



Monroe - Message From the Principal

December 4, 2023

Notes from the Principal, Mrs. Roux ...

Happy snow day! Though we don't hope for many of these days, we are likely to end up with a few. Families should receive calls and/or texts/emails with the message that school is canceled or delayed. This information will also be posted on multiple news stations and other resources. If you find that you are not receiving the district call/text/email, please reach out to the school secretary and she can help you with this process.

Report cards will be coming home later this week. Please make it a point to review these with your child and check his/her understanding of progress so far. Report cards are a great tool for parents to get an overview of your child's current skill levels - strengths and areas of need, as well as a tool for talking with students to make sure they also understand their learning needs and goals. If you have questions about the information provided, please don't hesitate to reach out to your child's teacher and he/she will be happy to go over these with you.

We look forward to seeing families at upcoming events, such as the holiday brunch - rescheduled for Monday December 11, and the holiday variety show.

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

12/11 - 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 to support parents. Each week I will provide some helpful hints (excerpts 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.

Emotionally healthy kids are able to cope effectively with life challenges and kids who have developed their emotional regulation skills generally have easier and better relationships. Emotional regulation has been associated with many positive outcomes. Here are a few characteristics of emotionally healthy kids.

1 | Emotionally healthy kids are aware of their emotions An emotionally healthy kid is one who has learnt to identify his or her emotions. He is able to tell the different emotions apart and identify what he's feeling. **Teaching kids to identify their emotions** using age-appropriate strategies is the first step in helping them develop their emotional intelligence.

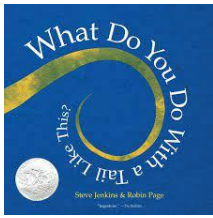

2 | Emotionally healthy kids are aware of others' emotions Everywhere we go, everywhere we look, we will find emotions. An emotionally healthy kid is able to identify other people's emotions. In other words, she can accurately describe other people's feelings by looking at them or by the tone of their voice. Opportunities to teach kids to identify others' emotions abound. For instance, helping kids accurately describe the emotions displayed in a book they are reading can help them become more aware of others' emotions.

3 | Emotionally healthy kids are empathetic Freud thought that kids were way too egocentric to care about other's feelings. He has repeatedly been proven wrong. As early as age two, kids are capable of displaying empathy-related behavior. For instance, they can show concern or give hugs to people who look distressed. **When we help our kids cultivate empathy**, we also help them develop their emotion regulation skills.

4 | Emotionally healthy kids know what triggers their emotions Although we're all born with a few emotions already pre-wired into our brains, many other emotions are learned from our experiences and our social and cultural contexts. A kid's display of strong emotions reflects his or her emotional reaction to a specific situation. For instance, a kid thrown into the deep end of the pool to teach him how to swim might feel anxious or scared every Friday if he has swimming on Fridays. Depending on the situation, this anxiety can also trigger other emotions such as shame. An emotionally-healthy kid knows what triggers his emotions and is thus better able to identify appropriate ways to deal with emotion-provoking situations. For example, he knows which situations to walk away from and which situations he needs to learn to cope with.

5 | Emotionally healthy kids develop techniques to help them deal with strong emotions The ultimate goal of helping **kids develop emotion regulation skills** is to help them learn to manage their emotions by themselves. We can't always be there to help our kids deal with their emotions, which is why it's important to provide them with an appropriate framework in which they can learn to deal with their emotions by themselves. An emotionally healthy kid knows how to identify the symptoms of strong emotions – sweaty palms, rapid heart beat – and what to do to calm down – go to a quiet space, ride a bike, color a mandala. In other words, an emotionally healthy kid doesn't need you to be there to react appropriately to his or her emotions.

Check out what's happening at Monroe School ... Week Of: 11/27

K	In Kindergarten we have had a very busy week, We are working on our reading stamina. We are working hard on reaching a goal of reading quietly and independently for 10 min. In Math we have finished up another chapter, and in writing we are excited because we have started writing our own book, "If I was a Snowman" We have come up with thoughts of what we would do and will be working on the cover first.
1/2 	In first and second grade we have enjoyed reading the book <i>What Do You Do With a Tail Like This?</i> We learned a lot of interesting facts about how animals use unique body parts to help them survive. Students have begun writing their own <i>What Do You Do With a _____ Like This?</i> books. It is great to see them applying all they know about writing and the new science information they have learned!
2/3 	Our class has started a social studies unit on Cultures Around the World. We have read books about different ways students go to school around the world, and different forms of bread in different cultures. We will spend the next few weeks learning about different celebrations and holidays around the world, including Hanukkah, Kwanzaa, Diwali, Ramadan, Chinese New Year and Christmas.
4/5	In reading, we added group books to read and discuss with our centers. For read aloud we started the second Percy Jackson book and already are on the edge of our seats. Math we are finishing up a unit and will continue our fact fluency. We started learning about Biomes in science. Each student will be making a model and slideshow to present to the class. Our book has finally been sent to the publisher. Yay! Any last minute orders please reach out to me or call the office for instructions. I am so proud of all their hard work.
Music	Students have been learning their songs for the winter variety show/concert. 3-5 students signed up for auditions for independent acts. 4-5th graders continue working on their songwriting projects. All groups have finished lyric writing and have moved on to beat making. K-3 students have been learning about different instrument families and started keyboard identification.
Agriculture	How quickly little seeds can germinate into tangling webs of roots and shoots! Our kindergarten gardeners dissected seeds, then observed how those tiny seed parts sprouted in their baggie gardens (see the photo!). Our older students explored the outdoors, locating a favorite tree and completed an observation guide for their tree.

SEL	This week we dove back into our chats about impulse. Grades 2-5 made strategy cards to help with those impulses. K and 1/2 practiced some impulse with a group coloring practice.
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Rescheduled for Monday December 11

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.**

