



DIRECTIONS



The four communities of M.S.A.D. No. 75 are united in our dedication to develop confident, life-long learners. It is our mission to work together to ensure a community of fluent learners, critical thinkers and creative contributors to our society.

From the desk of Brad Smith, Superintendent

Nov./ Dec., 2015

Keeping Banker's Hours...

It's been a while, and admittedly I am of an older generation than many who work in the District—old enough to remember when banks were open Monday thru Friday from 9 a.m. to 3 p.m. I remember waiting with mom or dad in the parking lot for the bank to open so we could either deposit or withdraw money. They didn't open a minute early, and they closed promptly at 3 p.m. Transactions were completed in person, which meant most people chose a bank close to home or work. There were only four or five different banks to choose from, most with the main branch downtown and satellite branches throughout the city. To imply that someone was working few hours or leaving work early, we'd say they were "keeping banker's hours!"

While spending time with my son recently, he asked to swing by his bank. "But it's Sunday..." It didn't matter. His bank of choice has an office that is open and staffed on both Saturday and Sunday! That never would have happened in my past. You can also bank through 24-hour teller machines, or use online and mobile banking from anywhere, anytime! Today banks actively use social media to communicate with customers about everything from new credit card offers to branch closures following a hurricane. People can choose from any number of banks, many of which will be bought out by another bank eventually.

It is amazing to think of how the banking system has changed over a lifetime. Customers are used to having choice and convenience. Technology and consumer preferences have altered decades of past practice. Money is transferred electronically between financial institutions. Yet some of the familiar aspects remain.

We may still enjoy carrying out our financial transactions in person, and having someone at the bank rec-

ognize us and call us by name. We may keep valuables in a safe deposit box, taking comfort that they are in a secure location. We still value human interactions...and those tasty little lollipops!

So how about us? Has education transformed the way other businesses have over the years? Is learning accessible 24 hours a day? Do we cater to the needs and preferences of the customer?

You may believe that education has changed a great deal or that in most ways it still resembles school as we knew it back in our childhood. We now face competition, and the loss of students to private or charter schools impacts our district. We currently have over 100 students in grades 6-12 attending various charter schools. We have another 22 students K-12 attending private schools. There are also a number of home-schooled children in our district.

Whether we respond to competition or not, the needs and complexity of the students we serve is changing. Too many students leave public education ill equipped for the future. We, as a district, are in the midst of examining our practices, providing training and support, to move to a student-centered learning

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Dates to Remember

Professional Development Day

November 25, 2015

Thanksgiving Break

November 26 and 27, 2015

Winter Break

December 21, 2015 - January 1, 2016

Martin Luther King Day

January 18, 2016

Winter Break II

February 15-19, 2016

The Health Room

Are You Ready? 5-2-1-0+8 LET'S GO!

by Mary Booth, School Health Coordinator

Health and well-being are critical cornerstones for quality of life. Mid Coast Hospital and MSAD 75 are partnering again in promotion of the 5-2-1-0 LET'S GO! statewide initiative. In MSAD 75, we add +8 to the initiative because we believe so strongly in the positive health benefits of sleep.

The message is simple and easy...every day you should aim for:

- 5 or more fruits & vegetables
- *2 hours or less recreational screen time**
- 1 hour or more of physical activity
- 0 sugary drinks, more water
- *8 hours of sleep each night**

*Due to the generous support of Mid Coast Hospital, the District Health Leadership Team will be allocating mini-grants to schools to promote less recreational screen time (screen time used for non-educational purposes) and adequate sleep. So start thinking about how you can encourage your students (and staff) to make healthier choices, and watch for more information about funding.

Cont. from p. 1—Superintendent's message

environment focused on proficiency. This will challenge each of us to examine our beliefs and past practices in a new light. We cannot risk preserving status quo. While public education will never meet the needs of everyone, we can remain proud of the work we have done in the past and look forward to creating an even better system for the future! The days of "banker's hours" are long gone!

You Are Not Alone

by Mary Booth, School Health Coordinator

One in ten people will deal with depression/ anxiety at some time in their lives. If you suffer from depression or stress, you are not alone.

Some signs of depression:

- Deep feeling of sadness
- Loss of interest in activities
- Weight or appetite changes
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Feelings of worthlessness or inappropriate guilt
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

If you are feeling anxious or stressed, try these simple tips to refresh and redirect your energy.

- Close your eyes and take a few deep breaths.
- Take a five-minute break or walk.
- Do a few light stretches.
- Listen to your favorite music.
- Be realistic about what you can accomplish.

Break up projects and priorities into specific tasks.

It is a sign of strength to reach out for help when you or a loved one needs it. You are not alone.

Here are some resources that might help.

1. EAP (Employee Assistance Program)

This is a free employee benefit. This program provides access to confidential and professional assistance for a full range of personal problems faced at one time or another. To access this confidential service, please call **1-800-451-3281**.

2. www.rightdirectionforme.com

3. Dial 2-1-1 for on-line assistance

4. If you are in immediate crisis, call the national Suicide Prevention Lifeline at: **1-800-273-8255**.

"No one is useless in this world who lightens the burdens of another."

— *Charles Dickens*

Giving from the Heart: Where do your Dollars Go?

By Elisa Hawkes

The generosity of the staff at M.S.A.D. No. 75 at the Welcome-Back Meeting in August was once again outstanding. The United Way, Maine Share, and Trust for Our Future felt the District's overwhelming support.

During the course of the year we will endeavor to provide accounts of the good work these organizations are able to perform as a result of donations from this District and the mid-coast region as a whole.

TOGETHER WE CAN

Make a Difference



Six months after losing her job, Michele was struggling. She was still looking for work, had run out of savings, and was behind on the rent where she lived with her 8-year-old daughter. She was worried and discouraged.

BUT...

Your United Way donation made the difference.

Michele and her daughter were able to stay in their home and keep that stability until she found a job, through a partnership of 2 United Way-funded agencies.

"I can't thank you enough for assisting me. Thank you for treating me with dignity & respect and not treating me like I didn't deserve or warrant assistance. By the way—I got a job! YEAH!" - Michele

Thank you!

United Way of Mid Coast Maine

uwmcm.org



MISS WORMWOOD, MY DAD SAYS WHEN HE WAS IN SCHOOL, THEY TAUGHT HIM TO DO MATH ON A SLIDE RULE.



HE SAYS HE HASN'T USED A SLIDE RULE SINCE, BECAUSE HE GOT A FIVE-BUCK CALCULATOR THAT CAN DO MORE FUNCTIONS THAN HE COULD FIGURE OUT IF HIS LIFE DEPENDED ON IT.



GIVEN THE PACE OF TECHNOLOGY, I PROPOSE WE LEAVE MATH TO THE MACHINES AND GO PLAY OUTSIDE.



MY BILLS ALWAYS DIE IN SUBCOMMITTEE.



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