

Teen Issues 2/14/18

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Mandatory Sessions

Rising Up	Nick Scott	All
<i>A car accident left Nick Scott unable to walk, but it didn't derail his competitive ambitions. He has become a shining light in wheelchair bodybuilding and an inspiration to lifters everywhere!</i>		
Learning and Leading	Ryan Hawk	11 & 12th grade
<i>Mandatory session for grade 11 and 12, on leadership and meeting goals. Ryan Hawk runs the Leadership Advisory team at Brixey & Meyer. Ryan has been a student, teacher, and practitioner of leadership and performance excellence most of his life. First as a collegiate and professional quarterback, and now in the business world. He shares what he's learned from his own experience as well as from interviewing more than 250 of the most thoughtful leaders in the world on his hit podcast, The Learning Leader Show.</i>		
Title	Presenter	# of students
When life gives you lemons	Bill Babbitt	25
<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>		
Help would be aMAZE-ing	Hannah Moran	25
<i>This interactive session is about self advocacy and learning how to ask for help when you need it</i>		
First Light Presentation	Mishy Lesser & Jeremy Smith	same students as last time
<i>First Light, exposes how generations of Native children have been forcibly removed from their families and culture, and asks: How does a culture survive the taking of its children? First Light is anchored by the feature film, Dawnland, which tells the story of the historic Maine Wabanaki-State Child Welfare Truth and Reconciliation Commission, the first of its kind in the United States.</i>		
From Stress to Success	Kim Radley and Sara Chisholm	10
<i>In this biofeedback program, you can learn breathing programs</i>		
Frazzleerham	Lee Bernhardt	35

<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 comraderie.</i>		
High School Musical	Mike Boyman and Drew Albert	25
<i>Music session with Mr. Boyman and Mr. Albert, will present at the closing assembly.</i>		
Litty Knitty	Liz Guillemette	25
<i>Knitting Session with Mrs. Guillemette!</i>		
Color outside lines	MaryAnne Libby	20
<i>Coloring session and a place to have safe conversations</i>		
Teamwork makes the dream work	Mackenzie Kelley and Kelsea Trefethen	15
<i>Team building session with Ms. Kelley and Ms. Trefethen</i>		
Why can't we be friends	Laura Friedman	25
<i>This session will go in depth about the impacts of bullying.</i>		
FoCuS	Jordan DeMillo	20
<i>This session will be a group session to talk about what ADHD is and what it is like living with it. This session will involve a lot of group discussion.</i>		
More than their mistakes	Officer Jess Quinn	35
<i>Inmates of the Kennebec of the CARA program will talk with students about the choices they made and where they are now.</i>		
Peer Mentor Jeopardy	Peer Mentors: Carter, Grace, Madelyn, Emma H., Emma W., and Ashley	20
<i>This session will be a fun and interactive jeopardy game, with all things Peer Mentors.</i>		
To Whom It May Concern	Abby, Nate and Kelly	15
<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>		
Astrophysicist, pilot, orthodontist, surgeon, showman, food critic, president, actor, musician, molecular genetist, teacher, arborist, crossing guard, politician... and so much more!	Cal Dorman	20
<i>This is a career exploration session presented to you by Mr. Dorman.</i>		
TALK	Bailey Smith	30
<i>TALK in itself is a Non-profit that works towards bringing all different people together through learning and real understanding. The #1 point of any TALK is that you absolutely matter and whatever you want to TALK about is the first thing on our list. Our goal is to help everyone to live happier, healthier, and wealthier lives.</i>		

Small World Big Community	Luigi Pintoire and Liz Guillemette	15
<i>This session will be presented by our one and only Luigi, an exchange student from Italy, who will talk with you about the benefits of doing an exchange.</i>		
Abi's Story	Abi Aho, Sam Cloutier and Mr. Hirsch	15
<i>Abi has gone through a lot in her life. This session will tell her story. A discussion about abuse, depression, anxiety, PTSD, and drugs and alcohol - and how I have been able to overcome, persevere, and learned how to cope through these struggles.</i>		
Improv Theater	Penobscot Players	25-30
<i>This improv theater session will be focusing on problem solving, better communication & self esteem</i>		
Relationship Red Flags	Nancy Provost	15
<i>A session to identify what are some red flags for having safe and healthy relationships</i>		
Computer Crimes Lab: Awareness of technology related laws and dangers	Abbe Chabot	20
<i>Abbe Chabot works for the computer crimes lab and will talk with you about the dangers of sexting among other major technology issues, trends and laws you should know about.</i>		
Consent 101	Lynette Johnson and Madelyn Dwyer	20
<i>What teens should know about sex and making informed decisions.</i>		
Weight Training with a Pro	Rich Garini, MGMC	20
<i>Exercise strategies and weightlifting techniques from our physical therapist, Rich Garini</i>		
Social Work session	Jeannine Paradis	25
<i>Ms. Paradis has another life besides being a 3 season coach and front office extraordinaire. This session will be her tales of being a social worker and everything this very important job entails.</i>		
Journaling Journey	Audrey O'Clair	20
<i>This interactive session is on unique and clever ways to help people manage their time, their work, and their lives. The session offers different strategies to support time management that can be differentiated for each person, and can be used for anyone.</i>		
Peace Mural	Tom Ferrero	20
<i>Creating a peace mural is an excellent opportunity for MCHS students to express their feelings about war and conflict and their hopes for world peace through paint. The finished product will be put on display for our school to see each day.</i>		
Restorative Justice 101	Karen Tucker, Kiana, Jackie, Ashley Cray and Maggie Stokes	12-16

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Then and Now	Brin Ambleside	25
<i>Brin Ambleside has lived through many things, including events in World War II, meeting Robert Kennedy, and much more. In this session, Brin will talk about her amazing life events and how she interprets them from now.</i>		
You Can be A Difference: Technology vs. Human Connection	Brin Ambleside	25
<i>Brin Ambleside will talk with students about her world and how she sees technology impacting and changing the human connection.</i>		
STOP! ...breathe...	Sarah Harmon	15
<i>Sarah Harmon will be doing an interactive session and take participants through an hour of thoughtful meditation.</i>		
Intermediate Drivers	Officer Tlumac	25
<i>This session is for anyone who has their license or wants their license. Don't miss out on this very important session about driving and it's complications from law enforcement.</i>		
Gainz	Hailey Chadbourne	25
<i>Nutrition and exercise with Ms. Chadbourne</i>		
Zumba	Mrs. Mank, Mrs. Tyler, and Mrs. Neuhaus	25