

From: Dwayne Conway dwayne_conway@maranacook.com

Subject: Grateful week

Date: April 3, 2020 at 8:24 PM

To: 2020StudentEmail 2020StudentEmail@maranacook.com, 2021StudentEmail 2021StudentEmail@maranacook.com, 2022StudentEmail 2022StudentEmail@maranacook.com, 2023StudentEmails 2023StudentEmail@maranacook.com, Maranacook HS Staff MaranacookHSStaff@maranacook.com

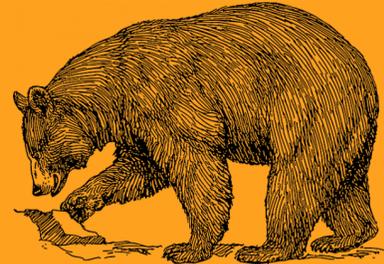
Bcc: 2023parentemails@maranacook.org



Maranacook News

For Faculty, Families, Students and Community

March 30th - April 3rd



Dear Maranacook Faculty and Families,

We are so proud of all in the Maranacook Community for completing Week 1 of Remote Learning. We know that this week has had successes and struggles but over the course of the next few weeks, this new temporary normal will become easier. We are here to support students and parents as remote learning continues. Please don't hesitate to reach out.

We hope that the daily announcements that go out through email have been helpful and provide a beginning routine for the day. As we have updated information about happenings here at the high school we will include them in the announcements as well as our weekly newsletter.

The support for the Maranacook Area Food Pantry has been incredible. Beyond incredible, it has been amazing. So many have donated supplies, money and time to support our families in need. I truly could dedicate a years worth newsletters highlighting the support we have received from individuals, families and teams. There have been so many donations including \$1,000 from both the Alpine ski team and the girls basketball team. Thank you to both coach Gifford and coach Magnusson. We are so lucky to live in a community that supports each other.

I want to give a special shoutout to our exchange students Bam, Aida and Rueben. Unfortunately their experience was cut short due to the pandemic. Ruben has gone back to Norway and Aida has gone back to Germany, but Bam has not been able to fly back home yet. Bam, we are thinking about you and hope you are able to travel home to Thailand soon. We miss all of you.

Pictured above are members of our Knitting Club that normally takes place during Focus Time.

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Support Numbers

BASIC NEEDS/LOCAL SERVICES -211

COVID 19 TESTING GUIDANCE -211 OR [1-866-811-5695](tel:1-866-811-5695) or text zip code to 898-211

MENTAL HEALTH SUPPORT

- Crisis and Counseling: [1-888-568-1112](tel:1-888-568-1112) 621-2552
- Intentional Warm Line (peer to peer) :[1-866-771-9276](tel:1-866-771-9276)
- Disaster Distress line: [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to 66746
- G.E.A.R. Support Network for parents/caregivers of children with emotional or behavioral health concerns: [1-800-264-9224](tel:1-800-264-9224)

FOOD PANTRIES- Call before going to make sure there haven't been changes

-Maranacook Food Pantry: Food boxes available for pick up on Fridays from 3-4pm at the high school to RSU #38 families. Please call 685-4923 for more information.

-Bellefonda Porch: 519 Main Street Wayne (previously Old firehouse Farm). A food sharing resource for families in Wayne and Readfield. Stop by anytime.

-Augusta Food Bank: For Augusta & Manchester Residents 161 Mt. Vernon Avenue, phone # 622-5225 Mon-wed 9:30-11:30 by Appointment Only, to schedule an appointment call- 213-2233
Thursdays from 9am-12pm residents with children under 18 years of age can get Kid Packs. No appointment necessary, but need proof of residency.

-Bread of Life Ministries: Soup Kitchen 157 Water Street, Augusta Kitchen hours :M-Sat 11:00-12:30 Phone #s: 621-2541(kitchen) or 626-3434 (office)

Homeless Shelter 155 Hospital Street, Augusta 626-3479

-Monmouth Food Pantry at Community Church: 151 N Main St, Monmouth
Tues. 11:30-12:30pm & 5:30-6:30pm, Wed. 5-6pm Phone: 933-2400

-Hallowell Food Bank: For Hallowell residents- usually need a referral slip from town office,
currently not necessary during the COVID 19 pandemic Perley Lane (under former fire station),
Hallowell Friday 1-2:00pm Phone 992-6899

-Mt. Vernon First Baptist Church Food Bank: for Mt. Vernon, Readfield, Fayette, & Vienna
residents 321 Pond Rd, Mt Vernon Saturday 9:30-11:30 or call as needed 293-2273 or 293-2141

-Winthrop Food Pantry: Usually for Winthrop & Wayne Residents but open to residents of
neighboring towns during the COVID 19 Pandemic for once a month use 25A High Street,
Winthrop Every Thurs. 1-2:30pm & every 2nd & 4th Thurs. also open 5-6:30pm Phone #377-3332
*Kid packs available on Thursdays for school aged children

HOMELESS ASSISTANCE

-KBH Homeless Youth Outreach: Celia Robinson: 873-2136 Cel: 314-5558\

MEDICAL OFFICES - Please call ahead

-Winthrop Pediatrics: 377-2113

-Winthrop Family Medicine: 377-2111

-Kennebec Pediatrics: 623-2977

-Maranacook Family Health Care: 620-0237(Lisa) 620-4449 (Jenn)

-MaineGeneral Express Care, Augusta: 621-8880

MAINE STATE HOUSING AUTHORITY- rent assistance/evictions 626-4600

MAINE DEPT. OF LABOR- unemployment benefits [1-800-593-7660](tel:1-800-593-7660) available monday-friday 8-
12:30 Apply for benefits online: <https://www1.maine.gov/benefits/account/login.html>

CHILDCARE SUBSIDY: [1-877-680-5866](tel:1-877-680-5866)

OFFICE FOR FAMILY INDEPENDENCE- child support services through Maine DHHS
[1-855-797-4357](tel:1-855-797-4357)

Senior Spotlight

Hannah Liscord- Hannah embodies the true essence of musicianship and artistry. She is constantly creating and always seeking to perform. Hannah has been heavily involved in the Maranacook Performing Arts, participating in an incredible amount of plays, musicals, and concerts. This year, when the Jazz Band was in need of another Trombone player, Hannah, in



true Hannah-fashion, said "hey, that sounds like fun." She threw herself at learning the instrument eventually giving up a study hall to come and join Concert Band. The eagerness to learn and help exemplifies Hannah's attitude toward life and her community. From her lead role in the Fall 2019 performance of Mamma Mia to her representation of Maine in the All-National Choir, Hannah has displayed not only an ability to perform, but a mastery of her musical knowledge, and leadership among her peers. ~ Mr. Gilbert



Nathan Couture-Nathan has been on the Maranacook Math Team for all four years of high school. In that time, Nathan attended every Math Meet and almost every practice, which is no small feat. In his Freshman year, he only scored 6 points, but he did not let that deter him, scoring 34 points in his sophomore year, he improved a large amount again the next year scoring 71 points in his junior year. This year he was named captain of the Math Team, and scored 76 points for the year. March 31st was supposed his final performance at the Maine State Math Meet, but it was cancelled, and his final season has ended. In both Math Team and Math class, Nathan has been a quiet leader, often reaching out to teammates and classmates to help when they needed it. Nathan has been an important part of the Maranacook Math Team, and will be greatly missed when he graduates~ Mr. Babbitt

John McLaughlin.-John has been one of Maranacook's most proficient and motivated students of all time. He is currently in German 5, which might be the greatest bunch of language students ever assembled. With ease, John can speak and write about a variety of complex subjects and issues, such as German Degenerate Art, World War I history, and even the current geopolitical issues between the US and Iran. Regardless where John ends up, that organization will benefit greatly from his hard work and ability to think both morally and strategically.-Herr Fecteau



Amanda Goucher.- Amanda is an honor student and 3 sport athlete who overcame the loss of her fall sports season due to injury and worked extremely hard in order to be able to play basketball. Due to the current situation with this virus outbreak she could also lose her spring softball season. Her constant striving for success and not settling for mediocrity both in and out of the classroom along with her ability to see the humor in life will serve her well in the future.- Mr. Boyman



Keyrah Powers-Keyrah is a thoughtful, independent leader, not only in the classroom, but on the field, and at her work. Keyrah's perspective is one that she is focused on the present while also keeping an eye on the future. I can always count on Keyrah to participate in class discussions. She is not afraid to assert what she believes. She sometimes struggled to convey her arguments in writing, but worked hard to meet and revise drafts, and continued to improve. I am continually impressed with her writing process because she really uses the process, building off her discussions, getting ideas on paper, and then refining them.~ Mrs. Guillemette



Gratefully,
Dwayne Conway
Principal

Get to Know Our MCHS Team



Mike Boyman - Mike has had many roles at Maranacook since he was hired in the fall of 1981. His main job is teaching math. He has taught almost every course that we offer at some point in time. He also coached cross country running for 19 years, coached both boys and girls basketball at one point in time and has been a track and field coach going on 39 years.

Mike thinks that people need to know that Maranacook is not like most traditional schools. This is mostly due to the advisee system. It allows students to build a "non-classroom" relationship with an adult in the building. It has always been a place where people genuinely seem to care about each other. The community gets involved and is very supportive of what we try to do. There will always be students that may not like being in school, but they are, for the most part, always willing to sit down and have a conversation with you about pretty much anything. He thinks that the "Maranacook Way" is not for everyone, but if you buy into the philosophy, then it's a great place to work.

If Mike could go anywhere he would love to go to Italy and take a tour of all the different regions and get in a cooking class as well as a wine tasting from a chef in each region.

Mike shared with us a secret about himself that he feels really is

not much of a secret. He loves to play guitar. He has been playing since he was 12. He has played in a few different bands and one of them actually played at two different class nights when the format was a little different than now. Another band also played at teen issues days a couple of times.

If Mike could pick four people he would like to have dinner he with he would choose the following: 1. Albert Einstein because he was brilliant and certainly could enlighten him on a number of topics. 2. The original Temptation band so he could Jam with them! 3. Martin Luther King he could gain some perspective on why he did what he did, and what his thoughts are about the world today and finally number 4. His grandparents because it has been a long time and he used to love hanging out with them.

The best concert he has ever attended was Bruce Springsteen at the Augusta Civic Center in 1978. His "Greeting From Asbury Park" album had just come out and he played non stop for over two hours. It was one of the best shows ever!

Mike thinks that after 41 years in education he can truly say that his students inspire him the most. He loves the fact that you can talk with them about almost anything. They all have their own interesting story. All you need to do is ask. His favorite part is when a student comes up at the end of the year and even after their freshman year in college and tells him that they learned to work hard in his class and not give up. He thinks, that lesson is more important than any math he could have taught them.

Guidance

Your school counselors, Kim and Sara, are ready and available to continue to provide support for our students. Parents and students can reach out through email to set up Google Meets appointments as needed. This week, we have been reaching out to all seniors to make sure they have the support they need for their plans for after high school (college, work, trades, etc). In these uncertain times, we want to help students navigate the next steps to make sure their plans for next year are uninterrupted!

Music

Greetings to everyone from the Music Department. During this uncertain time, the students and I have been working hard to continue practicing and keeping up our work ethic. Linked here is a letter I posted in Google Classroom to Parents and Students about the practice routines and work

letter I posted in Google Classroom to Parents and Students about the practice routines and work that should be observed through our distance learning, as well as cleaning practices to help rid instruments of germs and such:

https://docs.google.com/document/d/1XDdygGeMhw_yZxI_S4YhyNAP&nwDm-LwXvIBLz6D2A/edit

With all the uncertainty and chaos of the past few weeks, I am pleased to say that students are performing admirably in face of the challenge of tackling Band, Chorus, Jazz and Chamber online. We have been exploring two concepts that, normally, are not focused on too much in the regular classroom: Music Theory and Sight Reading. Music theory is essentially the rule set used to create music (how to read it, how it is structured, etc) and Sight Reading is the practice of looking at a piece of music you've never seen before, decoding and performing it. Both are incredibly challenging topics, but I've been seeing incredible results from the student, and look forward to our progress as the weeks go on!

JMG (Jobs for Maine Grads)

Hello from JMG! First and foremost, I (Mr. Smith) want to say I hope everyone in the Maranacook community is well and staying healthy! This is definitely a weird time that I believe we can learn a lot from. JMG is here to help our students with anything they might need even during this time; so please reach out to administration or Mr. Smith if we can help in any way..

For our first week in remote learning, we decided to do a review of "email etiquette." Email Etiquette is an important life skill that we believe everyone should know how to operate properly. We have also decided to review email etiquette because, as we know, our students main source of contact with teachers during remote learning will be through email; so we want to make sure they are checking their emails and responding in a proper/timely fashion. Students reviewed and learned what a proper email looks like from reading two websites and instruction from Mr. Smith. Students then responded to two journal prompts (one for each black and gold day) via a professional email to Mr. Smith. After, students main assignment for the week was to send a detailed email to Mr. Smith regarding their thoughts about COVID-19 and how it has affected them/their families. Students learned how to "Undo Send" an email, along with setting up their own personal "signature" at the bottom of an email if they didn't do it already earlier in the year. It was so nice to be "working" with students again even if it's from afar!

Maranacook Alternative Program (MAP)

The focus in the MAP program has been to connect with students and ensure they are set up for success in the coming weeks. Each core class has assigned small assignments all due by the end of the week. We are offering a weekly "office hour" from 1-1:30 on Thursdays for anyone who wants to check-in, ask a question, or just see a familiar face. Additionally, we created a weekly check-in for our students to complete. This check-in will help us to gauge how every is doing social-emotionally and academically.

Advisee

Advisors will meet on Wednesday morning. Many advisors have set up a time once a week to meet with their Advisees in a Google Meets. Advisors will be checking in with their Advisees to field

questions and see if any supports are needed. Parents please feel free to reach out to Advisors if you have any questions.

Social Studies

Mr. Abbott: World History students are learning about the scientific revolution, French Revolution and Industrial Revolution. There has been a close study on the impact of Catholicism and the Catholic church during that time. **Mr. DeMillo:** Students in Global Studies are using iCivics to learn more about the structure of the United States Government at the National and State Level. iCivics is a treasure trove of interactive games, Web Quests and DBQs (Document Based Questions). **Mr. Gower:** Students in APUSH are using online videos to analyze FDR's New Deal in response to the Great Depression. **Mr. Sirois:** Personal Finance Students are beginning their unit on Saving this week. This unit emphasizes the importance of saving, both for short term goals and retirement, and it examines the challenges people face when trying to save. **Mr. Streeter:** Humanities students are comparing Ancient Rome and Ancient Greece. Students are looking at differences in government lifestyles, economies, etc.

Math

Ms. Harman's Geometry CP is getting their feet back under them by practicing angle relationships and parallel lines. Her **Alg 1 P1** class is learning about slope and what that means on a graph. Her **Alg 1 P2** one class is solidifying the process of creating box plots from data. The other class is finishing up working with exponents and applying the knowledge to scientific notation. **Ms. Harman** virtually attended 6 hours of the virtual NCSM Math conference to learn about how to better engage students in deep real mathematical learning. **Ms. Bickford's Teen Issues** class signed up and started their first week of Yale's The Science of Well-Being course. This course is FREE and is a great combination of psychology education and mindful living, as well as actually putting learning into practice to be happier! Her Freshman Transition class will, throughout the next few weeks, be responding to a prompt of their choice and writing a journal-like entry. Based on the entries already, a lot of students are really missing school!... or at least missing their peers. **Mr. Babbitt's Geometry CP** class is learning about how to dilate figures using scale factors. In his **Honors Geometry** class students are learning how to solve for missing side lengths in right triangles using trigonometry. In **Statistics** students are learning about normal distributions and how they can be used. In **Problem Solving** students are now in the portion of the class where the students choose what they would like to learn. All the students have chosen to learn how to program on the computer using the Python programming language. **Ms. Graziano's AP Calculus** class is taking their last test for the AP curriculum. Next week we will begin review for the AP exam. She has begun intervention sessions with students and it has been great to see student faces again. Ms. Graziano would like to let all students know that math intervention is available during the day. Just email her if you would like math help. **Mr. Boyman's Honors Calculus class** is working on higher order derivatives. His Pre-Calc class is getting ready to start working on finding roots to complex equations. His **Algebra 2** class is reviewing some factoring rules that they haven't used for 2 weeks and getting ready to start factoring a trinomial into 2 binomials.

Science

In **CP and Applied Earth Systems Science** we are finishing up radiometric dating and Earth's history. Work is listed on Google Classroom. The **Honors Earth systems** students have a small project about Women in Science that is due next Friday. In **Honors Biology** students have been given a small amount of work just to make sure that we all are able to use our online resources. Next week we will begin moving with a bit more work and a more regular pace. In **AP Biology** the College Board has fortunately agreed to minimize the amount of material that will be on the AP Biology exam this year, however, in the meantime students are moving right along with our unit on natural selection. They will be using online resources to analyze genetic similarities between seemingly unrelated organisms. In **Physics**, Mr. D has been communicating with his students in different ways to be sure that all of them understand the expectations for remote learning and that Mr. D. understands the limitations/challenges that his students face, so he will know how best to help them. In Mrs. O'Donoghue's **Chemistry** classes this week students reviewed the oxidation-reduction unit with online flashcards and review games. All classes have begun the nuclear/radioactivity unit and are discovering how different these reactions are when compared to normal chemical reactions.

Health Center

The Health center wants to stay connected to our students during this time of remote learning! If your child has a health concern or is in need of support they can email the school nurse Anya. Please feel free to reach out Monday-Friday 9-2pm at anya_davidson@maranacook.com.

Fine Arts

Students in Jeremy Smith's **Intro to Art** course are exploring a choice of one of three remote learning options between now and April 10. The options they can work on include the following choices: designing a book cover for a favorite book (digitally or on paper), designing a personalized menu for a restaurant (digitally or on paper), and working to create an Impressionist-inspired drawing of a still-life with crayon. One of the ways they may create work includes using the platform called Canva that integrates seamlessly with google apps. Mr. Smith will post some examples of the students' work in a future newsletter.

Go Bears!

207-685-4923x1022