



RSU 56 Weekly Newsletter

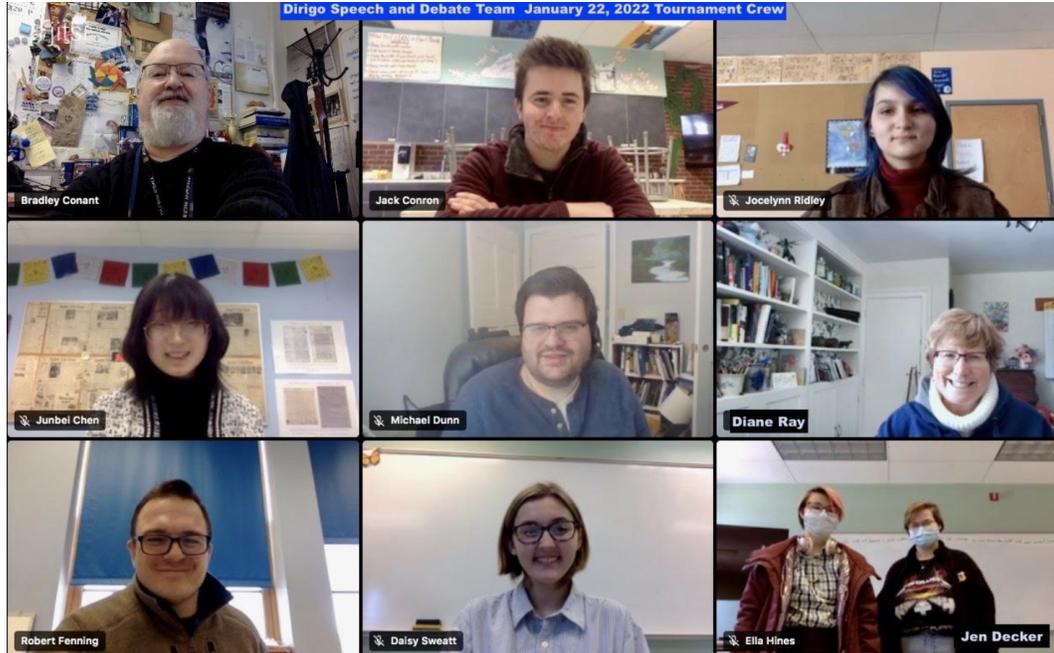
January 28, 2022

A Peek at the Week!

Enjoy this glimpse of what happened in our district recently.

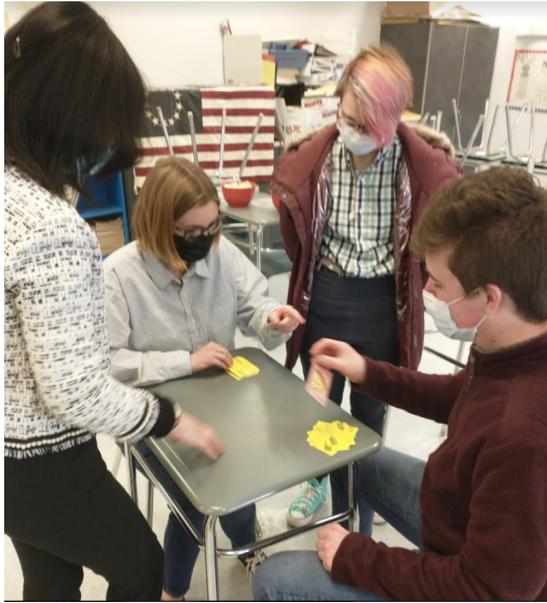
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The Dirigo Speech and Debate Team had a big day at Saturday's final virtual tournament of the regular season. John Conron came in first in Varsity Debate! Daisy Sweatt finished 7th, Jocelynn Ridley finished 4th, and Junbei Chen finished first in Novice Debate!. All combined to bring in the 3rd place Team Trophy. Congratulations!



The group photo was set up on the tournament platform so that Mr. Conant could include their remote judges Mike Dunn '09 and Diane Ray, mother of Emily Ray '12. Mike lives in Gardner and works at the Maine Attorney General's office. Diane is a world-traveling business consultant and a very active community member in Canton.

In the photos you'll see that the team decided it might be more fun to have a "pot luck" lunch and play some games or watch movies between activities. Mr. Fenning, who is their "coach in training", judged for the first time and joined us for the day.



Newest edition to the BGT fleet.



The Importance of Self-Care

Research is showing that teachers are feeling overwhelmed during the pandemic. The results of a recent study (Ozamiz-Etxebarria et. al., 2021) have confirmed that a high percentage of teachers suffered from symptoms of anxiety, stress and depression when schools reopened. These findings are in line with those of other studies carried out from the beginning of the pandemic showing that during lockdown, teachers have suffered from stress (Besser et al., 2020), anxiety (Huang and Zhao, 2020), and other

psychological and physical symptoms (United Nations Educational, Scientific and Cultural Organization (UNESCO), 2020b; Aperribai et al., 2020).

In order to combat the overwhelming stress felt by RSU 56 staff, we periodically allow the use of a LAW to be focused on self-care. DHS did so this week. Karolyn Buotte noted, “Thanks for the self-care LAW. Got a lovely solo ski in this morning - just me and my pup Phoenix - and the sunrise :)”



DHS Office aide, Abby Stevens, helping prepare paperwork to go home with students. Always so helpful!



Cold day, warm skier hearts!! A few photos from the Middle School Nordic freestyle ski meet at Maranacook last weekend.





Christina Falk (furniture restoration) and Hayden Abbott (electrical currents) working on various projects in Alt Ed at TWKDMS. The program uses most of its morning time with core academics, and then transitions to project-based learning, regular ed reintegration, and social-emotional learning in the afternoons.



Mr. Devon Finnegan, a student teacher from UMF with Ms. Wood, getting his feet wet



Body systems really coming to life with Mrs. Carlson's biology class at TWKDMS.

