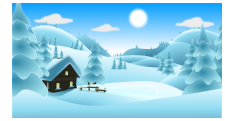




Morse Newsletter



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 and the holiday variety show. Be sure to get your tickets for a chance to win one of the amazing baskets being raffled by our Morse PTCO - see details below.

A few important 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 beginning at approximately 3:15. Parents are asked to pull up to the entrance and your child will be brought out to meet your car. **During drop off and pick up, if you plan to walk your child to the door, please park in the parking lot across the street so as not to interrupt the flow of traffic. Thank you!**

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: 722-3636 home phone: 568-3980 cell: 323-0990)

Notes from the Office:

All are welcome to attend our upcoming Morse PTCO meeting on Wednesday December 6 at 5:30 right at the school. The purpose of this meeting will be to discuss the upcoming basket raffle fundraiser as well as future plans for this group to continue to support our school. Please consider joining this important team.

We are very excited to be bringing back our annual themed basket raffle. Each classroom has chosen a special theme and are collecting items to fill a basket. Tickets will be on sale soon and definitely during the Holiday Variety Show on December 12. The winning names will be drawn at the end of the show on December 12. Thanks so much for your support of this important fundraiser. This is always so much fun for our school!

Be sure to wear your favorite holiday pjs when you join us for our upcoming holiday brunch - see details below.



Important Upcoming Dates.....

Week of 12/4 - Report Cards come home

12/5 - Holiday Brunch

12/12 - 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.

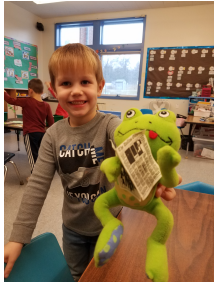
3 | Emotionally healthy kids are empathetic Freud thought that kids were way too egocentric to care about other's feelings. He has repeatedly been proven wrong. As early as age two, kids are capable of displaying empathy-related behavior. For instance, they can show concern or give hugs to people who 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.

6 | Emotionally healthy kids know that emotions are normal Emotionally healthy kids are not ashamed of their emotions and know that these emotions are valid. They know that their emotions are normal and that everyone has emotions. An emotionally healthy kid knows that although she might not be able to avoid or control emotion-provoking situations, she can control how she reacts to them. Helping kids develop their emotional intelligence is a three-phase process that involves helping them identify emotions, guiding them to identify their triggers and providing them an appropriate framework to help them learn to cope with those emotions by themselves.

K



This week, we spent lots of time talking about our learning goals - what they are and why we have them. Several students were excited to meet their personal counting goals and we all celebrated that success. (Please continue to help your child count at home!)

We are still looking for items to fill our class raffle basket. Our theme is "Stuffies Basket" so we are looking for stuffed animals or items that could go with that theme. A big thank you to those who have already sent items in!

1/2 P

This week students were faced with their first experience with a substitute teacher, as I was out with strep throat for 2 days. Most students did very well, however some really struggled with not listening and behaving as they should. Please continue to have conversations with your child around respect and appropriate school behavior. We are working on this constantly in class as well! On a positive note, these students are such pros at our literacy workshop routine that they were able to show the substitute how this is done and lead their own learning during this time, which makes me super proud!



3/4 M

Another week has been completed with my third and fourth grade thinkers! I was out for 3 days taking care of my daughter with pneumonia so it was a short week with my students. However, the last two days were full of learning! In writing we worked on character webs, one about themselves and one about a fiction character in a book they chose. This coming week we are going to work more on making inferences and looking for character changes, as well as brainstorm about the fiction story they are going to write. This week I am so excited to begin our "Holidays around the World" unit! I enjoy teaching this unit as students will briefly explore 8 countries and the holidays they celebrate around this time of year. Students enjoy learning new languages and traditions! At the end of the unit, we shall celebrate with a big feast! Have a fantabulous week!

3/4 R	Students completed book reports last week, and some were even asking to complete more than one! Students chose both fiction and non-fiction texts. We will focus on non-fiction texts next as we complete our animal reports. We will begin our unit on place value in math this week. Third-graders will work on place value up to one thousand and fourth-graders will work on place value up to one million. We could use some sports related items for our basket this week if you would like to donate to this. Thank you so much!
5	This week 5th grade finished and presented their biography book share projects. Thank you for your continued support at home with these assignments. The focus for December's book share will be students' choice. We will present them the week before we leave for break. Thank you also to everyone that donated camping items for our camping themed basket. We could still use some help filling up our basket. If you have any new or gently used camping related items that you would like to donate, please send them in this week.
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.

Basket Raffle

The Morse PTCO is once again hosting the **Basket Raffle** at the **Holiday Concert on December 12th**

Tickets: 1 for \$1 * 6 for \$5 * 15 for \$10

Tickets will be on sale at the Holiday Brunch and Holiday Concert, or you may fill out and return the attached order sheet.

Each class will sponsor a themed basket. We are asking families to please send in items to fill the class basket to be raffled off during the concert.

Feel free to donate to any basket!

1. **Stuffies Basket** (stuffed animals, small toys, etc) *Miss Greenlaw's Class*
2. **Game Night Basket** (board games, card games, snacks, etc) *Mrs. Braley's Class*
3. **School Supply Basket** (markers, art supplies, fun notebooks, stickers, etc) *Mrs. Parker's Class*
4. **Holidays Around the World Basket** (ornaments, special recipes, holiday treats, etc) *Mrs. Raser's Class*
5. **Sports Basket** (balls, jump ropes, games, water bottles, etc) *Mrs. Rawley's Class*
6. **Camping Basket** (flashlights, camping supplies, s'mores, etc) *Ms. Beth's Class*
7. The PTCO will also have our **Famous Gift Certificate Basket** with dozens of gift certificates for local businesses.
8. **Movie Night Basket** (popcorn, movie and other assorted items) *Pre-K Class*



If you have any questions, please contact your child's teacher.



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.**

