

# Monroe - Message From the Principal

March 18, 2024

## Notes from the Principal, Ms. Dupuy ...

As we say farewell to winter and embrace the coming of spring, I'm happy to share some exciting updates and events happening in our school community.

Firstly, we wanted to inform you that report cards will be sent home with your child on Friday, March 22nd. If you have any questions or concerns regarding your child's progress, achievements, or anything else related to their education, please don't hesitate to reach out to their teacher.

Additionally, we're delighted to remind you about our upcoming sap boil on Thursday March 21st. This promises to be an educational and enjoyable experience for our students as they learn about the maple syrup-making process and immerse themselves in the wonders of nature. We are so lucky to have Mrs. Johnston here at Monroe School each week helping us learn about the resources around us. We are also grateful for the staff at Monroe who have been helping with the sap collection over the last few 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](mailto:jdupuy@rsu3.org) school phone: 525-3504 cell: 249-1061)

## Important Upcoming Dates.....





3/21 - Sap Boil at School

3/22 - Report Cards Sent Home With Students

4/10 - Academic Fair

## Check out what's happening at Monroe School ... Week Of: 3/11

1/2	We have had a pesky Leprechaun in the first and second grade classroom! The class has taken on the challenge of building Leprechaun traps to try and catch it. Despite following the Engineering Design Process of planning, building, testing, and adjusting our traps, we did not have any luck capturing the Leprechaun!
2/3 	Third graders started a new unit in math this week, fractions! There are many ways families can show how relevant and important fractions are in the “real world.” If you are cooking, measuring, sharing, using references about being “halfway there” or referencing times like “a quarter til 5,” point these out and have a conversation with your child about fractions. These are valuable conversations for 2nd graders as well, who will get into dividing shapes into halves, thirds and fourths later on in the school year.
4/5 	This week we learned about the origins and why some people celebrate St. Patrick's Day and Pi Day! We also made a graph skyline using the digits of Pi and painted a watercolor background. We started a new warm up routine in Math that assists with fluency. It is fast paced and includes partners that support each other! It was something introduced in a math instruction workshop and the students love it. They are working hard and having fun! Bikes for Books started! I sent out a reading log with the intent of limiting the number of papers to keep track of and how many times parents have to sign! So far, 4 students have passed in their log for slips with a total of 720 minutes read. We are off to a great start and I'm loving the excitement around reading at home and the chance to win! Also, the class with the most slips gets a pizza party celebration. If you have any questions about what counts as reading please feel free to reach out!
Title One	Please help students who are bringing home book bags remember to read and return their bags. The students reading at home are making the most progress. Also second grade math students will be beginning to work with money. I have found they do much better if they are counting real coins. We will be working on exchanging coins. If you are able to send in 25 pennies, 20 nickels, 10 dimes and 4 quarters in a sturdy container with a lid it would be helpful. Please put your child's name on the container. We will send it back home when we are done. If this isn't possible I do have play money the kids can use.
Music	<p>All students continue to practice solfege singing, reading rhythms, and repertoire for the spring concert. 3-5th graders are now working in natural minor as well as major and K-2 continue focusing on major. 3-5th graders are working on interpretive listening keeping in mind feeling, expression and historic context. This week we listened to Beethoven's Pathétique Sonata and students were able to identify what feelings were intended, and how it was expressed. Students also learned about Beethoven's growing deafness as he was writing the piece and how that informs the feelingful intent. K-2 students are learning how the organ works and what sounds it is able to make.</p> <p>▶ Ashkenazy: Beethoven - Sonata 8 Opus 13 (Pathétique)</p> <p>▶ How does a pipe organ actually work?   Anna Lapwood   Classic FM</p>

## Agriculture



We harvested (and ate) our first crop of lettuce from our hydroponic grow tower called a Flex Farm. It was delicious!

We're also gearing up for our second annual Maple Syrup Day! As of last Thursday, we've collected about 10 gallons of sap. We added three more taps, so hopefully we'll have a good amount for boiling on the 21st! It takes about 40 gallons of sap to make one gallon of maple syrup!



# FREE

## COVID TEST KITS

Expiration date has been extended to

9/30/24

Parents may pick them up  
in the school office



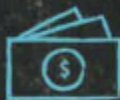
# RAISING FUNDS FOR A BRIGHTER FUTURE.



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Go to [hannaford.com/helpsschools](http://hannaford.com/helpsschools).

RECYCLE ON JUNE 1, 2024

# Essentials of College Planning Sessions

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



## PAYING FOR COLLEGE

Filing your FAFSA

## APPLYING FOR COLLEGE

Filling out College Applications



## FREE MONEY FOR COLLEGE

Finding and applying for Scholarships

Wed, Mar 20 4pm-6pm

Wed, Apr 24 4pm-6pm

Wed, May 29 4pm-6pm

### How to Register

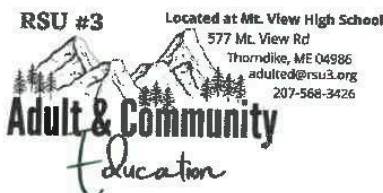
This is a free service but you must register with both Adult Ed & MEOC.

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, March 21, 2024

**IN PERSON OR LIVE ZOOM**

5:30-7:00 pm

## **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. Please  
contact RSU#3 Adult Ed at 568-3426.

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.



**RSU #3 Adult & Community**

*Education*

Located at Mt. View High School  
577 Mt. View Rd  
Thorndike, ME 04986

adulted@rsu3.org  
207-568-3426



# "It's Not If You Need An Estate Plan, It's When



**Instructor: Randolph A. Mailloux, Esq.**

This FREE class is a basic overview of estate planning, including discussion of essential documents and strategies. After attending this two night course students will be able to make informed decisions to prepare for the orderly transfer and protection of assets.

**Wednesday, April 3rd & 10th**

**5:30-7:30pm**

**Register for FREE today!**

**[www.rsu3.maineadulted.org](http://www.rsu3.maineadulted.org) or scan the code below with the camera of your mobile device.**



**RSU #3**

**Located at Mt. View High School**

577 Mt. View Rd

Thorndike, ME 04986

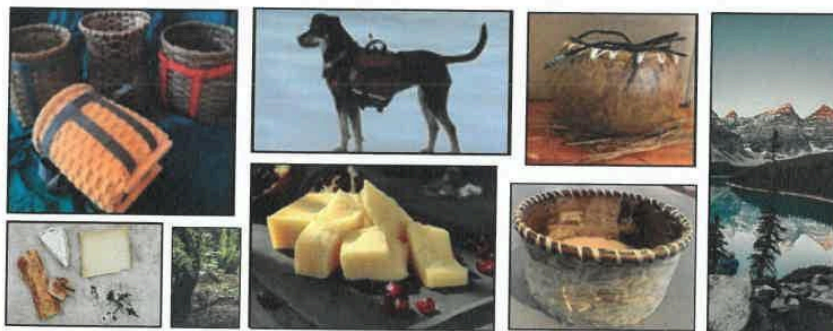
[rsu3.maineadulted.org](http://rsu3.maineadulted.org)

[adulted@rsu3.org](mailto:adulted@rsu3.org)

207-568-3426



 **Maine Adult Education**



**Cheese, Yogurt, Ice Cream ... OH MY!      March 28      5:00-8:00pm      \$55.00**

Get ready to sink your teeth in some tasty treats. This is a 3-hour course where we will learn how to make soft cheese, yogurt, and my favorite...ice cream. We will go over the tools and materials needed, ingredients, recipes, and the step-by-step process. Get ready to taste our lovely homemade treats.

**Gourd Bowl with Pine Rim      April 23      5:00-8:00pm      \$55.00**

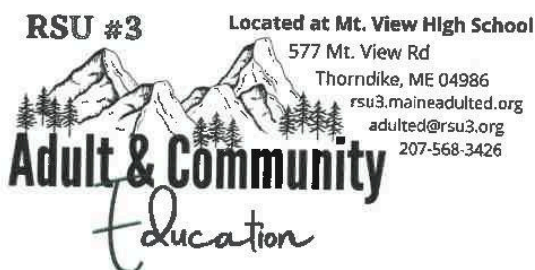
Make a gourd basket. Perfect for a gift or to keep for yourself. Gourds will be pre-cut. Students will need to clean gourds, sand, and drill holes. Then we will sew white pine needles to the rim. We will be able to pick from a number of stains to finish the gourds. Gourds are around 4-5" in diameter. During this class, we will also go over the basics of making pine needle baskets. This is another great class to learn a skill for life.

**Dog and Cat First Aid      May 16th      5:00-8:30pm      \$60.00**

This training is to teach participants how to be prepared for emergencies that involve a cat or dog. The training will combine videos, lectures, interactive discussion, and hands-on practical's. By the end of training participants will be able to do or understand the following: What goes into a pet first aid kit, What is the normal physical condition, behaviors and habits of your pet, Identify a normal heart rate, breathing rate and temperature, How to safely approach an ill or injured cat or dog, How to capture and restrain a cat and muzzle a dog, Demonstrate how to perform bandaging for soft tissue injuries, Care for fractures including head and neck injuries, Learn how to care for an animal with heat/cold related emergencies, Check for breathing and cardiac emergencies and Understand how to give rescue breathing and perform CPR for a dog or cat. Must be 18.

**Birch Bark Basket      June 4th      5:00 pm-8:00      \$50.00**

Make your own birch bark basket. Learn how to identify trees, collect the bark from down trees, how to process the bark, and finally how to make a basket. Course fee will cover all material and instruction.



These classes are brought to you by Jessica Steele of Wood Thrush Wilderness LLC. Jessica is a former director of the Outdoor Adventure Center at Unity College. Her credentials include: B.A. Ecopsychology and Outdoor Education from Prescott College, AZ., M.Ed. Adventure Education Plymouth State University, NH., Registered Maine Recreational Guide, National Registered EMT, SOLO Wilderness First Aid and Wilderness First Responder Instructor, American Red Cross First Aid & CPR Instructor and Lifeguard, American Canoe Association Level 1 & 2 Instructor, and a Leave No Trace Master Educator. Each class has a Min of 8 and Max of 12 students.

# **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](mailto: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

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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.