RSU 16 Adult Education
Mechanic Falls ~ Minot ~ Poland

WINTER/SPRING 2020
Learning Opportunities & RSU 16 Update
**Dear Community Member,**

What changes are in store for you this year? We’re often critical of others, but how often do we take time to recognize and consider the many ways we can all grow personally? In 2020, let’s resolve to focus on ourselves and recognize a few ways, no matter how big or small, that we can learn and grow. Is there one class in this course catalog that can help you with that? More exercise, a new skill, stepping out of your comfort zone to try something new? Maybe just spending a little more time with someone in your life by taking a class together!

From career and academic goals to gaining new skills for your own personal satisfaction, this Winter/Spring course catalog includes many new learning opportunities for you to consider as you think about what you would like to accomplish in 2020. What new growth can you begin this year - and how can we help? We’re here for you!

Similar to our past Winter/Spring brochures, the second half of this brochure is focused on sharing information about events and accomplishments in RSU 16 schools. Beginning on page 10 with an introduction by our Superintendent, Kenneth Healey, you will find facts, updates and noteworthy news from our larger District in an effort to keep our Tri-Town residents informed about the outstanding work happening in our schools!

*Sincerely,*

*Jenny Rose*

RSU 16 Adult Education Director  
(207) 345-3217, jrose@rsu16.org

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**Register Now! Online, by mail or in person.**

*Many classes require a minimum number of pre-paid registrations to run. Don't wait!*

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**REGISTRATION FORM**

*ADVANCE PAYMENT IS REQUIRED.*

Send check/money order payable to RSU 16 to: Adult Education PO Box 129, Mechanic Falls, ME 04256

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RSU 16 Adult Education observes FERPA and HiSET® regulations, Equal Opportunities in Education and Employment Laws. Individuals who may need accommodations are asked to place their request with the Adult Education office at least 10 days prior to the start of class.
Exercise & Outdoor Recreation!

ATV/Snowmobile Safety
Learn proper operation and maintenance, as well as laws, personal safety, use of maps, and rider’s responsibilities pertaining to the environment, landowners and ethics. Exam and 100% attendance required. Meets requirements for 10-16 year-olds to operate an ATV and a parent/guardian must stay for the class. 17 year-olds must have parental consent by signature at the beginning of class. Saturday, April 4, 8am – 3pm. Registration: $12.

Boating Safety
Learn proper operation and maintenance, as well as laws, personal safety, and responsibilities pertaining to the environment, landowners and ethics. Exam and 100% attendance required. Meets requirements for operation of personal watercraft by youth ages 16 and 17. A parent/guardian must stay with youth under 17. Parental consent by signature is required at the beginning of class for 17 year-olds. Saturday, May 16, 8am-2pm. Registration: $12.

Crossbow Hunter Safety
This 3.5 hour course together with Archery/Bowhunter Safety is required for those applying for a first time crossbow hunting license and will cover such things as proper handling, accessories, safety, laws, ethics and responsibilities. For more details and specific eligibility information, please visit https://www.main.gov/ifw/programs-resources/safety-courses/crossbow-hunter-safety.html. Saturday, April 4, 9am – 12:30pm. Registration: $12.

HiiT Circuit – High Intensity Interval Training
Tracy Libby, Certified Personal Trainer
This class is a fun way to get in a workout that will build strength and endurance as you move through a series of exercises in a circuit format. We will use a variety of different types of equipment to keep each class different from the last! Thursday, January 16 through March 26, 4:00-5:00pm. Registration: $70.

Tai Chi
Christine O’Donnell
Tai Chi is a form of exercise that combines breathing techniques and slow, deliberate movements intended to improve health and muscle tone. Practicing Tai Chi can calm the mind, strengthen the body, and improve balance. Let Chris be your guide as you work alongside her toward a more peaceful and flexible self. Chris has been an active participant in Tai Chi for over 13 years. Tuesdays, January 14 through May 26 from 3:45 – 4:45pm. Registration: $80.

Yoga
Martha Stone, Certified Yoga Instructor
Give yourself the gift of a one hour and 15 minute Yoga practice to calm your mind while stretching and strengthening your body! After warming up, we will practice seated and standing postures, bends, twists, balancing postures and inversions. Poses can be modified for different levels of flexibility and experience. Please dress comfortably in clothing that allows you to stretch; bring water, a blanket and a mat if you have one. Tuesdays, January 27 through May 18, 6:15 – 7:30pm. Registration: $100.

Fit to 5K
Angela LaFrinea
Even if you have never run a step in your life, this 6-week session is meant to help you safely prepare to walk, run, or walk/run your first 5K - or just commit to some regular exercise in the company of others. Angela has been an avid runner for about 18 years in the Tri-town area and is a member of the Greater Poland Running Group. Sessions will include warm up exercises and a running activity. Participants will be given a specific workout to fit their athletic ability and personal goals. Terrain may vary. Tuesdays and Thursdays at PRHS track from 6-7:15pm beginning April 28th and ending June 4th (Just in time for the first race of the YMCA-Fit Fest!). Registration: $45.

All classes below are sponsored by Inland Fisheries & Wildlife and are taught by an IFW certified instructor.
Just For You!

Acupuncture  
Amanda Simmons  
Lots of people talk about the healing benefits of acupuncture - an age old process that involves the insertion of sterile needles into the skin to promote healing. If you are curious, or maybe even skeptical, come to this session to learn more about this process for yourself from a licensed acupuncturist. When is acupuncture appropriate? What are the benefits and risks to this procedure? Where is it offered, how costly is it, and when might insurance assist with coverage? Tuesday, April 7, 6-7:30pm. Registration: $5.

Babysitter Certification  
Michel Vining, AEMT, EMD, I/C  
For youth ages 12 and up. Become an informed and valuable childcare provider! Using the BLAST program by the American Academy of Pediatrics, participants will learn about developmental stages, bottle-feeding, diaper changing, safety, and age appropriate activities. Includes AHA Heartsaver Pediatric First Aid, CPR and AED use for the adult, child and infant. First aid topics include prevention, recognition and treatment for emergencies and injuries. Saturday, March 28, 9am - 3pm. Participants should bring a bag lunch. (Must register by March 5! Course requires 10 students to run.) Registration: $80.

Central Maine Community College Informational Session  
John Wardwell, Student Services Navigator  
This class will inform students about Central Maine Community College, new updates and programs, and what CMCC has to offer to those thinking about attending. Learn about programs of study, athletics, college life, costs of attending, and more. Since John’s background is in Criminal Justice, participants may learn a few fun facts about CMCC’s Criminal Justice Program and take part in a fingerprinting activity! Bring lots of questions to ask about CMCC and college life in general. Thursday, February 13, 6:30-7:30pm. Registration: Free but you must pre-register.

Don’t wait to Register!  
Many classes need a minimum number of registrations to run.  
Call now or visit www.mechanicfalls.maineadulted.org!

Estate and Long-term Care Planning  
Mia Poliquin Pross, Esq  
The time to plan is now! Should you have a power of attorney? What should you consider when drafting a will, making gifts, or transferring assets? Sometimes our actions can have consequences we didn’t know about. Laws, regulations, and healthcare issues surrounding the elderly are complicated and there are many misconceptions about how the long term care system works in Maine. Come and learn the facts and some of the things that you may want to be thinking about as you plan for the future. Mia is an Attorney from the Elder Law Offices of Kathleen Kienitz, PA. Tuesday, April 28, 5:30-7pm. Registration: $5.

“This is my second class with Mia and both have been very informative. She has taught me enough to do further research. Well worth the time!”

First Five Years  
Jennifer Leonard, Community Educator  
Are you the parent, grandparent or caregiver of a child under the age of 6? Maybe you’re expecting a new addition soon? Join us for this series which will share tricks and tips for handling those tough first years. From newborn crying to tantrums and preparing for school, this 3-session Community Concepts class is sure to offer some great information. Mondays, January 27, February 3 & February 10, 9-11am. Registration: Free but you must pre-register.

Forensics  
Detective Desiree Wuthenow  
Referred to us by past presenter Detective Terry James, Det. Wuthenow is trained in both polygraph and evidence collection. We are excited to have her come and share with us about basic crime scene processing and some of the cases she has worked on. Tuesday, April 7, 6-8 pm. (Months away perhaps, but this one will fill up fast. Don’t wait to sign up!) Registration: $5.
Just For You!

Home Alone
Paulette Dingley
Designed by an experienced educator and Red Cross Trainer, this class teaches 8 to 11 year-olds the fundamentals of staying home alone for short periods of time. Through fun games and activities, students learn information they need to know, such as parent cell phone numbers, which neighbors can be called on, when to call 911, safe and unsafe “home alone” activities, and what to do if there is a fire or other emergency. Includes a take-home booklet to share with parents and a certificate of completion. Saturday, May 2, from 10am -2:15pm. Registration: $30. Participants should bring a bag lunch.

Knitters’ Night Out
Patricia Demers
Bring your work-in-progress and join knitting enthusiasts on Thursday evenings for a night out! If you know how to knit but would like to learn more or would like help with a project, this group is for you! This group has been meeting for many years and has a wealth of experience from which to draw. Experienced knitters who enjoy sharing and socializing with others are also welcome to join in! Thursdays, January 9 through June 11, 6-8 pm. Registration: $5 monthly. Drop-in or start anytime!

Medicare 101
Kerry Faria, Seniors Plus
Part A, Part B, C and D? It can all be so confusing! Which one covers what and how do you know what you need? If you are turning 65 soon, this Seniors Plus class is for you! Join Community Services Specialist, Kerry Faria, as she focuses on Medicare to help you sort everything out in order to make informed decisions! Thursday, April 30, 6-8 pm. Free, but you must pre-register.

Medicine Cabinet Makeover – Essential Oils
Cheryl Horton, Certified Holistic Wellness Coach
Have you been looking for a way to give your medicine cabinet a makeover? Come learn about natural solutions that are safer, cheaper & more effective than traditional remedies. Go home with several essential oil remedies that you can put to use right away in your home. Take this small step to start building a healthier environment for yourself and your family! Bring your questions! Tuesday, April 28, 6-8pm. Registration: $16 includes all supplies needed for take-home items.

“Cheryl was very knowledgeable! Loved all the information. Loved the hands on products that we made!”

Notary Public
Suzette Moulton, Notary
This two-session class will provide you with all the information you need to add Notary Public to your personal and professional tool kit! In class one, you will be guided through the process of how to become a notary and some of the ways people are making a living using this skill. In class two, after you have reviewed the handbook for homework, we will answer questions and complete the application and open-book test. Leave with a completed application ready to be certified by your town clerk. Thursdays, March 19 and 26, 6-8pm. Registration: $25, includes handbook & materials.

Nurturing Discipline and Managing Stress
Jennifer Leonard, Community Educator
We will cover the importance of implementing nurturing discipline skills in order to help children learn from their mistakes and/or behaviors in a positive teaching manner. Learn and build skills to manage winter blues - or the demands of everyday life. Children have stress too! Learn ways to help them manage it, both now and in the future! Tuesday, March 24, 2-5pm. Free, but you must pre-register.
**Just For You!**

**Woodcarving - Lighthouse**
Dick Shryock
Carve your own lighthouse! After 3 sessions, you will leave with an impressive 10 inch carving. Dick has been carving and sharing his expertise for almost ten years and is a member of several local and statewide carving groups. Three Thursdays, April 2, 9 and 16, 6:00-8:30pm. Registration: $32, includes everything you need to carve your freestanding or wall mount lighthouse! (Bring your own carving tools or borrow onsite; tools will also be available for purchase at $10.)

“Dick is a great teacher and I could tell that he loves this craft and loves to pass it on to others.”

**Register online, by phone, mail or in person!**

**Reusable Shopping Bags**
Cathy Corbett, Oxford Mill End Store
By Earth Day in April, single-use plastic bags will be banned in Maine stores, and shoppers can be charged for recycled bags. Be prepared for all your shopping needs by making your own fabric bag! Once you learn how to make one you’ll be ready to make more for yourself or as gifts for someone else. You will need a sewing machine, fabric, machine thread and scissors. A complete detailed list will be provided upon registration. Thursday, March 12, 6-8pm. Registration: $9.

**Sweater Mittens**
Jodi Bennett
Learn to make sweater mittens lined with fleece. Knowledge of basic sewing techniques and a sewing machine will be needed. You will be able to complete a pair of adult mittens by the end of this two hour class. A detailed material list (fleece, thread, pins, scissors and a wool sweater) will be supplied once you register and patterns will be available in class. Tuesday, February 4, 6-8 pm. Registration: $9.

**Everyone Counts!**

The United States has counted its population every 10 years since 1790! **WHY** do we do this?

Information collected from the Census...

- helps communities plan for roads, schools, emergencies, health services and more.
- helps new businesses plan and grow.
- decides how many representatives are elected to congress.
- helps our government understand community needs and plan future spending.

**EVERY PERSON living in the U.S. is counted!**

By April 1, 2020, *every home* will receive an invitation, and participation is **REQUIRED** by law.

You will be able to reply online for your home at [2020census.gov](http://2020census.gov), or by mail or phone.

For more information, visit [www.2020census.gov](http://www.2020census.gov). For help with the census, visit [maineadulted.org](http://maineadulted.org).

*Need a temporary job? The Census Bureau is hiring!*
Computer and Career Classes

Computer Basics
Christine O’Donnell
For beginners! Is it time you gave in and learned to use a computer? Maybe you tried to have a family member teach you in the past and decided that wasn’t the best partnership... Work with our computer teacher in a friendly, informal setting to learn the basics of using a computer. No pressure – and no experience necessary! Wednesdays, February 26 – April 15 from 12-2pm. Registration: 8-week session $75.

Drop-in Computer Lab Hours
Need to use a computer for job-related purposes? Stuck on a project you are working on? Computer Instructor, Christine O’Donnell, will be available to help you with these and more! Wednesdays, January 15 – February 12 from 12-2pm. Bring your projects and/or questions! $10 per drop-in.

Email Basics
Christine O’Donnell
Everyone asks for your email address these days! Do you need help navigating the whole email process? In this class, you will create an email address for yourself and learn the basics of sending and receiving messages. Practice opening, replying and forwarding email so you can communicate with friends, family and professionals. Wednesdays, January 22 – February 12 from 10-11:30am. Registration: 4-week session $40.

Intro to Google Suite
Christine O’Donnell
Come find out what all the Google buzz is about. Our computer teacher will review what a Gmail account can get you access to, including exercises in Docs, Sheets, and Slides. Great for beginners, but basic computer experience is required. Wednesdays, April 29 - June 3 from 10-11:30am. Registration: 6-week session $60.

Keyboarding/Typing
Christine O’Donnell
A favorite for many of our learners, from those with no typing skills to those who can type proficiently! Work at your own pace to increase speed and accuracy based on your own personal goals. Start anytime! Please call for an appointment. Registration: eight 1-hour sessions $50.

Microsoft Office and Google Applications
Christine O’Donnell
In this class, Chris will cover Microsoft Office Applications (Word, Excel and PowerPoint) AND the Google equivalent of each. You will learn to create and edit letters and documents, work with spreadsheets and create slide presentations for personal and/or business use. Depending on the needs of the class, we may also begin working with tables and graphics. Basic computer experience required. Wednesdays, 6-8pm. [Session 1: January 29 - March 4] or [Session 2: March 18 - April 15] or [Session 3: May 6 – June 3]. Registration: 5-week session $50.

Workforce Skills
Suzette Moulton
Are you looking for a new job, a first job, or ready to explore a different field entirely? We can help by guiding you through job search strategies, interview skills, resume writing, career aptitude and interest assessments - even your college search! Please call for an appointment. Registration: Six 1-hour sessions $50. Free to unemployed residents.

Our computer classes are small, informal and student-driven. We’re here for you!

(207) 345-3217 ~ www.mechanicfalls.maineadulted.org
High School Completion, College and Career

Classroom Schedule: JANUARY 2 – JUNE 11, 2020
Monday and Tuesday  9am – 3pm
Wednesday  9am – 3pm & 5:30-8:30pm
Thursday  9am – 3pm
Begin Anytime! Please call for an appointment.

Adult High School Diploma
Continue your high school education at your own pace by building on previously earned credits through class work and independent study. Free.

Basic Education
Learn to read or improve reading, writing and math skills. Study for license, certification or citizenship exams; learn English. Free.

Career & Job Search Guidance
Not reaching your potential? Unhappy with your current job? Find career options that would be a good fit for your goals and lifestyle! Our Advisor will guide you through job search strategies and interview skills after helping you to research your interests and aptitudes. Call for an appointment. $50. Free to unemployed residents.

College Preparation
For high school graduates who plan to enter college or vocational training programs. We offer flexible classes required to meet pre-requisites and to brush up on specific skills. Increase your confidence! $50.

College Transitions
Thinking about going to College? You won’t want to miss our FREE 14-week course on page 9!

The HiSET® for ME!
In 2014, Maine discontinued use of the GED® test and began using the ETS® High School Equivalency Test, or the HiSET exam, to measure high school equivalency.

HiSET Prep and Testing
Similar to the GED, the HiSET exam measures learning developed through life experiences in the areas of Reading, Science, Social Studies, Math and Writing. Preparation classes, predictor tests and exams are free for those 17 or older. Accommodations are available for persons with documented disabilities per Americans with Disabilities Act.

Call for more information on how to start working toward your high school credential!

ETS, the ETS logo and HiSET are registered trademarks of Educational Testing Service (ETS) and are used under license.
College and Career

Thinking about College?
Adult Education is the place to start!

If you are planning to enroll in college in the near future, our FREE College Transitions program is designed to help you prepare, both academically and financially, to be successful in college. Review reading, writing and math using both face-to-face and online interaction in the true spirit of current college trends; Tour local colleges, make vital connections with college community members, and get assistance with applications and financial aid!

Going to college can improve your chances of getting a better paying job to increase the quality of life for yourself and your family. We can help you turn your dreams of college success into a reality! This 14-week course begins on January 23 and takes place on Thursdays from 1:30 to 4:30pm at the Adult Education Learning Center.

Careers in Healthcare!
Academy of Medical Professions

Many options are available for attending or viewing classes. Payment plans are also available!
FMI, contact Academy of Medical Professions at 866-516-8274
or visit www.academyofmedicalprofessions.com

(VA, WIA, Aspire, Career Center, Department of Labor and DHHS approved vendor)

• Dental Assisting w/ RHS Certification
• Clinical Medical Assistant with CCMA
• Group Fitness & Personal Training with AFAA
• Medical Coding with CPC Certification

• Medical Transcription Certificate Program
• Medical Office Specialist with CMAA & Billing Certification
• Pharmacy Technician Certification w/ PTCB

(207) 345-3217 ~ www.mechanicfalls.maineadulted.org
Here comes 2020!

How many of you took my advice last year and took a chance to “reset or refine your own personal and professional growth” by taking an Adult Education class? If you did not, let me tell you that this is a new year, you have a brand-new opportunity to seek a greater degree of personal self-improvement and self-satisfaction. Take some time and review this excellent brochure and start to imagine all the possibilities that an adult education academic or enrichment class might have in store for you. You just might find that perfect match that makes you a better you.

This publication also provides you with many of the great things happening in each of our schools within the RSU. Among the most visible things happening this year is the addition to the Bruce M. Whittier Middle School. Very soon the middle school students and staff will be housed in a brand-new state of the art educational facility that will significantly enhance the teaching and learning for all middle schoolers.

With all the planning and forward thinking that went into the building of the addition, what wasn’t completely clear to me was the degree of sacrifice and patience it took to see the project through. The coordination between the middle school and high school staff has been second to none. The flexibility demonstrated by all of our staff has enabled us to continue to provide uninterrupted education to all our middle schoolers in some very inconvenient or less than an ideal classroom environment. The RSU 16 team pulled together and made it happen without complaint - that is something I am very proud of and happy for.

As the new year begins, our budgetary focus for the coming school year will be to make our salaries and benefits more competitive with our surrounding communities. This focus will allow us the ability to not only hire, but retain quality employees in every facet of the innerworkings of the RSU. As we start presenting the coming year’s school budget, please consider supporting all RSU 16 employees with the competitive compensation needed to keep our workforce consistent and robust. With your support, we can accomplish anything.

Sincerely,

Ken Healey
Superintendent of Schools
The Whittier Middle School Social Studies Department has officially launched the National History Day Unit for all students. National History Day (NHD) is a highly regarded academic program for middle and high school students that is sponsored by the History Channel. Each year, more than half a million students participate in this nationwide competition. Students choose historical topics related to a theme and conduct extensive research through libraries, archives, museums, oral history interviews and historic sites. This year’s theme is **Breaking Barriers in History**. After analyzing and interpreting their sources and drawing conclusions about their topics’ significance in history, students present their work in original papers, websites, exhibits, performances, or documentaries.

Bruce M. Whittier Middle School’s annual Whittier History Day for 2020 is scheduled for Wednesday, February 12, 2020, and we are seeking volunteer judges. If you are able to volunteer as a judge, please contact Logan Landry at llandry@rsu16.org or by calling the school at 998-3462. Please share the word with any family or friends you may have that would want to join you. We provide training in the morning and no history expertise is necessary. We look forward to hearing from you soon!

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**Poland Community School**

Poland Community School has renewed its efforts to build community both inside and outside the building. We have traditionally held annual events to support those in our community through **food drives**, our holiday **Giving Tree**, and our **Community Service Day**. In addition, our PTA offered a "**Trunk or Treat**" this year, which saw over 700 children visit the school yard for a safe Halloween alternative!

We appreciate all of the support and involvement from the community, and look forward to strengthening these bonds as we coordinate efforts with our **PTA and the Poland Recreation Department** to replace our aging playground equipment. It is a great, collective effort, which benefits all of our community children!
Poland Regional High School is excited about a new program we are offering this year. Jobs for Maine Graduates (JMG) is a state-wide program, serving schools in all 16 counties, that focuses on supporting a range of students in developing the skills necessary to succeed in the workforce and/or college. JMG specialist Elizabeth DeGrandpre is teaching 25 students with a goal of serving 50 students each year as we build the program.

Some of the activities our JMG students have been able to engage in include: developing business plans; learning to properly introduce themselves and shake hands; touring the middle school construction project; and learning about opportunities in the trades.

A unique service of JMG that distinguishes this program from others is the commitment to formal follow-up support of students. Through follow-up, JMG Specialists continue to serve students for a minimum of 12 months. During this period, Specialists provide guidance and mentoring to ensure a smooth transition for high school students moving into post-secondary education, training and/or the workforce, supporting them as they follow through with plans for life after high school.

A grant from the Department of Human Services gave us the opportunity to add JMG to our school at no cost to our local budget. At the end of the three years, we will evaluate the program and determine if continuing is in the best interest of the students and can be supported in the budget.

In just four days, Elm Street School raised $2,038.32 for Make A Wish Maine. Thank-you to Make a Wish Maine and thanks to ESS students Ben and Norman for helping present the check.

Mrs. Robbins (WMS), Mrs. Martin (MCS), and Mr. Shev (ESS) at the Maine School Counselor Association (MESCA) Conference.

Community is the backbone of our schools in RSU 16.
We want you to know, understand, and be involved in student learning.

- Visit our website at rsu16.org
- Like us on Facebook “Regional School Unit 16”
Social-Emotional Learning at ESS

Did you know that Elm Street School was the recipient of a grant from the Department of Education that purchased the social-emotional learning (SEL) curriculum, Second-Step? “Second Step SEL is research-based, teacher-informed, and classroom-tested to promote the social-emotional development, safety, and well-being of children from Early Learning through Grade 8.”

With the addition of our full-time school counselor, we have been able to implement the curriculum in all of our classrooms, Pre-K through 6. The curriculum has units that focus on building the skills of learning, empathy, emotion management, friendship, and problem solving. As part of their weekly lessons, students are provided with strategies to reinforce the skills they are developing. The reinforcement activities are brain builder games (to build executive function), weekly theme activities, reinforcing activities, and home links (so families can help support the development of these skills at home).

In addition to the weekly lessons with Mr. Shev, our school counselor, teachers also provide students with opportunities to practice the skills they are learning in their classroom.

Elm Street School is pleased to offer this curriculum to our students as research suggests that SEL, “not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students (Durlak et al., 2011).”

Additional benefits of providing students with a social-emotional curriculum are; students learn how to know and manage their choices and behaviors, understand the perspectives of others, and they learn to make positive choices when it comes to their personal and social development.

In addition to these benefits, research also shows that the greater social and emotional competence provided through participation in an SEL curriculum can increase the likelihood of high school graduation, readiness for postsecondary education, career success, positive family and work relationships, better mental health, and engaged citizenship.

For more information on Second Step, feel free to check out the Second Step Website at https://www.secondstep.org.

*Information taken from Second Step Website
Tri-Town Family 5K 2019

Over 240 participants crossed the finish line after a 3.1 mile run (or walk) through the beautiful Minot trails. We have now had over 2,000 runners complete the race in the history of the event!

We couldn’t have asked for better weather or a better group of volunteers. Many people arrived early to set up registration, put out signs, and organize supplies for the event. Other willing volunteers monitored the course, sold t-shirts, worked the snack table, monitored parking, shuttled runners, registered runners, distributed bibs, and cleaned up. Support came from RSU 16 bus drivers, teachers and parents.

At 9:30, middle school students led a group of young children in a Fun Run around the baseball and softball fields. Soon after, it was time for the National Anthem, played by Poland Regional High School students Alex Mitchell and Joseph Elliot. The 5K race started at 10:00, when Ray Lafreniere sounded the horn, and everyone was off.

The top overall male was three-time winner Matthew Ross with a time of 18:17. He was followed by Poland Regional High School sophomore Jacob Twigg at 18:44. The top female runners were PRHS senior Mia Turkington at 22:27 and Lily Vincent at 22:53. Top finishers received gift cards donated by Integrity Services of Maine, Goss Berry Farm donated delicious jam and Family Time Dine & Play donated gift cards awarded as age group prizes. The fastest male Whittier Middle School finisher this year was 8th grader Sam Paladin and the top female runner was 7th grader Angelina Nason. Both received gift cards donated by Integrity Services.

Many people stuck around after the event to cheer on others, wait for raffle results, and enjoy snacks and water. Gathering Winds Farm & Orchard donated apples and Hannaford provided a variety of snacks.

This is an event that we are proud of at Whittier Middle School. It serves as the culminating event of a full-school fall running program at the middle school. At our school, we put great value in providing opportunities for healthy activity to become healthy habits in the lives of our students and their families. The 5K is a celebration that we share with the community. Come run with us next year!

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BARR (Building Assets, Reducing Risks) at PRHS

Poland Regional High School continues to improve the academic support they provide students as they enter high school. PRHS introduced the BARR (Building Assets, Reducing Risks) program to the 9th grade teams last year and saw a dramatic improvement in the academic success of the freshman class. A large drop in the failure rate (the number of 9th grade students who failed at least one class) was the result of hard work by our teachers and a renewed emphasis on classroom climate and strong student-teacher relationships. PRHS decided to add BARR to the 10th grade teams for this year, ensuring that strong support is offered to all of our students in the first two years of high school. Staying on track for graduation at the beginning of high school puts students in a great position to access LRTC and other programs without worrying about required courses. With the middle school participating in BARR also, all RSU 16 students are closely monitored and encouraged in grades 7 through 10.
Transportation News

We appreciate our dedicated drivers and monitors! Our team members are the first educators to greet students in the morning when they board their buses and vans and the last educators to interact with them as they are being discharged in the afternoon.

RSU 16, as is the case throughout the United States, is experiencing a school bus driver shortage. We are actively recruiting new drivers, and we will train and support successful applicants in qualifying for a Commercial Driver’s License (CDL) with all necessary endorsements. Anyone interested in this career path is invited to call Fred Barlow, transportation director, at 998-2727, ext. 107, for more information.

Gov. Janet Mills signed a bill into law this past June that allows the use of stop-arm and exterior cameras to catch motorists who illegally pass school buses. Several school buses in the RSU 16 fleet are equipped with this technology with more planned for installation. The new law also maintains a $250 minimum fine for a first-time stop-arm violation, as well as a mandatory 30-day suspension of the offender's driver's license for a second offense that occurs within three years of the first offense. The law applies to school buses anytime that they are stopped to load or unload students with their red lights flashing and stop arm operating. This includes public roads, parking lots, and school property. Most importantly, however, school bus safety is everybody's responsibility. Thanks to everyone for complying with State law in helping to keep our students safe.

The RSU 16 IT Department supports Adult Ed along with the Central Office and five schools in the district. This year we have expanded our one-to-one technology down to grade 5 so all students in grades 5 through 12 have a school issued device. This opens up a world of opportunities for research and puts resources at their fingertips that assist in their education. Technology is a tool that is essential in school to prepare our students for the future and remain competitive in their skills.

If you have questions for the IT Department, please email lindachaisson@rsu16.org, we'd love to hear from you!
Minot Consolidated School is tremendously proud and appreciative of our active **Community Club**. This organization has significantly impacted the MCS community with their contributions and support for our students. The Minot Community Club sponsors fundraising events and uses the funds to provide ongoing, enrichment activities throughout the year.

There are a number of annual events the Community Club hosts each year. **Trunk or Treat** provides community families with a safe alternative to traditional trick or treating. The **Annual Giving Fair** allows students to “shop” through donated items for two family members during the holiday season. **Family based dances** allow the community to come together for an evening of dancing, food, and fun. Each year, events such as **Bring a Veteran to Lunch** and **Field Day** are made possible through funding from the Minot Community Club.

The Minot Community Club brings in additional activities for students to enjoy each school year. For instance, last year **Audiobody** performed and students also had the opportunity to experience a **planetarium** presentation. This year, **Chewonki** came to present an owl presentation to students as an afterschool activity. They are always looking for ways to bring new, enriching experiences to the children in our community.

They don’t stop there though! They find so many ways to support our teachers. Each month, Minot Community Club **decorates the staff room and leaves goodies** for staff to enjoy all day long. Teachers are recognized at our Mustang Pride Assemblies by raffling off a **gift card** for a staff member, which is funded by the Community Club. During the rough winter months, they provide teachers with **tissues and disinfectant wipes** to help keep our students and staff healthy. If that is not enough, this year they have supported teachers by allocating funds to **strengthen classroom libraries, and provide alternate seating opportunities** for students within their classrooms.

**Meetings** are usually held the **first Tuesday of each month at 7:00 PM in the Minot Consolidated School library**. If you are looking to get involved, participation in the Community Club is always welcomed and encouraged at any time.

**Minot Community Club... Thank you for all that you do!**
With the start of school on August 28th, students and school staff were greeted with many repairs and improvements to the District Schools by the maintenance crews.

Elm Street School had improvements to outside landscaping, an artistic upgrade to the bus entrance with pencil pillars, and a ruler header. The main entrance has a “Wildcat” logo embedded in the floor, “Home of the Wildcats” lettering on the Elm Street side of the building, hallways retiled and painted, along with repainted student cubbies.

Minot Consolidated School’s main entrance has a new “Mustang” logo on the wall coming into the school, flooring replaced in several classrooms, hallways retiled and painted, along with several new lockers installed.

Poland Community School had an upgrade in school security. The school’s administrative office was relocated to allow the office staff to directly communicate with visitors before they are allowed into the building.

Poland Regional High School and Bruce Whitter Middle School had major upgrades in school security with the newly built common entrance for both schools. The new entrance incorporates many of today’s school security features like access controls of the doors, video monitoring, ID badge card readers, and bullet resistant glass to name a few of the security upgrades. The school’s auditorium lighting has been converted to LED lighting which improves the lighting in the room while also saving money. Bruce Whitter Middle School addition is scheduled to open for students after the 2019 Christmas break. This addition will add 4 new science rooms and 6 classrooms to the Middle School which will allow the removal of the modular classrooms.

Planning for this upcoming 2020 summer has already begun as the school administration meets with the facilities group to plan and prioritize upcoming projects.

Friends of RSU 16 is a group of community members who meet with the Superintendent, Ken Healey, and School Board chair, Mary Martin, each month to learn about current school programs and issues. In return, the community members provide RSU 16 with support and advice.

The Optimist Club is a group of community members and school personnel that meet monthly to celebrate outstanding students from each school. The Club provides programs and resources to enrich the lives of students in all three communities. Programs and resources include: Oratorical contest, Dictionary Program, Christmas Family Funds, Middle School Dance, Book Drive, and Adopt-a-Road project.

These two groups provide a way for RSU 16 to build relationships and showcase our high-quality staff, students, and programs.
#RSU16Proud

Congratulations to Rick Kramer (PRHS), Maine Association for Health, Physical Education, Recreation and Dance Teacher of the Year!

PRHS Boys Basketball was awarded the Class B South Sportsmanship banner.

Logan Landry was one of 12 teachers from Maine chosen to attend the National Jump$tart Educator Conference in Washington D.C.

13th Annual Invite a Veteran to Lunch at MCS!

Ashley Richards, ESS grade 4 teacher was the recipient of the Binnie Media and 99.9 the Wolf’s Golden Apple Educator Award.

MR. VINCENT earned the title of “Champ” for November at WMS. Students and staff collected $120 to donate to the Dempsey Center.

PRHS’s own Ken Chutchian has written a book! His biography of John Reed, Radical Journalist, is ready to check out from the PRHS/WMS library!

This year we celebrated a special group of staff who have been in our district for 20 years!


Thank you to Amber Henderson, Teresa Lawlor, Sarah Jamo, and Sue Hussey for 10 continuous years of service to RSU 16.
Dear Community Members,

The fifteen members of the RSU 16 School Board are proud to serve the communities of Poland, Minot, and Mechanic Falls. We believe that the work we do is important and that student success must be at the heart of every decision that we make. The work of the RSU 16 School Board is supported by strong staff and administration, engaged communities, and a focused mission and vision.

Community outreach and collaboration are threads that connect district, board, administration, and school goals. As a school board, we believe that family and community engagement promote strong and sustainable student outcomes. Each year as we reflect on our goals and establish priorities for the upcoming year, we consider ways to strengthen the ties between the Board and the community. Board goals for 2019-2020 include working with local media sources on reporting activities and initiatives, fostering relationships with municipal leaders and community members, committing to continued development of the RSU 16 website, and responding proactively to community questions and feedback.

Board goals include actions to improve how we function and plan for the future. A priority in 2019-2020 will be to support a positive district culture and consistent staffing within our schools through finalization of employment contracts with teachers, support staff, and transportation. The RSU 16 School Board will also be taking steps to ensure that the district’s Strategic Plan continues to be a document that is forward thinking and supportive of the RSU 16 mission and vision.

The RSU 16 School Board is proud of the quality education offered to students and the value placed on education within our communities. We appreciate the opportunity to support our schools and to celebrate in the successes of our students.

Sincerely,

Mary Martin
RSU 16 Board Chair
Find more information about other Adult Education opportunities throughout Maine by visiting www.maineadulted.org