

March 18th - March 22nd

Dear Maranacook Faculty and Families

Parent teacher conference: A reminder that if you missed our Parent Teacher conferences you may still sign up for the March 26th conference. Please visit our website for the link to Pick-a-Time.

Health Center: Anxiety and depression in adolescents has spiked in the last couple of years. Some are calling it a “public health crisis of the digital age” because it has surfaced with the rapid rise of social media. Many teens are on their phones most of the night instead of sleeping and lack of sleep also contributes to anxiety and depression. Please take the time to read the following article and try to engage your child in a conversation about their phone use and their interactions with social media.

[https://tuftsmagazine.com/issues/magazine/snapchat-depression?utm_source=email&utm_medium=university&utm_campaign=news_alumni_03162019_1041_\(MAG\)\(MED\)\(NOW\)\(NOW\)](https://tuftsmagazine.com/issues/magazine/snapchat-depression?utm_source=email&utm_medium=university&utm_campaign=news_alumni_03162019_1041_(MAG)(MED)(NOW)(NOW))

Guidance: Kim and Sara have continued to lead College Searches in US History classes this week. Kim and Sara are also conducting Pre-Administration sessions for the SAT to help save time on the test date (April 9th!)

A mini college fair will be held in the gym next week on March 27th during focus times. UMaine, UMF, KVCC, Thomas College, FAME, UNE, Colby, UMA, National Guard, Coast Guard, Navy, and the Air Force will be available to meet with students.

Advisory: April 9th, Freshmen will be on field trip to State House . The Sophomores will be on jobs shadows. The Juniors will be taking the SAT. The Seniors are planning a ½ day presentation on campus and students will need permission to be dismissed at the end of the presentation.

Math Team: On Wednesday the Maranacook Math Team competed against some fierce competition at the Mid Maine Invitational and earned 4th place with 358 points. The top scorer for Maranacook was Ryan Worster with 59 points, who received an award for being the 5th top scorer for the seniors. Trenton Murray, who scored 56 points won an award for being the 2nd best scorer for the freshmen. High scorers for our team also include Nathan Couture with 41 points, Luke Bartol with 39 points, Zachary Berg with 34 points and Ian Plante with 20 points. The most important statistic is that everyone scored! Our final meet will be the Maine State Math Meet on April 2nd at the Augusta Civic Center.

Art/Music/IA:



Higher Forms of Art at UMaine Augusta's Danforth Gallery is coming down this week.

It was an incredible show and involved over 20 Maranacook Students, along with students from Cony HS, Hall-Dale HS, Kents Hill School, Maine Arts Academy, Richmond HS, and Wiscasset HS. The show ran from Feb 22- Mar 20.

The image shown to the left is from the show's installation that took place during February Vacation.

English: Hannah Moran is taking her 9th Grade Honors English classes to Messalonskee High School to see local young adult author Maria Padian. Many of the students attending have read Padian's book *Out of Nowhere*, the story of immigration and Lewiston soccer team.

Math: AP Calculus AB class just finished their unit on modelling situations with differential equations and the different ways to solve differential equations. This is a challenging unit since there are so many things to remember to solve a differential using integration. They also learned how to model an exponential growth (bacteria growing in a petri dish) and exponential decay (radioactive decay of an element) situations.

Student Senate: Senate is planning an Easter Egg Hunt on April 22nd. This will not interfere with academic classes and will be held throughout the day. Eggs will contain treats, thoughts of inspiration and encouragement and special opportunities to win prizes. Eggs will be hidden on that Monday morning at 7am, if you would like to help hide Eggs please reach out to Kelly Thompson. A quick note, we will NOT be hiding Eggs in Classrooms.

Student Health Reach Committee is working on displays and information around a health prom. They will host tables during lunch in the lobby.

School Spirit has sent out a survey to the student body in hopes to gain feedback on this Year's Winter Carnival. Students will have the opportunity to give confidential responses, with the hope to gain honest feedback to allow us to Celebrate successes and improve where areas where needed.

Student Voice is working on a student dance contract, they have presented a draft to Leadership Team which will be considered at a future meeting. They are also working on Gold Cards for honor roll students. These cards would grant an excuse day off from school, as well as discounts at local businesses. This is in the working stages and will be brought to leadership team in the future for consideration.

Athletics:

Monday March 18th: Softball and Baseball Pitcher and catchers start

Tuesday March 19th: No Events Scheduled

Wednesday March 20th: Math Team at Erskine came in 4th place with 358 points and now on the way to States on April 2

Thursday March 21st: No Events Scheduled

Friday March 22nd: No Events Scheduled

Saturday March 23rd: No Events Scheduled

Upcoming Events:

3/26 Parent/Teacher/Student conferences at the HS from 3-7

3/27 Board Meeting starting at 6:30 in the HS student center

3/28 District safety meeting in the media center

3/28 HS leadership team meeting 2:45-4:00

3/29 Field Trip-Artwork on the Main in Winthrop

3/30 GAPP students and faculty return home

4/2 HS Faculty Meeting from 2:45-4:00 in the Music Room

4/3 9th grade field trip to Messalonskee to see author Maria Padien

4/3 11th grade MEA/Science Augmentation Testing

4/3 School Board Meeting at the HS in the student center starting at 6:30

4/4 HS leadership team meeting 2:45-4:00

4/4 Field Trip to Pittsburgh for all Eastern Choir

4/9 SAT's!, 9th grade field trip to the statehouse and 10th grade job shadow

4/9 Intro bear meeting at the HS starting at 2:45

4/11 HS leadership team meeting 2:45-4:00

4/25 Post Secondary Planning Night/Financial Aid Presentation 6:00 PM