



# The Voice of Learning

## RSU#3 SPICE LITERACY PROGRAM (Students & Parents In Cooperative Education) Wins Library of Congress Literacy Awards Best Practice Honor

The 2016 Library of Congress Literacy Awards were announced by Librarian of Congress, Carla Hayden, at the National Book Festival gala on September 23, 2016. RSU3 Adult & Community Education, Students & Parents In Cooperative Education (SPICE) Family Literacy Program from Thorndike Maine will be one of the 14 programs in the world to receive \$2500 for their implementation of best practices in literacy promotion from the Library of Congress.

The awards honor organizations working to promote literacy and reading in the United States and worldwide. The awards recognize groups doing exemplary, innovative, and replicable work, and they

spotlight the need for the global community to unite in striving for universal literacy. Dr. Paul Austin, RSU3 Superintendent of Schools, will be travelling to Washington DC on October 27, 2016 to accept the award for the program.

The winners were selected from among applicants in both the United States and abroad. These 14 organizations are:

- Afghanistan Center at Kabul University, Kabul;
- Cell-Ed, Los Angeles;
- Ethiopia Reads, Addis Ababa, Ethiopia;
- GIZPCP, Kabul
- Library for All, New York;
- National Center of Adult

Literacy, Washington, DC

- International Literacy Institute, Philadelphia;
- NCLANA, Hamilton, Waikato, New Zealand;
- New York City Department of Homeless Services, New York;
- Rumie Initiative, Toronto;
- Sipar, Phnom Penh, Cambodia
- Students and Parents In Cooperative Education, Thorndike, Maine
- Ze Peao School Programme, Joao Pessoa, Brazil.

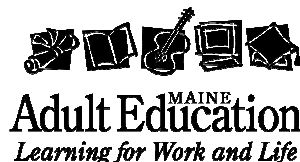
(Pictures on page 2 ....)

## WIOA-Workforce Innovation & Opportunity Act

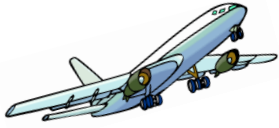
The federal Workforce Innovation and Opportunity Act (WIOA), which went into effect on July 1, 2015, provides new opportunities for the public workforce and adult education systems to work together. In particular, the law requires that each state develop a unified plan that describes strategic

and operational elements across WIOA's four titles. By working together, adult education programs and other WIOA partners can create a more efficient and effective education and training system that improves education

and employment outcomes for individuals and meets employer workforce needs.



## Library of Congress Award Gala in Washington, D. C.



Dr. Paul Austin, RSU3 Superintendent of Schools, traveled to Washington DC on October 27, 2016 to accept the Library of Congress award for the SPICE program.



Library of Congress Award Recipients



Dr. Carla Hayden, Library of Congress



Philanthropist David M. Rubenstein

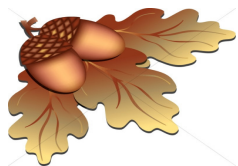


Liza McFadden from the Barbara Bush Family Literacy Foundation and Dr. Paul Austin, RSU3 Superintendent of Schools



**On Tuesday October 25, 2016 the RSU#3 Adult & Community Education Program received an email stating that the program is a TOP PERFORMER! The FY16 Adult Education Top Performer lists the following three categories: Average Academic Hours, Educational Functioning Level Completion Rate, and Posttest Percentage Rate.**





*Photo by Ben Holbrook*

Senate President Michael Thibodeau, R-Winterport, presents a legislative sentiment to Adult Education Director, Pat Hughes the morning of Nov. 2.

Awards are given to organizations that work to promote literacy and reading in the U.S. and worldwide. "These awards recognize those organizations doing exemplary, innovative and replicable work, and they spotlight the need for the global community to unite in striving for universal literacy," according to a news release from Library of Congress.

On Wednesday, Senate President Michael Thibodeau, R-Winterport, attended a ceremony at the Mount View Complex to present a legislative sentiment in recognition of the Library of Congress award.

Thibodeau congratulated adult education staff members and said the Library of Congress award was one of many reasons residents take pride in their schools.

Superintendent Paul Austin traveled to Washington, D.C., (pictures on opposite page) recently to accept the award on the district's behalf. While there, Austin said he had a chance to speak with "some of the most brilliant people in the world," while also coming to the realization that literacy, or lack thereof, is a problem that stretches far beyond the district's Waldo County borders.

"It's a global issue. It's an economic issue," Austin said. "It's the number one issue facing us today."

Austin said RSU3 was the only public education institution to receive the Library of Congress award.

On a more local level, Austin noted that in RSU3, which comprises 11 towns spread across 440 square miles, about 15 percent of adults ages 25 or older do not have a high school credential. Furthermore, in 2015, the median income in Waldo County was \$27,848-about 33 percent less than the national median income.

"What we do is incredibly important. I congratulate SPICE for your work and for your vision.

(continued on page 4)



## Legislative Sentiment Ceremony, continued....

The SPICE program started in 2000 through a Federal Even Start grant. Now, the program is funded with local contributions and support from the Barbara Bush Family Literacy Foundation. The program has received a number of honors and awards since its creation.

Patricia Hughes, adult education director, thanked current and previous staff members for their work in the program.

The Library of Congress Literacy Awards are administered by the Library's Center for the Book, which was created in 1977 by Congress to "stimulate public interest in books and reading." A public-private partnership, the center sponsors educational programs that reach readers of all ages, nationally and internationally. The center provides leadership for affiliated state centers for the book and nonprofit reading-promotion partners and plays a key role in the Library's annual National

Book Festival, according to the news release.

The awards are sponsored by philanthropist David M. Rubenstein, who originated the awards program in January 2013.

~Ben Holbrook, Reporter, Village Soup



## RSU#3 Adult & Community Education is now a HiSET (High school equivalency testing) Computer Based Testing Center

Beginning Fall 2016 RSU#3 Adult & Community Education Program is now a HiSET Computer Based testing center. The Adult Education Program offers free instruction and other support to help you get ready for the *HiSET*® exam. Instruction can help you to improve your reading and math skills, learn to write an essay and develop test-taking strategies.

Your skills and knowledge are measured in five core areas that make up the five *HiSET*® subtests:

- Language Arts-Reading
- Language Arts-Writing
- Mathematics
- Science
- Social Studies

Why Take the *HiSET*® exam?

If you want to pursue a rewarding career or continue your education, then getting your high school credential is the most important step you can take. Colleges as well as many employers require one. The *HiSET*® exam, the new alternative to the GED® test, can help you achieve this important state-issued high school equivalency credential.

**Why wait?  
If you need your high  
school credential call the  
RSU#3 Adult &  
Community Education  
Program today!!!**

**(207) 568-3426**





## OPINION: Childhood stress impacts mental health in adulthood (August 19th, 2016/Jill Burke, Alaska Dispatch News) The Artic Sounder

Extreme stress and young brains are a bad combination, something that sets in motion feelings and behaviors that can haunt us long into adulthood.

And just in time for the school year, a new study may help explain why.

The Duke University study used neuroimaging to look at the biological effect of childhood stress on the adult brain. It's important research, because it parallels existing knowledge about the relationship of stress to unhealthy behavior.

For families, the timing is important because it comes at the start of the school year, which offers a concrete way to think about pouring as much into kids as we can to help them grow into the most amazing young adults possible. If childhood stress is the ailment, caring and supportive relationships are a potent antidote.

Parents, family members, coaches, teachers, nurses and neighbors all have the opportunity to be a person who makes a difference through nothing more than being someone a kid can trust and rely on, someone who believes in and encourages them, and who offers kindness and love.

The large, California-based Adverse Childhood Experiences Study, or ACEs, has for years helped educate families about the lasting impact of childhood abuse and neglect.

It is also a reference point for researchers working to expand the science that explains the "why" behind poor life outcomes, as well as the remarkable role of resilience in allowing people to thrive, succeed and overcome.

In a nutshell, the more negative experiences you have as a child, the more likely you are to struggle as an adult.

Dr. Jamie Hanson, a postdoctoral fellow at Duke University, researches the impact of childhood stress on the brain and behavior.

A study he published this month in the journal Social Cognitive and Affective Neuroscience looks at the lifetime stress and brain development of 72 mainly African-American men.

For two decades, researchers followed the men and their families, amassing a year-by-year index of childhood experiences. They knew when parents were struggling with addiction, experiencing domestic violence, or if there had been a divorce, financial trouble or other adversities.

At age 26, the men underwent brain scans as they played cards. The goal? Test how well they responded to success and rewards.

The results showed that "bad experiences can become biologically embedded in the brains of young children and leave markers that are still observable decades later," Hanson wrote in an entry about the findings at [childandfamilyblog.com](http://childandfamilyblog.com).



## (Continued...) **OPINION: Childhood stress impacts mental health in adulthood** (August 19th, 2016/Jill Burke, Alaska Dispatch News)

Men with more stress early in life showed less activity in the reward center of the brain.

"We found that life stress, very early in development, leads to lower activity in a 'reward processing hub' in the brain called the ventral striatum. Alterations in how the brain processes reward may be one way through which these adverse experiences influence behavior and life outcomes," Hanson said in an email interview.

Other studies have linked low activity in this part of the brain with lower optimism and poor self concept, Hanson said.

Very young children face the greatest risk.

"Adults who had endured high levels of stress between the ages of 5 and 8 typically displayed less activity than normal in the parts of their brains linked to motivation, positive moods and depression. We didn't find this pattern linked to stresses experienced between ages 9 and 12 or between 13 and 17," Hanson found.

Data for even younger children was unavailable, as the study only started monitoring participants at age 5.

Where the ACES study documented a correlation between the number of adverse events a child experiences and increased vulnerability as an adult to substance abuse, addiction, poor relationships and suicide, Hanson's work documents the biological impact of early stress on the brain.

"We know that there is a link between this early life stress and problems, but we don't know why or how this happens. This study moves us one step closer to figuring this linkage out, and it could be important for understanding and eventually treating different problems that occur with these types of early adversities," he wrote via email.

Dr. Cathy Baldwin-Johnson, medical director for Alaska CARES, a children's advocacy center at the Children's Hospital at Providence Medical Center in Anchorage, said it makes sense that the youngest children are the most vulnerable to the detrimental effects of stress.

"When babies are born, their brain is meant to grow to queues in the environment," Baldwin-Johnson said during a phone interview on Friday.

Early in life, the brain is shaping basic survival skills, things like eating and moving, social, language and learning skills. "All of these pathways get laid down in the brain at a young age," Baldwin-Johnson said.

Belittling children, not letting them know they are valued, emotional neglect, physical neglect — all of these things begin to have visible effects even before a child hits adulthood, she said.



## (Continued...) **OPINION: Childhood stress impacts mental health in adulthood** (August 19th, 2016/Jill Burke, Alaska Dispatch News)

Yet, for all of their vulnerabilities, children are also remarkably resilient.

"We can't prevent every single bad thing that might happen to a child," Baldwin-Johnson said. But "stable, loving, nurturing adults that are there to support kids and love them" can make all the difference in the world, she said, adding that "healing can happen at any point in a life span."

The takeaway for Hanson is a hope that one day medical science will be able to "reverse the impacts of stress rather than await the onset of symptoms." Also, on a policy level, he hopes that governments and communities do whatever is necessary to give every child a healthy beginning, through programs like head start and nurse family partnerships.

Hanson uses the phrases "support and enrich" and "cope and buffer" when describing how to grow healthy children.

For Baldwin-Johnson, the takeaway is that homes and neighborhoods should feel safe and be safe. If they're not, it's up to the rest of us to do our part, to make sure the children and families who live in them have what they need.

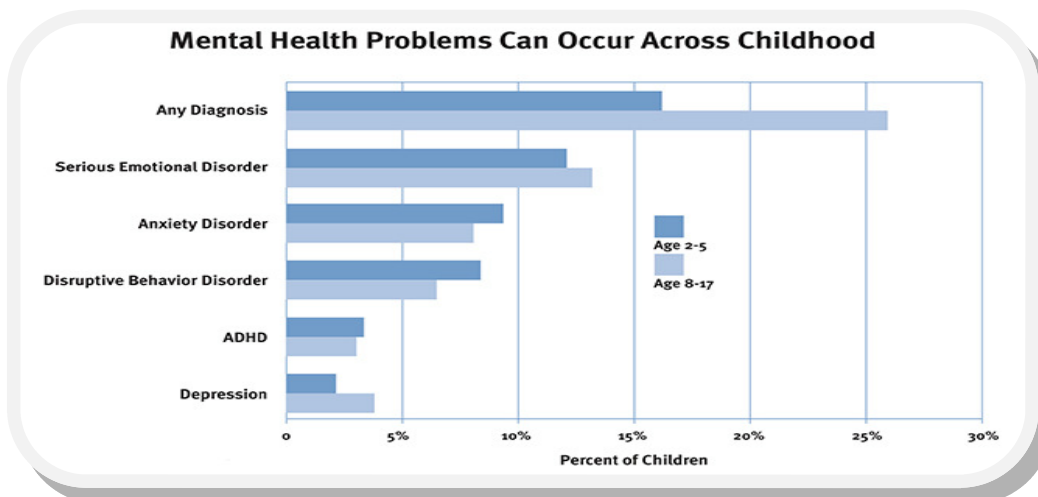
"Really, at its heart, it has to start in the community," Baldwin-Johnson said.

Support kids by letting them know you care; enrich their lives by doing meaningful things with them; help them cope by listening to and believing them; buffer them from bad things by cultivating their ability to endure.

"Simply put, the more we can foster children's development, particularly all children regardless of their life circumstances, the more we will likely improve our society," said Hanson.

For all of the people out there who help children feel confident, safe and loved, thank you. Many of us don't need a research study to confirm your efforts have value, but the reminder doesn't hurt.

*The views expressed here are the writer's and are not necessarily endorsed by Alaska Media, which welcomes a broad range of viewpoints. <http://www.thearticsounder.com>*





### RSU#3 ADULT & COMMUNITY EDUCATION

577 Mount View Rd.  
Thorndike, ME. 04986

Phone: 207-568-3426  
Fax: 207-568-4315  
E-mail: [adulted@rsu3.org](mailto:adulted@rsu3.org)



To view our brochure on the RSU#3 Website go to [www.rsu3.org](http://www.rsu3.org) or [www.rsu3.maineadulted.org](http://www.rsu3.maineadulted.org)

## Vision Statement

The RSU#3 Adult & Community Education program is based on the belief that learners of all ages, using the power of life-long learning, will be better equipped for the future by developing needed academic skills and becoming self-sufficient community members.

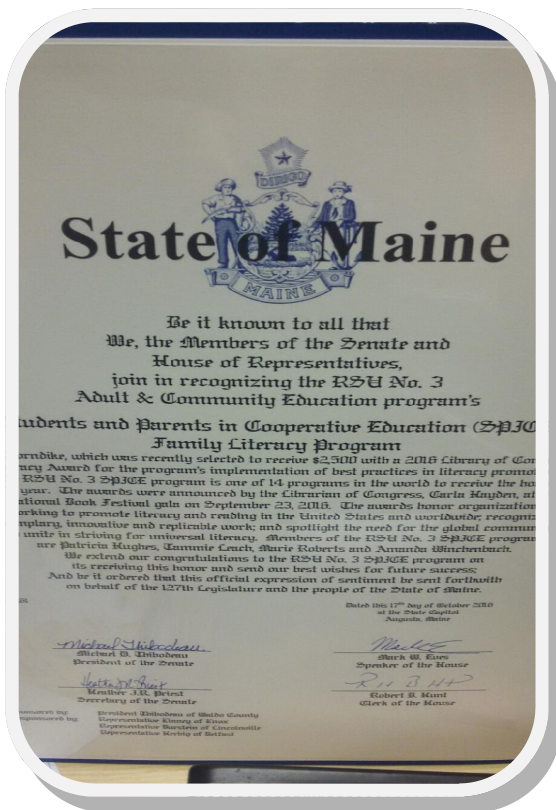


## Program Mission Statement

The RSU#3 Adult and Community Education program is designed to promote educational opportunities and provide professional instruction in a safe and positive learning environment in order to assist a broad spectrum of learners to achieve their educational goals and become effective members of our community.



*Below: Literacy Award from Library of Congress*



*Above: Legislative Sentiment*

