

Williams-Cone School Principal's Newsletter

Volume 12

March 11, 2021

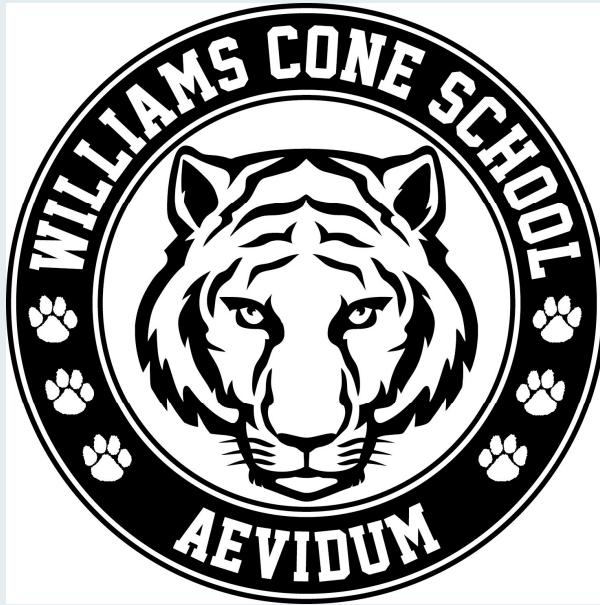


"Williams-Cone School is a safe and kind community that inspires every student to succeed. "

-Compassionate, Curious, Confident Learners-

Hello WCS Community!

Here are highlights and updates of things taking place at WCS:



Tiger Moment

Maintaining and sustaining positive mental and emotional health can be exceptionally difficult for many children and adults, especially during late winter. Additionally, the current pandemic has heightened feelings of stress, anxiety and/or depression for many people.

To help promote and support positive mental/emotional well being, Mr. C., WCS Counselor and Miss Carin, WCS Social Worker will engage our school in a weekly mindfulness activity or "Tiger Moment" (named after our school mascot). The Tiger Moment will take place via zoom beginning Monday, March 15th and will be held weekly for a 5-10 minute period of time.

What is mindfulness? Mindfulness are techniques that help calm the mind and body. They include deep breathing and gentle movement strategies that are meant quiet the brain, still the body and create an atmosphere of peace.

Why teach mindfulness? Mindfulness techniques equip individuals with tools that help them manage stress. This helps them to better manage their world around around them including academic, social and emotional demands and situations.

For further information regarding mindfulness, feel free to check out this helpful resource from Harvard University:

<https://www.gse.harvard.edu/news/uk/19/01/making-time-mindfulness>

If you have any questions regarding the weekly "Tiger Moment" activity, do not hesitate to contact our school counselor/social worker team.

Staff Wellness

Throughout the month of March staff are engaging in a variety of self care activities. These activities are meant to promote and enhance physical and emotional wellness through movement, music, creative arts and reflection.



Pictured here are photos WCS staff engaging in an after school cardio drumming activity led by Mrs. Martin, physical education teacher. Mr. Myrick, special education paraprofessional, joined in the fun by bringing his drum set

to the cardio drumming session.





We are quickly approaching Parent/Teacher Conferences. **They are scheduled for March 15th through March 22nd and will be held via zoom.** Each grade level team or teacher will communicate with parents the conference format and schedule conferences. The focus of the second trimester parent/teacher conferences will be on continuing to build and enhance parent/caregiver partnerships, student performance (strengths and growth opportunities) as well as goal setting for the third trimester. To help better prepare for your upcoming conference, consider the following:

- *Talk to your child-Ask if there is anything that he/she would like for you to discuss with the teacher.
- *Be prepared-Write down things that you would like to discuss/questions that you would like to ask at the conference.
- *Be specific. Describe your child's strengths and areas of need.
- *Arrive promptly to your zoom session or a few minutes early.
- *Exchange information. Feel free to share with the teacher situations in the home that may affect your child's school work (Ex. a new baby in the family, new babysitter, etc.).
- * Discuss the whole child. Your child's social and emotional development is as important as his/her academic success.
- * Leave with a plan. The conference should end with a clear statement of what you will do and what the teacher will do.

Thank-you in advance for your support and attendance. Strong, positive and supportive parent/caregiver partnerships are essential to a student's overall school success.



Gratitude:

*We are successfully completing Trimester 2.

***Day Light Savings:Spring Forward, Sunday, March 15th, 2:00 A.M.-Set your clocks forward!!**

*Our students have more time to play outside because the days are getting longer.

*WCS counseling and social work staff (Mr. C & Ms. Carin). Their support and care for ALL!

*Supportive WCS community members: providing kind words of encouragement & appreciation.

*WCS Parents/Caregivers: Supporting your student(s) with their daily homework and Hybrid Wednesday assignments.

*WCS Office Staff: Organizing bi-weekly materials pick-up for Option #2 families.

*Our school's "Retired Rescuers"-Mr. Ridge, Mrs. Andersen, Mr. Baker, & Mrs. Marstaller- They have provided countless hours of Paraprofessional and/or Substitute Teacher support.

If you are in need of anything, please do not hesitate to reach out to myself and/or any of the WCS staff. We are here to help!

Your Principal,

Randa

Mrs. Randa C. Rineer, WCS Principal

rineerr@link75.org

(207)725-4391





Schedule for week of 3/15-3/19

3/15 & 3/16 K-5, Cohort A PreK

3/17 Hybrid Wednesday

3/18 & 3/19 K-5 Cohort B PreK

Schedule for week of 3/22-3/26

3/22 & 3/23 K-5, Cohort A PreK

3/24 Hybrid Wednesday

3/25 & 3/26 K-5 Cohort B PreK

Schedule for week of 3/29-4/2

3/29 & 3/30 K-5, Cohort A PreK

3/31 Hybrid Wednesday

4/1 & 4/2 K-5 Cohort B PreK

WCS 5th Grade Families: Option #1 & Option #2

5th Grade End of the Year Celebration Planning Meeting

Thursday, March 18

5:00 PM

Join Zoom Meeting

<https://us04web.zoom.us/j/75978133347?pwd=YjEwMFNBUE1JpTEpMQTdZjJ3dWVQQT09>

Meeting ID: 759 7813 3347 Passcode: L8rugE

Other Important Dates:

Trimester 2 Ends: March 19

Trimester 3 Begins: March 22

Parent/Teacher Conferences: March 15-22

Trimester 2 Report Cards Sent Home: April 2

No School for Students/Professional Development Day: Friday, April 16

Spring Break: April 19-April 23



Free breakfasts and lunches continue to be available.

Please note the dates and times for meal distribution at WCS over the next few weeks:

Wednesday, March 17th: 12:00-1:00 P.M.

Wednesday, March 24th: 12:00-1:00 P.M.

Wednesday, March 31st: 12:00-1:00 P.M.

Kindergarten

If you have a child who will turn 5 no later than October 15, 2021, he/she is eligible to attend kindergarten beginning the 2021-2022 school year. Kindergarten registration will take place March 1st through March 19th.

Kindergarten students can be registered electronically at:

<https://ic.link75.org/campus/OLRLoginKiosk/msad75>

If you prefer paper registration, forms can also be downloaded at:

http://www.link75.org/parents/student_registration

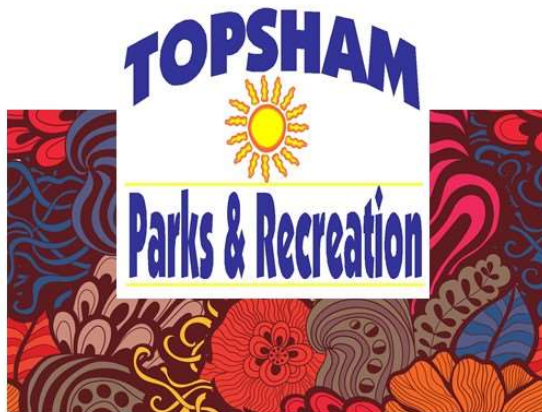


In an effort to increase access to high-quality early childhood learning opportunities for students prior to entering Kindergarten, M.S.A.D. No. 75 provides two PreK classes, for a total of 32 students. Students must be 4 years old by October 15, 2021. The program uses the same calendar as grades K-12, runs five days a week and approximately 6 hours per day. Transportation is not provided. One class is at the Williams-Cone School in Topsham, while the other is at Midcoast Maine Community Action's (MMCA) Head Start location at Cook's Corner in Brunswick.

Applications are currently being accepted for the 2021-2022 school year. Additional information is available through the following link:

http://link75.org/parents/student_registration/prek_registration

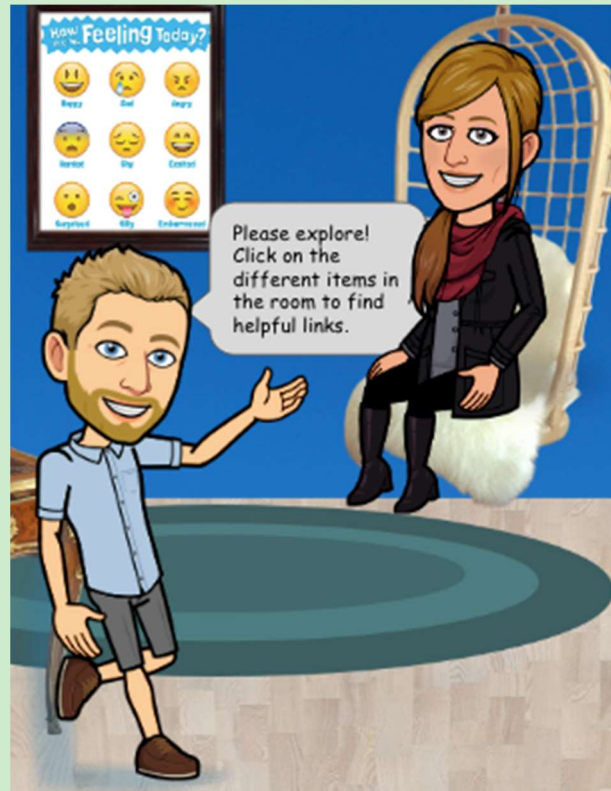
Spring is just around the corner!! Time to get outside and stretch those legs and muscles!!
Check out our Spring Programs available soon!



OUR
PROGRAMS
WILL BE
AVAILABLE
FOR
REGISTRATION

On MARCH 5th
At: Topshamparksrec.com
Or call 207-725-1726

Message from Mr. Cardoza & Ms. Carin
WCS School Counselor & Social Worker



Now presenting....

Mr. Cardoza and Ms. Carin's Virtual Counseling Office! Please use the link or find it on our schools website to access our virtual office with many different resources for you and your child. Students can watch calming videos, play fun games and fill out an on-line form to say hi or meet virtually with Ms. Carin or I! Use the left and right arrows on your keyboard to switch between rooms. Almost everything in our 4 "rooms" is clickable. Enjoy, click on and stay calm

https://docs.google.com/presentation/d/e/2PACX-1vSThG6PkxPQYtZ-hV7PillSMnYtKcB93owO_NqFfjPkvd22_oqdrJV-QcnkjrZOrceEOlYrg--OBK/pub?start=false&loop=false&delayms=3000

WCS Help for Families 2021

The pandemic has created many needs for many families. We are thinking about all of you and want to offer support and assistance as we continue to live through this difficult time. If you are in need of assistance for your family we hope you will feel comfortable being in touch with us or accessing community resources.

Jeff Cardoza, our School Counselor, and Carin Stromgren, our Social Worker are familiar with resources in our community that help families meet their basic needs for food, shelter and heat, and other needs related to holidays, divorce, job loss, moving, etc.

Easy Steps for Getting Help:

Midcoast Hunger Prevention Program offers our students and families snacks at school and bags of extra food to help over the weekend. Snacks can be accessed through the classroom teacher, and weekend bags of food can be requested on Wednesdays at the lunch pick up at Williams-Cone School. Please call Mr. C or Carin if you are interested in some food help.

United Way and Other Community Groups are organizations committed to offering help of many kinds, for things such as housing, heat, and food. Calling the number **211** will connect you with a friendly person at United Way who can hear what you need and steer you to the best place. Particularly due to changes in the ways community groups are operating right now, calling **211** is an excellent starting place.

Linda Dumont at the Topsham Town Office at: 725-1725, ldumont@topshammaine.com, can help families access general help for basic needs, heating help and can be a general resource for Topsham families.

Mental Health Supports: A reminder that if you, your student, or someone close to you needs mental health support, here are some resources to help:

NAMI Maine HELPLINE: 1-800-464-5767 (press 1)

Crisis Assistance: 1-888-568-1112

Crisis Text Line: Text HOME to 741-741

Trevor Text Line: Text START to 678-678

Jeff Cardoza, School Counselor
cardozac@link75.org 725-4391, ext 6009

Carin Stromgren, School Social Worker
stromgrenc@link75.org 725-4391, ext 6041



February Students of the Month

*Each month K-5 teachers choose two students from their classrooms who are consistently doing their personal best to follow our school's Code of Cooperation: Rights, Respect and Responsibility. The following students were honored at a recent zoom assembly :

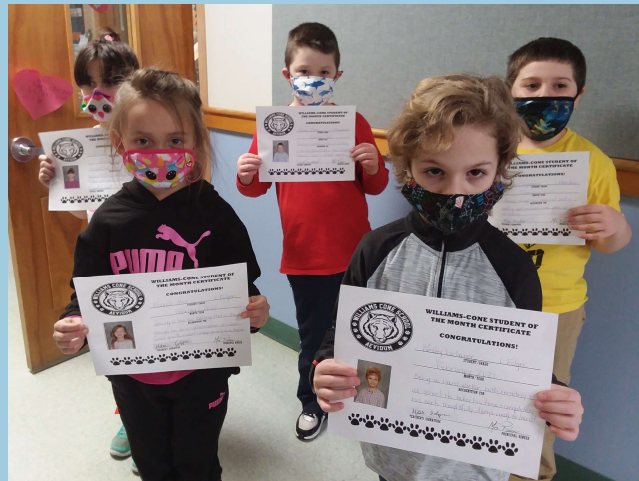
Kindergarten

Dubreiul: Knox T. & Nikolai S. Bowie: Adrian S. & Emmett S.



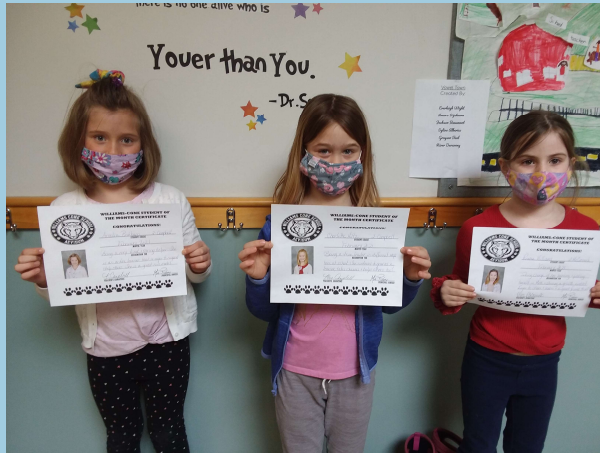
First Grade

Marster: Kree G. & Connor I. Folger: Wesley L. & Nevaeh A. Greenleaf: Hunter T. & Lilith L.



Second Grade

Campbell: Amelia P. & Charlotte H. McCormick: Rowan W. & Everleigh W.



Third Grade

Anagnostis: Tanner G. & Penelope J.

San Pedro: Karina P. & McKenna M.

Wilbur: Milo B. & Cole W.



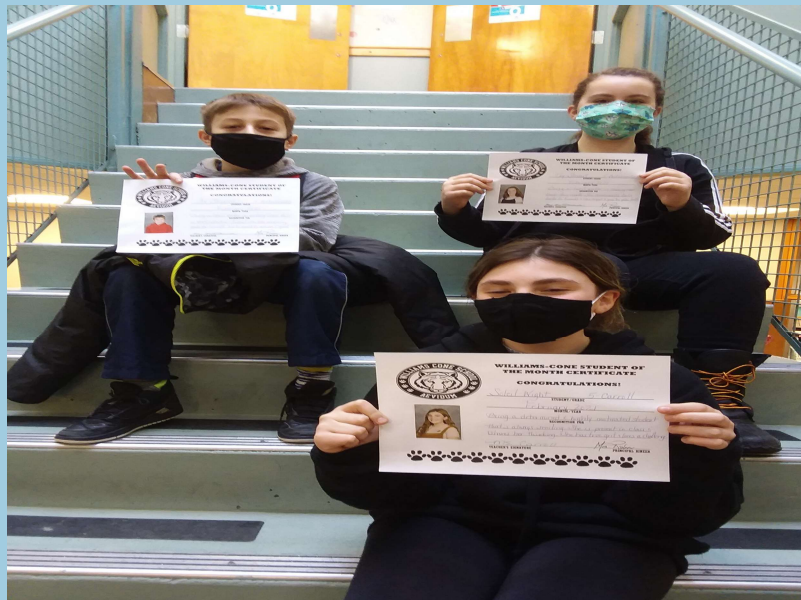
Fourth Grade

Ebel: Lyla P. & Elena S. Theberge: Aubreille S. & Anabel H.



Fifth Grade

Bretschneider: Ax S. & Joy S. Carroll: Soleil W. & Sean. H. (not pictured)



Message from Mrs. Chamberland WCS Nurse



Here are some reminders to help keep our school community safe and healthy:

***Conduct the daily Covid-19 screener before sending your student to school and report all student absence to the office. If you have questions about whether or not your student is well enough for school, please contact the health office to discuss.**

- Let the health office know if your student is sick with Covid-19 symptoms, or has tested positive for the virus.
- Stay home and quarantine immediately if identified as a close contact to someone testing positive to Covid-19.
- Follow Governor Mills' executive order for testing/quarantining if your family travels out of Maine to non exempt states.
- Continue to wear face coverings, wash hands, maintain social distance, and stay home when sick.

WCS Staff Interview

**Featuring: Ms. Tracy Leighton
Special Education Paraprofessional**



Number of years at WCS: 5 years, 3 years as a substitute and 2 years in ETIP.

Family: My daughter, Karli, is 17 years old and my son, Matthew, is 11 years old.

Both are former Williams Cone students.

Pets: I have a dog named Lucy; she is almost 14 years old. I also have a cat named Sunny. He is one and a half years old.

Favorite Colors: My favorite colors are blue and purple.

Hobbies: Going for hikes and walks.

Favorite Book or Types of Books: I love a good mystery.

One to Three Facts That are Unique to You:

I once was an avid rock climber. I have climbed on many cliffs and boulders in Maine and New Hampshire. I have even climbed in Red Rocks, Nevada. I also participated in several indoor climbing competitions.

Gratitude-Something You are Grateful For:

I am grateful for my family and friends and my amazing co-workers.

Friends of Williams-Cone



2020-2021 Yearbook

This is surely a year to remember and what better way to do that than order a yearbook!? It's easy, just click here: <https://www.treering.com/validate?PassCode=1015059372991326> 5th graders, you will receive a free yearbook at graduation! More details to come! Because this is a year like no other, we need your help with pictures! 📷 From First Days, Remote Learning or proudly showing your Tiger Pride 🐯, please share pics! Be sure to let us know what grade your student is in and email pictures to: WCSYearbook@yahoo.com Thank you!

Next FOWC Meeting, Tuesday, April 6th, 5:00 P.M. via zoom (link will TBA)

CLYNK THAT'S WHAT CHANGE SOUNDS LIKE

10th Annual CLYNK for Schools Recycling Challenge

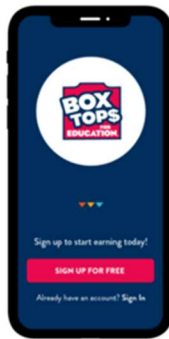
February 1st to March 31st 2021

**During this time period, for every \$1 raised,
WCS will get an added .50 cent match!**

Let's CLYNK all year long to help raise money for WCS! Pick up bags from the bin outside the front door at school. Fill up the bag and drop off at Hannaford. Easy as that!

You can donate to WCS through your personal online CLYNK account too! Visit www.clynk.com for more information.

Note: Bags are always available year-round for WCS Fundraising. Just pop by school and grab them from the bin outside the front door. Every nickel counts!



Box Tops For Education Has Gone Digital!

The box tops clippings are becoming more few and far between as they transition the program to be fully digital.



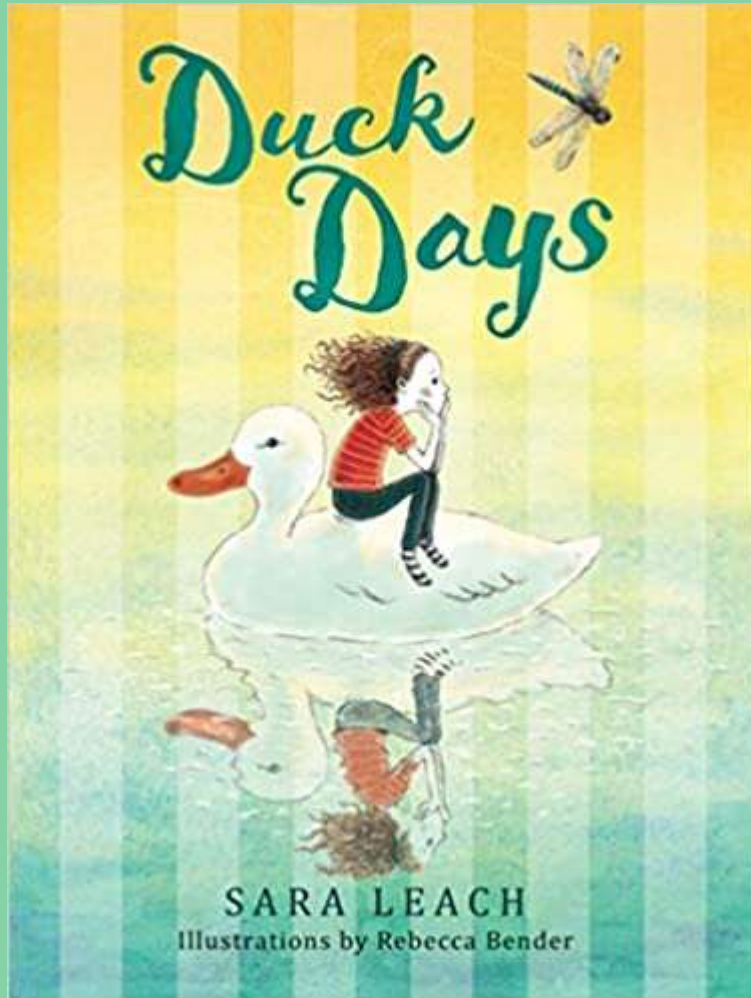
Download the app to your phone and scan your grocery receipts to earn easy money for WCS! The app will find participating products that you purchased at any store and instantly add cash to our WCS account.

Scan the receipts within 14 days of purchase.

There are special bonus offers on top of your Box Tops earnings too!

Staff Picks

Trying new things can be hard for anyone. This is especially true for Lauren who loves learning about animals and bugs with her best friend Irma. Lauren is learning how as her dad would say to “go



with the flow”. If things don't go the way Lauren thinks they should, she gets very upset and has to work on being calm. When Irma introduces Lauren to her neighbor Jonas who suggests they go bike riding things start to change. Lauren wants it to be just her and Irma and no Jonas. Bike riding is out of the question because she still has training wheels on her bike. When Lauren and Irma's teacher announces that they will be having a mountain biking day Lauren doesn't know what to do. Irma and her teacher want her to participate

but doing something new is hard. Lauren finds out that she is not the only one struggling and that it's with the help of friends and family that she can "go with the flow".

To find out whether or not Lauren learns to mountain bike read *"Duck Days"* by Sara Leach. *"Duck Days"* is a wonderful beginning chapter book with illustrations by Rebecca Bender that gives readers insight into what it is like to have Autism Spectrum Disorder.

Recommended By Mrs. Bellina

MSAD #75 Elementary Technology Integrator