



Walker Newsletter

February 8, 2022

Notes from the Principal, Mrs. Roux ...

Here we are in February and this seems to be when the snow is going to come our way. Last week was a short week with the snow day on Friday, but a great week just the same. We are less than two weeks away from February break, but we have several things planned in this short month. Valentine's Day is right around the corner and individual classrooms will be communicating about any specific plans for their class. We will also be holding our next Walker Wildcat Assembly and reward day prior to the upcoming break. February is a short month but we are fitting a lot in, in addition to the effective instruction that is taking place every day and is showing in our recent assessment data. Be watching for updates from your child's teacher(s) regarding his/her progress so far this year, as well as information about upcoming special events.

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 school phone: 589-4208 home phone: 568-3980 cell: 323-0990)

Notes from the Office:

Thank you to the Walker PTC - they are buying each classroom a special snack and surprise for Valentine's Day! ❤️

Note from Mrs. Moring:

For the past few weeks we have been covering Healthy Choices in guidance classes. As part of this discussion, next week we will be talking about Drug and Alcohol Prevention. All lessons will be age appropriate with an emphasis on making healthy choices for our bodies.

If you have any questions, please contact your school administrator or myself. Thank you!

Carrie Moring- School Counselor

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

Mr. Bennett



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



Week of 1/31

3-5	This week our class worked on a Groundhog Day escape room. The students were split up into groups and had to work together to solve various puzzles. After each group “escaped,” we had a class discussion about how the groups worked together. We talked about which parts of the tasks were frustrating, what went well, and which team members showed collaboration, creative thinking skills, and having a growth mindset while working. Every group member gave a shout out to another person in their group who demonstrated one or more of these attributes.
Art	This week our 3-5 students made storyboards with their own hybrid animal creations from last week. K-2 learned about the Chinese New Year and learned how to draw tigers for “The Year of the Tiger”
Guidance	This week in Guidance we are discussing the importance of good personal hygiene. This is part of our Making Healthy Choices unit.

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



<p>Winter Edition </p> <p>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. 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.</p>	<p>What have we been up to in Guidance classes?</p> <p>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.</p> <p>Our most recent topic is learning about the Zones of Regulation.</p> <div style="text-align: center;">  </div> <p>Students have been learning how to identify what Zone they are in and how to use strategies to help regulate their emotions.</p> <p>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.</p> <p>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.</p>
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ADULT & COMMUNITY EDUCATION UPDATE

January 2022

Dear RSU #3 Parents and Community Members,

Happy January of 2022. It took me years (actually I was an adult) before I figured out that I wouldn't dislike the cold so much if I dressed for the weather...and come on, you've got to admit, the air smells so fresh when it's cold.

The Community updates are as follows:

- Substitute Teacher Training once a month is going well. If you have ever considered subbing this class will either make you jump on board or run!
- Tonight our own Bob Nichols is running the first night of needle felting. I'd never heard of it before I met Bob but boy do I want this bunny! The class is full but he said he would love to run another. Learn the basics, make a small animal and create a felt painting. This session is getting a real deal because we only charged for the materials - that was a mistake but no turning back! **How cute are these guys!!!**



- It was sad to see the Community Market burn to the ground. I bought lots of GREAT stocking stuffers there and I look forward to them rebuilding soon. One of our new offerings was a visit with Caleb Stoll at, "Who Are the Amish." We hope to see him back in the Fall.

You should have received a brochure in the mail, if not, or to find out what is new, just go to our website at www.rsu3.maineadulted.org. We are about ready to launch Community Crafting one afternoon a week. Stay tuned for that!

On the College front, we are facilitating a free college course at any Maine Community College for new students and working with the University system. Just call or email and ask for me.

For high school diploma, we are ready to help anyone that was caught in the Covid Trap and unable to earn their diploma.

In closing, if you have a class that you would like to see offered or one you would be interested in finding out how to teach, we pay our Community Class instructors \$20 an hour - how can you beat that???

Guess

what
is
happening
in
March?



Sincerely,

Sue



SUBSTITUTE TEACHER TRAINING

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

UPCOMING CLASSES:	February 9th & 16th	5:30-8pm
	March 9th & 16th	5:30-8pm
	April 13th & 27th	5:30-8pm
	May 11th & 18th	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 :

RSU #3

Adult & Community Education

BROOKS FREEDOM LIBERTY JACKSON KNOX
MONROE MONTVILLE THORNDIKE TROY
UNITY WALDO

College Career Community Diploma

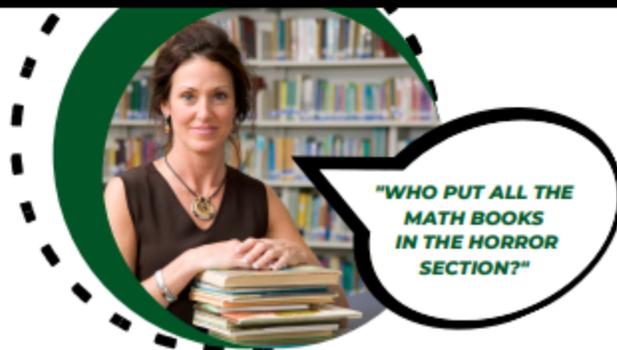
register online at rsu3.maineadulted.org or call us today 568-3426

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

