



RSU 16 Adult Education

Mechanic Falls ~ Minot ~ Poland



School District updates
start on page 10!

Adobe Firefly Image

Approach the New Year with resolve to find the
opportunities hidden in each new day. ~ *M. Josephson*

Learning Opportunities Winter/Spring 2024

Dear Community Member,

I recently saw a quote by Vern McLellan that said, "What the new year brings to you will depend a great deal on what you bring to the new year." As you reminisce about 2023 and look ahead to 2024, what are you hoping to experience differently, and what steps will you take to make that happen? Do you want to pursue new or different goals? A new career? Better health? Are you ready to finish high school or apply to college? No matter what your goal is, we offer lots of resources to help you on your path.

From career and academic goals to gaining new skills for your own personal wellbeing or 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. What do you bring to the new year - and how can we help to foster that? If you have a need that isn't addressed here, please reach out to us. We are well-connected to other programs and resources who might have just what you are looking for!

Similar to our past Winter/Spring brochures, the second half of this booklet is focused on sharing information, events and accomplishments in RSU 16 schools. Beginning on page 10 with an introduction by our Superintendent, Todd Sanders, you will find facts, updates and noteworthy news from our larger District in an effort to keep our Tri-Town residents informed, not only about the excellent work happening in our schools, but also about ways you may be impacted by the work going forward.

Sincerely,

Jenny Rose

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

Register Now! Online, by mail or in person.

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

REGISTRATION FORM

ADVANCE PAYMENT IS REQUIRED to secure your spot!

**Register online or send this form with check/money order payable to RSU 16 to:
Adult Education, PO Box 129, Mechanic Falls, ME 04256**

Date _____ E-mail _____

Name _____ DOB _____

Phone _____ Cell _____

Mailing Address _____

Town and Zip _____ How did you hear about this class? _____

Course(s) _____ Fee enclosed \$ _____

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.

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We want to hear from you!

Is there a class you would love to take but can't find offered anywhere?
Or maybe you have a skill you would like to share with others!
Please share your thoughts with us by doing one of the following:

- Scan the QR code to the left to submit your thoughts
- Call 207-345-3217 or
- Email us at rsu16adulthood@rsu16.org

Exercise & Outdoor Recreation!

Exercise Classes

Tai Chi with 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 the gentle movements of 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 15 years. *Thursdays, March 21 through May 16, 3:45pm–4:45pm. 8-week session. Registration: \$60. For ALL ages and fitness levels!*



Zumba® with Erin Hamlin

The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective and best of all? Made for everyone! It is a dance fitness cardio class with roots in Latin rhythms. Wear sneakers and comfortable clothes, bring water and a towel. Erin has been teaching Zumba since 2014, with hundreds of students across Maine and beyond! Learn more about her and her classes at: <https://www.zumba.com/en-US/profile/erin-hamlin/1091680>. *Mondays, January 22 – April 8, 6-7 pm. 12-week session. Registration: \$90.*

In the Great Outdoors!

Backyard Bees

Mary Jane Dillingham

Are you thinking about raising Honey Bees and want to learn more about how to get started? Or maybe you just want a better understanding of what is helpful and harmful to them. From the perspective of a new beekeeper, Mary Jane (biologist and owner of MisBeeHaven Farm in Poland) will explain why bees are important, the benefits of raising bees, the expense involved and how to access the best local resources. *Tuesday, February 13, 6-8pm. Registration: \$10.*

Loved seeing the tools and examples of how you use them. Definitely can see [Mary Jane's] passion!

Backyard Birds

Alan Audet

Join Alan, president of the Poland Trail Committee, as he shares information about the birds we typically see in our Maine backyards. From types of food to placement of feeders, get some tips for what you can do or offer to attract different kinds of birds to your backyard! *Wednesday, March 20, 6-8pm. Registration: \$10.*



Boating Safety

By “Boat America”

This is a comprehensive introductory course designed to meet the educational needs of recreational boaters and includes specific requirements established by Maine Boating Laws. The “Boat America” safety course meets NASBLA standards, is endorsed by the State of Maine and meets requirements to obtain your Maine Boating Safety Certificate card, which will be awarded after successful completion of the exam at the end of class. Please see our website for more details. *Saturday, March 9, 8am-5pm. Registration: \$45. Manual included. Please bring lunch.*

Just For You!



Babysitter Certification

Grace Pelletier

For youth ages 11-15 who want to become responsible babysitters! This course is taught by a certified EMT-I, 911 Dispatcher and mom. The goal is to provide youth with the knowledge and skills necessary to prevent accidents and respond to emergencies while supervising younger children. They will learn basic care, child safety and first aid skills as well as receive CPR training! Participants will receive a take-home babysitter manual, a CPR manual and a course completion card at the end of the class. Pre-registration is required in order for the instructor to be prepared with enough materials. *Saturday, March 23, 9am - 1pm.* Participants should bring a snack and water bottle. Registration: \$55.

IS YOUR INFORMATION SAFE ONLINE?

**Learn how to better protect yourself
with our Cyber Safety class!**

Cyber Safety

Eric Lammers, Krack Media

You don't know what you don't know – and when it comes to cyber safety, that's not a good thing! Do you use the same password for everything? Do you click on all links and attachments that are sent to your email? Do you use public Wi-Fi? Assess your cyber hygiene by learning what you may be doing (or not doing!) to put your personal information at risk. *Thursday, March 21, 6-7pm.* Registration: \$10.

Eating Healthy

Ellen Dore, RSU 16 Food Services Director

Did you make a resolution to eat 'better' this year? What are the pros and cons of some of the fad diets out there? If you are planning a healthier start to 2024 and need some tips for making better food choices and healthier snacks, don't miss this class! Learn to make better, more sensible choices to help those resolutions stick! *Wednesday, February 7, 6-7:30pm.* Registration: \$8.



Free Online Workshops Presented by Finance Authority of Maine

Adulting 101 – Money Starts

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and useful tools and apps are available to make the whole Adulting thing a little bit easier. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as we dive into some adulting money basics together. *Wednesday, April 3, 6:30-7:30 pm.* Zoom link will be sent upon registration.

Adulting 102 – Money Grows

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as you take the next steps into adulting. *Wednesday, April 10, 6:30-7:30 pm.* Zoom link will be sent upon registration.

Check out famemaine.com for more workshops!

Just For You!

Estate and Long-term Care Planning

James 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 unintended consequences. Laws, regulations, and healthcare issues surrounding the elderly are complicated. Learn the facts and what to consider as you plan for the future. Jim is an attorney from the Elder Law Offices of Kienitz & Pross, PA. *Wednesday, April 24, 5:30-7 pm. Registration: \$5.*

The Estate class was so informative. It really helped me to organize my thoughts for future planning.

First Aid

Charissa Kerr, AHA CPR & First Aid Instructor

This class includes basic instruction for medical emergencies, bleeding that you can see, bleeding you cannot see, treating for shock, and how and when to call emergency services. This class is taught to the standards established by American Heart Association using a blend of PowerPoint and video, instructor and practical components. Participants will earn a certificate of completion. (Workbook not included, but can be purchased. Please ask when registering and bring \$10 cash to class.) *Wednesday, April 3, 6-8:30 pm. Registration: \$45.*

Home Alone

Melanie Sparks

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 and certificate of completion. *Saturday, March 23, 9am-1pm. Registration: \$30. Please bring a snack and water bottle.*



Find us on FACEBOOK!
RSU 16 Adult Education



Amy's Sunroom - Houseplant Basics

Houseplant Basics

Amy Hatch – Plant enthusiast!

Do you have trouble keeping plants alive in your house? Maybe they need more sunlight, more water - or LESS! Our plant-loving friend, Amy, will share tips on caring for your houseplants or choosing plants that would be a good fit for your space. The basics of watering, feeding, potting, sunlight and placement will all be covered. *Thursday, April 4, 6-7pm. Registration: \$10.*

“Amy is a beautiful soul and her knowledge of plants has helped me keep a lot of my plants alive and happy.” ~ Patty, former plant basics class participant

iPhone/iPad – Next Steps

Tanya Vanasse, RSU 16 Tech Support

For the iPhone/iPad user who wants to learn more about what it can do. This class will share info and tips on functionality as well as a few different ‘apps’ if time allows. Bring your questions to class! Tanya has over 20 years of technology experience and loves to teach new skills to others. *Wednesday, May 29, 6-8pm. Registration: \$10.*

Don't wait to Register!

Many classes need a minimum number of registrations to run.

Call now or visit
www.mechanicfalls.maineadulted.org!

Just For You!



Photo by Donna Marshall

Learn to Crochet

Donna Marshall

Crochet is more than doilies! Donna learned to crochet & knit as a teen; now she pursues her passion for crochet in retirement and loves to share it with others. In this 4-week session, you will learn: basic techniques & stitches and how to read and choose a pattern. You will work on an individual project and we will troubleshoot any problems that may come up. Bring a G, H, or J crochet hook & a skein of 4-ply acrylic yarn from Walmart. Let the fun begin! *Four Wednesdays, May 1 through May 22, 6-7:30pm. Registration: \$20.*

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 and make informed decisions! *Thursday, April 25, 6-8 pm. Free, but you must pre-register.*

Notary Public

Suzette Moulton, Notary

Are you interested in becoming a Notary? In session one of this class, you will be guided through the process of how to become a notary, professional associations available and some of the ways people are making a living using this skill. In session two, following your review of the handbook for homework, we will address questions and complete the application and open-book test. You will leave ready to be certified by your town clerk. *Two Thursdays, March 21 & March 28, 6-7:30pm. Registration: \$30, includes handbook & materials.*



Center for Real Estate Studies

Real Estate Sales Agent Course

The Center for Real Estate Studies

To qualify for a Sales Agent License in Maine, individuals must pass a 55-hour Sales Agent course and the Maine Real Estate Licensing Exam. After successful completion of both, students are eligible to apply for a Sales Agent license through the Designated Broker of a company they will be affiliated with. This online, self-paced course must be completed within one calendar year of registration and is meant for individuals who have an interest in buying and/or selling real estate or who may be considering employment in a related field. Instructor support is available throughout the course. Online materials and fees are included in the \$370 course cost. Upgrade to a hard copy of the text for \$25.

Sewing Basics! - Fabric Lunch Bag

Suzette Moulton, Sewing Enthusiast

This class will walk you step-by-step through the process of making a lined (not insulated!) fabric lunch bag. A supply list including fabric, thread, etc. will be provided upon registration. Bring your sewing machine - or ask in advance about using one of ours. *Wednesday, March 13, 5:30-8:30pm. Registration: \$20.*



Substitute Teacher Training

Amy Hediger, Assistant Superintendent

Are you interested in becoming a Substitute Teacher for RSU 16? This engaging training is for anyone considering the opportunity, as well as for those already working as a Sub. No experience or degree required! We will cover general procedures, classroom management expectations, tips & tricks, lesson plans, health and safety, and the application process. *Wednesday, April 3, 9-11am. Free, but you must register in advance. Participants who are later hired by RSU 16 will be eligible for compensation for attending!*

Register online, by phone, mail or in person!

Career, College and Training

Call us at 345-3217 for help getting connected to resources that can help you prepare for your next steps in education, job training and/or better employment!

Career & Workforce Exploration

Suzette Moulton, CCSP

Are you considering your career options? Let us help you get to know yourself better! Suzette will guide you through self-exploration, including career values, interest assessments, and even your search for a college or training program. Open to all future-minded youth and adults who are considering career options. Please call 345-3217 for an appointment with Suzette, our Certified Career Services Provider. Registration: 4-week session, \$50. Free to unemployed tri-town residents.

College and Career Success

Whether it's college or employment, we know the application process can be complicated. Call us to get connected to advising services here or in our wider network of resources. Help is available for finding workforce training and community resources to help you succeed. Or maybe you're already in a college or training program and need support to continue successfully. Let us help you – or find someone who can!

Real Estate Opportunity

Are you interested in a career in real estate? Don't miss our Sales Agent course on page 7!



Academy of Medical Professions

Many options are available for attending, including in-person labs, online and self-paced classes. Payment plans are also available!

FMI, contact Academy of Medical Professions

at 866-516-8274 or visit www.academyofmedicalprofessions.com

(WIOA, Aspire, CareerCenter, Dept of Labor/DHHS approved vendor)

- Dental Assisting w/ RHS Certification
- Clinical Medical Assistant with CCMA
- Medical Coding with CPC-A Certification
- Medical Transcription Certificate Program
- Medical Office Specialist with CMAA & Billing Certification
- Pharmacy Technician Certification w/ PTCB
- Phlebotomy w/ CPT Certification

Computer Classes

Email Basics

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. Start anytime! *Please call for an appointment.* Registration: four 1-hour sessions \$40.



Keyboarding/Typing

Suzette Moulton

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.

*Learn at your own pace
based on your own needs in a
friendly, informal setting.*


High School Completion, College and Career

Classroom Schedule: JANUARY 2 – JUNE 13, 2024

Monday and Tuesday 9am – 3pm

Wednesday 9am – 3pm & 5:30-8:30pm

Thursday 9am – 3pm



Over 180 students
have graduated
from our program
since 2012.

You can too.

Adult High School Diploma - FREE

Continue your high school education at your own pace by building on previously earned credits through class work and independent study. We provide the opportunity for adults of all ages to continue their learning in a flexible and nurturing environment that works with a variety of busy schedules.

Basic Education

Learn to read or improve reading, writing and math skills. Study for license, certification or citizenship exams; learn English as a second language. Free.

Career & Job Search Guidance

Not reaching your potential? Unhappy with your 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 and Training Preparation

Going to college or training can improve your chances of getting a better paying job to increase the quality of life for yourself and your family. For high school graduates who plan to enter college or training programs, we can help you meet pre-requisites and brush up on specific skills to increase your confidence! \$50. Free to unemployed residents.

We also have access to free programming designed to help you in a broader sense with a more in-depth college transition experience. Call for more details.

HiSET®

HiSET® Preparation and Testing - FREE

Similar to the GED®, the HiSET® exam gives adults the opportunity to demonstrate they have knowledge equivalent to that of a high school graduate. Preparation classes, predictor tests and exams are free for those 17 or older. Successful completion of all official exams results in a HiSET® credential issued by the State of Maine. Accommodations are available for persons with documented disabilities per Americans with Disabilities Act.




Four of our nine 2023 graduates

Call us at 345-3217 for more information on how to start working toward your high school credential!

What happened to the GED?

In 2014, Maine discontinued use of the GED® test and began using a different (but very similar) test to measure high school equivalency - the PSI® High School Equivalency Test, or the HiSET® exam. The HiSET® is free to all Maine residents 17 or older without a high school credential.

powered by 

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Begin Anytime! Please call for an appointment.

RSU 16 NEWS



Greetings to all RSU 16 Community Members,

As we come to the close of another calendar year, I wanted to take a moment to reflect on my first six months in my position as superintendent of schools. In my time here I have found the district to be full of students who are eager to learn, competent professional educators who can and want to teach their students, administrators who recruit and retain solid staff and advocate for their buildings, district level supervisors and directors who have a strong grasp on the big picture needs of the district, a school board who values the voice of their constituents, and communities that place an emphasis on education.

We have had several notable accomplishments during that window of time as well. A few of these I will share now. The school board recently made the decision to maintain the current configuration of the district. This was done after many hours of work and data generated by individuals serving on a Futures Task Force Committee and a Steering Committee. It has been acknowledged that we have older buildings in dire need of repair and upgrading. This will be one of the focal points as we develop the FY 25 RSU 16 school budget. The elementary schools have implemented the Building Assets Reducing Risks (BARR) model. The BARR model uses eight interlocking strategies that build intentional relationships (staff to staff, staff to student, and student to student) and utilizes real-time data to enable schools to achieve concrete academic, social, and emotional outcomes for every student. All the district schools continue to focus on improved attendance and academic growth. Initial data indicates they are all making positive strides in these areas. Areas of ongoing and future focus will be school safety and the development of a five-year strategic plan. Good things are happening and will continue to happen in RSU 16.

Within this publication, you will see numerous articles containing interesting facts and accomplishments our students and staff are experiencing. I encourage you to take the time and read each of these. This should provide you with a better understanding of what RSU 16 is all about. I also encourage you to take the opportunity to participate in some of the wonderful offerings provided by the RSU 16 Adult Education program.

I thank you for your continued support of our schools and wish you all a safe and happy holiday season and a good new year.

Respectfully,
Todd Sanders, Superintendent of Schools



Staff Recognition



20 Years of Service

Jen Lacombe, Tiffany Witherell, Carrie Rhoads



PRHS students, faculty, and facilities staff recently planted a tree in memory of long serving high school custodian Barry Emery.



10 Years of Service

Jen Williamson, Heather Lyons, Heidi Lachapelle, Kelly Adams, Denise McKew, Katie Toothaker, Jill Bourgeois



RSU 16 Transportation News 3 Vacant Routes Now Covered

The RSU 16 Transportation Department welcomes Elizabeth Davis, Vicki Morgan, and Roxanne Pearl to the team.

Principal of the Year Shawn Vincent



On April 3rd, Bruce M. Whittier Middle School's Principal Shawn Vincent was selected as Maine Principal of the Year. Later in April, Shawn spoke at an awards ceremony at the Maine Principals Association Conference in Rockport and received a plaque of recognition.

Shawn Vincent has worked at Whittier Middle School since 2004, when he was hired as an English Language Arts teacher. He has served as principal since 2012.

October 18th-21st, Shawn was invited to represent Maine at the Illuminate: 2023 Principal of the Year event in Washington, D.C. The event, hosted by the National Association of Secondary School Principals (NASSP), brings principals together from across the country for professional development and celebration.

While in Washington, Shawn toured the White House and met with U.S. Department of Education representatives to discuss education in America and share about the work taking place at Bruce M. Whittier Middle School. He heard from top educational speakers, participated in problem-solving discussions with other administrators, and received leadership training. There was also some time for sightseeing.

On the final evening, NASSP hosted a gala and presented each principal with an award. Whittier Middle School sent along a congratulatory video featuring students and staff that was included in the ceremony. The award is a reflection of the outstanding staff, wonderful students, and supportive community that make Whittier Middle School what it is. This is a little school doing great things. The recognition is wonderful but it is equally exciting to think about what is possible for this school going forward.



RSU 16 District Communication

If you do not receive RSU 16 district emails in your inbox and would like to, scan the QR code to sign-up or email Amy Hediger, ahediger@rsu16.org

Food News

~ Ellen Dore, Food Service Director

PCS just celebrated Friendsgiving Day before the Thanksgiving break. The Food Service staff served platters full of goodies to friends and families of the students. It was a fun day for all.

PRHS/BWMS just received a grant from *Full Plates Full Potential* for a new 3 door reach-in to go in the Cafe area. Cecile and the staff will be filling it with new breakfast items, such as overnight oats, yogurts smoothies and high protein items.... coming soon!!

MCS opened a 2nd breakfast line for the 5th, 6th and driveline students in the cafe area. It will help to move the busy breakfast line along... So, if you haven't tried breakfast because the line was too long - now is the time!!

ESS is looking forward to Spirit week coming later in December. The staff loves to dress up and join in on the fun. Chelsey is baking up some new menu items as well. Look for the gingerbread apple muffin tops... Mmmm.

Meet the Staff



Poland Regional/Bruce Whittier - Cecile M. (Manager), Judy G., Lisa R., Lucinda B., Cathy A., Sue W.

Elm Street - Chelsey H. (Manager), Peter G., Cheyenne R.

Poland Community - Melinda W. (Manager), Shirley M., Karen T., Everette M.

Minot - Chris O. (Co-Manager), Chelsey H. (Co-Manager), Shayna G., Alli P.

<https://www.rsu16.org/departments/food-services>

#RSU16Proud



Junior Logan Grant completed her 40 hours of job shadowing and earned the **Maine Career Exploration Badge**. This is a huge accomplishment for Logan and shows her hard work and dedication outside of the classroom to improve on her skills that will benefit her in her career. For more information about this program, students should talk with **Jobs for Maine Graduates** teacher, Mr. McInnis.

Congratulations to the PRHS Knights football team for their recognition as the Campbell Conference Good Sportsmanship Award winners.



Students and staff at **Elm Street School** created a GRATITUDE bulletin board to share the many things they have to be grateful for! Some students were also recognized with GRATITUDE awards at the November Assembly.



Building Assets and Reducing Risks

At Minot Consolidated School

We are excited to introduce the Building Assets and Reducing Risks (BARR) program, an initiative aimed at enhancing the educational experiences of our students at Minot Consolidated School. BARR is not just a program; it's a comprehensive approach to fostering a positive and supportive school community. Developed with the goal of building assets - such as positive relationships, social-emotional skills, and academic engagement - while simultaneously reducing risks that may impede a student's success, BARR creates a framework for student well-being. Through targeted strategies, collaborative efforts, and a commitment to understanding each student's unique needs, the BARR program seeks to create an environment where every student can thrive academically, socially, and emotionally. We believe that by implementing BARR, we are not only investing in the present success of our students, but also building a foundation for their future achievements.



One of the components of BARR is U-Time. This is a time each week set aside for activities and lessons that help build community within the classroom. Pictured to the left is a kindergarten U-Time lesson that involved participants learning about each other and discovering things they have in common with each other. Pictured below is a 3rd grade U-time where students created an "Adventure Journal" as a way to dream big and set high goals.

A sample "Adventure Journal" form. It features a header with the text "Most Likely to Change the World" and a space for a name and date. Below the header, there are four main sections, each with a title and a large blank area for writing: "A Place I Would Like to Go", "A Job I Would Like to Have", "A Goal I Would Like to Accomplish", and "A Person I Would Like to Meet".

BARR at ESS

Each Wednesday, classroom teachers and additional staff work collaboratively to introduce engaging lessons for our students focused on positive assets and age-appropriate skills. The purpose of the lesson for grades 3-6 and K-2 were: To help participants get to know their teachers better and to help participants share information about themselves with their teachers.



Poland Regional High School



Greetings Knight Nation!!!

I hope everyone has had a great summer and a lot of quality time with family and good friends. I wanted to take a moment to express my excitement to be with you this year as the SRO. My name is Dep. Berni Westleigh with the Androscoggin County Sheriff's Department. I have been appointed as your School Resource Officer (SRO). I am a 19-year veteran law enforcement officer. I am a trained SRO and have prior school experience.

With the retirement of your beloved SRO Dep. Kevin Cramp, I see the large shoes I must fill. With your help and patience I am eager to step into those footsteps with my own shoes.

As your SRO I am committed to RSU #16, students, parents, and staff alike to maintain a safe learning environment. I am excited to assist with any challenges that may arise.

I had a saying in my last school, "all of our choices have consequences, sometimes great wonderful consequences, and then sometimes bad consequences, but consequences nonetheless."

This year I challenge each of you, and I ask that you challenge me. Be the kindness that each of us crave! I challenge you to do one small act of kindness every day, a wave and a smile, a "good morning", something.

Do Great Things Knight Nation!!



Dep. Berni Westleigh
(207)998-5400

bwestleigh@rsu16.org

bwestleigh@androscoggincountymaine.gov

PRHS invites the RSU 16 community to visit the high school for our extra-curricular band and chorus concerts, theater productions, and sporting events. Past graduates and community members are also invited to attend alumni day, celebrations of learning, and the graduation ceremony.



**Anatomy and Physiology students
creating t-shirts to help with learning.**



**SRO Deputy Westleigh and
student volunteer at Trunk or
Treat**

Tri-Town Family 5K



On Sunday, November 12th, Bruce M. Whittier Middle School hosted the 12th Annual Tri-Town Family 5K on the beautiful Minot community trails and fields. The weather was excellent, and we enjoyed quality time with an amazing group of people.

This event is unique to most 5K runs in that registration is completely free. Local businesses provide all funding required to make this event open to all. The goal is to encourage healthy activity for students, families and members of our community. Our sponsors were extremely generous this year. Their support not only covered the event but will also allow us to provide sneakers for students in need.

Our top finisher in the 5K this year was Jacob Norris with a time of 18:55. He was followed by Michael Clarke. The speediest female finisher was Stephanie Beattie at 24:51. Second place was Amanda Mitchell. The fastest Whittier Middle School students were 7th grader Joshua Varney (24:06) for the boys, and 8th grader Sophia Aube (31:39) for the girls.

The event wouldn't have happened without our volunteers. Many have been part of Tri-Town Family 5Ks for over a decade, and they know how to keep things running smoothly. Volunteers help with handing out water, registering runners, directing runners on the course, providing a generator, playing the National Anthem, showing participants where to park, providing snacks, and operating the t-shirt table. We are grateful for everyone's contributions. Our volunteers make the day special.

To all who joined us for this year's 5K, thank you. We are grateful for your participation and support. If you couldn't make it this year, plan to join us November 10th, 2024 for the 13th annual event. Run, walk, volunteer or cheer us on!

Girls On The Run 5K

Elm Street School's Girls on the Run team completed their 5K race on Sunday, November 12th. The girls completed lessons on inner beauty, choosing friends, expressing emotions, and standing up for others during their weekly practices leading up to the 5K event. A huge thank you to our coaches, families and staff for supporting our runners during their big event.



Cultivating Success

The Importance of Positive Attendance Habits in Elementary School

We all can play a role in supporting students to succeed. Coming out of the pandemic years, one of the major areas we have been focusing on is shifting the community's understanding around attendance. It is crucial to underscore the significance of establishing positive attendance habits for our young learners. Attendance plays a pivotal role in a child's academic journey, shaping their future success and overall well-being. That is why the Minot Consolidated School Leadership Team decided it needed to be focused on attendance this year. Fostering regular attendance habits at all levels, starting at the elementary age, is a key factor in cultivating a foundation for lifelong achievement.

Building the Foundation for Academic Success

Elementary school is not only a place for academic growth, but also a crucial environment for developing important life skills. By attending school regularly, students learn the value of commitment, responsibility, and time management. These habits lay the groundwork for a strong work ethic, skills that will prove invaluable as they face challenges in higher education and, eventually, the workforce.

Establishing a Strong Work Ethic

By attending school regularly, students learn the value of commitment, responsibility, and time management. These habits lay the groundwork for a strong work ethic, skills that will prove invaluable as they face challenges in higher education and, eventually, the workforce.

Prevention of Learning Gaps

By establishing positive attendance habits early on, we empower our children to stay on track, reducing the likelihood of learning gaps that can be challenging to overcome.

Fostering Social and Emotional Development

School is not just for academics; it's a hub for social interactions and emotional growth. Regular attendance ensures that students can form meaningful connections with their peers, develop strong friendships, and engage in collaborative learning experiences.

Partnering with Parents for Success

Positive attendance habits are a joint effort between the school and parents. Regular communication between teachers and parents can help identify and address any potential attendance issues early on.

Establishing positive attendance habits at the elementary age is paramount for a child's overall development and future success. It is a collaborative effort that requires the commitment of both educators and parents.

RSU #16 SCHOOL BOARD

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 student success must be at the heart of every decision we make and that family and community engagement promote strong and sustainable student outcomes.

In the last year we have reached out to the community in a variety of ways to share information and to gather feedback. Community members stepped up to support the work of The Futures Task Force that addressed the major challenges facing RSU 16, including our aging elementary schools. As the School Board worked through the recommendations of The Futures Task Force, community members shared their input through multiple letters and emails, a well-attended public forum, and comments at board meetings.

Overwhelmingly, the messages that we received supported our three elementary schools with current grade level configurations. The RSU 16 School Board looks forward to on-going community engagement as we address the budget implications of fixing, funding, and staffing our schools. We are committed to doing our part to actively communicate with you and to address your questions. We urge you to regularly check the RSU 16 website for budget and strategic plan updates, to attend monthly board meetings, and to sign up at Central Office (207-998-2727) to receive RSU 16 email communications. In the spring a budget mailing will be distributed. We look forward to seeing you at the District Budget Meeting in May and encourage you to actively participate in the budget approval process.

The RSU 16 School Board appreciates the opportunity to work collaboratively with you in support of our schools!

Sincerely,

Mary Martin, RSU 16 Board Chair

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