

Maranacook Community High School

Teen Issues 2017

December 6th Sessions



Maranacook Community High School is a caring school community dedicated to excellence. As such, we aspire to have a school culture in which all our students and staff feel safe and diversity is accepted. This means we need to treat every member of our school community with kindness and dignity regardless of personal beliefs and values that may include national origin, race, disability, gender, sexual orientation, faith, political opinions or other factors. We all deserve to be respected for the person we are. Every student and staff member has a right to their own opinion, but we must be tolerant and respectful of each other regardless of our own opinions.

This is the first of our two Teen Issues days for the 2017-18 school year. This year's Teen Issues theme is "Respect." The Teen Issues committee believes it is important for each person in our community to feel, give and act respectful. We need to do this for ourselves, our families and our community.

*Each session below ties in some form of respect. Please take a few minutes to read through the available session then sign up for the sessions you want no later than **Friday, December 1st**. All sessions are first come-first served, so the sooner you sign up, the more likely you are to get the session you want.*

Sign Up Link: <https://goo.gl/forms/mpV15xzoeBJg0vD03>

**There is NO CATC on Teen Issues days. Everyone must sign up for sessions.*

School Wide Assembly Speakers

Morning Assembly Speaker

Ty Howard, “**You Were Born to Be G.R.R.R.E.A.T.!!!!™**”

Ty Howard’s ***YOU Were Born to Be G.R.R.R.E.A.T.!!!!™*** motivational keynote session is engaging, fun, funny and empowering. This dynamic session inspires and fuels the spirit and action of the pursuit of True GREATNESS inside high school students, so they can succeed confidently in the areas of Life Planning, Respect, Accountability, Education, Resilience, Perseverance and Success. In turn, putting them on a path that will give them a jumpstart on making their visions of success and dreams come true!

Ty Howard’s ***You Were Born to Be G.R.R.R.E.A.T.!!!!™*** motivational keynote session is inspired by, built on, and teaches from the guiding principles of his trademarked ***You Were Born to Be G.R.R.R.E.A.T.!!!!™*** Process Model and forthcoming book with the same title.

The 8 Essentials of True GREATNESS:

Essential #1: Gift – It’s your responsibility to identify and develop your gift.

Essential #2: Respectful – Respect starts with you and impacts others.

Essential #3: Responsible – You are the architect of your future.

Essential #4: Resourceful – You win in life with people, organizations and information.

Essential #5: Resilient – When the results of poor choices, mistakes and life happen to you—learn from it and bounce back stronger and better than you were before.

Essential #6: Education – Education is your ultimate key to new levels of success.

Essential #7: Action Driven – Enthusiastic, focused and purposeful steps of action will always move you further ahead in life.

Essential #8: Triumphant – Rewards, achievement and celebration will always come to the determined and focused person who believes he/she can and does it.

Afternoon Assembly Speakers

* **Collin McGuire** is a senior at Maranacook. He will be sharing a very important story from his own life with our entire school community.

* **Mike Boyman**, a math teacher here at MCHS, will be presenting the first ever Dave McPhedran Awards to two of our very worthy students.

Teen Issues December 6th Timeframe

Time	Activity	Location
8-8:20am	extended advisee (to hand out schedules, etc)	NA
8:25-9:50am	Keynote Speaker: Ty Howard	Gym
9:55-10:40am	Session 1	various
10:45-11:30am	Session 2	various
11:30- 11:55am	11/12 Lunch	student center
11:35-12:25pm	Grade 9/10 Presentation	PAC
12:25-12:50pm	9/10 Lunch	student center
12:00 - 12:50pm	Grade 11/12 Presentation	Gym
12:55-1:45	Session 3	Gym
1:45-1:50pm	Dismissal to advisee then assembly	Advisee rooms/ Gym
1:50-2:30PM	Assembly	Gym

- *Please note, all students will attend one grade level presentation either before or after their lunch. Advisors will attend the session with their advisee group.*

DOUBLE SESSIONS 1 & 2 BREAKOUTS

If you sign up for one of these sessions:
DO NOT SIGN UP FOR SESSION 1 OR 2

Session Title	Session Presenter	Session Room
Weathering Shame	Kevin Mannix & Linda Rota	PAC
<p><i>Weathering Shame, a personal journey of shame and stigma, is an autobiography penned by two well respected professionals. Kevin Mannix and Linda Rota, husband and wife, share with us their individual experiences from their childhood and adult lives that brought them to living with shame and stigma. The type of shame that is deeply internalized, that can cause long-term unhappiness, discomfort, confusion, and even emotional paralysis. In this session, they share their life experiences, the struggles encountered, lessons learned, feelings of shame, and the stigma that resulted from growing up exposed to alcoholism, severe depression and suicide.</i></p>		
Invisible?: Native American Perspectives	Mr. Gower	Mr. Gower's Room, Rm. 154
<p><i>Do you know why Native Americans have built casinos in some parts of the US? Do you know why Native Americans don't need a license to hunt? Participate in a simulation from the Native American point of view. Learn about issues facing Native Americans in Maine today, stereotypes, and misconceptions. Participate in a conversation about how Native Americans are viewed and treated in American culture. Discuss the future of Native Americans in Maine and the US.</i></p>		
Don't Be Afraid of What you have Learned	June Sapiel, Dawn Neptune Adams, Dylan Getchell, Carter, Jackie Gordon and Sarah Halberstadt	Ms. Trefethen's Room, rm. 170
<p><i>Learn about the ways to work towards self-empowerment and free yourself from cultural myths and stereotypes with June Sapiel, activist, mother and water protector from Maine's Penobscot Nation.</i></p>		

Session 1 (9:55-10:40AM) Breakouts

ONLY SIGN UP IF NOT DOING A DOUBLE SESSION FOR
SESSION 1&2

Session Title	Session Presenter	Session Room
Rainbow Quest	Mr. Martin Swinger	Mrs. Twiss's Room, 140
<p><i>Rainbow Quest! is the journey of your lifetime that you can share with old and new friends. It's the trifecta of board games: it teaches culture and history, manifests social skills and confidence, and cultivates copious amounts of laughter and fun. This makes it the perfect new board game for your LGBT family game night, school GSTA, support group, or community drop-in center. Or, treat yourself and invite friends over for a great evening of PLAY!</i></p>		
Respecting Identity	OUT Maine	Ms. Harman's Room, rm. 184
<p><i>This session will talk about identities and how we can show respect for everyone. It will explain the power of gender pronouns and how we can all live and work together in a respectful way.</i></p>		
The New Mainers: Respecting and Embracing Culture in ME	Mrs. Hannah DeAngelis	Mr. DeAngelis's Room, rm. 180
<p><i>This session will be presented by Hannah DeAngelis who works for an agency that supports immigrants and refugees in moving and adjusting to the Maine life. She will tell you about some of the experiences she has had in her position as well as the stories of some of the remarkable men, women and children that she serves. The session will also talk about ways we can all respect and embrace diversity and respect all types of cultures.</i></p>		
Frazzleerham	Mr. Lee Behrendt	HS gym
<p><i>Lee Behrendt taught a variety of subjects for 40 years, primarily Latin at Loyola Blakefield in Towson, Maryland where he introduced Frazzleerham in 2004. It quickly became extremely popular, being played on a weekly basis. Frazzleerham was invented in the 1960's by Barry Morley, the first athletic director of Sandy Spring Friends School in Sandy Spring, Maryland. It was his intention to involve students in a game that they had never played before, so that all would begin to play it with an equal level of experience and an immediate feeling of camaraderie.</i></p>		

Living with a disability. An honest discussion	Mrs.. Watson and students	Mrs. Watson's Room, rm.130
<i>In this small group session, you will meet some of Maranacook's students that have disabilities. These amazing young adults will tell participants their story and the entire session will have an informational session to learn more about different abilities that impact some of our students.</i>		
Consent 101	Mrs. Lynette Johnson and Madelyn Dwyer	Mrs. O'Donoghue's Room, rm. 173
<i>In this session, you will gain a better better understanding of what consent is and what it means to you.</i>		
Safe conversations and coloring	Mrs. Libby	Mrs. Libby's Room, rm. 139
<i>In this session, people will be able to engage in discussions about our community while also coloring in some of the newest and intricate coloring pages.</i>		



Session 2 (10:45-11:30AM) Breakouts:
ONLY SIGN UP IF NOT DOING A DOUBLE SESSION FOR
SESSION 1&2

Session Title	Session Presenter	Session Room
Frazzleerham	Mr.Lee Behrendt	HS Gym
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Safe Space: Knitting	Mrs. Chisholm	Mrs. Trefethen's Room, rm. 170
<i>This will be a safe space to talk about a variety of teen-issue topics while also knitting. If you are an avid knitter, or have never done it before but you have an interest, AND enjoy talking about today's teen issues in a safe environment then this session is for you!</i>		
Discrimination Jeopardy	Humanities Class	Ms. Kelley's Room, rm. 159

During this activity, we will explore topics of discrimination such as race, ethnicity, gender, and sexuality. Teams will participate in a jeopardy style game with candy for prizes.

Fear of Failure is a Real Thing	Dr. Levesque	Me. DeMillo's Room, rm. 153
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People see making mistakes or needing to improve on something as failure. There's a fear of not being able to perform well which can keep people from trying something new. To lessen the fear of failure, we need to understand failure is a GOOD thing. Failure is a learning experience, and we should embrace risk taking. This session will discuss the science behind the fear of failure and provide some real-life solutions to support risk, new learning and growth in a safe and productive way.Success consists of going from failure to failure without loss of enthusiasm. -Winston Churchill

Relationship Jeopardy	Ms. Nancy Provost and Ms. Kathy Paradis	Mr. O'Clair's Room, rm. 171
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Test your knowledge and learn some new skills about having healthy relationships while playing this fun, classic game.

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Safe conversations and coloring	Mrs. Libby	Mrs. Libby's Room, rm. 139
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Session 3 (12:55-1:40PM) Breakouts: Everyone Must Sign Up

Session Title	Session Presenter	Session Room
Rainbow Music	Mr. Martin Swinger	Music Room
<i>Maritn Swinger is an accomplished game maker and musician. This session will allow students to joing together and listen to music in a safe environment.</i>		
stReSSeD!	Ms. Radley and Cameryn Freeman	Ms. Trefethen's Room, rm. 170
<i>Have you ever felt stressed, nervous or anxious? This session will talk about tips and tricks to help us deal with these things.</i>		
Transgender Crash Course	Mr. Tyler Duval, Jackie Gordon and Drew Whitcomb	Ms. Harman's Room, rm. 184
<i>This session will provide students with a crash course on what transgender means.</i>		
Confronting Stereotypes	Hannah Moran & Sarah Harman	Mrs. Moran's Room, rm. 160
<i>Eye opening activities and discussion to help point out how often we use stereotypes in our lives, and how it affects those around us</i>		
Into the Woods	Mr. Will Malsbury	Will be outside (wear warm clothing) You will meet in Mr. Will's room, 163
<i>This will be a guided trail walk in our serene MCHS trails for students interested in nature.</i>		
When life hands you a lemon- make lemonade	Mr. Babbitt	Mr. Babbitt, rm. 179
<i>Many people do not know about the amazing obstacles Mr. Babbitt overcame as a teen. Listen to his inspirational story. It is about taking what you are given and making the best of it</i>		
Politically Speaking	Ms. Taylor Cray, Ms. Mary Taylor and	Mr. DeMillo's Room, Rm.153

	Gavin Diou-Cass	
<i>This session is about talking with people of opposing political viewpoints in a respectful way.</i>		
ADHD: Living and Learning	Mr. DeMillo and Sarah Chapin	Ms. Kelley's Room, rm. 159
<i>ADHD... a comprehensive ADHD discussion with helpful tips and tricks in dealing with ADHD. There is a 4 page ADHD checklist that parents fill out and this can be used</i>		
To Whom It May Concern	Nate Janell and Sra Frey	Sra. Frey's Room, rm. 174
<i>This session will provide practical advice and help for people who how have or are worried about friends and loved ones have mental illnesses such as depression, anxiety, eating disorders and thoughts or actions of suicidal intent and self harm</i>		
Living with a disability. An honest discussion	Mrs. Watson and students	Mrs. Watson's Room, rm. 130
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Respect your life	Officer Travis Luce	Mr. Abbott's Room, rm. 155
<i>Officer Luce is a Kennebec County Officer. He is here to have a conversation with students about making good choices. While we all make mistakes, some mistakes can impact our lives forever. This session is to have an open conversation with an officer who can help you make the right decision the first time around.</i>		
Mother of Thousands: Building relationships in our community	Mrs. Reynolds	Mr. O'Clair's Room, rm. 171
<i>In this special session, learn the deeper meaning of respect with our one and only Becca Reynolds</i>		
Safe conversations and coloring	Mrs. Libby	Mrs. Libby's Room, rm. 139

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Viewing: Pay It Forward

TBD

PAC

In this movie, a young boy decides his school assignment will be to commit good deeds to three people, under the proviso that the recipients pass them on in the same fashion. Although Trevor is only 11, he teaches respect to the adults in his life. His mother learns to respect Trevor's teacher's past, taking him for who he is and, in turn, Trevor's teacher administers the same respect to her. Both adults also show respect to Trevor, treating him as a human being who's capable of being a good person.



