



**To: Parents/Guardians & Students**

**From: Donna F. Brunette, Principal**

**Date: April 11, 2016**

**RE: MTA Newsletter**

The third marking period has come to a close and for the first time we are planning to contact parents using our messenger service in Infinite Campus to notify parents that the report card is ready for review. Information was sent to parents with the last newsletter explaining how a parent accesses the report card on Infinite Campus. For parents who have not used the Infinite Campus portal, we hope you will plan to do so in the future and, meanwhile, we will continue to send you the hard copies of the report card and newsletter. Please contact the main office if you have questions about the new process.

Spring has arrived, a very busy time for students and staff. We will be administering the MEA testing with our 3<sup>rd</sup> year students, creating final plans for our annual Capstone Day for seniors, getting ready for AP assessments, organizing for year end events, completing course sign up process for next year, and facilitating various transition activities for current 8<sup>th</sup> grade students. Spring sports have also started. It looked like an early spring for a while, but the recent weather has made it challenging for the teams to get outside.

### **Recognitions**



Congratulations to Rose Horowitz. On March 15, she successfully defended her title as Maine State Poetry Out Loud Champion. Ten terrific finalists from around the state participated in the final competition at the Waterville Opera House. As the Maine State Champion, Rose will once again represent Maine at the Poetry Out Loud Finals in Washington, D.C., from May 2 -4.

Congratulations to Kathryn Gilliam and Gwendolyn Roberge. These two high achieving students were recently inducted into the National Technical Honor Society at Region Ten Technical High School.

Congratulations to Seniors Matt Berger and Sula Demers for taking first place in the Northern New England Seaperch Challenge. Mt. Ararat took first for the third straight year. Matt and Sula will represent Maine at the National Competition. This year the National competition will be at Louisiana State University in Baton Rouge on May 20 -22. Congratulations to last year's Mt. Ararat National team of Ryan Rethi, Ian Scanlon, Jake Tobias, and Gage Palmer; this exceptional team finished third in the competition this year.

### **Important Calendar Dates**

4/12	School Day SAT for 3 <sup>rd</sup> Year Students
4/15	Professional Development Day – No School
4/18 – 4/22	Spring Vacation Week - No School
4/26	MEA Science Test for 3 <sup>rd</sup> Year Students
4/27	Make Up Day - School Day SAT
4/28	Capstone Day - Senior Present Capstone Projects – Parents You Are Invited!
5/2 – 5/13	Advanced Placement Testing
5/14	Senior Prom
5/16	Class Officer Election Speeches
5/17	MTA Band Concert
5/25	Step Up Day
5/26	Region Ten Technical High School Senior Recognition
5/30	Memorial Day – No School
5/31	Professional Development Day – No School

### **Interact Club and National Honor Society Annual Food Drive – Cram the Van**

Special thanks to the members of the Interact Club and the National Honor Society for your recent efforts to prevent hunger in our community. It was another successful Cram the Van event for Mt Ararat High School!! The Interact Club and the National Honor Society worked together with our Advisors to collect goods and funds here at school. And on Saturday March 26 the clubs spent the day at the Topsham Hannaford. The community was very positive and it turned out to be the most productive year yet! These students with the support of Deb Ludwig and Allen Graffam raised over \$2150 and almost 1900 pounds of food to support the MidCoast Hunger Prevention Program. Thanks to everyone who donated in support of this very worthy cause!

### **Visual Arts Department Celebrates Youth Art Month**

During March, the Visual Art Department celebrated Youth Art Month with three art shows. Mt. Ararat High School was represented at the Portland Museum of Art with artwork by Freshman, Grace Sifferman, Sophomore, Daphne Frizzle, and Junior, Rachel Thieme. Liam Kent's artwork is beautifully framed and on display for the year at the MEA headquarters in Augusta. Several students also took part in a district wide art show at the Orion Performing Arts Center. Student speakers were Sula Demers, Autumn Flibotte, Emma Malbon, and Maddie Wilson. Autumn Flibotte said, "Being involved in art has helped me to be a more intuitive, passionate thinker, a more creative and adaptable problem solver, and most of all, a more vibrant, imaginative person with abstract ideas. Art has made me feel like someone is finally able to hear me, and I feel like that is what art can do for everyone; give them a voice."

### **PALS**

In February, the Mt. Ararat PALS took part in the Valentines for Veterans program and sent over 250 valentines up to the Togus Veteran's Hospital in Augusta. The valentines were distributed at the annual weeklong celebration of National Salute to Veteran Patients. These valentines were all hand-made and created by students and staff from the Mt. Ararat community. The feedback from the staff regarding the activity was heartwarming as was watching the students get so much joy and satisfaction out of taking part. Lorna Hatch from Voluntary Services thanked MTA for our continued support and mentioned that without it, they could not provide the small niceties that make hospitalization more bearable for their patients. Thanks to all who participated!

## 12<sup>th</sup> Annual Mt. Ararat Quebec Exchange Program

The 12th Mt. Ararat Quebec Exchange took place March 9-13. Madame Gorey and Madame Ballou accompanied eight MTA students to St. Georges, Québec, where they were paired with students at Polyvalente High School. Our students experienced Quebec culture and language by staying with the families of their host students, attending classes at their school, having an old-fashioned “dîner” (lunch) at a sugar shack, complete with *la tire* [if you don't know what this is, you need to find out], and traveling to Quebec City for shopping and snow-tubing at a nearby tubing park. We also were treated with spring-like weather after real Quebec blizzard last year. Look for the return visit from our hosts May 11 through May 15, and enjoy some visitors in your classes. Enjoy the pictures!



### **Student Survey – Project HEAR**

During the month of March, the Civil Rights and Social Justice Team organized presentations for each grade level focused on bullying. This group of students with the support of Officer Cook brought a program to our school called Project HEAR. HEAR is a research-based bullying prevention program designed to challenge students to adopt respectful personal behavior and active bullying intervention. Sergeant Connors of the Air National Guard met with each grade level during the month of March and engaged students in this program. As a follow up to the program, we would like to conduct a brief survey focused on gathering student perspectives on bullying behavior in our school community. The survey will be administered the week beginning May 2<sup>nd</sup>. If you would like to see a copy of the survey prior to your child participating, please contact the main office. If you would prefer your child not participate in the survey, please send in a note stating your preference to opt out of the survey. More information about Project HEAR is available at [www.project-hear.us](http://www.project-hear.us).

### **Promoting Good Health**

Eating right, being physically active, and getting enough sleep can be a challenge in today's busy world, but these behaviors are critically important for growth, development, and the ability to do well in school.

Our school is partnering with Mid Coast Hospital in promoting the 5-2-1-0+8, Let's Go message! The message is simple. Each day everyone should aim for:

- 5 or more** servings of fruits and vegetables
- 2 hours or less** of recreational screen time
- 1 hour or more** of physical activity
- 0 sugary drinks**, more water & low fat milk
- 8 hours or more** of sleep

When your child is at home, creating an environment that encourages healthy eating and an active lifestyle can impact long-lasting behaviors. In addition, we ask that you help your child develop skills to manage their use of technology in order to create a healthy balance and allow for adequate sleep each night.

On our end, we will continue to educate your child about healthy behaviors and the impact on their bodies. Together we can make a difference and help our students achieve their full potential.

### **Year End Events –Mark Your Calendar**

- June 1 - Senior Awards Night
- June 2 – First Day Senior Final Exams
- June 2 – Choral Music Concert
- June 7 – Underclass Awards Night
- June 8 – Spring Sports Awards Night
- June 9 & 10 – Marching Practice – Mandatory for All Graduating Seniors
- June 12 – Graduation Day
- June 13 – First Day of Final Exams for Grades 9-11
- June 17 – Last Day of School for Grades 9-11