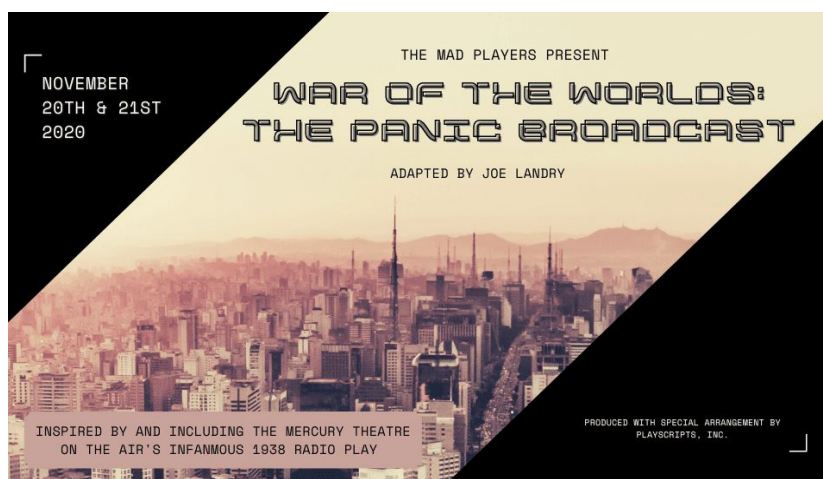


## Monmouth Academy Newsletter

### November 13, 2020

**MAD Players to Present War of the Worlds: The Panic Broadcast - Friday, November 20, Saturday, November 21 at 7 p.m.**



Join The MAD Players (Monmouth Academy's Drama Program) this Friday or Saturday for the presentation of War of the Worlds: The Panic Broadcast adapted by Joe Landry. We're so excited to present our work in this format and bring live theater directly to you:

November 20, 7 p.m. - Livestream: [https://www.broadwayondemand.com/.../JP0k8jPlIXUS-war-of...](https://www.broadwayondemand.com/.../JP0k8jPlIXUS-war-of-...)

November 21, 7 p.m. - Livestream: [https://www.broadwayondemand.com/.../yeeoEQi0WZMB-war-of...](https://www.broadwayondemand.com/.../yeeoEQi0WZMB-war-of-...)

We hope to "see" you there!

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### **Meet Sarah Knowlton, MA College & Career Coordinator**



Hi! I am Sarah Knowlton and have been at Monmouth Academy since 2015. I started as a math teacher, transitioned to the Guidance Office as a College/Career Coordinator, and recently received my conditional certification as a School Counselor in the state of Maine. I would like to take this time to share with you what that means. As a School Counselor, I am qualified to address the developmental needs of all students at Monmouth Academy. My focus has expanded from academic, college and career planning to now include social and emotional learning and development for all Monmouth Academy students. It is my job to work with students and families to improve student success for all students. This can include assisting with academic achievement strategies, working with students to manage emotions and apply interpersonal skills and also plan for postsecondary options.

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**News From the Guidance Office:** Even though college representatives cannot visit MA in-person due to Covid health and safety protocols, representatives are meeting virtually with Juniors and Seniors. [Click here to view upcoming virtual meetings.](#) If you have any questions regarding post-secondary planning - college, internships, military, scholarships, etc. - please contact Mrs. Sarah Knowlton, MA College and Career Coordinator, at [sknowlton@kidsrsu.org](mailto:sknowlton@kidsrsu.org) or 933-4416 extension 7203.

Visit our website for Monmouth Academy information and documents: <http://www.kidsrsu.org/o/ma>  
Facebook: Rick Maroon (Mustang Pride)

# *Monmouth Academy Newsletter*

## *November 13, 2020*

### **News From the Health Office - Maria Sirois, School Nurse: *Celebrating the Holidays Covid Style***

2020 has been a very difficult year and many of us are looking forward to the holidays to bring some joy back into our lives. While we can celebrate with family and friends, that celebration will likely be different than in the past. A few tips and suggestions:

- Avoid travel to nonexempt states (any state other than New Hampshire and Vermont)
  - If you do travel to a nonexempt state, you will need to quarantine for 14 days upon your return or have a negative covid test (within 72 hrs of arrival or upon return to state)
- Limit the size of gatherings based on the size of the space available. If the space doesn't allow for 6 ft distances, change the location or decrease the number of people. Remember if someone at the gathering tests positive within 48 hrs, anyone who spent a **total** of 15 mins within 6 feet of that person will be considered a close contact and will need to quarantine for 14 days (negative covid test does **not** release you from quarantine).
- The safest celebration is to limit it to your household. If attending a larger gathering:
  - Wear a mask (except when eating)
  - Practice physical distancing of at least 6 ft, more if singing and talking loudly
  - Good hand hygiene especially when preparing and serving food
  - Don't "pass the potatoes or salt & pepper," etc, consider one person filling plates (cafeteria style)
  - Be outside whenever possible or open windows and doors
  - Bring your own food, drinks, plates, cups, and utensils
  - Eat at smaller tables rather than one large table
  - Keep a list of people attending and their contact information in case contact tracing is needed for a positive case
  - Don't attend a gathering if you are not feeling well

Find time to relax and unwind. Holidays are stressful and in a pandemic, that is magnified. Please contact me at 933-4416 ext 7286 or email me at [msirois@kidsrsu.org](mailto:msirois@kidsrsu.org)

**Student Cell Phone Usage** Just a friendly reminder that student's cell phone must be placed away and silenced during all learning time during the school day except for the following exceptions:

- Before 7:45 a.m. (before school);
- After 2:10 p.m. (when staggered dismissals begin);
- During the student's assigned lunch period;
- During the student's study hall opposite lunch period (but not a guided study hall);
- Between class periods;
- Outside mask breaks

Therefore, if you try to contact your young adult during the school day, they may be unavailable. You can always get immediate information to your student by contacting the main office at 933-4416.

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# ***Monmouth Academy Newsletter***

## ***November 13, 2020***

### **Mustangs Athletics - From Stephen Bell, MA/MMS Athletic Director**

The fall sports season was a challenge for all involved. The athletes, coaches and parents overcame just about every obstacle to have at least some sort of a season. It was wonderful to watch all of our kids work hard at each practice and compete as if every game, meet or match was for a state championship. I would especially like to thank all the parents for helping me settle into this job, and for being patient with the Covid rules this fall. To wrap things up this fall each team will have the opportunity to host an awards night here at school, however it will be limited to just players and coaches. We will have the availability to zoom each ceremony so parents can attend via online. I know this is not optimal but it will give a chance for all of our fine athletes to be recognized for their outstanding seasons. Almost all of our athletes took home a "title" this year and I am so proud of all of them. I am sure our football players would have won a "title" as well if they had the chance to compete for one!

- Golf- MVC Champions
- XC- Both Girls and Boys MVC Champions
- Girls Soccer- RSU 2/Covid Cup Champions
- Boys Soccer- RSU 2/Covid Cup Champions

Winter sports have been approved by the MPA but we are waiting for RSU 2 approval to get things moving completely. The approved starting date for practices to begin is December 14 with individual workouts at home to start on December 7. We will begin sports sign ups electronically this week so we can have a clear understanding of all the numbers interested in each sport. Please remind your student athletes to check their emails consistently for important information about sports. I will say that many details about the winter season must be worked out before we start, and with Covid-19 cases continuing to rise, flexibility is going to be a key if sports are to happen. Each sport this winter will be under strict protocols and some restrictions as to whether or not they will compete with other schools, all this is still being worked out.

This fall we gave waivers to most of our athletes for physical exams, however this winter we will be requiring each athlete to have a current (every two years) physical on file. Please work to get your athlete scheduled if you need a current physical. This winter it appears that each athlete will need to practice and compete in a face covering. I would suggest that you look into purchasing a mask that is designed for use during exercise. I know that a few companies are marketing masks that allow for use during physical activity. If you have any questions please feel free to contact me either by email [stevebell@kidsrsu.org](mailto:stevebell@kidsrsu.org) or call me at school, 933-4416 extension 7211.

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### **MA Class of 2021 Fundraiser**

We are excited to announce a fundraiser that will last until the end of this school year! At the Monmouth Transfer Station there is a bin that people can donate their bottles to the Senior class. The bin is clearly labeled with a sign that states, "Class of 2021." All proceeds from this fundraiser will go towards graduation and Project Graduation expenses.

To make this happen for our class we need both students and parents of Seniors to help us out by volunteering to empty the bin regularly. If you want to help empty the bin, please sign up [here](#):

When you go to the transfer station, please make sure to go inside and sign the clipboard with your name, which bin you emptied, and your license plate number. Once you have picked up the bottles let Chloe, [21cdwinal@kidsrsu.org](mailto:21cdwinal@kidsrsu.org), or Rhayna, [21rpoulin@kidsrsu.org](mailto:21rpoulin@kidsrsu.org), know.

If you have any questions, please contact Chloe or Rhayna at the email addresses above or via the MA office at 933-4416. Thank you for considering assisting the Class of 2021!

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# Monmouth Academy Newsletter

## November 13, 2020

### MA Yearbook, *The Amaracus*



The historic [Monmouth Academy yearbook](#) will be filled with all the stories that make this year so unique. **Help your student remember it all by reserving their copy of the [Monmouth Academy yearbook](#) today.**

Buy [online](#) or bring a \$10 deposit to Dr. Ross to reserve your copy. Email [eross@kidsrsu.org](mailto:eross@kidsrsu.org) with any questions!

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### Have You Downloaded the RSU 2/MA App Yet?

Follow all M.A. and district news on your smartphone. The RSU 2 app is available in the Apple and Android app store, just search for RSU2. Visit <http://www.kidsrsu.org/article/126354> to view a short video to help you get started.

### Important Upcoming Dates:

11/18	No afternoon academic assistance sessions due to teacher professional development
11/20	MAD Players - <i>"War of the Worlds: The Panic Broadcast"</i>
11/21	MAD Players - <i>"War of the Worlds: The Panic Broadcast"</i>
11/25	No School - Workshop Day
11/26	No School - Thanksgiving Day
11/27	No School - Thanksgiving Break

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