



Mt. Ararat High School

APRIL 2018

EMPOWERING

ALL TO

GROW

LEARN

EXPLORE &

SOAR



Dear Students and Parents,

The third quarter has come to a close. Report cards are now available. For parents who are receiving this newsletter electronically, please login to Infinite Campus to review your child's report card. If you are receiving a hard copy of this newsletter, your child's report card should be enclosed. For 9th grade parents, an Empower report will be sent home after the April break. If you have questions or concerns about your child's grades or work habit scores, please contact his/her teacher(s).

On Friday, April 6th, seniors presented their Capstone Projects, a requirement for graduation. Each year as I observe presentations and see the various self-designed projects, I am amazed at the many talents and the diversity of interest. I want to thank Evelyn Barbour, Science Teacher, and Jessica Belanger, English Teacher, who share responsibility for planning and oversight of Capstone. I also want to thank the many members of the community who joined us for this celebration of learning either as a judge or as an audience member. It was an amazing day. Well done, seniors.

I want to thank students and parents who have shared thoughts and asked questions regarding safety and security in our school. Please know that this topic will continue to be an area of focus and your feedback will be used as we continue to review and revise our practices. As we plan for springtime drills, our goal will be to engage staff and students in discussions about safety practices to raise awareness and encourage active participation.

At this time of year, we look ahead to graduation and planning for the next year. Each senior is firming up a plan for next year and underclassmen have selected courses. Many events will be scheduled between now and the end of the year. I hope you can plan to join us for celebrations and encourage you to reach out if you have questions about your child's plans for next year. As we close out the school year in June our goal is to have a solid plan for the coming year.

Respectfully,
Donna F. Brunette

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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 to reduced test scores, missed homework assignments, and lower grades overall. Students who are chronically sleep deprived are also 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 9 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 exercising 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, in turn, has many negative effects! If you are interested in learning more about sleep, you might want to check out The National Sleep Foundation's website: www.sleepfoundation.org. As always, please feel free to contact me (729-2951 ext. 264 or changa@link75.org) with any questions or concerns.

CRAM THE VAN



The Interact Club and National Honor Society collected 2,280 pounds of food and \$1875 for the Mid Coast Hunger Prevention Program at our Annual Cram the Van event on March 31st! The clubs thank the community for your generosity and the Shaw's in Brunswick for their enthusiasm to help host the event.

L to R: Ms. Green, Alumni Cam Loeschner, Abby Kons, Katie Callahan, May Flibotte, Erin Venard, Charlotte Lopatosky

SCIENCE CLUB

Congratulations to the Mt. Ararat Science Club who worked very hard and performed very well at the Northern New England 2018 Seaperch Challenge aquatic robotics competition on Saturday April 7th.

The team of Grace Trebilcock, Katie Trebilcock, Carson Estella, and Isaiah Ricker took 3rd in the Engineering Notebook and finished 6th overall.

The team of Alex Humphrey, Elijah Slocum, and Emily Smith took first in the Obstacle Course, first in the Water Arcade, first in the Cube Challenge, tied for first in the Engineering Notebook, and finished 1st overall.

Mt. Ararat High School, for the fifth straight year, will represent Maine at the International Seaperch Aquatic Robotics Competition in North Dartmouth, Massachusetts on June 2nd. Alex, Elijah, and Emily will be working to improve upon Mt. Ararat's International finish (11th place two years ago).

THANK YOU CLASS OF 2021

Students and families!!!

Our LIVE AUCTION was a huge success because of YOU! We appreciate your generous donations! Cheers to MTA's Class of 2021!!!

CONGRATULATIONS to Zoe Stilphen

for being Mrs. Brunette's selection for the 2018 Mt. Ararat Maine Principal's Award.

Dates To Remember

- 4/16—4/20.....Break
- 5/7-5/18.....AP Exams
- 5/12.....Senior Prom, Bath Country Club
- 5/16.....Band Concert, Orion Theatre, 7pm
- 5/23.....Step Up Day—NO SCHOOL FOR SENIORS
- 5/24.....Tech 10 Senior Recognition, Crooker Theatre, 5pm—7pm
- 5/28.....No school—MEMORIAL DAY
- 5/29.....Regular student day
- 5/30.....Senior Awards Night, Commons, 6:30pm
- 5/31.....Chorus Concert, Orion Theatre, 7pm
- 6/5.....Spring Sports Awards, Orion Theatre, 6:30pm
- 6/6.....Underclassmen Awards Night, Commons, 6:30pm
- 6/7-8.....Marching Practice (Seniors), Commons/Gym, 8am—12pm
- 6/10.....Graduation, MTAHS, 1pm

Thanks to all who helped support our Capstone bake sale. The National Honor Society and the Interact Club are so pleased to be able to send \$250 to the Barbara Bush Children's Hospital!

CLASS OF 2019 NEWS

Thank you so much to everyone who supported our spring dodgeball tournament and the Yankee Candle sale. People can still shop online at yankeecandlefundraising.com. Our group number is 990092185 and 40% of every sale goes to our class for anything ordered before

On Saturday, March 3rd, several members of PALS volunteered in the Soup Kitchen at the Midcoast Hunger Prevention Program in Brunswick. It is quite an operation over there and is run like a well-oiled machine. We started with a little tour, got our aprons and got right to work. We chopped vegetables, cut up tuna and turkey, and put it altogether to make the sandwiches. We learned which knives to use, what seasonings to choose and how much mayo for the right consistency. We then made the sandwiches using different types of rolls, some gluten-free. Peanut butter & jelly sandwiches were made for children and as a vegetarian option. A local restaurant in Topsham donated an incredible vegetable soup which we heated up while tables were set and desserts put on plates. No time was wasted! There was always something to do. Right before the doors were about to open to the public, we were assigned jobs and responsibilities. Milk, juice and water were poured, and the coffee was made. Some of us put soup



L to R: Kevin Bolduc, Cassandra Rolling, Emma Haahesy, Erin Venard, Ms. Crosson

in bowls and sandwiches on plates to give to the servers. There were 6 of us serving and a couple bussing the tables. We were incredibly busy, and those serving got to see what it is like being a waiter or waitress. Other volunteers were in the kitchen washing dishes and loading up the dishwasher. We served for 1-1/2 hours. Then, we had to clean up! It was a very long day, but we were so glad to give back to our community by helping put an end to hunger!

Congratulations to this year's additions to Mt. Ararat's Olympia's Leaders program. Morgen Doyle, Sophie Hymers-Horne, Jaden Lohr, Emilia Pinette and Bethany Pratt were recommended by their teachers to participate in Senator Snowe's Women's Leadership Institute. These young ladies will participate in the program for grades 10 - 12 and will have the opportunity to explore their values and strengths, as well as network with 600 other young women from across the State.

Jobs for Maine Graduates



Front L to R: Cheyenne Sullivan, Emma Skelton, Noelle Ballard, Amber Brooks

Back L to R: Michael Nelson, Gregory Malin, Mason Smith, Adam O'Farrell, Mr. King

A group of eight junior/senior JMG students recently competed at the Career Development Conference at Thomas College on March 27th. These eight students were great representatives of Mt. Ararat and the JMG program, and competed all day with hard work and class against nearly 60 other JMG programs from across the state. We brought home with us three trophies, including second place finishes in the Online Application competition, the Pitch It small group competition, and the Know-it-All work readiness knowledge challenge.

Join us at Circle K for **FUEL UP NIGHT**

Thursday, April 19th from 3pm to 8pm

Head to Circle K & fill up your tank!

10¢ per gallon purchased

**Save Your
Receipts!**

Turn in your 'Fuel Up Night' fuel receipts, with your name and phone number, to the school office by Fri., April 27th to enter into a drawing to win a \$50 Circle K gift card!