



Monroe - Message From the Principal

March 11, 2024

Notes from the Principal, Ms. Dupuy ...

I hope you had a wonderful weekend and enjoyed the extra daylight that comes with the spring time change!

As you're aware, Daylight Saving Time began this past weekend, and we "sprang forward" by setting our clocks one hour ahead. I trust that this adjustment went smoothly for your family and that you're settling into the new schedule. I have included a few tips to help with the transition:

- Limiting screen time before bed.
- Having set nighttime routines.
- Getting enough exercise during the day can help kids sleep better, too.
- Spending some time outside and being exposed to natural light during the day can help reset your child's internal clock after a time change.

With the arrival of spring, we're looking forward to embracing the longer days and warmer weather here at school. This season brings a renewed sense of energy and excitement, and we have some exciting activities and learning opportunities planned for our students in the coming weeks.

Reminders this week include:

- With this Spring weather comes mud! Sometimes our students' get a little wet. You may want to consider sending a dry set of clothes for students to keep at school or in their backpacks so they can change into something dry.
- 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: jdupuy@rsu3.org school phone: 525-3504 cell: 249-1061)




Important Upcoming Dates.....

3/11 - School Board Meeting at MVHS 6:30

3/15 - Teacher Inservice Day - No School for Students

3/22 - Report Cards Sent Home With Students

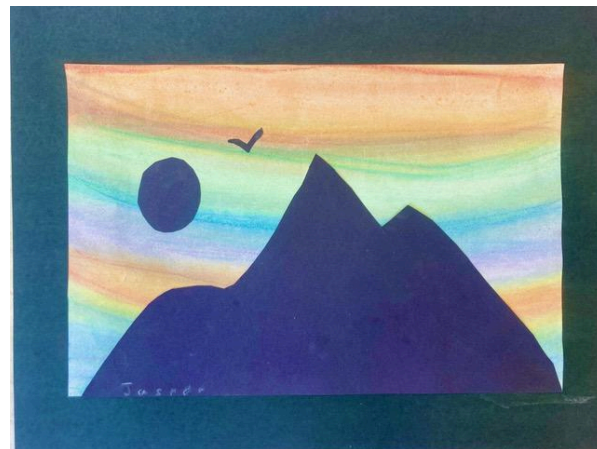
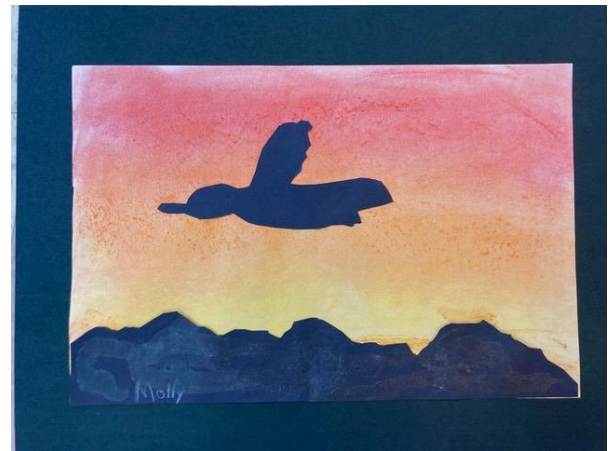
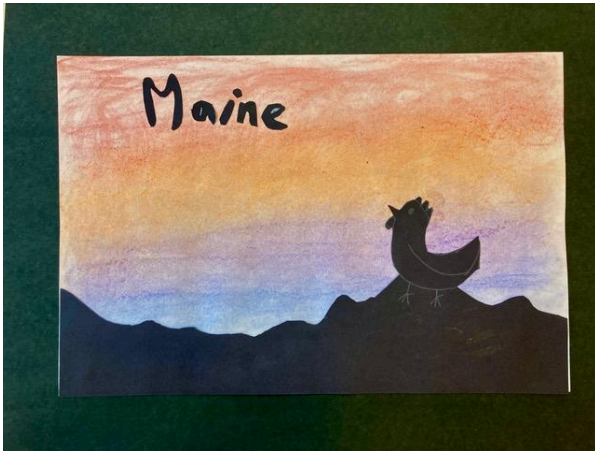
Check out what's happening at Monroe School ... Week Of: 3/4

<p>PBIS</p> 	<p>We met our school wide goal for March, and have earned a BIG reward! We will have a special Natural Science Day next week, with special guests from Chewonki! Stay tuned for feathery details!</p> <p>Congratulations to our February Students of the Month: Blake, Scarlet, Matthew, Elleigh, Alea and Parker!!</p>
<p>K</p>	<p>We celebrated read across America this week and had some wonderful volunteers come in and read to us. We celebrated Dr. Suess's Birthday as well by reading some of his books for our read a louds this week. Kindergarten was very thankful to all the volunteers and very interested in listening to new people come and read to us. We also had our scholastic Book fair this past week. They had a great time picking out a free book donated by the PTO. Our Academic fair is going to be on April 10th. Each Kindergartener has picked an animal and we are all working hard on our writing for it.</p>
<p>1/2</p> 	<p>First and second graders have enjoyed celebrating Read Across America by inviting guest readers into our classroom. We have had Mrs. Roux, Mr. Schaab, Mrs. Stark, Mrs. Harding, Mrs. Wing, and Miss Maryanne come into our classroom! It has been great to listen to different readers and experience new books. We want to extend a huge thank you to our guests!</p> <p>Our class also had a great time picking out books at the Scholastic Book Fair. Thank you to our amazing PTO for providing each student with a book.</p>
<p>2/3</p> 	<p>This week was busy with reading. Students were excited to dive into the books they received from the book fair, and were enthusiastic listeners during the many special read-alouds we had this week. Special thanks to Mr. Steve, Ms. Bloomquist, Mr. Harding, Ms. Pellerin and Ms. Rebecca for reading to us!</p>
<p>4/5</p>	<p>This week was filled with the love of reading! Our special guest readers shared many different genres and sparked a curiosity for the world around us. Thank you to all our volunteers for taking the time to visit our school. Our class also enjoyed the book fair this week. It was wonderful to see that students chose to read their books any chance they got! In opinion writing, we finished up discussing our favorite foods and what makes them the best! In math, students continued to work on their fluency using rocket math and tracking their process (some students begged me to take home for practice). Then we learned a new warm up routine! 4th grade will be working on a week of multiplication review then moving into division. 5th grade will be starting on multiplying decimals.</p>
<p>Agriculture</p>	<p>The rain finally let up last Thursday afternoon, and our kinders put up four taps on our maple trees. We're planning on boiling the sap down for our second annual Maple Syrup Day on March 21! Team Norgang got a sneak peak at some interesting insects and a Lion's Mane Mushroom kit! Fourth and fifth graders performed weekly tests and did some detective work on our grow tower. The lettuce has been wilted and we think the water got a little low, condensing the nutrient levels. We're learning a lot about growing hydroponically!</p>
<p>SEL</p>	<p>This week, all classes learned about letting things go when we get frustrated. We talked about how we can still care about what is bothersome, but not let it affect our entire day.</p>

A SPECIAL SHOUT OUT TO:

JASPER, MOLLY AND EMMA!

These students have had pieces of art selected for the Waterfall Arts Show! Their work is showcased throughout downtown Belfast, the Belfast Free Library and the Waterfall Arts Galleries. Congratulations!



FREE

COVID TEST KITS

Expiration date has been extended to
9/30/24

Parents may pick them up
in the school office



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#EVERYDAYCOUNTS

Monroe School **is recruiting volunteers!**

Have an hour a week?

An hour a day?

*Monroe School seeks help
teaching math:
Whaddya say?*

Volunteers make a difference!

*Please contact the RSU#3
volunteer coordinator,*

*Jenny Tibbetts,
for more information:
jtibbetts@rsu3.org*

(207)568-4640 ext 1413

Thank you!



Willing Hearts Army
RSU#3 Volunteers

Department of Agriculture, Conservation
and Forestry have a suggestion or two!

@Maine Department of Agriculture,
Conservation and Forestry

Find the Ski & Snowshoe Trailers at Maine State Parks!

10 AM—3PM on all dates listed

FREE equipment
use with Park
Admission

February

- 1-13* Holbrook Island Sanctuary,
Brooksville, (207) 326-4012
Winter Family Fun Day on February 10 too!
- 3 & 4 Mount Blue State Park,
Weld, (207) 585-2261
Winter Family Fun Day on February 3 too!
- 10 & 11 Bradbury Mt. State Park,
Pownal, (207) 688-4712
Winter Family Fun Day on February 10 too!
- 17 Reid State Park,
Georgetown, (207) 371-2303
Winter Family Fun Day on February 17 too!
- 17-24* Lake St. George State Park,
Liberty, (207) 589-4255
Winter Fun & Ice Fishing Derby on Feb. 17 too!
- 18 Bradbury Mountain State Park,
Pownal, (207) 688-4712
- 24 & 25 Range Pond State Park,
Poland, (207) 998-4104
Winter Family Fun Day on
Feb. 24 too!

January

- 5-14* Camden Hills State Park,
Camden, (207) 236-0849
Winter Family Fun Day on Jan. 13
- 13 & 14 Mount Blue State Park,
Weld, (207) 585-2261
- 19, 20, 21* Aroostook State Park,
Presque Isle, (207) 768-8341
- 20 & 21 Wolfe's Neck Woods
State Park, Freeport,
(207) 865-4465
- 27 & 28 Sebago Lake State Park,
Casco, (207) 693-6231

March

- 2 & 3 Mount Blue State Park,
Weld, (207) 585-2261
- 2-10* Cobscook Bay State Park,
Edmunds Twp., (207) 726-4412
- 9 & 10 Sebago Lake State Park
Casco, (207) 693-6231
- 16-31* Lily Bay State Park,
Greenville, (207) 695-2700

* Please call ahead to confirm.

ski graphic
designed by freepik

TAKE IT
OUTSIDE!

www.ParksAndLands.com

2024





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.