

THE MAINE APPRISE

A Publication of the Maine Principals' Association

Volume XXIV, Number 4

December 2015



From the President ...

Marty Bouchard, Principal, Houlton Middle/High School and President of the MPA

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Mental Health Crisis in Schools

Season greetings to everyone! Wishing you and yours the very best during the holiday season. I hope your school year is going well, and you are looking forward to a break later this month. When I pondered the possible topics to write about this month, and trust me there were many, I decided on a topic I believe all school administrators across Maine are dealing with- the mental health crisis in schools prevalent across our great state.

It is surely a matter of opinion concerning the obstacles that school age children face in an attempt to get an education today. One thing that is not up for debate, however, is the fact that hurdles are numerous and they continue to impede educational progress. Herculean efforts are made by thousands of teachers and administrators in Maine to help all students achieve great things. These very efforts are being thwarted by the overwhelming barriers that only seem to be growing.

According to the United States Census Bureau and the U.S. Census Bureau's American Community Survey the 2014 poverty rate in Maine is 14%. This does not put Maine near the top when compared with other states; however, Maine ranks second in the country on the list of households receiving public assistance. Over 5% of Maine households receive some type of public assistance.

Moving from poverty to divorce, in 2013 [The Huffington Post](#) reported that Maine had one of the 6th highest rates for divorce in the country. In addition to our high divorce rates, a study by John Hopkins University in 2014 found that 64% of mothers today give birth at least once while single. High divorce rates and children being raised by single parents (mother, father, grandparent, etc.) certainly can impact a child's ability to be able to have a grounded home life and be ready to receive a quality education.

Furthermore, in 2013 the Substance Abuse and Mental Health Services Administration (SAMHSA) found that the illicit drug use within the last month amongst adults age 18-29 averaged an astounding 22%. Many of these same people are the parents of the children attending our schools during their primary educational years. In addition, the same study found that alcohol use by those ages 18 or older within the last month to be 56.4%, and of those 17% are identified to have Alcohol Use Disorders (AUD).

When we consider all of the factors mentioned above, they surely lead to an increased amount of suicide attempts by our youth. According to the American Foundation for Suicide Prevention, suicide has increased in the United States each year since 2005 (10.9%) to the current rate in 2015 (12.6%). In addition, the Parent Resource Program reported last year that each day in the United States 5,400 students in grades 7-12 make an attempt to harm themselves.

Consideration of all the information above clearly tells us only some of the reasons for the mental health crisis in our schools. The need for professional development in this area is at an all time high so that educators may more effectively cope with this growing issue across our state.

The emergence of pre-k and other early intervention programs continue to be effective, but are they enough? We are all called to find new strategies to combat this epidemic. I can think of no better way to start then a focus on this across our state with mental health in schools being the focal point of the 2016 Maine Principals' Association Spring Conference. Until then, best of luck at school and enjoy some family time during the holiday season.

NAESP Report

By Jane P. Stork, Principal of the Etna-Dixmont School, and NAESP State Representative (jstork@rsu19.org)

As your new NAESP State Representative, I would like to recognize and applaud all the work each of you are doing at your schools to support our students, teachers and communities. I am looking forward to representing our membership at both the State and National level.

The first weekend of November, I attended the Northeast Regional Meeting. In attendance were State Representatives and Directors from Zone 1 (Maine, Vermont, New Hampshire, Connecticut, Massachusetts, Rhode Island, Delaware) and Zone 2 (Pennsylvania, New York, New Jersey). Kelly Pollitt, NAESP Chief Strategist, Policy & Alliances, lead a discussion and review of active issues which included Supporting Principals in Implementing Teacher Systems, Principal Evaluation, Leading Pre-K-3 Learning Communities and Reauthorization of ESEA. I encourage everyone to visit the NAESP website and review the work that is being done at the National level by our NAESP leaders. www.naesp.org

Barbara Gantwerk, Director of Special Services, FEA, gave a presentation on "Stand Up, Say NO to Bullying: The Anti-Bullying Curriculum Designed for 5th through 9th Grade Students." This curriculum was developed by educators at the Foundation for Educational Administrators and more information can be found on the website www.standupsayno.com.

Ken Spero, CEO, Ed Leadership Sims LLC introduced an interactive online tool that provides professional development to K-12 Administrators around better decision making. <http://www.edleadershipsims.com/> ELS provides training that supports the difficult conversations that educational leaders experience everyday.

NAESP Members Benefits Corner

If you are in your first or second year as a principal, you might consider joining the National Panel of New Principals. This program is dedicated to gathering and sharing experiences of new principals in rural, suburban and urban schools across the country. It is open to NAESP members and non-members. Take a moment to check out this valuable resource. <http://www.newprincipal.org/>

NAESP also offers a member-only help line service that will allow you to seek out guidance for problems and issues that come up in your school. This service offers confidential advice and answers. A link can be found under the Members tab—Members Benefits www.naesp.org

I look forward to working for each of you as your NAESP Maine State Representative and encourage you to contact me with any questions you may have about the benefits of NAESP membership.

Note to Non-Members

Non-members are receiving *The Maine Apprise* in October, November, and December compliments of the Maine Principals' Association. Member benefits are described on our website at <http://www.mpa.cc/professional-division/membership-and-dues.html>. If you would like to receive this newsletter and other member benefits, please contact Patty at the MPA office at 207-622-0217, ext. 30 or at mpa@mpa.cc to join your professional association!

Professional Development Offering. . .

Workshop with Kim Marshall

Evaluation and Support of Principals and Other Educational Leaders

**Friday,
December 18, 2015**

Designed for Superintendents and others who supervise/evaluate educational leaders

- Overview of the context of the principal/superintendent relationship;
- Five key factors in effective supervision and evaluation of principals: a manageable span of control; deciding of "big rocks" with each principal; frequent school visits; documentation of formative feedback; and surveys of teachers, parents, and students;
- An introduction to and discussion of the Marshall principal evaluation rubrics;
- Small-group work deconstructing each of the six rubric pages and reporting out; and
- Eleven key leverage points for superintendents.

Click [HERE](#) to Register.

MPA Mission Statement

To assure a quality education for all students, the Maine Principals' Association will:

- (1) promote the principalship;
- (2) support principals as educational leaders; and
- (3) promote and administer interscholastic activities in grades 9-12.

Save The Date!

The 2016 MPA Summer Leadership Retreat is the Maine Principals' Association, in collaboration with Great Schools Partnership, annual three-day retreat for leadership teams to:

- Build internal leadership capacity;
- Learn and develop specific strategies to effectively implement proficiency-based learning with emphasis on policy, practice and community engagement;
- Utilize a school improvement coach to support the completion of data analysis, receive feedback on your work, and suggest best practices and promising approaches based on the unique context of your school or district; and,
- Leave with a completed action plan for the coming year that is informed by the cycle of action, Global Best Practices, and specific feedback from other participating teams.

WHEN: Wednesday June 22, 2016, 1:00 p.m. – Friday, June 24, 2016 3:00 p.m.

WHERE: Point Lookout, Northport, Maine

WHO: District, School, and Teacher Leaders

LODGING: Point Lookout is offering 1,2, and 3 bedroom cabins

REGISTRATION: Opens December, 2015

COST: \$2,000 per team (up to four people), \$375 for each additional member

FMI: Visit our website or contact dhart@greatschoolspartnership.org, or call 773-0505

CALL THE MPA HELP LINE

207-622-0217

*We are here to help you
and answer questions!*

Extensions:

24 = Dick Durost	22 = Tammy McNear
25 = Mike Burnham	27 = Diane Patnaude
26 = Holly Couturier	30 = Patty Newman
41 = Gerry Durgin	

Follow us on Twitter!

MPA Professional—@DurostMPA

MPA Professional Division—
Holly Couturier—@HDCouturier

MPA Interscholastic—
@MPAsportsDurost

Follow us on Instagram!

MPA Professional—MPA_PD_Holly

The Maine Apprise is published 10 times a year, September to June, by the Maine Principals' Association.

The Apprise welcomes articles from its members and other representatives of the education community. Please submit them to the editor by the first day of the month preceding publication.

The material published in this newsletter does not necessarily reflect the opinion or views of the Maine Principals' Association.

For advertising or subscription rates, please write or call the address below.

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Educating for life.

Do You Know an Outstanding Elementary, Middle Level, or High School Principal?

The Maine Principals' Association, in cooperation with the National Association of Elementary School Principals and the National Association of Secondary School Principals invites you to nominate an outstanding elementary, middle level, or high school principal for consideration as *Maine's 2016 Principals of the Year*.

The successful candidates will represent Maine at the 2016 National Principals' Programs that will be held in the fall of 2016 in Washington, D.C.

The Maine Principals' Association will honor our state's 2016 Principals of the Year at an awards banquet during the 2016 MPA Spring Conference at the Samoset.

Middle/High School Principal of the Year ~ [Click Here](#).

National Distinguished Principal of the Year (elementary) ~ [Click Here](#).

Recognition Counts

Take advantage of the numerous opportunities for you to nominate an exemplary member of our educational community in Maine. Commit a few moments to shine your light on excellence.

Larry LaBrie Award for Outstanding Contributions to the MPA Interscholastic Division ~ [Click Here](#).

Dr. Phyllis Deringis Service to Maine Youth Award ~ [Click Here](#).

2016 Secretary of the Year Award ~ [Click Here](#).

For more information and/or nominate someone, please contact Tammy McNear at 622-0217, ext. 22 or tmcnear@mpa.cc. Deadline for nominations and completed applications (as required) is December 23, 2015.

PRincipal Tips

The PTO/PTA is an important group in your school family. Here are some ideas to work effectively with its members:

- ✓ **Hold the first PTO/PTA meeting before the school year begins.** Discuss plans for the year and ask for input and advice.
- ✓ **Be sure your PTO/PTA members are familiar with district and school policy.** This can preempt many conflicts.
- ✓ **Introduce officers to your staff.** Give staff opportunities to get to know them.
- ✓ **Hold regularly scheduled meetings with executive officers.** Never delegate this to another staff member.
- ✓ **Keep officers' phone numbers and email addresses handy.** Contact them periodically to keep communication lines open.
- ✓ **Include the PTO/PTA in your plans for the school.** Share with them the bad, as well as the good, things that happen.
- ✓ **Give your PTO/PTA positive recognition.** An appreciative principal will find members willing to work harder than one who takes them for granted.

—National School Public Relations Association,
PRincipal Communicator,
October 2015.

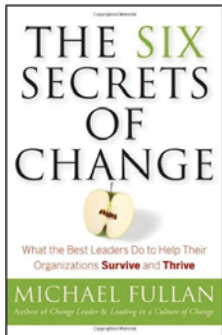
"LIKE US" ON FACEBOOK!

Click on the link below to go to our Facebook Page:

<https://www.facebook.com/pages/Maine-Principals-Association-Professional-Division/1703592959867688>

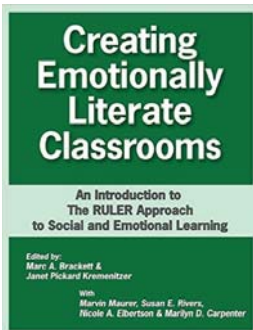
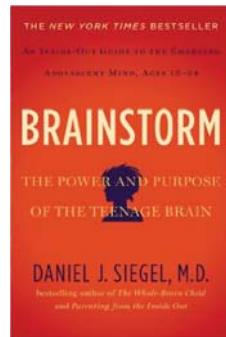


Professional Reading Suggestions



The Six Secrets of Change: What the Best Leaders Do to Help Their Organizations Survive and Thrive by Michael Fullan. "The Six Secrets of Change explores essential lessons for business and public sector leaders for thriving in today's complex environment. Fullan draws on his acclaimed work in bringing about large-scale and substantial change in education reform in both public school systems and universities, as well as engaging in major change initiatives internationally. This book is filled with lessons that are insightful, actionable, and concisely communicable."

Brainstorm: The Power and Purpose of the Teenage Brain by Daniel Siegel. "Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. Drawing on important new research in the field of interpersonal neurobiology, Siegel explores exciting ways in which understanding how the brain functions can improve the lives of adolescents, making their relationships more fulfilling and less lonely and distressing on both sides of the generational divide."



Creating Emotionally Literate Classrooms: An Introduction to the RULER Approach to Social Emotional Learning by Marc Brackett and Janet Kremenitzer. "Written by researchers and educators, and using the RULER approach: Recognizing, Understanding, Labeling, Expressing and Regulating, this book documents the importance of emotionally literate teachers and provides practical advice for the implementation of a researched emotional literacy program for upper elementary students. It reinforces the positive relationship between emotional literacy and effective teaching, successful academic performance and quality relationships."

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Observances

- * **December 1**
 - Rosa Parks Day
Recognizing an important event in the civil rights movement
- * **December 3**
 - International Day for Persons with Disabilities
- * **December 4**
 - World Wildlife Conservation Day
- * **December 7**
 - International Civil Aviation Day
- * **December 7 - 11**
 - Computer Science Education Week
- * **December 10**
 - Human Rights Day
Anniversary of the adoption of the Universal Declaration of Human Rights in 1948
- * **December 15**
 - Bill of Rights Day
The first 10 amendments to the U.S. Constitution were ratified on this day in 1791.
- * **December 17**
 - Anniversary of the Wright Brothers' Flight
- * **December 22**
 - First Day of Winter
 - Crossword Puzzle Day
- * **December 25**
 - Christmas
- * **December 26**
 - Boxing Day
Celebrated in Canada
- * **December 26 - January 1**
 - Kwanzaa

We encourage you to patronize the following hotels and resorts which generously donated getaways for two that were drawn at the MPA Fall Conference:

* DoubleTree by Hilton, Portland

* Ramada Conference Center

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**Samoset Resort** (Evaluation)—Peter Loiselle, Dr. Lewis S. Libby School, Milford; and

**Hampton Inn, Waterville** (Vender Bingo)—Amy Peterson-Roper, Ellsworth Elementary Middle School.

## Featured Regions!

Each month, the *Apprise* is going to feature at least three schools from each of the eight regions in Maine. There are many great things going on in our schools that people don't know about, and it's time THEY ARE spotlighted! The December *Apprise* features the Aroostook Region. Next month we will feature the York Region. If you would like to have your school spotlighted, please send Holly Couturier an e-mail stating your interest and at least one great thing about your school. She will contact you and make arrangements for an hour long visit. During her visit, she will not only speak to you and take a picture of you and the school, she would also like to talk to students in your school and get their perspective of "What makes their school and principal great?" Enjoy!

## Central Aroostook Junior / Senior High School



Central Aroostook Junior / Senior High School is a grades 7-12 school in Mars Hill, Maine. 212 students are taught by 21 teachers and four educational technicians. They have a 40% free and reduced lunch rate and a 21% special education population.

Walking around the halls of Central Aroostook Junior / Senior High School, you get a sense of pride and community. The walls are lined with MPA Gold Balls, Sportsmanship Banners, and paintings from different classes that demonstrate school pride. The junior high wing of the school has two grade 7 classes and two grade 8 classes. These rooms are piloting proficiency-based education and report back to the entire staff on best practices.



Central Aroostook Junior / Senior High School is one of the few schools in the state that offers a full Industrial Arts program. They work with the community to build whatever the needs of the community are. For example, Fort Street Elementary School in Mars Hill needed a place to put materials and posed this need to the IA class. The class in turn designed the container and then built it from scratch. People from the community will also ask for different items and for the cost of the materials, and a donation to the program, students have the opportunity to meet the needs of the community - a true hands-on experience!

One of the best aspects of Central Aroostook Junior / Senior High School is their "Power Hour." Principal Kay York researched the benefits of giving students time in the middle of the day to connect with other students and teachers. This unstructured time allows the students to get their lunch and eat anywhere in the school. They eat, socialize with peers, and get help from teachers.

According to Mrs. York, "The research points out the importance of sense of belonging in relation to higher academic achievement. 'Power Hour' is one way to promote a sense of belonging for the teens and ultimately, hopefully, it will impact academic achievement. Attendance has also improved for many students and the kids love it!" During this time the guidance counselor and principal walk around and socialize with the students as well as making sure things are running smoothly.



During my visit, I had the opportunity to speak with 9th grader, James, 10th grader Caleb, 11th grader Emilee, and 12th grader Gwendolyn. They like the opportunity to socialize during lunch. "Because we are so small, we are like a family. We don't have any cliques and we are really close. Power hour allows us to get extra credit, meet with our teachers, and talk with our

friends. It teaches us accountability because we are responsible for meeting the expectations set by our teachers. Mrs. York walks around during Power Hour and she knows every single kid in the school. She cares about us."

If you want more information about Power Hour and the positive results it is having on the students at Central Aroostook, I highly advise you to either give Mrs. York a call or go see it in action!

### Contact Information:

Central Aroostook Junior / Senior High School, 26 Pleasant Street, Mars Hill, ME 04758 ~ 207-425-2811

Principal: Kay York

E-mail: [kyork@sad42.us](mailto:kyork@sad42.us)



## Eagle Lake Elementary School

Eagle Lake Elementary School is a pre-k to five elementary school in the small northern Maine town of Eagle Lake. Three teachers and one special education technician teach the 41 students. They have a 44% free and reduced lunch rate and a 20% special education population.

Built in 1964, the school once housed a full classroom for each grade kindergarten through grade eight but due to consolidation and fewer students the school now has three multi-graded classrooms. They share principal, Paul Michaud, with Fort Kent Elementary School where he is also the assistant principal.



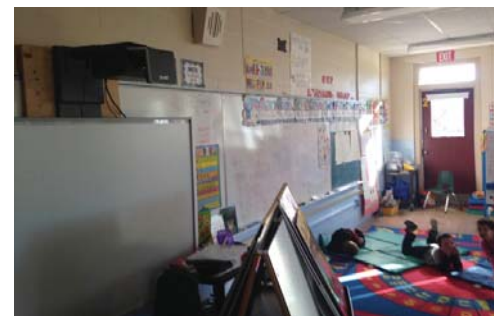
Although they are smaller than they once were, the staff and students continue to expand student learning. One of the beautiful aspects of being a small school is having easy access to other grades. Multi-graded classrooms allow for students who work at one grade level to be appropriately challenged by their academic ability – not just the grade for which they are currently enrolled. Staff are able to provide individualized instruction for each of the students. Student growth and learning is apparent throughout the building. Teachers proudly demonstrate student work on the walls of the school.



Another benefit to being a smaller school is the ability for all students to know all of the other students and staff. The older students take care and help to mentor the younger students. "They are a family," says Mr. Michaud, "100% of the students go out to recess at the same time each day and all of the students play with each other – no one is left out."

Walking into the grades 3-5 classroom, it was exciting to see the amount of technology available to the students. They are 1:1 with iPads and have a Smart Board and Tandberg in their classroom. Students from around the district travel to Eagle Lake to experience virtual field trips around the world. The students in Eagle Lake may live in a rural area, however, these students have been to a zoo in Minnesota and "travelled" to Washington State to build a robot.

"We make learning fun and the students really enjoy it," states Mr. Michaud. "It's important for them to be able to experience different things around the world." Eagle Lake Elementary definitely makes the world accessible to their students. If you want more information on how they do this using technology, give them a call or go visit – you will be happy you did!



### Contact Information:

Eagle Lake Elementary, 24 School Street, Eagle Lake, ME 04739 ~  
207-444-5213

Principal: Paul Michaud

E-mail: paulmichaud@sad27.org



## Easton Junior Senior High School

Easton Junior Senior High School is a grades 7-12 school in Easton, Maine. It houses 100 students who are taught by 14 teachers and three educational technicians. They have a 33% free and reduced lunch rate and a 20% special education population.

Tradition is prevalent in Easton. Many people who now live in town grew up in Easton and maintain the community expectations for students and schools that emphasizes respect. From the moment the students enter the school, there is an electric buzz from the chatter among students and staff. As soon as the bell rings, the halls are silent and learning takes place.

Another community/school tradition, the Junior Exhibition, is an opportunity for all Juniors to memorize a piece of literature and then have the opportunity to publically present it to the community. Those that present are judged and have the opportunity to win a medal. 11th grader, Jake, spoke about the Exhibition. "Easton recently celebrated its 150th year anniversary and so our history teacher took us to the local cemetery to learn about the founding members of the community. We then got to choose one of the founders, dress up like him or her and then present a piece of literature from that time. It was really cool!"



When asked "What makes your school great?" 11th grader Elise, responded with, "What doesn't make our school amazing? We are small so everyone knows everyone else and we all trust each other. We have no more than 14 students in our classes and because we know each other so well, we are not afraid to be ourselves. We can have open discussions that other schools may not be able to have because of their size."

Located next door to Easton Elementary, Easton Junior Senior High School shares music, art, special education, and gym resources with their younger counterparts. They also share a cafeteria so every day the older students walk across the yard to have lunch. The day of the visit, Easton Junior Senior High School students walked over to participate in a Veteran's Day Assembly.

Principal Cameron Adams doesn't hesitate to proudly state that "No kid is left behind at Easton Junior/Senior High. Every week we pull a weekly failure report and identify students who need additional support in reading and math. Then we look at the students who are on the cusp of failing and place them in appropriate interventions. We also have the ability of offer clubs, book studies, and study halls for those who are meeting all standards. We look at 100% of our students every week. At our school, failure is not an option."

### Contact Information:

Easton Junior Senior High School, 173 Center Road, Easton, ME 04740 ~  
207-488-7702

Principal: Cameron Adams

E-mail: [cameron.adams@eastonschools.org](mailto:cameron.adams@eastonschools.org)





# MPA Photo Album

*Education Leaders Experience ~ November 13, 2015*



# MPA Photo Album



**MPA Fall Conference  
November 19-20, 2015**

