library books, returning them when we are done, and choosing books and stories that are right for us! Every student is doing such a great job this year being as responsible as possible. We will continue working on this through the rest of the year, in addition to our read alouds!
Agriculture 	Before Thanksgiving Break, our K-1 learners investigated roots. We saw and touched tomato plant roots that were longer than us! Mrs. Norgang's class made homemade lip balm using calendula flowers we grew and steeped in oil. Calendula has many healing qualities! Fourth and fifth graders learned about a traditional Three Sisters Garden as part of their study of Wabanaki traditions in Maine.
SEL	This week we talked about the meaning of giving thanks and made thank you cards to loved ones

Just for fun, all are encouraged to wear holiday PJs - students, staff and families too!

You are Invited to Join Us for

Festive Holiday BRUNCH



Monroe Elementary School

We are excited to invite into our cafeteria to enjoy a Festive Holiday Brunch with your child. On **December 4th** lunch will be **served at 11am**. Cost for lunch is **\$5.00** for adults and **\$3.00** for non-student children payable by cash or check. Children that are enrolled in school eat for free. Please RSVP to reserve a spot for your family no later than **Wednesday, November 27th**.

CINNAMON GLAZED FRENCH TOAST,
Menu: **SAUSAGE, HASH BROWN, FRESH FRUIT &
VEGGIE BAR, DESSERT**

Please return form no later than November 27th!

Reservation Form for Holiday Brunch

Student(s) Name:

Number of Adults	Number of non- student Children

Cash Included

Check Included

Total Amount Included _____



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.**

