

THE MAINE APPRISE

A Publication of the Maine Principals' Association

Volume XXVIII, Number 2

October 2019



From the President . . .

**Matthew Haney, Principal,
Mount Desert Island High School and
President of the MPA**

Now that we're a month into the school year, I would be willing to bet that at some point this year everyone reading this issue of *The Apprise* has struggled with the immense pressure of the responsibilities we all have pressing down on us. Most of us have weathered the storm and kept forging ahead. Some of us have had a harder time bouncing back. I would like to submit that one of the solutions to help build resilience lies in the phone that resides in our pockets:

Eliminate the Negative - To me, one of the most challenging aspects of being a building leader is the ever-present feeling of connectedness. We're never really off the clock. While it's true that there are some circumstances in which we must be reachable, the vast majority of "emergencies" can wait until school hours. I have found it important to communicate with faculty, staff, and the central office: 1) What types of situations call for immediate contact, and 2) The format in which that contact is best made. For me, it's a phone call to my cell number followed up by a text if necessary. Clarifying this process has allowed me to remove email from my phone. The liberating impact has been immediate and profound.

Build a Professional Learning Network (PLN)

Social media platforms like Twitter and Voxer are populated by lots of educators who are eager to share positive messages about their work. I find it restorative to peruse the resources and uplifting messaging there as often as I can. It can also be rewarding to engage in dialogues, share success stories, and seek advice through such a network. Many of the school leaders who participate in PLNs also host podcasts, which can be a great way to pass the time during long drives. One that I've begun listening to is called Educational Leadership and Beyond which is produced by Andrew Marotta, one of the keynote speakers at our upcoming MPA Spring Conference. It's worth a listen and gives a nice sneak peek at what's coming our way.

Advocate for the Profession

Another way to build momentum as an educational leader is to speak out on issues that impact our work. Both the National Association of Secondary School Principals (NASSP) and the National Association of Elementary School Principals (NAESP) utilize mobile tools that make it easy for principals to advocate directly with elected officials simply and with immediate impact. More than once I've used the NASSP tool and within a day or two got a direct and affirming response from one of our federal members of Congress.

Being a healthy school leader is about taking intentional steps to refill our cups to protect against the inevitable drain we are faced with. I'd love to hear the strategies you put in play to stay strong. Let's work to support each other and keep this conversation rolling out there in the Twitter world!

Matt Haney can be found on Twitter at @mhaneyprincipal.

MPA Fall Conference

November 21-22, 2019

Double Tree by Hilton Hotel,
South Portland

Keynote Presentation

***Leadership Secrets That Work: From
the Classroom to the Boardroom***

Thursday, November 21, 2019

9:45-11:45 a.m.—Keynote Presentation with
Alex Kajitani

11:45 a.m.-1:00 p.m.—Lunch

1:00-4:25 p.m.—Concurrent Sessions

School Evaluation and the Law

with

Pete Felmly and Kathleen Landis
Drummond Woodsum

Friday, November 22, 2019

8:45 a.m.-9:45 a.m.—Keynote:
The Importance of Teacher Leadership
with Teach to Lead Maine

10:00 a.m.-11:00 a.m.—Concurrent Session IV

11:05 a.m.-12:00 p.m.—Lunch

12:00-2:00 pm.—Keynote Presentation
with Pete Felmly and Kathleen Landis
Drummond Woodsum

Click [HERE](#) for a list of
Concurrent Sessions and
Descriptions.

Click [HERE](#) to Register

PROFESSIONAL OFFERINGS

Assistant Principals' Conference

"Shining A Light Through Darkness: Proactive Approaches to Challenging Situations"

~ October 20 and 22, 2019 * Samoset Resort, Rockport ~

A G E N D A

Click [HERE](#) to Register.

Monday, October 21, 2019

9:00 a.m. ~ Registration

9:30 a.m. ~ Program Begins

Tuesday, October 22, 2019

7:15 a.m. ~ Breakfast

8:15 a.m. ~ Program Begins

Great Beginnings Series For New and Nearly New School Administrators

October 18, 2019; January 8, 2020;
and April 9, 2020

Prorated Cost of \$396.75!

Click [HERE](#) to Register.

Student Council 101: The Essential Elements of Maintaining A Student Council In Your School

~ October 30, 2019 ~

Click [HERE](#) to Register.

ON DEMAND WEBINAR

"I'm Sad, Mad & Traumatized & You Still

Expect Me to Learn?"

with Best-Selling Author and Speaker
Dr. Bryan Pearlman

Click [HERE](#) to Register.

2019 MPA Fall Conference

November 21-22, 2019

Double Tree by Hilton Hotel, South Portland

Thursday, November 21, 2019

Keynote Presentation "*Leadership Secrets that Work: From the Classroom to The Boardroom*"
with Alex Kajitani

Friday, November 22, 2019

A.M. Keynote Presentation—"*The Importance of Teacher Leadership*" with Teach to Lead Maine

P.M. Keynote Presentation—
"*Leading with Evaluations*"
with Pete Felmly and Kathleen Landis
Drummond Woodsum

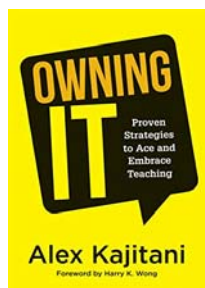
New this year: We are offering a discounted registration for teams of exactly 4 (one member MUST be an MPA member)

Click [HERE](#) to Register for a Team of 4

Click [HERE](#) for Individual Registration

Professional Reading Suggestions

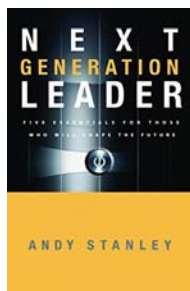
*** MPA Fall Conference Keynote Speaker *** **Owning It: Proven Strategies for Success in ALL of Your Roles as a Teacher Today** by A. Kajitani (2013). "Change is coming at us from all angles: technological, cultural, social, and environmental. This presents a great challenge (and a great opportunity) in schools and in the teaching profession. With *Owning It*, you'll discover an array of easy-to-implement strategies designed to help you excel in the myriad of modern-day responsibilities of teachers and educators: classroom leader, mentor, colleague, team member, and public professional.



This book will empower teachers to own their careers, teach effectively, and develop strong relationships:

- Acquire straightforward strategies for dealing with everyday situations found in classrooms, schools, and communities.
- Understand the multifaceted role of a teacher in today's schools and how to balance the numerous responsibilities—from classroom management to relationships with colleagues.
- Feel inspired and motivated to bring out the best in yourself as well as in your students.
- Observe creative approaches to improve teaching strategies and student engagement.
- Answer reflection questions to connect with and relate to the strategies covered in the book."

Next Generation Leader: Five Essentials for Those Who Will Shape the Future by A. Stanley (2003). "The *Next Generation Leader* has been challenging young Christians eager to learn, grow, and lead in ministry or in

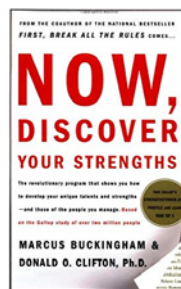


the marketplace since its original release in 2003. Now with an all-new look, this repackaged version continues to advance the mission of the first release. Mentoring young leaders as they face the unique issues of a changing world has been pastor and bestselling author Andy Stanley's passion for more than a decade. Here he shares material from his leadership training sessions, developed to address essential leadership qualities such as character, clarity, courage, and competency. This is the perfect guide for any new leader—or for the mentor of a future leader!"

Now, Discover Your Strengths by M. Buckingham & D. Clifton (2001).

"Unfortunately, most of us have little sense of our talents and strengths, much less the ability to build our lives around them. Instead, guided by our parents, by our teachers, by our managers, and by psychology's fascination with pathology, we become experts in our weaknesses and spend our lives trying to repair these flaws, while our strengths lie dormant and neglected. So how does it work? This book contains a unique identification number that allows you access to the StrengthsFinder Profile on the Internet. This Web-based interview analyzes your instinctive reactions and immediately presents you with your five most powerful signature themes. Once you know which of the 34 themes -- such as Achiever, Activator, Empathy, Futuristic, or Strategic -- you lead with, the book will show you how to leverage them for powerful results at three levels: for your own development, for your success as a manager, and for the success of your organization.

With accessible and profound insights on how to turn talents into strengths, and with the immediate online feedback of StrengthsFinder at its core, *Now, Discover Your Strengths* is one of the most groundbreaking and useful business books ever written."



DATES TO CELEBRATE

- * **October 1-31**
 - National Principals Month
Learn more at principalsmonth.org. Join the conversation on social media, using #ThankAPrincipal
- * **October 1-31**
 - National Bullying Prevention Month
Learn more on [Parent Advocacy Coalition for Educational Rights](http://ParentAdvocacyCoalitionforEducationalRights.org)
- * **October 1**
 - Child Health Day
- * **October 2**
 - International Walk to School Day
Learn more at <http://www.walkbiketoschool.org/learn-more/about-the-events/about-walk-to-school-day/>
- * **October 14-18**
 - National School Lunch Week
Read more on the School Nutrition Association's website—<https://schoolnutrition.org/Meetings/Events/NSLW/2019/>
- * **October 21-25**
 - National School Bus Safety Week
Learn more from the National Association for Pupil Transportation's website—<https://www.napt.org/nsbsw>

SAVE THE DATE!

MPA Summer Leadership Retreat

July 1-3, 2020
Sugarloaf Resort,
Carrabassett Valley

Details to
come soon!!!

Dream It Do It

October 4 is Manufacturing Day!

The MPA is a proud partner with Maine's Dream It Do It group ~ connecting Maine Schools to Maine's Businesses.

Click [HERE](#) for more information and activities that you can use with your students!

Save the Date Notice

2020 Maine NHS Annual State Convention & Banquet Theme:
"Giving Back to Our Communities"

Dates: March 17 & 18, 2020

Sites: Jeff's Catering in Brewer and UM Orono

Approximate Cost: \$40 per person
for Banquet & Convention

\$25 per person for Convention only or
\$18 for Banquet only

Complete registration packets will be available
online in January.

If you have any questions please contact:
Chris Carver, MNHS Co-Adviser, ccarver@rsu10.org
Meg Doughty, MNHS Co-Adviser, mdoughty@rsu10.org

Look for more information about the State service
project, Maine Cancer Foundation, prior to convention.
Like us on Facebook/National Honor Society of Maine.

PR Tips

School Communication Tips

As the school year begins, principals will need to work effectively with their school communication offices, if they are lucky enough to have them, when dealing with crisis management and media relations. Here are some top tips from a School PR professional, who has worked in the field for over 20 years.

- When communicating, refrain from using jargon and acronyms. Not everyone understands some of the language that educators use. Consider developing a dictionary of acronyms for your staff, media, and parents.
- Keep your website accurate and up-to-date. It is one of a few communication avenues that your patrons can access from anywhere in the world and at any time. Make sure it reflects a positive image of your school.
- Research and know the laws governing education, especially as it relates to student records or directory information. Know the Family Educational Rights and Privacy Act (FERPA) and school board policies governing student and staff privacy.

From NSPRA's Resource Files.

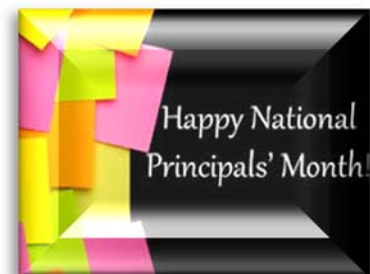
—National School Public
Relations Association,
PRincipal Communicator,
September 2019.

"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>

Follow us on Twitter!

Holly Couturier —@HCouturierMPA ~ Mike Bisson—@MikeBissonMPA



<https://www.principalsmonth.org/>

Suicide Prevention Training Programs

The Maine Suicide Prevention Program, administered by NAMI-Maine, and the Maine CDC/Sweetser are both offering suicide prevention training programs.

A full array of suicide prevention, assessment and management training modules are available. CMEs and contact hours are offered as appropriate. The following training programs are open for registration. For more information, contact Nicole Foster, Suicide Prevention Coordinator at NAMI.

[Suicide Prevention Gatekeeper Training](#)

[Suicide Prevention Advanced Gatekeeper Training for School Personnel](#)

[Suicide Assessment for Clinicians Training](#)

[Non-Suicidal Self Injury Training](#)

[Suicide Prevention Protocol Development Training](#)

Maine CDC and Sweetser are offering free online Suicide Prevention Training Modules!

12+ courses available at no charge. [Download the flyer to enroll.](#)

- * Columbia Suicide Severity Rating Scale (C-SSRS)
- * Depressive Disorders in Children and Adolescents
- * Counseling on Access to Lethal Means (CALM)
- * Collaborative Assessment & Management of Suicidality (CAMS)
- * Safety Planning Intervention for Suicide Prevention
- * Suicide Risk Factors, Screening and Assessment

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

Do you know an outstanding contributor to the Interscholastic Division of the MPA as a building administrator, athletic administrator, or other person (i.e. site/meet director, coach, official, media, etc.)? Each year the MPA honors up to three recipients to be honored with the Larry LaBrie Award at the Spring Conference Awards Banquet. Click [HERE](#).

Volunteer of the Year ~ Dr. Phyllis Deringis Service to Maine Youth Award

Do you know an outstanding adult volunteer who is making a difference for students in your school, your district, or possibly beyond? Each year the MPA honors up to two awardees with the Dr. Phyllis Deringis Service to Maine Youth Award at the Spring Conference Awards Banquet. Click [HERE](#).

2020 Secretary of the Year Award

We all have them—the incredible people who know every student and parent in the school ~ the people who help keep the districts in order and organized ~ those who greet our students and communities and set the positive tone in our schools and districts—our AMAZING secretaries/administrative assistants. You can recognize their hard work and dedication by nominating them for the 2020 Secretary of the Year! All nominees will be considered for this honorable recognition. The Secretaries will be publicly announced at the Secretaries Conferences in April and then they will be honored at the MPA Spring Conference on April 30 at the Samoset Resort. Click [HERE](#).

*For more information please
Contact Tammy McNear at 622-0217, ext. 122 or
tmcnear@mpa.cc
Deadline for nominations and completed applications
(as required) is January 31, 2020*



New England League
of Middle Schools

It Doesn't Have to be Lonely at the Top! A Principals Roundtable Series

October 28, 2019 - Chace Community Center at Colby College, Waterville, ME

January 27, 2020 - Chace Community Center at Colby College, Waterville, ME

March 8, 2020** – Omni Hotel, Providence, RI

Schedule: (schedule is subject to change)

8:30 am Registration, Coffee and light pastries

9:00 am – 2:00 pm Workshop with lunch included

** Workshop in Providence, RI will run from 12:00 pm – 4:00 pm

Back by popular demand: A Principal's Roundtable with Dr. Monte Selby and Chris Toy

Middle Level building leaders often work alone with minimal peer support. We lack sources of informed objective feedback, brainstorming, problem solving and idea sharing. Join other dynamic New England middle level principals in October, January, and March for days dedicated to addressing current challenges facing you and your middle level peers. Collaborate with fellow building principals in a confidential, collegial setting to voice issues, explore solutions, offer practical support, share insights, and take home best-practice ideas for your school. Each session is designed to create a network of peers supporting one another's success as middle level leaders.

Chris Toy and Dr. Monte Selby are experienced facilitators who will keep the conversation moving, highlight solutions, and offer resources on current problem solving and leadership strategies to adapt for use in your building.

[CLICK HERE FOR THE REGISTRATION FORM](#)

Sponsored by:

Teck10
SeekJenius

New England League of Middle Schools • 50 High St, Suite 10 • North Andover, MA 01845

www.nelms.org • nelms@nelms.org • 978-557-9311

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BREAKFAST AFTER THE BELL GRANT OPPORTUNITY FOR NAESP MEMBERS



Grants will support schools with the purchase of approved equipment, materials and initiatives facilitating breakfast after the bell delivery models (such as breakfast in the classroom, grab and go, or second chance breakfast) in an effort to increase student participation in school breakfast.

ELIGIBILITY

Applying schools must either be implementing or be prepared to implement a breakfast after the bell delivery model. **Please note: all applicants must have an active membership in NAESP in order to apply.**

APPLICATION DUE DATE

October 1, 2019

MAXIMUM GRANT AMOUNT

Individual schools may apply
for up to \$5,000

ELIGIBLE USE OF FUNDS

- Suggested budget requests include, but are not limited to:
 - Equipment purchases: insulated bags and grab-and-go carts
 - Supplies: trash cans and bags
 - Technology: point of service machines

APPROVED ALTERNATIVE BREAKFAST DELIVERY MODELS

- Breakfast in the classroom
- Grab and Go to the Classroom, served at the start of the school day
- Second Chance Breakfast, served grab-and-go style to the classroom.
- Second Chance Breakfast, eaten in the cafeteria.

APPLICATION REQUIREMENTS

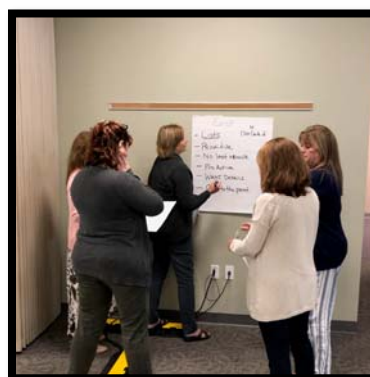
To complete an application, you will need:

- School level breakfast and lunch participation data for the most recent month of October and total school enrollment
- Food Service Director and application POC contact information
- Breakfast model you plan to implement, anticipated start date, and when/where you will serve meals
- Key strategies you have taken/plan to take to implement your program and anticipated challenges
- Detailed budget outline of grant request
- A letter supporting the school's new Breakfast After the Bell program from Teacher Leader and School Nutrition Director, to be sent to fellows@strength.org.

MPA AT YOUR DOOR



Carrie Ricker Elementary School



Bonny Eagle District

September 26, 2019



MPA PHOTO ALBUM



*Mentor / Protégé
Program
September 17, 2019*



CACE PD—Aroostook County with Alex Kajitani

September 20, 2019



MPA PHOTO ALBUM Continued

Keys to Managing Instructional Leadership

with Kim McHugh

Thursday, September 12, 2019

