

Positive Posts & Phenomenal People



Vision:
An RSU 10 education will enrich the life of each student through meaningful learning opportunities that inspire critical thinking communication, problem solving, **empathy, adaptability and integrity.**



Buckfield Jr. Sr. High School helping the community on May 12th Day of Caring!



Justice Gendron received her JMG Maine Career Exploration Badge by completing a 40-hour meaningful work experience with RSU 10 Nutrition. Justice is in the Culinary Arts program at Region 9 with Chef Brown and is the third student at MVHS to receive the JMG "M.C.E.B."

We congratulate Cassie Danylik, RES for successfully completing her education certificate in Diversity, Equity and Inclusion.



Cornell University



This is to acknowledge that
Cassie S. Danylik
has completed the certificate program entitled
Diversity, Equity, and Inclusion

HSES morning meeting included a musical performance by students! The concert is at HSES on Thursday, May 18th - 6:30pm.



Meroby sponsored a STEAM (Science, Technology, Engineering, Art & Math) night on May 3rd!



MAY IS MENTAL HEALTH AWARENESS MONTH



- EARLY WARNING SIGNS**
- EATING OR SLEEPING TOO MUCH/LITTLE
 - PULLING AWAY FROM PEOPLE OR USUAL ACTIVITIES
 - HAVING LOW/NO ENERGY
 - HAVING UNEXPLAINED ACHES AND PAINS
 - FEELING HELPLESS OR HOPELESS, CONFUSED, FORGETFUL, ON EDGE, UPSET, WORRIED, OR SCARED
 - YELLING OR FIGHTING WITH FAMILY/FRIENDS
 - MOOD SWINGS
 - INABILITY TO PERFORM DAILY TASKS

- RESOURCES**
- KIM C. & CASSIE S. NAMI MENTAL HEALTH HELPLINE 1-800-464-5767
 - OXFORD COUNTY MENTAL HEALTH 364-3549
 - TRI-COUNTY MENTAL HEALTH 364-7981
 - CROOKED RIVER COUNSELING 364-2100
 - RIVER VALLEY COUNSELING 364-1610



MVMS Theatre Group presented two one-act plays!

