

Williams-Cone School Principal's Newsletter

Volume 4

October 30, 2020



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

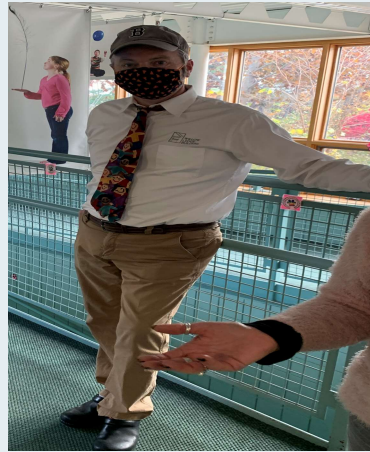
-Compassionate, Curious, Confident Learners-

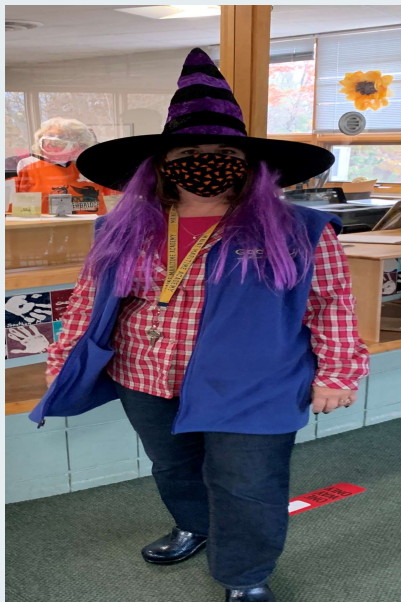


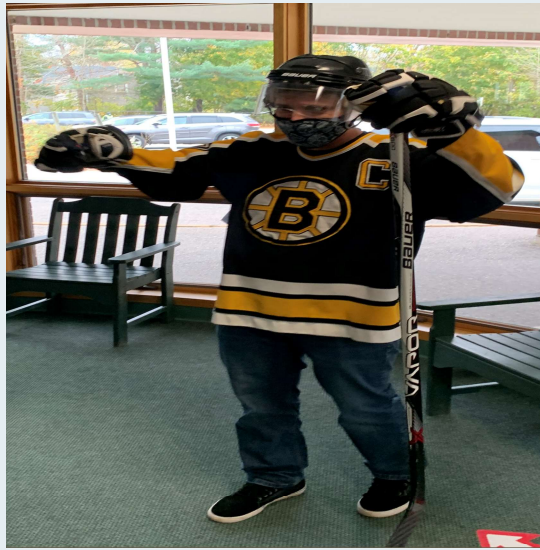
Happy Halloween WCS Community!

Today (10/30) during the end of the day dismissal and this past Tuesday, 10/27 (for Cohort A) staff had a little Halloween fun-see below:











Parent/Caregiver Virtual Open House/Forum

Tuesday, November 10th, 5:00-6:00 P.M. Via Zoom

A parent/caregiver Virtual Open House/Forum will be held on **Tuesday, November 10th. From 5:00-5:30 P.M.** The Open House/Forum will include an overview of the district's new elementary report card as well as at-home learning expectations. <https://zoom.us/j/98350155156pwd=MUxMRE9Nc0pkTmFZdmxma0NzTOJWdz09>

Meeting ID: 983 5015 5156

Passcode: 138086

From 5:30-6:00 P.M. parents/caregivers will be given the opportunity to meet with their student's grade level team to review grade level specific in school and at-home learning expectations. Zoom links for the grade level sessions will be emailed to parents/caregivers.

Welcome Ms. Andersen!



Ms. Nancy Andersen recently joined our staff to help support the Learning Commons (LC). Ms. Andersen will introduce new books to students as well help students to check out and check-in books from the LC. Ms. Andersen will be assisting in the LC over the next several weeks as Ms. Bellina provides Technology Integration support to students around the district.

Parent-Teacher Conferences/Report Cards

***Parent- Teacher Conferences** will be held virtually November 16-24. Staff will be reaching out to parents in the near future to schedule the conferences.

***Trimester 1 ends on December 4th.** Cohort B report cards will be sent home in backpacks on **December 11th.** Report cards will be emailed in PDF form to

Option #2 families on **December 11th**. **Cohort A** report cards will be sent home in backpacks on **December 15th**.

The staff and I are grateful for our community's continued support. We know that our current world is a continuous exercise in patience and grace for all. If you and/or your student(s) find yourself continuously experiencing frustration and/or challenges academically, socially and/or emotionally, please do not hesitate to reach out to myself or any WCS staff member. We are here to help and support. We **WILL** get through this together!

Your Principal,

Randa

Mrs. Randa C. Rineer, WCS Principal

rineerr@link75.org

(207)725-4391



FREE



BREAKFASTS & LUNCHES

ALL MEALS WILL BE OFFERED FOR PICK-UP EVERY WEDNESDAY FROM NOW UNTIL DECEMBER 31, 2020.

Bowdoinham Community School – 12-1:00 p.m. pick-up by the Ridge Road parking lot (near baseball fields)

Bowdoin Central School – 12-1:00 p.m. pick-up in the upper parking lot loop (Please follow the cones.)

Harpswell Community School 12-1:00 p.m. pick-up in the normal bus loop (Please follow the cones.)

Williams-Cone School – 12-1:00 p.m. pick-up in the normal bus loop (Please follow the cones.)

Woodside Elementary School –12-1:00 p.m. pick-up in the first parking lot, lower level (Please follow the signage.)

Mt. Ararat High School -12-1:00 p.m. pick-up in the parent drop-off area (Please follow the signs.)

Mt. Ararat Middle School – 12-1:00 p.m. pick-up in the normal bus loop

EVENING PICK- UP AT Mt. Ararat Middle School – 5-7:00 p.m. pick-up in the normal bus loop.

Upon arrival at the school, you will be asked for the number of meals and to pop your trunk. We will place items in the vehicle for you to expedite the traffic flow. **(Please stay in your vehicle.)*

**All of the menus are posted on the M.S.A.D. No. 75 webpage under the parent tab.*

Thank you for your continued support of our program, and please remember that all meals are FREE for children age 18 and under until December 31, 2020.

**If you have special dietary requests, please email dicarak@link75.org with your needs and the location of pick-up. If you cannot make any of these pick-up times, please reach out as well. We will try to accommodate every request.*

Katy DiCara

FoodService Director

MSAD 75

50 Republic Avenue, Topsham, Me 04086

207-729-9961 x 1025

dicarak@link75.org



Schedule for the Week of 11/2:

11/2 Cohort A

11/3 Teacher In-Service, No School

11/4 Cohort A

11/5 Cohort B

11/6 Cohort B

Schedule for the week of 11/9:

11/9 Cohort A

11/10 Cohort A

11/11 Veteran's Day-No School

11/12 Cohort B

11/13 Cohort B

Schedule for the week of 11/16:

11/16 Cohort A

11/17 Cohort A

11/18 Hybrid Wednesday-At-Home Learning for All

11/19 Cohort B

11/20 Cohort B

Schedule for the week of 11/24:

11/23 Cohort A

11/24 Cohort A-Early Dismissal

PreK : 10:45A.M.

K-5: 12:00 P.M. -Bus Riders

12:15-12:25 P.M.- Walkers & Car Riders

FOWC Meeting: Monday, November 9th, 5:00 P.M.

Virtual Open House: Tuesday, November 10th, 5:00-6:00 P.M.

Parent-Teacher Conferences (Held via Zoom): November 16-24

Thanksgiving Break: November 25-27



School pictures will be taken on **Monday, November 9th** for **Option #1 Group A** students and on **Thursday, November 12th** for **Option #1 Group B** students.

This will be each student's yearbook photo and class composite photo. There will **not** be a retake day.

Option #2 students are invited to have their photos taken on **Monday, November 9th** at the following times:

Last Name Alphabetical Order-

A-E 12:00-12:30 P.M.

F-L 12:30-1:00 P.M.

M-S 1:00-1:30 P.M.

T-Z 1:30-2:00

*If an **Option #2** student/family is unable to have his/her photo taken on November 9th, please contact the school office at 725-4391 to schedule a time to have your student's photo taken on November 12th between 12:00-2:00 P.M. The photos will be delivered in time for holiday gift giving.



Over the past five years our school has adopted the Positive Behavioral Interventions and Supports model to help teach, practice and support positive student behavior. This model includes a variety of classroom, grade level and school wide rewards and incentives as well as a very specific tiered discipline plan and system. Classroom staff have been teaching and positively reinforcing the expected behaviors since the start of the school year. Additionally, our school's Response to Intervention Behavior Strategist, Miss Marla oversees the PBIS system. She provides a variety of behavioral supports to students, staff and parents alike.

We are excited to re-implement a variety of school wide rewards and recognitions including the following:

- *School Store
- *Student of the Month Awards
- *Monthly Virtual Assemblies



Hello Wonderful Williams-Cone Families,

We have learned and experienced a lot in these first months at school from new routines, to technology dos and don'ts, to feeling happy and anxious to be back all at the same time. We wanted to take a moment to share some resources about managing stress and anxiety and acknowledge that many of us (the majority of us) are feeling the weight of uncertainty and change a little more than usual right now.

Tips for Managing Worry and Stress

Focus on what you can control: Uncertainty is really uncomfortable. Focusing on what you can control allows you to put your energy into things you can change and do something about. If your child is worrying about things they can't control, help them focus on what they can (ex. we can't control what others say and do, but we can control how we respond. We can't control colds, flus, or the virus, but we CAN control washing our hands and wearing our masks).

Take breaks when you need them: We all need breaks to collect our thoughts and slow our mind and body down. We work more efficiently and are more present when we are calm and regulated. Apps such as *Headspace* and *Calm* are quick resources to use to reset, calm, and move on. Additional strategies can include: getting a drink of water, stretching, tensing and relaxing muscles, tapping, and writing down your thoughts. Try these out at home with your child!

Maintain social connections: In this time of being physically distant, being socially connected is more important than ever! Numerous studies have shown that social supports are the most powerful protection against becoming overwhelmed by stress. Encourage your child to talk about the things that went well in their day.

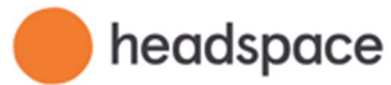
Ask for help when you need it: We all need help from time to time and if there is anything you need please reach out and we can discuss additional supports available, from outside supports to additional supports within our building.

We encourage you to try some of these tips at home and know that at school we are promoting the teaching and learning of these skills as well. Know that as the school counselor and social worker we are here if you need any additional supports, someone to talk to, or have any questions. We can be reached by calling the school or by email, cardozaj@link75.org or stromgrenc@link75.org

Sending calm and positive thoughts,

Jeff & Carin





School Pantry Program



All students and families are welcome to participate.

Midcoast Hunger Prevention offers free shelf stables items for students to bring home each week. This food is meant to be kid friendly, nutritious, and helpful in cutting down food costs for families. A food bag is available to any student who would like it! Please contact our school social worker Carin Stromgren at stromgrenc@link75.org or 725-4391 ext 6041 to sign up.

This program also provided snacks that can be added to take-home food bags for students to enjoy at home. Including an assortment of granola bars, crackers, cookies, applesauce, and dried fruit.

An example of a traditional School Pantry take-home bag:

- Pancake Mix (1)
- Milk (1)
- Canned Chicken (1)

- Chicken and Rice Soup (1)
- Canned Carrots (1)
- Canned Pears (1)
- Spaghetti (1)
- Tomato Sauce (1)

School Pantry bags are shared weekly and can be brought home by students or picked up by parents at the school. (Determined by you and your school.

Currently some schools have a bag pick-up on Wednesdays in partnership with meal distribution conducted by MSAD75 food service staff).

Message from the School Nurse



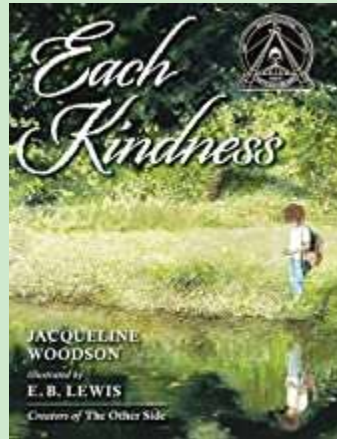
Mid Coast–Parkview Health Announces Drive-Thru Flu Shot Clinics

Free clinics offered every weekend in October, first weekend in November

BRUNSWICK, ME — During October and November, Mid Coast–Parkview Health will host a series of drive-thru flu shot clinics in Bath, Brunswick, and Topsham. Clinics will be offered every weekend in October at Mid Coast Hospital's Parkview Campus, 329 Maine Street in Brunswick and at varying Mid Coast Medical Group practice locations. The fall 2020 drive-thru clinic schedule is available at www.midcoasthealth.com/flu.

Staff Picks

This week's featured book was chosen by Mr. Cardoza, WCS Counselor



“Each Kindness” by Jaqueline Woodson is one my favorite books to teach kids about kindness, inclusion and empathy. I love the conversations that come up after I read it, especially when it comes to new students and how they should be treated! This story is about a girl named Chloe who doesn’t really know why she turns away from the new girl, Maya, when Maya tries to befriend her. And every time Maya asks if she can play with Chloe and the other girls, the answer is no. So Maya ends up playing alone. And then one day she’s gone. When Chloe’s teacher gives a lesson about how even small acts of kindness can change the world, Chloe is stung by the opportunity that’s been lost. How much better could it have been if she’d just shown Maya a little kindness and opened her heart to friendship?

-Mr. Cardoza

WCS Staff Interview

Featuring: Mrs. Lauren Watkinson

Special Programs Paraprofessional



Number of years at WCS: 1.25

Family: I am married to my husband Chris and we have 3 sons, Christopher 13, Harry 11, Ben 8 and a daughter, Rachel 8.

Pets: Otis, our 15 year old Chesapeake Bay Retriever

Favorite Color: Blue

Hobbies: Hiking, Camping, Kayaking, Running, and Printmaking/Creating Art

Favorite Types of Books: Mystery and Art/Design

Facts that are unique to Mrs. Watkinson:

***Before I started teaching I was a graphic designer.**

***I still love to create and I run a small business from my home.**

***This summer I hiked my first 4000' mountain (Avery Peak) with my family**





Friends of Williams-Cone

Water Bottle Filling Station: Pictured above is a new water bottle filling station that was installed over the summer and donated by FOWC. The water station is located in the Williams Wing area. Water bottle filling stations are more than just clean, filtered water. In addition to hydration, research indicates that water bottle filling stations assist in cutting down sugary beverage consumption as well as eliminating plastic waste.

Masks: Thank-you to everyone who created and/or donated cotton masks for our school community. The colorful patterns and designs bring an element of fun to our school.

Food Drive: FOWC is helping our community by collecting non-perishable food items for Mid Coast Hunger Prevention Program. Throughout the month of November, donations can be placed in boxes in front of the school office. A box will be available outside the main entrance for remote students' donations. Items needed most: peanut butter, boxed cereal, canned vegetables, tomato sauce and tuna.

The next FOWC meeting will be held on Monday, November 9th at 5:00 P.M. via

zoom.

<https://zoom.us/j/94826372471?pwd=SUovU2xhRjNSWTRZLzBtT3dEeFRPUTo9>

Meeting ID: 948 2637 2471
Passcode: 529479