



Mt. Ararat High School

DECEMBER 2017

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I hope this newsletter finds you well as you plan for the holidays with your loved ones. Students and staff are planning for the break, a chance to reflect as we welcome a new year. I know many of you have been thinking about the five days out of school in October and have been wondering how time will be made up. The plan for making up missed days was decided at the Board meeting last week. The following five changes to the district calendar account for the 5 days missed due to the storm in October:

- 1) Cancel five late starts on the first week of the month, January through May. School will begin at 7:45 on Jan. 3rd, Feb. 7th, March 7th, April 4th, & May 2nd.
- 2) Thursday, March 15th becomes a full school day for all students, and Friday, March 16th, becomes a half day for students K-12.
- 3) Friday, April 13th, becomes a half day for students K-12.
- 4) Tuesday, May 29th becomes a regular school day.
- 5) Friday, June 15th becomes a regular school day.

Please note these changes on your calendars. Additionally, we had our first snow day last week so our last day, which is always a half-day, will be June 18th. A letter from Dan Chuhta, Asst. Superintendent and the updated district calendar is posted online. As of right now, our red/blue calendar has not been updated; changes will depend on additional snow days. The professional time used to make up student days will be made up by the faculty. If you have questions about changes to the school calendar, contact the main office.

Progress reports for quarter two are available. For parents/guardians who have access to Infinite Campus, the progress report is available online; if you do not have access to Infinite Campus, the progress report should be included with this mailing. If you have questions or concerns about your child's progress you should contact his/her teacher.

As noted in the November newsletter, students participated in training programs on Dec. 5th focused on consent, boundaries, and healthy relationships. Teens for Change, a student group in our school focused on reducing sexism and promoting healthy relationships, organized the trainings to raise awareness and encourage bystanders to intervene if friends are involved in situations that suggest a risk. 9th and 10th grade students attended Reducing Sexism and Violence Program trainings with Boys to Men presenters while 11th and 12th graders attended a training with a group called "Speak About It". If you want more information about one or both of these programs, please use the following links: [Boys to Men RSVP](#) and [Speak About It](#) or contact Sarah Furman, who advises the Teens for Change group, or me.

I recently heard a presentation on Technology and the Teenage Brain and was startled by some of the statistics shared. Included in this newsletter is an article titled "Technology and the Teenage Brain" which includes some of the statistics and a list of a few resources for parents and teens. My hope is to raise awareness and promote conversations about technology use. I hope you find this information useful.

In closing, I want to wish you a healthy and happy new year.

Respectfully,

Donna F. Brunette, Principal

A special recognition needs to be given to the Corey Edwin Garver American Legion Auxiliary Unit 202, Topsham. Especially for Elaine Graviett, who approached Terry York, MTA high school kitchen manager, about making a donation to lunch accounts in our District that were in arrears. They donated a grand total of \$2,134.03 toward students accounts so they had no balances due. This collaboration between Terry and Elaine paid off nearly all the debt owed to the District. This is a huge assistance to families who may otherwise struggle to pay those balances. We hope to continue to work with them in the future as well, and thank them for their generosity to help the families of MSAD 75.

PSAT SCORES

The October 11th PSAT scores were scheduled to be released on December 13th. Students may access their **PSAT scores** online by signing in to **their** College Board account: <https://studentscores.collegeboard.org>. If you haven't made a College Board account, you can do so at this above address.

In January, advisors and teachers will review results with students so they can access areas of focus for additional study as they prepare for the SAT. College Board offers free personalized practice through Khan Academy. In addition, some students who receive the highest scores may be recognized as a National Merit Scholar with the potential of winning scholarship money.

Mt. Ararat's 8th annual *Poetry Out Loud* competition will take place on Monday, January 8th, from 6:30 p.m. to 7:30 p.m. in the Commons. The event is free and open to the public.



Jared DeSimio works on a project on the 3D Printer in the Learning Commons. Mr. DeSimio will be training staff and students how to use 3D software and the printer to make objects for art and science.

JMG—Jumpstart Our Youth

The Jobs for Maine's Graduates Program (JMG) is currently involved in the 10th year of our Jumpstart Our Youth (JOY) philanthropy project. JMG students are currently researching local non-profit organizations in our area that work to help area youth. Once identified and decided upon, students will be sending out requests for proposals to a variety of different local non-profit organizations in the month of January. This year the non-profit organizations that are chosen by students after the request for proposal process will be eligible for up to a \$1,000 grant to use towards continuing on with their mission. In addition to the JOY project, JMG students have had a head start in the area of philanthropy by adopting a local family for the holiday season. Students have been collecting and organizing food, clothing, and toys to be delivered to a local family later on this month.



INTERACT COMMUNITY SERVICE

Once again The Interact Club ran a very successful bake sale where all proceeds will go to support a family at the Holidays. The Toys for Tots program was a huge success as we filled over 2 boxes for the Marine Corps program and Interact also helped pull supplies together to send to the troops. Thanks to all who continue to support our community service efforts. Be looking for more information on the annual "Cram the Van" event coming in March! Many thanks to those who were able to support the Rolando Amador Fund fundraiser by having dinner at "The 99 Restaurant". Over \$1000 was raised to support the Lacrosse Team Scholarship!

Technology and the Teenage Brain

Screen time for teens on laptops, cell phones, tv, gaming devices, and other technology often raises concern for parents, teachers, and students. Are our children addicted to technology? Did you know that 59% of parents feel their kids are addicted to their mobile devices and that 50% of teens say they feel addicted to their mobile devices. Recently, I heard a presentation on about technology and the teenage brain in which the some startling information was shared:

- Teens look at their phone about 160-300 times a day
- Images of teens brains who play video games 3+ hours a day brain looks like that of a person on cocaine
- Every 90 seconds games reward your brain, creating dopamine, and in turn addiction
- Technology can negatively impacts their social life: 18 year olds are being treated for ED from porn addiction and unrealistic expectations

Technology can be addictive and I want parents and students to have access to resources that can support and promote conversations with your children about technology use and abuse. Common Sense Media is an excellent resource for parents, students, teachers, and other interest groups. The following is a list of resources that I found both interesting and useful and I encourage you to access the information with your children as you consider healthy levels of technology use:

Resources:

[Technology Addiction: Concern, Controversy, and Finding a Balance](#)

[PBS News Article: The drug-like effect of screen time on the teenage brain](#)

[Dealing with Devices: The Parent-Teen Dynamic](#)

[Exploring Questions by Age Group on Technology Addiction \(Teens 13+\)](#)

FRENCH EXCURSION

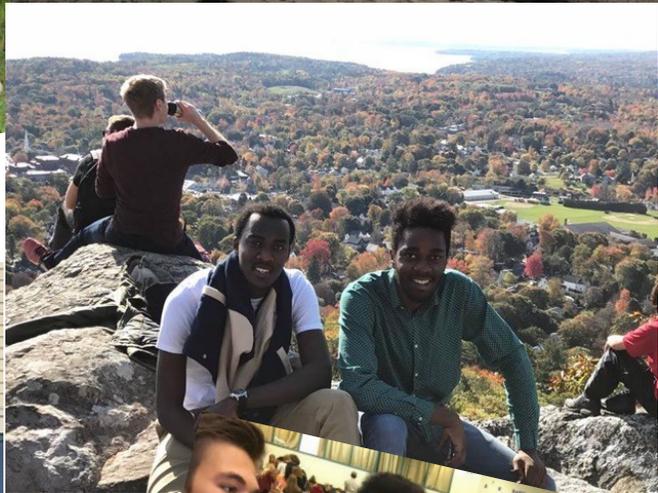
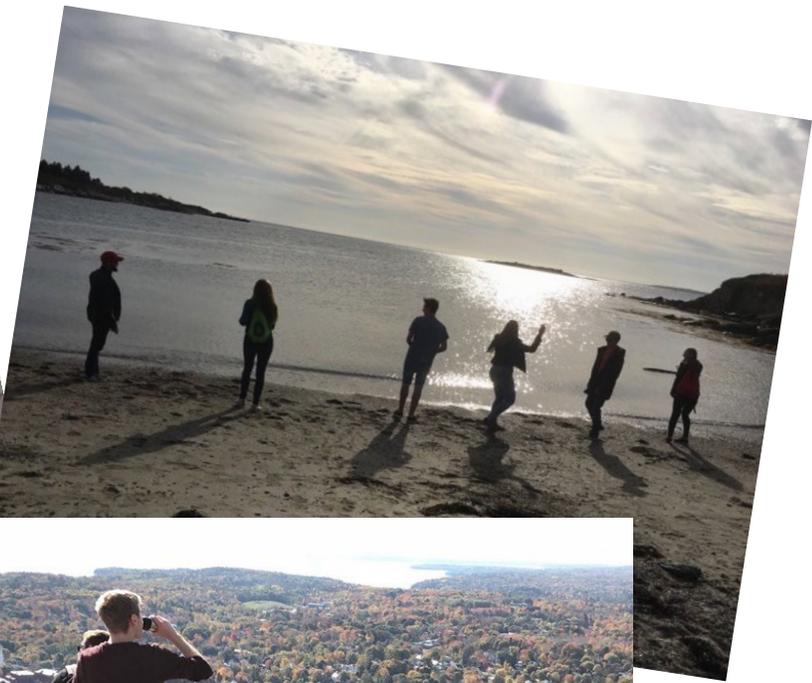
“I enjoyed seeing her have new experiences, and how excited she was for many things,“ says a Mt. Ararat French student about the French visitor she hosted during two weeks in October.

Similar comments came from the other 15 students who hosted 17 students from a high school in Nancy, France. The French students and their three teachers visited families in Bowdoin, Bowdoinham, Topsham, and Harpswell, attended school with their student hosts, and participated in field trips in Maine, but also to Boston. They liked the beautiful October weather and fall activities such as apple picking, pumpkin carving, and attending a school football game. And because they come from the inland Lorraine region of North East France, they really enjoyed exploring the coast of Maine and taking a boat ride on Casco Bay or walking on Popham Beach or at Reid State Park.

Favorites of the visit? Shopping in Freeport, climbing Mt. Battie in Camden, Fright at the Fort in Bucksport (Halloween does not exist in France), Quincy Market in Boston, breakfast and cookies in the cafeteria, and family conversations about our different cultures and how home / school life differ. For many for these French students, it was their first time traveling to the U.S.

The two weeks ended with a pot—luck dinner featuring a slideshow of experiences and tearful good-byes. But it was only “au revoir”, not goodbye forever, because the American students will be visiting Nancy for two weeks in April. When asked what they are most looking forward to, they replied with true American diversity, “Everything! Mostly the buildings and architecture.” “The food. Seeing the French school and the different culture.” “ Learning more French.” “Paris and the shop / sites.” “Meeting families.” And, most important — “Seeing my friends again.”

This is the first year that Mt. Ararat High School has organized an exchange with a French high school, and already new friendships have been formed, as well as a better understanding of our respective cultures. It will be Maine students’ turn in April to apply their language skills and experience a culture that they have been studying.



Dates To Remember

- 12/22—1/1.....Winter Break I
- 1/8.....Poetry Out Loud
- 1/9.....Chorus Concert, Orion Theatre
- 1/15.....Martin Luther King, Jr. Day—NO SCHOOL
- 1/19.....Last Day of Second Quarter

Mt. Ararat High School Athletics

Logo Design Criteria

The Mt. Ararat High School Athletic Department is looking to select a permanent visual branding identity to utilize on all future online, print, merchandise and other visual collateral materials. A consistent logo allows for people to begin understanding and identifying with MTA athletic programs, generating pride through visual branding.

In order to make the selection, the Athletic Department is currently identifying and cataloging images that have been used in the past and present on all Athletic related materials. In addition, we are seeking any other potential branding image ideas from current Mt. Ararat High School students, faculty and/or staff who would be interested in working to design a creative, innovative and professional logo. The logo should be recognizable and help promote our school and athletic programs in a positive and engaging way.

Please read below for more details regarding logo design, submission requirements and the deadline for submission:

The deadline for submissions of new ideas is Friday, December 22nd

Submissions should go directly to Geoff Godo, Athletic Director (godog@link75.org)

The image should be submitted in its original format (hand drawing or image file) as well as in a HIGH RESOLUTION format (min 300 dpi or higher) - Preferred file types are .PDF, .EPS or .PNG formats

LOGO REQUIREMENTS

- **Professional:** This logo will be the centerpiece of the Athletic Department, featured on our courts, fields, scoreboards, uniforms, website, social media platforms, and other mediums (stationary, pamphlets, t-shirts, etc). As a result, it needs to be eye-catching and legible.
- **Name & Mascot:** As we are the Mt. Ararat Eagles, the logo must include only the name, letters and mascot associated with our school. The 'MT' part of the school name also needs to be included – having an 'A' only as part of the logo is not sufficient. How specifically you choose to illustrate these items would be entirely up to you.
- **School Colors:** Mt. Ararat's school colors are ROYAL BLUE, RED and WHITE and those should be the primary colors in the logo. An emphasis should be placed on ROYAL BLUE. Any part of the logo referencing the EAGLE mascot could also include a limited amount of BROWN.
- **Integrity:** Logos cannot contain copyrighted material and must have been created and edited by the person making the submission. The logo may not include images or licensed images that have been previously published by other teams or schools. The image must be easily reproducible and scalable for large and small formatting.
- **Ownership:** Anyone who submits a logo for consideration agrees that if chosen, Mt. Ararat High School and MSAD 75 may use, display and publish the logo as they see fit in any way in the future. It is agreed upon that all ownership rights, including copyright, trademark and intellectual property rights to the logo become property of Mt. Ararat High School and MSAD 75. Additionally, Mt. Ararat High School and MSAD 75 may alter, modify or revise the logo as it sees necessary.

