

SANFORD SPOTLIGHT

Homecoming 2023



Sanford High School celebrated Homecoming Week. The high school had spirit days throughout the week and its Pep Rally on Friday. The Sanford High School Student Council hosted the Homecoming Parade on Friday afternoon. The parade was a long-standing tradition in Sanford, and we have been fortunate to receive tremendous community support throughout the years.

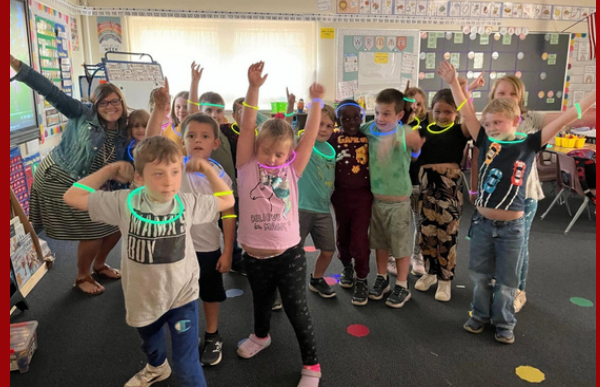
Sights Around Our Schools

Margaret Chase Smith



4th grade students from Ms. Brown's class worked together last week in music class to label steady beats inside a rhythm consisting of quarter notes and paired eighth notes. Click [here](#) for the school's newsletter.

Carl J. Lamb



Classrooms earn whole class rewards such as glow parties and stuffy day at Carl J. Lamb for following procedures. Students usually vote with their teachers for what they want to work for. Click [here](#) for the school's newsletter.

Sanford Middle School



The 7th and 8th grade field hockey teams won their game against Wells. They were cheered on by some of the Varsity and JV players from the SHS team. The girls appreciated the support from the high school. Click [here](#) for the school's newsletter.

Sanford Pride



Sanford Pride would like to thank all of the families that joined them for the PTA Pre-K and K Family Night on October 3rd. Fun was had by all! Click [here](#) for the school's newsletter.

Sanford Pride Buddy Classroom Program



Sanford Pride Elementary has introduced a new program that provides its staff and students the opportunity to build relationships across the grade levels. The Buddy Classroom program has emerged as an effective tool for enhancing academic, social, and emotional skills for both the older and younger students. Every classroom at Sanford Pride Elementary has a Buddy Classroom. They meet once a month for about 30 minutes during their morning meeting.

Read more [here](#)

SRTC Program Highlight

We are highlighting all of the programs at Sanford Regional Technical Center. Read more about the Video Production Program below.

SANFORD REGIONAL TECHNICAL CENTER

VIDEO PRODUCTION

In the Video Production program, students learn the art of video production including scriptwriting, planning, the proper way to frame camera shots, and editing. Students have the opportunity to work with the same state-of-the-art equipment that professionals use. Many students who take this class continue to study media in college and have a jump start on their learning as a result.

Areas of Focus

- Basics of video production
- Journalism
- Professional equipment operation
- Non-linear editing
- Audio, lighting, and staging
- Adobe Creative Cloud Suite
- Special effects & camera movements
- Script writing, story-boarding
- Broadcast announcing
- TV show production
- Programming creation
- Production of short films
- Project planning and development

Certifications and College Credits

- Students can earn dual enrollment college credits for Video and Audio Production Basics at SMCC

James Harmon - Instructor

What are the main objectives of the program?

The Video Production Program aims to prepare students for what is next. For many students, that means college for an associate or bachelor's degree in a media-related field. Other students want to get out and get to work filming commercials, events, movies, music videos, or television. Many more of my students want to hone their skills and work collaboratively on projects as a group.

Read more [here](#)

The Spartan Times

The Spartan Times is the high school's online newspaper. The writing staff is composed of reporters in grades 9-12 who are enrolled in or have completed the CCP Journalism Elective course or the School Newspaper Enrichment class.



Last March, Sanford High School's Rebecca Labersmith was awarded the Maine Public School's Psychologist of the Year. Labersmith has been a school psychologist for 30 years, 21 of which have been at SHS.

Read more [here](#)

Sanford School Department Selected to Receive First 10 Grant



The Sanford School Department has been selected as one of three districts in Maine to receive the First 10 Grant. This initiative, spearheaded by the Maine Department of Education (MDOE), is designed to engage parents, families, and the community in promoting school readiness.

First 10 Schools and Communities are partnerships of school districts, elementary schools, early childhood programs, and community partners that collaborate to work on improving teaching, learning and care for young children.

The grant will enable Sanford to implement innovative programs and strategies that support the successful transition of young learners into kindergarten.

Read more [here](#)

Sanford Fire Department Visits Margaret Chase Smith



Students at Margaret Chase Smith had the opportunity to meet with the Sanford Fire Department on Wednesday in recognition of Fire Prevention Week.

This annual event serves as an opportunity to instill fire safety knowledge and practices. Representatives from the fire department took the time to educate and reinforce safety protocols among the students.

They showcased the gear they have to wear when responding to a scene, emphasizing their purpose and significance in ensuring their safety.

Read more [here](#)

Employee Spotlight

The Sanford School Department is spotlighting employees at all of our schools. If you know an employee who you feel should be highlighted, please email sbonsey@sanford.org. This spotlight is on Sara Meehl, who is a 3rd Grade Teacher at Carl J. Lamb.



What made you want to become an educator?


The creativity and open mindedness of kids inspires me to keep learning and thinking in new ways, and this energy made me want to become a teacher. I'm so lucky that I get to surround myself with such cool humans every day!

What are your interests and hobbies?

I love to hike, bike, go to the beach, and read mystery books.

Read more [here](#)

G.E.A.R. Parenting Network Coming to Sanford



Gear Parent Network and the Sanford School Counseling Department proudly present:
Defusing Challenging Behaviors: How to Effectively De-Escalate Your Child

Call 1-800-264-9224 or go to www.gearparentnetwork.org to learn more about our support and workshops/events.

November 2, 2023
5:30p-7:30pm
Pride School (located in the library)
708 Main Street Sanford, ME
Enter through the main entrance


Defusing Challenging Behaviors: How to Effectively De-Escalate Your Child
Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

What is the best way to quickly defuse your child's challenging behavior in the heat of the moment? Yelling at them? Punishing them? Grounding them in their room for a week? Or giving "Show 'em who's BOSS" vibes. Using these harsh methods will only add fuel to the fire. And the point is NOT TO make things worse in those intense situations. Join us in learning to use different techniques that can help defuse a situation before it gets worse!

Email bletourneau@sanford.org to register ahead of time. Please include your first and last name and the age of children you care for. (Food for participants will be provided)

Handouts will be provided prior to the start of the workshop, as well as a certificate of attendance and the PowerPoint slides following the workshop. Our workshops are confidential, safe spaces and intended to be interactive. If you choose to do so, please share, comment and ask questions. You can certainly contact me after the training if preferred as your county's Regional Coordinator.

Facilitated by parents for parents. You are not alone in your journey of hope and empowerment. G.E.A.R. Parent Network is "the place where Gaining Empowerment Allows Results." We are here for you! As a totally parent run organization, we are here to support you through the sharing of our lived experience and knowledge with no shame, no blame, no judgment. G.E.A.R. Parent Network supports parents/caregivers statewide and is a program of Crisis and Counseling: 10 Colwell Rd, Augusta, Maine 04330 • 207.626.3448 (voice & TTY); Fax 207.626.3453



The Sanford School Counseling Department is hosting an event with G.E.A.R. Parenting Network called "Defusing Challenging Behaviors: How to Effectively De-Escalate Your Child," presented by Heather Williams, CFPS, Regional Parent Support Coordinator.

It will take place on November 2, 2023, from 5:30 pm to 7:30 pm at Pride School, in the library at 708 Main Street, Sanford, ME.

Participants are advised to register ahead of time by emailing bletourneau@sanford.org and to provide their first and last name and the age of the children they care for.

[Read more here](#)

SPAC Opens Season With Comedy Show




SANFORD — With the election season heating up, how about a political comedy that will unite us with humor we can all agree on? Sanford Performing Arts Center presents such an opportunity, with The Capitol Fools on stage at 7 p.m. Saturday, Oct. 21.

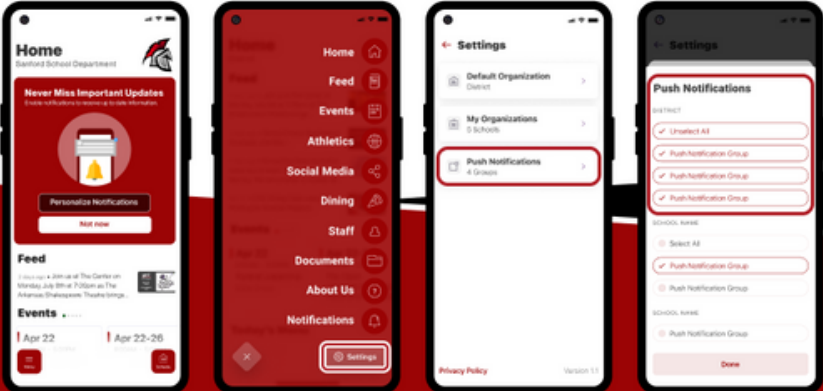
Kicking off the 2023-2024 season, The Capitol Fools hold up a mirror to our stranger-than-fiction political culture through outrageous song parodies and uncanny reflections that will bowl you over with belly laughter.

[Read more here](#)

Download the Sanford Spartan App!

Don't miss any updates from Sanford! 

1. Search **Sanford School Department, ME** in your phone's app store and download the app
2. Select **'Personalize Notifications'** when prompted on initial download to ensure you receive notifications
3. Open the app and navigate to the bottom menu then tap **'SETTINGS'**
4. Access Push Notifications to select preferred group(s)



Announcements



The Sanford School Department is hiring! Scan the QR code on the left to check out all of our openings.



Click this [link](#) for a list of announcements in the Sanford Community.



Do you have a story idea that you think should be in a future newsletter? We want to hear from you! Contact Communications Coordinator Sam Bonsey at sbonsey@sanford.org.

Main Street Memo



A home built by SRTC students is featured in the latest Main Street Memo for the City of Sanford. Click [here](#) to read more.

Additional links to stay up to date with the Sanford Community

- [City of Sanford](#)
- [WSSR-TV](#)
- [Sanford Athletics Instagram](#)
- [Spartan Times Online Newspaper](#)
- [Sanford Springvale News](#)