



# Directions

From the Desk of Mike Wilhelm

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.

May 2009

**This is Teacher Appreciation Week. Thank you, teachers, for your spirit and professionalism. The huge responsibility our teachers assume is so incredibly important to the future of our children and nation that it cannot be over-estimated.**

Children will listen  
Careful the things you say,  
Children will listen.  
Careful the things you do,  
Children will see.  
And learn.  
Children may not obey,



But children will listen.  
Children will look to you  
For which way to turn,  
To learn what to be.  
Careful before you say  
"Listen to me."  
Children will listen.

Careful the wish you make  
Wishes are children.  
Careful the path they take-  
Wishes come true,

Not free.  
Careful the spell you cast,  
Not just on children.  
Sometimes the spell may last  
Past what you can see  
And turn against you...

Careful the tale you tell,  
That is the spell.  
Children will listen.

*Stephen Sondheim*



## Teacher Appreciation Week



Pilot, we have spent less than last year on substitutes by almost \$12,000! We believe this may be due in part to the growing awareness all employees have about their health and well-being. Little behaviors such as getting in a daily walk, eating more wholesome food, drinking more water, and getting more rest are all things people are talking about as personal goals. Stress reduction is a big concern for many. One simple technique,

engaging in ten minutes of daily silence, is helping many employees get a handle on their day. It's a great way to remain centered.

As Phase One of the Wellness Pilot winds down, we have some interesting data to share. The top three health issues reported by our employees are weight loss/physical inactivity, stress (depression), and lower back pain and strain. We are entering Phase Two of the Wellness Pilot. Our next step is to enhance work environments so they support our wellness even more. It is important that the healthy choices and behaviors become the **easy** choices and behaviors. We know that the best way to help address our health issues is by continuing to grow a supportive workplace.

This summer we are able to offer ALL employees, not just those eligible and enrolled in the Pilot, some great activities. We will have grocery store tours, supportive weight-loss sessions, cooking light classes, and a variety of incentive challenges designed to make movement social and fun! There will be a survey coming out soon to see what people would like the most.

This is about you, because nothing is as important as your health. So, look for more information about Phase Two of the Wellness Pilot.

### **Growing Awareness... Supporting Health and Wellness**

The District Wellness Pilot is off to a great start! We are within 10% of reaching our targeted participation goal with 273 active participants. Some schools have higher rates of participation than others, but the bottom line is that there is still room to grow; so if you would like to join, please sign up by emailing our health coach Phil Dirusso at [pdirusso@omcwellness.com](mailto:pdirusso@omcwellness.com).

Here's some great news! Since we started the Wellness

### **Community Service Creating 21<sup>st</sup> Century Citizens by practicing the responsibilities of a democratic society**

Last week the Board Policy Committee began a study for establishing a community service requirement for graduation. The Board believes community service

could provide opportunities for students to learn more about themselves and their communities, to connect with others, and to contribute to a meaningful cause. As we consider the potential impact and implications of a community service requirement, we will consult with staff, students, parents, and community stakeholder groups. There will be many opportunities to be included in this inquiry. While a community service requirement is typically a high school student responsibility, our plan will address scaffolding students throughout the grades. Before the school year ends, a plan for studying community service will be developed and shared with the Board Policy Committee.

If you're passionate about engaging youth in their community, or if you know of a student who should be consulted to help explore this topic, please contact Sally Loughlin, Assistant Superintendent at 729-9961 ext. 224 or [loughlins@link75.org](mailto:loughlins@link75.org). We do not foresee creating a permanent committee but will be seeking ideas and suggestions to do this right.

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### Principal Openings

Both Topsham elementary schools have principal openings. Otis Thompson is retiring, and Sandy Trach is moving to Massachusetts. We wish them well. If you know an excellent candidate, please refer him/her to Debbie Anderson, Human Resources Director.

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### School Budget

Work is winding down on the School Budget. We will conclude our public hearings this week and will be approving a budget next week. The PowerPoint for the hearings is on the District website. We will provide each school with copies of the Draft Budget Summary document. The District Budget Meeting, the first vote on the Budget, is scheduled for **May 30 at 2:00 p.m.** at the **Orion Performing Arts Center**. If you are a District resident, your attendance is very important. The referendum vote on the budget is on **June 9**.

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### Brunswick/M.S.A.D. No. 75 Task Force

The Task Force has completed its work for the year. It resulted in collaboration and sharing resources in Special Education and Technology. Its work will resume again next year. Thanks go to John Brassil, Darcy Murphy, Karen Tilbor, Patrick Moore, Sally Loughlin, Craig King, Peter Gray, Tim Lavan, Andrea Najarian, David Johnson, and Dee Carrier from M.S.A.D. No. 75 for their insight and effort. Minutes from these meetings are on our website.



Photo by Brandon Hunt

### I-Team Leadership for Maine

Ian Hathaway, an eighth-grade member of the Middle School iTeam, co-presented his work on the Ambassador Actors Video Project at the first MLTI Online Institute sponsored by the Maine Department of Education. He helped Sue Shaw, Director of the Ambassador Actors, create a mini-video documentary that the Maine Department of Education requested. Stephen Spaeth, iTeams Advisor, facilitated the collaboration and the professional development presentation. Read more about the project and view the recorded archive of the presentation at the following web address: <http://mltiolc.wordpress.com/workshop-schedule/workshop-02/>

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### News from Mt. Ararat High School

Josh Ottow was recently accepted to participate in the 2009 Chinese Bridge Delegation. He will be traveling to China June 22-30. This annual program, launched in the summer of 2006, brings school and district leaders to China for a one-week educational tour as guests of Hanban (Office of Chinese Language Council International) to learn about Chinese culture and language. His hope is to gather valuable knowledge and contacts to help Mt. Ararat High School continue its Chinese-language program. The Delegation provides opportunities to:

- Meet with Chinese national and regional leaders.
- Visit schools and learn about the education system in China.
- Share ideas with other educators who are building Chinese programs in their schools.
- Meet Chinese education leaders and establish ties with sister schools and/or cities in China.
- Learn about a country that is rapidly changing and rising on the global stage.
- Gain cultural knowledge and resources for our District.

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