

RSU 56 Weekly Newsletter

September 14, 2018



by Pam Doyen

**REALLY GREAT
PEOPLE MAKE YOU
FEEL THAT YOU, TOO,
CAN BECOME GREAT.**

MARK TWAIN

Headline News

This edition of the weekly newsletter is dedicated to staff who changed positions within RSU 56.



**NEW PLACES...
FAMILIAR FACES!**

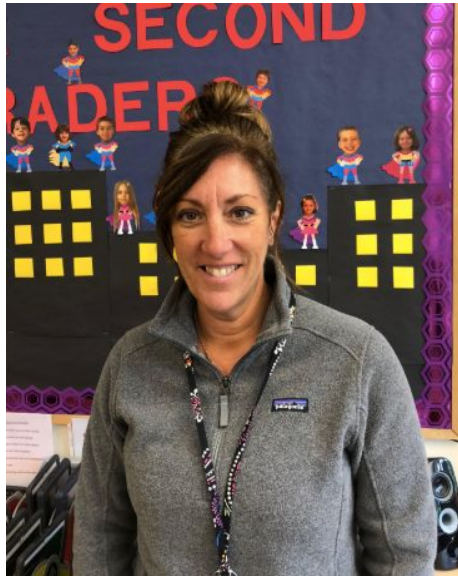
DES



Barb Vaughn, Head Custodian



Therese Prue, Librarian



Sonya Arsenault, Grade 2 Teacher



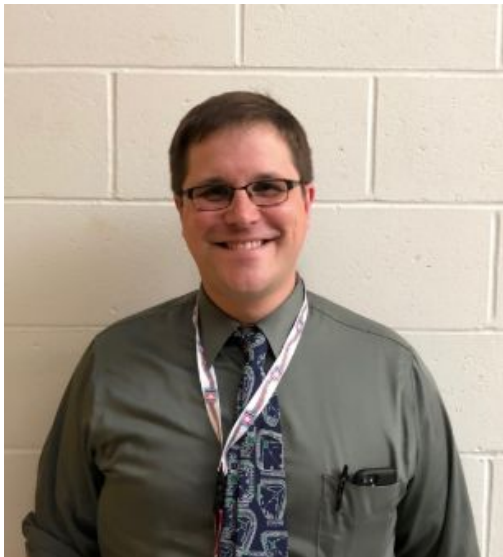
Rochelle Soohy, Kindergarten Teacher



TWKDMS



Bob Robbins, Head Custodian



Jason Long, Principal/Curriculum Coordinator



Nathan Schultz, Phys-ed/Math Teacher



Mike Foley, Spec. Ed/Math Teacher



Stacey Gilbert, ELA Teacher



Barbara Dolloff, Spec. ed. Ed-tech III



Judy Horne, Spec. ed. Ed-tech III

ANYONE CAN DRIVE
A CAR. IT TAKES
SOMEONE SPECIAL
TO DRIVE A
SCHOOL BUS!



Building, Grounds and Transportation



Jay Johnston



Aaron Arsenault



Richard Blodgett

Assembly at DHS

Karolyn Buote and Mary Kaubris organized a guest speaker, utilizing Gear Up funds. They invited John Jenkins to come speak to the entire school population. John Jenkins has more than 40 years of experience promoting personal development, presenting throughout the United States, Japan, and China. Mr. Jenkins is an accomplished educator, speaker, and community leader who graduated from Bates College, was trained in city design at Harvard, was the first person in Maine to serve as mayor in two districts, and is a former Maine state senator. Beyond all this, he has achieved local, state, and even international celebrity in athletics, including being inducted into the International Black Belt Hall of Fame.



John Jenkins, guest speaker





Students enjoying the assembly.



Focus on Health

Each week I am going to share a tip or two from www.OnlifeHealth.com. I have made a commitment to improve my overall health this year. By adding this to the newsletter, it forces me to remain accountable!

The stress response offers alertness, strength and speed to ward off or flee from a threat. However, when stress levels remain high, numerous physical problems can develop. When the body remains in a constant state of stress, it sends physical signs denoting mental discomfort such as: Headache, Muscle tension, Upset stomach, Chest pains, Rapid heartbeat and Increased frequency of colds.



If unchecked, stress becomes continual (or "chronic"). In this situation, stress hormones are being continually released in the body, which can result in increased risks of: Heart disease, High blood pressure, Digestive disorders, Obesity, Depression, and Hormonal and reproductive problems

The power of positive thinking can help you make important changes when it comes to stress in your life. Understand your limitations and learn to reframe thoughts from negative to positive.

Professional Development

The WMEC's Professional Development (PD) Committee is seeking workshop proposals for the WMEC Rendezvous to be held at the University of Maine Farmington on Fri., March 22, 2019.

For more details and to submit a proposal, please visit:

<https://goo.gl/forms/Sn6v91K0TgQEXMvJ2>

Proposals are due by Oct. 15, 2018.

Upcoming Events

Next week:


Sept. 17, Open House, TWKDMS, 5:30-7:00
Sept. 20, BGT Committee, 5:30 CO
DHS Open House, 6:00 - 7:00

Looking Ahead:

Sept. 25, Board Meeting, TWKDMS, 6:30
Sept. 26, Penny Carnival, DES, 5:00
Oct. 5, Workshop Day
Oct. 8, Columbus Day, No School
Oct. 9, School Board, 6:30, DHS
Oct. 11, Homecoming Parade
Oct. 18, Curriculum Comm., 4:30, TWKDMS

**"IT'S THE LITTLE
CONVERSATIONS THAT
BUILD THE
RELATIONSHIPS AND
MAKE AN IMPACT ON
EACH STUDENT."
ROBERT JOHN MEEHAN**



Made with  by [canva.com](https://www.canva.com)

Thank you for your hard work and dedication to all of our students. You are truly appreciated.

Relationships + Rigor = the keys to a successful school!