



# Walker Newsletter

January 24, 2022

## **Notes from the Principal, Mrs. Roux ...**

The month of January has really flown by! It has been a busy few weeks here at Walker School. Students have been completing the winter benchmark assessments and we will be meeting in instructional teams to use this important information to continue to design educational plans for our students. Please be watching in the next few weeks for an update from your child's teacher regarding his/her progress at this point in the year.

This past week our 5th graders had the opportunity to attend a special field trip. This is the first trip we have been able to take since the start of the pandemic. Everyone was very excited about this special activity. Students from Walker and Troy School traveled together (though appropriately distanced on the bus) to the Gulf of Maine Research Institute to spend the day participating in a variety of hands-on science experiments. It was a successful trip and everyone had a great time.

Please be sure to read the community notice sent out by Superintendent Brown, regarding updated covid protocols and additional safety reminders. Please continue to reinforce with your child the importance of wearing his/her mask, appropriately at all times. This notice also includes the updated At Home Screening Tool, as well as important information regarding Pooled Testing, which will begin here at Walker School in the next couple of weeks.

A few important Reminders this week include:

- At this time, we are still asking that students be dropped off at the main entrance where a staff member will greet them and escort them inside. The school is not currently open to the full public.
- Important: Please ensure that your child comes to school with a clean mask, as well as a backup in case their mask gets dirty.
- Safety protocols including masks, frequent handwashing/hand sanitizing, and appropriate social distancing are still in effect at this time.

Please do not hesitate to reach out to me if you have questions, concerns, or need support for your child or your family. Have a great week!

(email: [lroux@rsu3.org](mailto:lroux@rsu3.org) school phone: 589-4208 home phone: 568-3980 cell: 323-0990)

## **Notes from the Office:**

We are respectful of all families' choices regarding Covid vaccinations for students. The RSU 3 Nurse's office can be contacted if any family wishes to inform the school of their child's vaccination status.

Please help us recognize our staff member of the week ...

**Mrs. Arthars**



## **Important Upcoming Dates.....**

2/9 - Early Release Day

2/9 & 2/16 - Substitute Teacher Training (see flier below)

2/15 - School Board Meeting 6:30 @ Mt. View

2/21-2/25 - February Break - No School



K-2	<b>Our students did a great job this week being flexible in many schedule changes. In first and second grade, we started talking about the different characteristics of animals within a classification, (mammals, reptiles, birds, fish, amphibians and insects) and started to list animals in each category. We are using some of our classroom library books to learn about more animals to add to our list.</b>
Art	<b>This week Ms. Locke was out so we didn't have art but will have lots of fun next week!</b>
<p data-bbox="105 504 203 535">Garden</p> 	<b>In Ms. Johnston's absence, some classes made "living necklaces" by planting corn seeds in small, clear jewelry bags, strung on a ribbon. Will the seeds grow roots, stems, and leaves? We hope to find out soon!</b>

Note from Mrs. Moring: Let's TACO About Elementary Guidance w/ Mrs. Moring



### Winter Edition



Welcome to the second half of the 2021-2022 school year! My name is Carrie Moring and I am the Elementary School Counselor for Troy, Walker, Morse and Monroe schools. My job is to help your child feel safe, happy, and successful in school. I meet weekly with each grade. I am also available for short term individual and group support for students. If your child is in need of more long term emotional support, I can help families access outside agencies. If you would like to talk to me directly, you can call your child's school and leave a message for me if I am not available. You can also email me at [cmoring@rsu3.org](mailto:cmoring@rsu3.org). If your child is referred for individual or group support, I will be reaching out to you directly to discuss next steps. I am here to support students and families in any way I can. Please let me know if there is anything happening with your child that might impact them in school.

### What have we been up to in Guidance classes?

I meet with each classroom every week for 45-50 minutes. At the beginning of every class we do a "Feelings Check." Students rate how they are feeling on a scale of 1-10. Then we cover our topic for the week.

Our most recent topic is learning about the Zones of Regulation.

Zones of Regulation			
Blue	Green	Yellow	Red
			
<b>Low</b>	<b>Happy</b>	<b>Wobbly</b>	<b>Angry</b>
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

Students have been learning how to identify what Zone they are in and how to use strategies to help regulate their emotions.

Our next unit will cover Making Healthy Choices. We will discuss perseverance, healthy sleep habits, healthy foods, personal hygiene, unhealthy substances (drugs and alcohol), and self esteem. I will also be doing a co-presentation with Mr. Bennett on making safe choices when using technology.

I have a Facebook page where I share resources for parents and updates on some of our fun projects. Check out: [Mrs. Moring is Here to Help](#) and join the fun.



## SUBSTITUTE TEACHER TRAINING

\$5 for RSU #3 residents and \$30 for non-residents

UPCOMING January 12th & 19th 5:30-8pm  
CLASSES: February 9th & 16th 5:30-8pm

Learn the ins and outs of subbing in just two short sessions!  
Taught by trained educators and experienced substitute teachers.  
Supported by the RSU #3 staff and community and provided by :



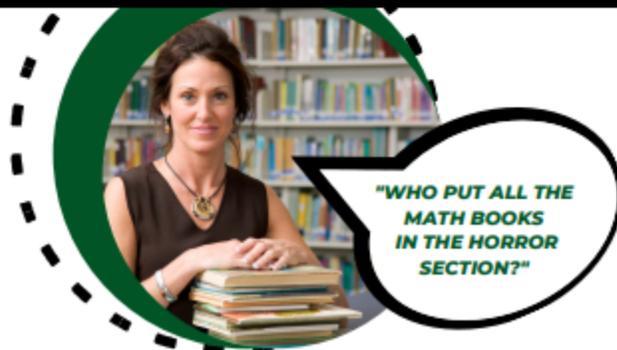
register online at [rsu3.maineadulted.org](https://rsu3.maineadulted.org) or call us today 568-3426

## COLLEGE PREP MATH

RSU #3 offers a free math prep class to students who are preparing to enter a college math class (must be a HS graduate). Avoid expensive remedial classes that don't count toward a degree by preparing now.

We offer individualized instruction that works with your schedule - either in person and/or online with Adult Education Director Sue Brennan.

**OUR GUARANTEE:  
YOUR RESULT FROM THIS INSTRUCTION WILL  
BE YOU SAYING,  
"I REALLY GET IT NOW!"**



**"WHO PUT ALL THE  
MATH BOOKS  
IN THE HORROR  
SECTION?"**

**COMING IN JANUARY 2022**



## **HIGH SCHOOL BIOLOGY CLASS**

- This virtual (online) class prepares students for acceptance into a college health career program and/or earn credit toward a High School Diploma.
- Learn the basics of cell biology and how cells relate to human body systems.
- Gain a basic understanding of ecological biology systems, and the relationships between humans and ecosystems.
- Apply research, observation and laboratory skills.

Students are required to study at least 4.5 hours per week and meet with the teacher online weekly.

***THE COURSE WILL RUN FOR 16 WEEKS.***

***ONLINE CLASS WILL BE HELD TUESDAY EVENINGS FROM 5-6PM***

