NEWSLETTER

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PRINCIPAL NOTES

Spring is upon us! In the next few months there will be a lot going on; students will be taking assessments, playing Spring sports, attending various events & celebrations. Each year I look forward to Capstone Day and all the celebrations of learning. I hope you will mark your calendar for these events and plan to join us.

Best Wishes,

Donna Brunette, Principal

Capstone Day - A Celebration of Learning

Mt. Ararat High School will host our 6th annual Capstone Day on April 29, 2017. The Capstone project is a culminating experience for our seniors, a graduation requirement linked directly to our mission statement. As part of the project students are required to connect with a community mentor as they engage in research and design a field experience that immerses the student in an authentic learning experience. On Capstone Day, seniors present projects to an audience and a panel of judges with the goal of demonstrating achievement of our mission which includes the following tenets:

- clear and effective communicator;
- self-directed, lifelong learner;
- creative and practical problem solver; and
- responsible and involved citizen.

This event is a celebration of learning at Mt. Ararat High School and members of the greater Mt. Ararat High School community are welcome to join us to witness our students showcase their talents, passions, and learning skills. If there are parents or community members who are interested in attending this event, or possibly serving as an adjudicator, please contact the main office.

RECOGNITIONS

Congratulations to Senior Emily McGlauflin. Emily advanced to the final round of the Southern Maine Poetry Out Loud competition at Thornton Academy on Tuesday, Feb. 28!

The Social Studies/History Department has selected candidates for Girls State and Boys State. Kayleigh Temple and Morgan Johnson will represent Mt. Ararat at Girls State at Husson University in June. Gideon Wheeler and Cyrus Warren will represent Mt. Ararat at Boys State at Thomas College in June. We thank the American Legion for making this possible for these four students.

Congratulations to Eola Saucier and Haley Frizzle for recently being selected for the Brunswick Rotary's Service Above Self Award. They will be recognized at a luncheon on March 13th.

Senior Robert Hetherman won his 200th wrestling match to claim his second consecutive 170lb Class A State Championship! He was also the runner-up in the 170lb weight class at the New England Wrestling Championships in Rhode Island this past weekend.

Congratulations, Robert!

CALENDAR DATES

March 10-12 - Spring Musical

March 11 - UNH Jazz Festival

March 13 - Dodgeball Tournament

March 13 - 8th Grade Parent Night

March 14 - Bandorama

March 15 - Winter Sports Awards

March 16 - Open Mic Night

March 17 - Prof. Development Day (no school for students)

March 25 - Class of 2017 Live Auction

March 27-31 - Interact Club Food Drive

April 1 - Cram the Van Food Drive

April 5 - School Day SAT

April 5 - 10th Grade College Visits

April 6 - Science Augmentation Test

NURSE'S NOTES

Sleep deprived students arrive at my office daily, complaining of headaches, fatigue, and an inability to focus. Some are even sent to me because they have fallen asleep in class! These students - and many others who seem to be getting by - often have memory difficulties due to sleep deprivation, which translates into reduced test scores, missed homework assignments, and lower grades overall. Students who are chronically sleep deprived are also likely to be more moody and emotional, as well as more likely to fall ill due to an impaired immune system. Even worse, sleep deprivation can be deadly if teens fall asleep behind the wheel.

Most teens need 9-10 hours of sleep, but they should be getting 8 as a bare minimum. Your teen may balk at it, but establishing a sleep schedule that is consistent day to day is helpful because it allows the body to get in sync with its rhythms, so sleep comes more easily. In addition, it's helpful to avoid eating or exercise within a few hours of bedtime and best to minimize screen time in the hour before bed. Keeping a piece of paper next to the bed to jot down things may help if your teen is staying awake worrying. If your teen has expressed persistent difficulty falling or staying asleep, please consider speaking with his or her pediatrician about insomnia.

For many students I see, sleep has been placed near the bottom of their list of priorities. They may not realize it, but it should be at the very top, as it allows them to function better in every other area of their lives, and lack of sleep has many negative effects! If you are interested in learning more about sleep, you may want to check out the National Sleep Foundation's website www.sleepfoundation.org

Annie Chang, RN, BSN, BA

729-2951 ext. 264

changa@link75.org

MTA NEWS AND CLASS NEWS

The Civil Rights & Social Justice Team has designed a hat that we hope will get our message out: MTA TOGETHER! Because we are a diverse community of students and teachers committed to working together to make our school a safe and welcoming environment, we invite you to join us by wearing a hat that shows your support for all of us! Please contact a member, Ms. Mainwaring or Mr. Nulle to find out how to get your own.

Interact Club

The big event is almost here! Cram the Van for the MidCoast Hunger Prevention Program is Saturday, April 1. Please stop by the Topsham Hannaford between 9:00am and 3:00pm to support the Interact Club and the National Honor Society. Throughout the month of March, non-perishable items and cash donations will be accepted at school. If you would like to assist in any way, please call Deb Ludwig in the Counseling office at 729-2951 x 221.

College Campus Visit Day

Don't forget - Wednesday, April 5 is College Campus Visit Day for sophomores. All sophomore students will be visiting one of six colleges in the area. Students will be bringing a permission slip home March 20, to be signed and returned by March 29. This is a great opportunity for students to experience campus life, hear an admissions officer speak about post-secondary education, eat (for free) on campus, and begin to think about what they will do after high school. Please note, we are not matching students with a particular campus. This is just a general college experience for them!

Class of 2017

Join the class of 2017 for our 2nd annual Live Auction, Saturday March 25th at the Topsham Fair Grounds' Exhibition Hall! Preview begins at 5:30pm, auction at 6pm. We will have a lively auctioneer and some light snacks while you bid. Exciting items for you to take home, some worth up to $300! All proceeds benefit MTA's Class of 2017 Project Graduation trip.

Class of 2019

March is HUGE for 2019 fundraising! We host our annual dodgeball tournament on Monday, March 13 after school in the gym ($5 per player/5 players per team). The last open mic night of the year is on Thursday, March 16 from 5-7p,m. Yankee Candle sales packets are available in my room and orders are due April 10. We need food donations and adult chaperones for our events on the 13th and 16th. Please email candlandb@link75.org if you can help. Please join our Facebook page and turn your notifications on. This is the primary way we inform our class about upcoming fundraisers, events, and other time sensitive things. We also need sophomores to participate in our events and spread the word to make them a success. Thanks, as always, for your support! - Bree Candland, 2019 Advisor

MTA BUILDING PROJECT - CONCEPT APPROVAL

On March 7th the members of the four towns voted, and approved the concept design and funding a new high school.

Thank you for your support. I also want to thank all those people who have contributed time and energy to make this a reality.

MTA CONSTRUCTION NEWS

SCHOOL DAY SAT & MEA SCIENCE ALL THIRD YEAR STUDENTS

On April 5th and 6th, third year students will be taking the SAT and the Science Augmentation test. These two tests make up the MEA at the high school level. The School Day SAT provides an opportunity for every third year student to take the SAT at no cost and use this test as part of the college going process. For parents of third year students, more information will be coming your way.