

RANGELEY LAKES REGIONAL SCHOOL

MARCH 2020

**REMINDER.....THERE IS NO SCHOOL ON FRIDAY, MARCH 20
DUE TO A TEACHER'S WORKSHOP DAY!!**

Upcoming School Events

- | | |
|-------------|---|
| March 2 | Poetry Out Loud State Finals ~ Waterville Opera House |
| March 5 | Math Team 3pm ~ High School math room |
| March 5 | Student of the Month Assembly ~ 1:30 pm |
| March 6 | College campus visit at UMO & Engineering program expanded tour
(sophomores & juniors) |
| March 11 | Foster Tech visit (sophomores) |
| March 11 | College campus visit at CMCC (sophomores, juniors & seniors) |
| March 13 | Talent Show 7pm ~ Lakeside Theater |
| March 13 | Maine's 200 th Birthday Celebration 8am ~ Grades Pre-K through 5 |
| March 18 | College campus visit at SMCC and St. Joseph's College
(sophomores & juniors) |
| March 18-20 | New England Music Festival |
| March 23 | East-West Conference Math Meet 10 am ~ KVCC |
| March 25 | 8 th Grade Student/Parent meeting with Colby College 5:30 –
High School math room |
| March 26 | Grades 9-11 Portland Stage Company |
| March 30 | Red Cross Blood Drive 2pm ~ Multi-purpose Room |

Upcoming Sporting Events

- | | |
|----------|---|
| March 3 | Middle school winter sports banquet 5:30 pm ~ RLRS |
| March 5 | Varsity winter sports banquet 5:30 pm ~ Episcopal Church |
| March 14 | East-West Conference Co-ed Volleyball ~ Buckfield High School |

Upcoming Meetings

- | | |
|----------|---|
| March 4 | PTA 3:30 – RLRS Staff Lounge |
| March 12 | School Board – Multi Purpose Room |
| March 23 | Town of Rangeley Public Hearing on warrant articles 6pm – Gym |

Upcoming Student Assessments

March 26 – April 10	eMPowerME Math & ELA/Literacy Grades 3-8
March 30 – April 10	MEA Science – Juniors Only

School Happenings and Information

- Mrs. Johnson, Mr. Straub, and Ms. Emami will be taking grades 9-11 Humanities and U.S. History students to see the performance of Native Gardens by Karen Zacarias at the Portland Stage on March 26th. This brilliant new comedy turns well-intentioned neighbors into feuding enemies when a rising Chilean attorney, and his pregnant American wife, purchase a home next to a well-established D.C. couple, and their prized English garden. Cultures and gardens clash over a fence line that spirals into an all-out border dispute, exposing notions of race, taste, class, and privilege.
- The opening of the Youth Art Month exhibit at the Portland Museum of Art will be on Saturday, March 7th. The exhibit is free and open to the public from 10-6 with an awards ceremony at 6:30 PM at which Lauren Eastlack will be recognized for her oil painting which was chosen to represent RLRS. This annual exhibition emphasizes the value of art education and encourages support for quality school art programs through a month-long exhibition of artwork by K-12 students throughout the state. The exhibition will run from February 26, 2020 through March 29, 2020 on the Lower Ground Floor of the Portland Museum of Art.
- Please join RLRS art students at the closing reception for the Scholastics Art Competition on Saturday, March 14th at Maine College of Art Congress Street, Portland ME. The 7-11 grade awards will begin at 10 AM followed by the senior division at noon. All gold, silver and honorable mention award winners will be recognized at this time and the gold and silver entries will be on display. The Congressional Art Award winners will also be announced at the senior division ceremony.

DID YOU KNOW.....

Fun Facts About Schools Around the World

Published by SchoolAdvisor

The largest school in the world in terms of number of students is the City Montessori School in Lucknow, India.

There are more than 32,000 students attending the school on a daily basis. It has over 1,000 classrooms, 3,700 computers and goes through thousands of pounds worth of stationery and books each year.

Meal-time in France is considered part of the curriculum.

Kids are expected to learn not only about different foods and where they come from (schools try to source locally), but also to display good manners and etiquette.

In Russia, children always start school on 'Knowledge Day' (September 1) even if it's a weekend or a holiday.

The morning usually starts with a school assembly during which 11th-graders (the oldest students) take the first-graders by the hand and lead them into the school while ringing a ceremonial bell.

Have you ever seen a boat school? In Bangladesh, there are no fewer than 100 boat schools! Each one has internet access, a library and is solar powered.

In Bangladesh, annual flooding can disrupt school for hundreds of thousands of students. In some areas, roads are impassable during the rainy season from July to October, when rivers rise as much as four meters, or 12 feet; hence, the need for boat schools.

In a remote area of Colombia, kids have to travel to school on a zip-line.

It turns out the steel wires are the only form of transportation for those living in an isolated valley called Los Pinos. Very young kids aren't allowed to use the zip-line alone. So, they travel along the cable with their parents or an older sibling. If the kids didn't travel this way, they'd have to walk through the rainforest and it would take two hours to get to school.

France has the shortest school year from August to June and also the longest school day.

French children go to school four days a week. They have about two hours each day for lunch. Their school day begins around 8:30 and ends at 4:30 p.m.

February/March 2020 Menu

**It's time to
Spring Ahead!**
**Daylight Savings Time is
Sunday, March 8th**



Monday	Tuesday	Wednesday	Thursday	Friday
February 24 B: Eggs & sausage L: Chicken & cheese sandwich, fries, fruit	February 25 B: Apple muffin L: Shepard's Pie, French bread, fruit	February 26 B: Breakfast pizza L: Burgers, fries, fruit	February 27 B: Blueberry pancake L: Oven-fried chicken, potatoes, veggie, fruit	February 28 B: Egg, sausage, cheese sandwich L: Pizza and dessert
March 2	3	4	5	6
B: Bagels L: Pulled pork hoagies, fries, fruit	B: Peach muffin L: Chicken chili, corn bread, fruit	B: Fruit turnover L: Grilled cheese, tomato soup, fruit	B: Strawberry pancake L: Meatloaf, potatoes, veggie, fruit	B: Egg, sausage, cheese sandwich L: Pizza and dessert
9	10	11	12	13
B: Egg & bacon turnover L: Steak-ums, fries, fruit	B: Chocolate chip muffin L: Cheesy hamburger helper, French bread, fruit	B: Breakfast burrito L: Eggs, sausage, hash browns, fruit	B: Plain pancake L: Turkey, potatoes, veggie, fruit	B: Egg, sausage, cheese sandwich L: Pizza and dessert
16	17	18	19	20
B: Bagel L: Build-Your-Own ham and cheese hoagies, fries, fruit	B: Raspberry muffin L: Chop suey, French bread, fruit	B: French toast L: Burritos, rice, fruit	B: Peach pancake L: Lasagna, French bread, fruit	NO SCHOOL Teacher Workshop Day

****MENU OPTIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE****

2019/2020 Meal Prices

Breakfast	Lunch
K-8: \$1.20	K-8: \$2.50
9-12: \$1.70	9-12: \$2.85
Adult: \$2.65	Adult: \$5.85

Milk: \$0.25

Salad Bar available daily

What is 5-2-1-0?

- 5 fruits & vegetables
- 2 hours or less of screen time
- 1 hour of activity/movement
- 0 sugary drinks

RLRS strives to help our students meet these goals every day.





RLRS MS/HS Chorus Presents-

Friday,
March 13, 2020
7:00 pm

Talent Show

RFA Lakeside
Theater

MS/HS Chorus will also be performing.

All proceeds will benefit the MS/HS Chorus trip to the Music in the Parks Music Festival.

General Admission Seating
\$8.00 Adults
\$5.00 Students





Maine's 200th Birthday Celebration

When: March 13th (Official birthday - March 15th)
Snow day date: March 16th

Time: 8:00-10:45am

Who: Pre k – 5th grade

What: Students will celebrate Maine's 200th birthday by reading Maine books and creating crafts.

What to wear: Show your Maine spirit by wearing flannel!



FREE WORKSHOPS OFFERED BY NEW VENTURES MAINE RANGELEY LAKES REGIONAL SCHOOL HIGH SCHOOL MATH ROOM

MARCH 12 5:30 - 8:00

Budgeting Basics

Learn the basics for building a budget: money tracking, goal setting, planning for seasonal and unexpected expenses, paying down debt, and building savings.

Thursday, March 12, 6-8 pm

MARCH 19 5:30 - 8:00

Clean Up Your Credit

Learn how to reduce your debt, improve your credit, and maintain a good credit score. Create a plan to pay down your debt.

Thursday, March 19, 6-8 pm

MARCH 26 5:30 – 8:00

Your Money Personality

We will use a fun “Money Habitudes” card sort activity to identify your money management style. This process will help you learn how your habits and attitudes affect your decisions and actions related to money.

Thursday, March 26, 6-8 pm

To register or for more information contact:

Janet Smith at New Ventures Maine

778-2757

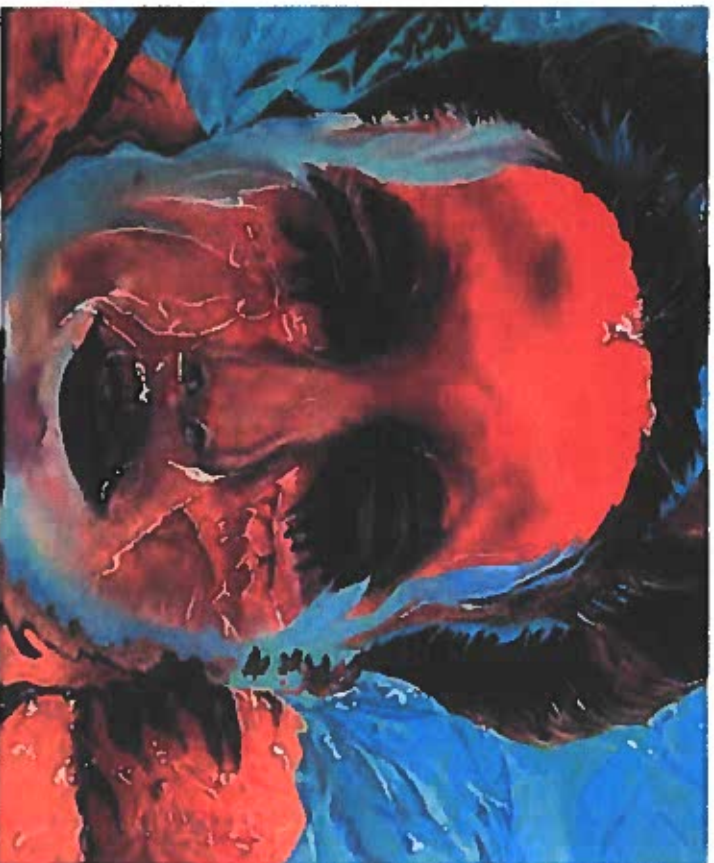
janet.smith@maine.edu



YOUTH ART MONTH 2020



Jasmine Rego, 10th, Wiscasset Middle HS



Lauren Eastlack, 12th, Rangelley Lake Regional



Brooke Randall, 5th, Sebaco Elementary

You are cordially invited to the opening reception of:

YOUTH ART MONTH

Saturday, March 7th, 2020

10am-6pm Galleries OPEN - Free admission for artists and families

4pm - Reception begins in the Lower Ground Floor at the PMA

Certificates of exhibition will be presented in the Museum's Osher Auditorium:

Grades K-4 4:30pm

Grades 5-8 5:30pm

Grades 9-12 6:30pm

Co-Presented by:

Maine Art Education Association & Portland Museum of Art



PORTLAND MUSEUM of ART

Youth Art Month is supported by the

Peggy L. Osher Education Endowment at the Portland Museum of Art

FMI and schedule of events visit portlandmuseum.org/magazine/youthartmonth

Home & School CONNECTION[®]

Working Together for School Success

March 2020

Rangeley Lakes Regional School
Mrs. Georgia Campbell, Title I Coordinator



SHORT NOTES

Heads or tails logic

This brainteaser will encourage your youngster to think logically. Have each family member line up four pennies with heads facing up. The challenge is to turn them all to tails. The catch? Flip over exactly three pennies each time. Who can do it in the fewest number of tries?

A day in the life

What would life be like if your child were a shoe? How about a bicycle? Suggest that he write a diary entry from an object's point of view. Prompt him to imagine and write details about what the shoe or bike would see, hear, feel, and think.

Summer plans

Day camps and other summer programs often fill up fast. If you're looking for one for your child, consider signing up soon. Ask her school about programs—some may be free depending on your income. Also, browse the parks and recreation catalog or website for summer programs that match your youngster's interests.

Worth quoting

"The beautiful thing about learning is nobody can take it away from you."
B. B. King

JUST FOR FUN

Q: What do you get if you cross a porcupine with an alligator?

A: I don't know, but you probably shouldn't hug it.



Standardized test success

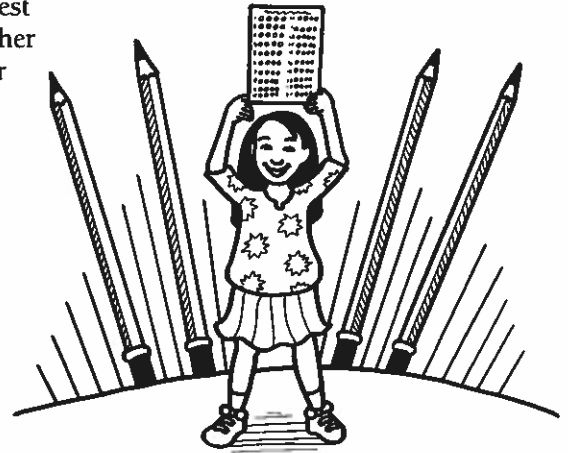
Doing well on a standardized test starts way before your child's teacher says, "You may begin." Boost your youngster's confidence and help her do her best with these tips.

Focus on schoolwork

The work habits your child uses all year long are the same ones she'll need on test day. Have her keep a list of what she does well when she does schoolwork, such as double-checking math answers or proofreading her essay. The night before the test, she can give herself a "pep talk" by reviewing her list.

Try a strategy

Let your youngster practice a key test-taking strategy in a stress-free way. Make up imaginary questions like "What is a unicorn's favorite food?" List answer choices, including one that's "right" (A: rainbow sprinkles), one that seems wrong (B: coal), and two that sound possible (C: pasta, D: pizza). While the question isn't real, the strategy is—discard any



obviously wrong answers, then weigh your first instinct against the remaining choices.

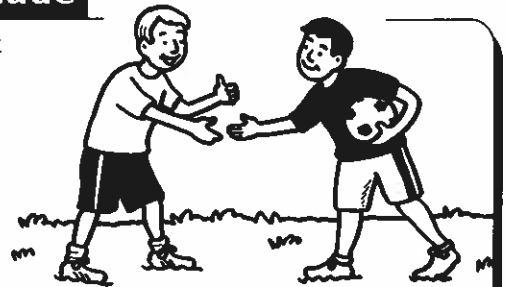
Practice keyboarding

If your child will take tests on a computer, help her work on keyboarding. She might type a story she wrote or email a relative, for instance. She'll practice typing, using special keys (shift, enter), and pointing and clicking the mouse on commands (save, send). *Tip:* No computer at home? Head to the library where she can use one for free. ♥

Sports: A winning attitude

Everyone likes winning. Losing? Not so much. Regardless, here are ways your youngster can be a good sport no matter the outcome:

- Cheer each other on when good things happen ("Nice catch!"), and sympathize when they don't ("You'll get the next one!").
- Shift your child's thinking. Instead of focusing on coming in first or scoring the most goals, suggest that he work on beating his personal best.
- When you watch sports together, point out examples of good sportsmanship. Perhaps his favorite basketball player helps an opponent up after a fall. ♥



Learning as a family

Keep your youngster excited about learning by making it a family affair. With these ideas, he'll see that learning is a lifelong journey.

Interview relatives. Your child can learn from relatives who remember living through an event or a time period he's studying in history. The whole family could gather around to hear about a grandparent's experience watching the first moon landing on television.



Give a lesson. Let your child be the teacher! Say he's learning about states of matter in science. He might help you cook and point out that water turns into a gas (steam) when it boils. Or he could make ice pops to demonstrate that water changes to a solid in the freezer.

On the go. Find family outings related to what your child studies. A high school orchestra concert lets him hear more experienced musicians playing instruments he uses in music class. If he's learning ways to protect the environment, consider participating in a local watershed cleanup as a family.♥

PARENT TO PARENT

Money smarts

The first time a relative sent my daughter Lauren a gift card, she spent it right away. It occurred to me that she might find it harder to part with cash than a piece of plastic. So the next time she got a gift card, I traded her bills and coins for it.

Lauren put the money in a jar to keep on her dresser and labeled it with the total. Now when we go to the store, she thinks carefully about whether she wants to dip into her jar for a pack of trading cards or a stuffed emoji. If



she does, she can take out the money before our next shopping trip and write the new total on her jar.

So far this strategy is working. Lauren immediately "sees" how much she's spending—and she doesn't want her jar to be empty.♥

ACTIVITY CORNER

Make an engineering lab

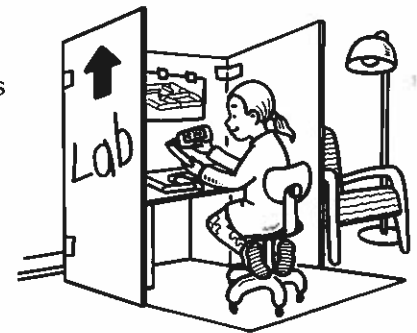
Let your child loose in her own engineering "lab" where she can design objects and solve problems as she builds them. Follow these steps.

1. Gather supplies. Help your youngster collect household objects, craft supplies, and recycling bin items to use for engineering projects. *Examples:* rubber bands, balloons, index cards, craft sticks, tape, glue, string, bottles, boxes.

2. Brainstorm projects. Together, list contraptions she might design in her lab. Can she dream up a way to create a balloon-powered boat? Or maybe she has an idea for building a marble maze.

3. Get to work. Encourage your youngster to set up her lab in a corner of the family room, pick a project from her list, and get started.

Idea: Spark new projects and solutions by having her add supplies from time to time, such as bubble wrap or a cut-up pool noodle.♥



Q & A Anxiety in children

Q: *I've been hearing about kids being diagnosed with anxiety disorders. My son tends to worry a lot. How can I tell the difference between normal worrying and a serious problem?*

A: Some anxiety is just part of everyday life. For example, it's perfectly natural if your child is nervous about giving a speech in class or worries that a friend is angry with him over a disagreement.

With an anxiety disorder, those feelings interfere with daily life. Talk to your son's doctor if you notice any symptoms, which include difficulty sleeping, loss of appetite, unexplained stomachaches or headaches, irritability, trouble concentrating, and avoiding regular activities.

If the doctor suspects an anxiety disorder, your child may be referred to a therapist who will work with him on new ways to react to things that worry him.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 800-394-5052 • rfeustomer@wolterskluwer.com
 www.rfeonline.com
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CampShakes

Theater at Monmouth
2020

THREE WEEKS TO
CHOOSE FROM

July 27 - 31
August 3 - 7
August 10-14

Theatre Games

Art Projects

Movement

Text Work

Stage Combat

Character Creation



WHO: Fall Grades 4th - 8th

WHERE: TAM Rehearsal Studio
775 Main St, Monmouth

WHEN: Monday-Friday
9 a.m. - 4 p.m.

Book by
April 1
for \$25 off!

HOW: \$250 per session
Scholarships Available

More information at
theateratmonmouth.org/education/campshakes | 207.933.9999

The Plays!

Session 1: *As You Like It* July 27 – 31

When Celia's Dad tries to banish her favorite cousin, Rosalind, the ladies take to the Forest of Arden to find Roz's father and accidentally discover true love

Session 2: *Romeo & Juliet* August 3-7

Get ready to rumble in Shakespeare's star-crossed tale of two young lovers destroyed by fate.

Session 3: *Twelfth Night* August 10-14

A shipwreck, two lost siblings, and a bunch of wacky servants play on in Shakespeare's comedy of searching for Mr. or Ms. Right.

Sample Schedule

(Subject to Change)

9:00 a.m.–9:30 a.m. Vocal and Physical Warm-up

9:30 a.m.–11:00 a.m. Acting and Movement

11:00 a.m.–12:00 p.m. Shakespeare's Text

12:00 p.m.–12:30 p.m. Lunch

12:30 p.m.–2:00 p.m. Art Projects/ Design

2:00 p.m.–3:00 p.m. Theater Games

3:00 p.m.–4:00 p.m. Project Rehearsal

Final Performance: Friday at 3 p.m.

SPORTS CAMPS at COLBY COLLEGE

Summer
2020



MAKE PLANS NOW FOR SUMMER FUN AT COLBY COLLEGE

We offer **exceptional camp experiences** in a **variety of sports** for participants regardless of skill level. Young athletes will **learn from experienced coaching staff** in a safe and fun environment while making new friends on our beautiful campus.

PINE TREE 2 BASKETBALL

Pine Tree 2 Camps

Co-ed Day Camp | June 22-26

Boys | July 20-26 and August 2-6

GIRLS BASKETBALL

Colby College Elite Camp | June 13-14

Ahead of the Game Camp | July 13-17

Summer Basketball Finale | August 8

FRISBEE

Ultimate Frisbee | June 21-26

FIELD HOCKEY

Prospect Camp | July 16-18

Maine Field Hockey Academy | July 19-22

GIRLS SOCCER

Elite Mules Girls Academy | July 22-25

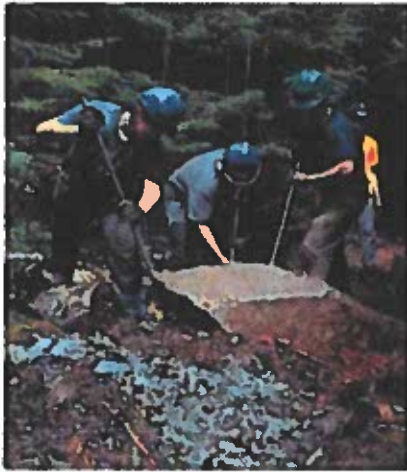
BOYS SOCCER

Overnight Camp | July 12-16

All camps are overnight camps unless otherwise noted.

For more information, visit colby.edu/specialprograms/sports or contact Colby Special Programs at summer@colby.edu or 207-859-4730

Colby



Work at your local National Wildlife Refuge this summer!

Umbagog National Wildlife Refuge — Errol, NH

NorthWoods Stewardship Center is currently hiring crew members to work at the Umbagog National Wildlife Refuge. Crew members must be willing to meet the mental and physical challenges of working outdoors by demonstrating maturity, enthusiasm, and a strong work ethic. A commitment to the environment and to their local communities is essential. Members receive a weekly wage plus hands-on education and employment experience. Must be 14-18 to apply!

Apply online at www.northwoodscenter.org

Application Deadline: April 15, 2020



NORTHWOODS
STEWARDSHIP CENTER

"Connecting people and place through science, education, and action"
154 Leadership Drive, East Charleston, VT (802) 723-6551 x 304
www.northwoodscenter.org

