

THE MAINE APPRISE

A Publication of the Maine Principals' Association

Volume XXIV, Number 7

March 2016

From the Executive Director ...

Humble and Kind

This year's race for President of the United States has me ready to offer several pieces of unsolicited advice. First, has anyone else heard quite enough of the new acronym for President of the United States -- POTUS?? The use of the term diminishes the respect that should be accorded the man or woman holding the most powerful and important position on earth. But maybe, just maybe, we should withhold our own respect for the office of president until the candidates start showing a little respect for it themselves.

How do we as educators, parents and grandparents try to explain the behavior of those running for President? Can any reasonable, thinking adult explain what we see on the evening news, in the newspaper, or in on-line blogs every day? Any child on school playgrounds or in hallways or classrooms who behaved like this would be counseled, chastised, given a time-out, suspended, disciplined, and counseled again and again for such inappropriate behavior and language. We as educators have spent years recently trying to explain away the inappropriate behavior and language of some of our own state politicians by saying that this is an anomaly -- it's unique to this time and place in Maine. An entire country would not accept such an insult to common decency -- right?? Evidently we would.

So here is where the unsolicited advice continues. Bear with me as I place the advice in context. There is a popular country song, right now, sung by Tim McGraw and written by Lori McKenna. I may have just lost some of you by referencing a country song but for you sports fans, the following may bring you back. Tim's dad was Tug McGraw, famous pitcher for the Philadelphia Phillies and other Major League Baseball teams.

The Title of the song is "Humble and Kind" with the key, repeated line being "Always be humble and kind". Four lines in particular stand out to me and should cross all party lines and definitions of decency.

"Don't expect a free ride from no one, don't hold a grudge or a chip and here's why. Bitterness keeps you from flying, always stay humble and kind."

Unfortunately some of the candidates who appear to espouse these qualities also appear to be receiving very limited support from the public. Have we reached the point where our society listens only to what we used to refer to as the "shock-talk" mentality once limited to late night radio talk show hosts?

The chorus of the song begins with the following: "Hold the door, say please, say thank you. Don't steal, don't cheat, and don't lie. I know you've got mountains to climb. Always stay humble and kind."

Can't these simple requests for common decency and the golden rule be meshed with the recognition that "I know you've got mountains to climb?" Isn't it possible to combine some sense of class and decency with aspirations to be our President? Can't we please have a strong leader who also stays humble and kind?

The chorus ends with the following plea: "When the dreams you're dreaming come to you, when the work you put in is realized, let yourself feel the pride, but always stay humble and kind."

(Continued on Page 2)

MPA SPRING CONFERENCE

Mental Health vs. Mental Illness in Maine: How To Support Our Students and Ourselves with National Alliance on Mental Issues and Spurwink

April 28-29
Samoset, Rockport

Keynote Presentations:

Thursday, April 28—**Brianne Masselli**, Director of Technical Assistance and Evaluation for Youth M.O.V.E. National, *Surviving to Thriving: Overcoming A Trauma-Induced Childhood.*

Friday, April 29—**Jenna Mehnert**, Executive Director, NAMI Maine, *Beyond the Behaviors: Changing Perceptions on Mental Health.*

Sessions Include:

- * **Suicide Protocol - Part I and II**
- * **What's In Their Back Pack**
- * **Networking - Elementary**
- * **Suicide Awareness**
- * **Childhood Trauma**
- * **Networking - Middle Schools**
- * **Self Harm**
- * **Functions of Behavior**
- * **Poverty Comes to the Classrooms**
- * **Networking - High Schools**
- * **Mental Health Supports and Resources**
- * **Trauma Informed Yoga**
- * **Creating A Positive Environment**
- * **So You Didn't Receive A Hard Hat at Orientation**

Click [HERE](#) To Register.

Planning to Retire?

If you are or know about a principal, assistant principal, or career and technology center director who is planning to retire this year, please notify Patty at the MPA by April 1. The association will honor its retiring members at the annual MPA Awards Banquet that will be held on April 28, as part of the Spring Conference at the Samoset.

From the Executive Director . . . (Continued from page 1)

Sadly someone out of this pack of aspiring leaders will be elected President of the United States. I use the term aspiring because I've seen remarkably little leadership but a whole lot of aspiring. I hate to think that we might have to spend the next four to eight years explaining to children, many who have yet to start school, why character, behavior, and appropriateness of the most powerful leader of the world should and does matter.

I'm not proposing that we vote for Tim McGraw for president. But I for one would be a lot more likely to support any candidate whose platform reflected the commitment to "ALWAYS STAY HUMBLE AND KIND!"

~ Dick Durost

"Be careful what you pretend to be because you are what you pretend to be."

~ Kurt Vonnegut

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

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

NAESP Report

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

Every Student Succeeds Act – ESSA

NAESP was consulted throughout the crafting of the *Every Student Succeeds Act* which was signed into law on December 10, 2015. This act put an end to the *No Child Left Behind Act*. Over winter break, I had time to look at the brief summary prepared by NAESP that highlights sections important to principals. This summary can be found at the following link <http://www.naesp.org/brief-summary-every-student-succeeds-act>. I encourage all members of the Maine Principals' Association to read this brief summary and click on the full summary link provided. This law will go into effect on August 1, 2016 and there are many changes that will require planning and implementation at the state, district and school level.

I will be attending the NAESP National Leaders Conference in Washington, D.C. this month and will have the opportunity to meet with our State Senators and Representatives. Talking points during these meetings will focus on, but not be limited to, implementation of the *Every Student Achieves Act* (ESSA), higher education as it relates to teacher and principal preparation, and student data privacy.

NAESP Members Benefits Corner

The focus of the upcoming MPA's Spring conference is *Mental Health vs. Mental Illness: How to support our students and ourselves*. New resources are now available from NAESP that support Mental Health and Well-Being. Please take a moment to look at some new evidence-based programs designed to support mental health issues that impact our students. <https://www.naesp.org/content/mental-health>

Thank you for all your support and I encourage you to contact me with any questions you may have about the benefits of NAESP membership.



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Educating for life.

MPA to Honor Outstanding Seniors and Award Ten \$1,000 Scholarships

The annual MPA Honors Luncheon will be held on Saturday, April 2, 2016 at the Spectacular Event Center in Bangor.

Each high school principal from an MPA member school names a senior award recipient who is invited to the luncheon and receives the MPA's Principal's Award. The criteria for the award are academic excellence, citizenship, and leadership. Each school defines and interprets these criteria in its own setting.

At the conclusion of the luncheon, a drawing will be held for five \$1,000 Horace O. McGowan and Richard W. Tyler Scholarships plus five additional scholarships for a total of ten scholarship opportunities! The school's recipient must be in attendance to be eligible.

Information regarding the luncheon has been sent to all MPA member school principals. If you have any questions, please call Patty at the MPA at 622-0217, ext. 30.

Interested in Becoming a Mentor for a New Principal or A.P.?

The MPA is proud to offer mentor/coaching for new principals and assistant principals in our state. The program, now in its 10th year, has three new principals working with mentor/coaches in the year two cohort and four new administrators working with mentor/coaches in the year one cohort.

The MPA will offer Mentor/Coach Orientation and Training this summer. More information will be sent to members this spring. Give consideration to joining the cadre of trained mentor/coaches who are giving back to the profession by working closely with our newest colleagues.

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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Daniel Welch, Boothbay Region High School, President-elect
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Holly Couturier Editor/Assistant Director
Gerald Durgin, Assistant Director

MPA Summer Leadership Retreat

MPA in partnership with Great Schools Partnership will offer the MPA Summer Leadership Retreat at Point Lookout in Northport on June 22-24, 2016.

Click [HERE](#) for more information and to register!

CALL THE MPA HELP LINE
207-622-0217

We are here to help you and answer questions!

Extensions:

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

PRincipal Tips

Making a good impression every day rests in simple customer-service tactics like these...

- **Tell them your name.** Be sure to introduce yourself when speaking at school events.
- **Provide a warm introduction,** whatever the circumstance.
- **Eliminate negative language.** Minimize the use of negative words or phrases when in conversation with parents, students, and staff.

No one likes hearing the words *can't, don't, won't, not, no, and sorry*. Look for opportunities to say *can, will, yes, certainly, and absolutely*.

- **Talk less. Listen more.** Try to understand other viewpoints. Listen to students, staff, and parents as if each interaction is going to end with a test. Then, paraphrase to check your understanding.
- **Treat everyone you interact with at school like a board member or the superintendent.** Acknowledge people immediately and do everything possible to make them feel their viewpoint is important to you.

—National School Public Relations Association,
PRincipal Communicator,
February 2016.

Follow us on Twitter!

MPA Professional—@DurostMPA
MPA Professional Division—
Holly Couturier—@HDCouturier

Looking Ahead

- * **"National Honor Society"** — The annual banquet will be held on March 10 in Brewer, and the convention will be held on Friday, March 11 at the University of Maine at Orono
- * **"Having Hard Conversations"** with Jennifer Abrams— March 31, MPA Conference Center, Augusta (**Full to Capacity**.)
- * **Secretaries' Conference - "Maine School Law for School Secretaries"** with Drummond Woodsum's Ann Chapman and Jeana McCormick, April 6 at the Hilton Garden Inn in Bangor (**Click Here**) and April 7 at the Harraseeket Inn in Freeport (**Full to Capacity**)
- * **MPA Spring Conference** - April 28-29, Samoset, Rockport
Mental Health vs. Mental Illness in Maine: How To Support Our Students and Ourselves (**Click Here**)
- * **"Building Supportive, Connected Schools: Preventing Bullying, Preventing Harm"** with Stan Davis, May 10-11, MPA Conference Center, Augusta (**Click Here**)
- * **MPA Summer Leadership Retreat** with Great Schools Partnership, June 22-24, Point Lookout, Northport. (**Click Here**)
- * **Special Education Law Summer Institute** with Drummond Woodsum, July 12-15, Thomas College, Waterville (**Click Here**)
- * **Maine School Law Finance Institute** with Drummond Woodsum, July 10-22, Drummond Woodsum, Portland (**Click Here**)
- * **Maine School Law Summer Institute** with Drummond Woodsum, July 26-29, Point Lookout, Northport (**Click Here**)

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The advertisement shows three children from behind, standing in front of a green chalkboard. They appear to be writing or drawing on the board. The text is overlaid on the image.

Observances

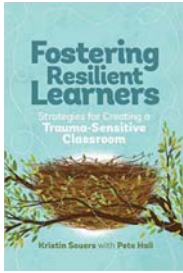
- * **March 1-31**
 - Music in Our Schools Month
 - Youth Art Month
- * **March 1**
 - Peace Corps Anniversary
- * **March 2**
 - Read Across America Day
 - Dr. Seuss's Birthday
- * **March 3**
 - Adoption of U.S. National Anthem in 1931
- * **March 7-11**
 - National School Breakfast Week
 - School Social Work Week
- * **March 13**
 - Daylight Saving Time Begins
- * **March 14-18**
 - LGBT Awareness Week
 - National Wildlife Week
- * **March 17**
 - St. Patrick's Day
- * **March 20**
 - First Day of Spring
 - Palm Sunday
- * **March 21-25**
 - Poison Prevention Week
- * **March 24**
 - Purim
- * **March 25**
 - Good Friday
- * **March 27**
 - Easter

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.

Professional Reading Suggestions

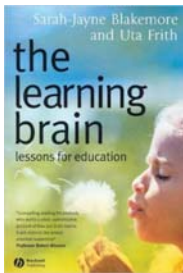


Fostering Resilient Learners by Souers, K. and Hall, P.

"Grounded in research and the authors' experience working with trauma-affected students and their teachers, **Fostering Resilient Learners** will help you cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and educational settings. The authors--a mental health therapist and a veteran principal--

provide proven, reliable strategies to help you:

- Understand what trauma is and how it hinders the learning, motivation, and success of all students in the classroom.
- Build strong relationships and create a safe space to enable students to learn at high levels.
- Adopt a strengths-based approach that leads you to recalibrate how you view destructive student behaviors and to perceive what students need to break negative cycles.
- Head off frustration and burnout with essential self-care techniques that will help you and your students flourish."



The Learning Brain: Lessons for Education by Blakemore, S. and Firth, U.

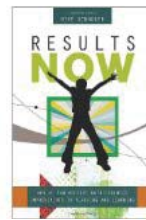
"In this groundbreaking book, two leading authorities in the field review what we really know about how and when the brain learns, and consider the implications of this knowledge for educational policy and practice.

- Pioneering book in emerging field from two leading authorities;
- Reviews in an accessible style what we know about how

and when the brain learns

- Draws out the implications of this knowledge for educational policy and practice;
- Covers studies on learning during the whole of development, including adulthood; and
- Looks at what we can learn from brain research about children with learning difficulties, and how this can inform remedial education."

Results Now by Schmoker, M.



"According to author Mike Schmoker, there is a yawning gap between the most well-known essential practices and the reality of most classrooms. This gap persists despite the hard, often heroic work done by many teachers and administrators. Schmoker believes that teachers and administrators may know what the best practices are, but they aren't using them or reinforcing them consistently. He asserts that our schools are protected by a buffer—a protective barrier that prevents scrutiny of instruction by outsiders. The buffer exists within the school as well. Teachers often know only what is going on in their classrooms—and they may be completely in the dark about what other teachers in the school are doing. Even principals, says Schmoker, don't have a clear view of the daily practices of teaching and learning in their schools.

Through strong teamwork, true leadership, and authentic learning, schools and their students can reach new heights. **Results Now** is a rally cry for educators to focus on what counts. If they do, Schmoker promises, the entire school community can count on unprecedented achievements."

Education Leaders Experience (ELE)

The Education Leaders Experience (ELE) program is administered by Educate Maine in partnership with Unum and the Maine Principals' Association. The ELE program: 1) Offers established educational leaders a unique experiential learning opportunity; 2) Is designed to build strong relationships between educational leaders and partners; 3) Creates a collaborative support network of leaders statewide; and 4) Provides exclusive access to key community and business leaders who provide insight on how we can prepare Maine students to participate productively in the Maine economy.

Participants will join 25 colleagues from across Maine selected for their leadership skills, talents, and life experiences. All share a core commitment to helping Maine kids reach their full potential. The *ELE Epsilon Class* will be eligible for contact hours (not CEUs) as well as graduate level credits.

To Apply for the *ELE Epsilon Class*, please click [HERE](#) to complete the application.

Delta Class Calendar:

- Opening Retreat: Sugarloaf (July 30-31)
- Session 1: University of Maine, Orono and Cianbro, Brewer (October 16)
- Session 2: The Jackson Laboratory and MDI Biological Lab, Bar Harbor (November 13)
- Session 3: Hussey Seating Company and Pratt & Whitney, North Berwick (January 8)
- Session 4: Maine State House – Mock Legislative Day, Augusta (February 5)
- Session 5: Unum and Maine Medical, Portland (April 1)
- Project Presentations: Thomas College, Waterville (May 6)
- Closing Retreat: Moosehead Lake, Rockwood (June 27-28)

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 March *Apprise* features the Northeast Region. Next month we will feature the Midcoast 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 MIDDLE SCHOOL

Central Middle School is a grades 6-8 school in Corinth, Maine. They house 235 students who are taught by 24 teachers and six educational technicians. They have a 55% free and reduced lunch rate and an 11% special education population.

Walking through the halls of Central Middle School, you can see the presence of student voice. There are art murals throughout the building that students drew, voted on, and the painted on the walls of the school. Principal Jonathan Perry says that, each class "leaves a legacy" on the walls that demonstrate "Panther Pride." Other examples of student voice was the naming of the school mascot, "Champion," and the development of the school flag.



I had the pleasure of speaking with 6th grader Katie, 7th grader Matthew, and 8th grader Kaitlynn. When asked, "What makes your school amazing?" they all smiled and spoke about the feeling they get when they walk in the school. "When we get here in the mornings, the teachers let us talk to our friends before we start learning. We get to live the middle school life. We really enjoy our friends." They addressed getting to vote on things at the school. "It's important for us to vote. We are part of this community and it's important for each of us to have a say in what is going on in our school. It helps us become close – like a family."

Kaitlynn has been given the opportunity to paint the gym wall – the entire length of the gym wall. She and her father (who designed and painted the center mural on the gym floor) are creating a piece of art that will last for many years to come. "I wanted to do this because I want to give back to my school. It has given me so much, this is one way I can say 'Thanks.'"



The staff at Central Middle School works hard to make every child feels a part of the school. This is evident by the number of clubs for which the students can be included. Rachel's Challenge, Art Club, Chess Club, Math Team, Knitting/Crocheting Club, and different intramurals are offered to all students – with a late bus provided to give all students a ride home after they meet. If there is an interest in a particular activity, the staff work with the students to create a club and meet that need.



When asked his opinion on what makes his school great, Mr. Perry says proudly, "We work hard to celebrate student success. Each of the students is viewed as an individual and it is important to note academic, athletic, and outside-of-school success stories. We need to hear the students' voices. Their voice matters."

Contact Information:

Central Middle School, 416 Main Street, Corinth ME 04427 ~ 207-285-3177

Principal: Jonathan Perry

E-mail: jperry@rsu64schools.org

Etna-Dixmont Elementary School



Etna-Dixmont Elementary School is a grades pre-K to 8 school in Etna. They house 227 students who are taught by 36 staff. EDS has a 63% free and reduced lunch rate and a 12% special education population.

"Community relations" are the two words that jump to the forefront when visiting this quaint elementary school in Etna. The school is made up of two separate towns who work closely together for the benefit of the students – including building the school over the town line. The school has a very active parent group (with parents from both towns) who work hard to raise money for all of the field trips, visiting theatre productions, the SkyDome Planetarium, the EDS sports program and materials and

supplies that support both literacy and mathematics.

In the fall, generous community members donate school supplies and back packs. During the holidays, they support families in need with food, clothes and toys that are distributed by the school. The towns' fire departments plan a whole school event for Fire Safety Day every October and Selectmen from both towns are on the judge's panel at the Annual Science Fair each spring.

The school also receives support from Modern Woodmen of America, the Galen Cole Family Foundation, Sebasticook Valley Health, Kohl's Cares Grant, and Peacemeal Farm. Over the past four years, these organizations have generously awarded grants of Kindles, SmartBoards, LCD projectors, Apple TVs, landscaping projects (trees, flowering bushes, raised beds), garden benches and swing, and the construction and planting of the new school garden that supplies in-season vegetables for both student snacks and lunches.



In speaking to Principal Jane Stork, she said, "We have an experienced staff who work hard to support students' emotional and academic needs. This helps to foster the community relations and helps us be the school we are."

I had the pleasure of touring the school with two 8th grade students: Olivia and Marian. They brought me around the school where students in many classrooms had incredible things to share about their school. "All of the students here are respectful. We are all our own individuals and the teachers treat us that way. They support us academically and athletically. For example, the sports really rely on academics. If we aren't passing our classes, we can't play. But sports help us with our academics too. It helps us keep good

grades and prepares us for the future."

When speaking to the younger students in the school, they said, "Teachers and students help others when they are in need of help." "We all show grit and perseverance," (this came from a 2nd grader), and "we are confident in our work." "Students get positive recognition from nice teachers." As one kindergartener stated, "We show respect, listen, do our jobs, and don't argue with the teachers. We are good friends to each other."

If you want to see a school where the students live the vision of "Eagle Pride," Etna-Dixmont Elementary School is the place to visit.

Contact Information:

Etna-Dixmont Elementary School, 2100 Dixmont Rd, Etna, ME 04434 ~ 207-922-0735

Principal: Jane Stork ~ Assistant Principal: Beverly Pare

E-mail: jstork@rsu19.org



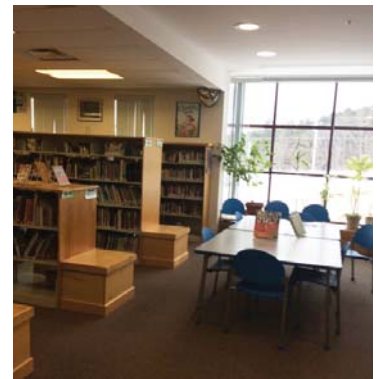


Windsor School

Windsor School is a preK – 8 school in Windsor, Maine. They house 293 students who are taught by 28 teachers and 13 educational technicians. They have a 53% free and reduced lunch rate and a 24% special education population. Even given these demographics, Windsor School is one of the highest performing schools in the state of Maine for their population.

Walking through the halls of this beautiful, clean, and colorful school, you can see students' learning throughout the entire building. Art work is hung on the walls, student writing is displayed for all to read, and students' films play during school assemblies. Students of all grade levels were working independently using technology as a learning tool. Upon entering classrooms, the majority of the students were working on cross-curriculum projects to prepare for an upcoming evening event.

Working together as a whole school is a special highlight to Windsor Elementary. Each grade is responsible for demonstrating their learning on a specific grade-level topic at a school-wide evening event, "Night at the Museum." It is not unusual to witness 2nd graders presenting dioramas on Maine habitats while 5th grade students have a PowerPoint presentation on Maine trades. When talking about this culminating evening event, Principal Maggie Allen said, "One of the best aspects of being a K-8 school is the opportunities for students of different ages coming together to help each other. Major kudos to our art teacher, Genevieve Keller, and our writing teacher, Helen Beesley, for coordinating this opportunity!"



Shared leadership is fostered at Windsor Elementary. Teachers are encouraged to be leaders. The majority of professional development offered to staff is presented by staff. "We are each other's best resource." Because of this, teachers take ownership in their learning, their leadership abilities, and are growing in the craft of teaching. This has helped to create a culture and climate of lifelong learners. A teacher at Windsor Elementary said, "Shared leadership has allowed our principal to be a facilitator of learning."



This was evident while touring this incredible school. Entering many of the classrooms, principal Maggie Allen was able to walk up to any child and have a full conversation about what they were learning, why, and how it was going to be applicable to future learning. The students and staff were comfortable with her being present to witness the great things going on in the classroom.

If you want to see an environment where student learning is at the forefront of every decision made at the school, I highly encourage you to visit Windsor Elementary.



Contact Information:

Windsor School, 366 Ridge Road, Windsor, ME 04363 ~ 207-445-2356

Principal: Maggie Allen

E-mail: magallen@svrsu.org

MPA Photo Album

EDUCATION LEADERS EXPERIENCE LEGISLATIVE DAY

