



School Year 2015

Making a Smooth Transition

How parents can help
students transition
to college life

Mellow Your Mornings

How to make
school day
mornings easier

Acing the Exam

Test-taking tips for students

A Special Supplement to
**Kennebec Journal
Morning Sentinel**

Wednesday August 20, 2015



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Easing the high school transition

Entering freshmen can take several steps to make their transition to high school easier

Each school year brings new opportunities. Although attending a new school can involve some butterflies as kids acclimate to their new classmates and teachers, the transition from grade school to high school is typically one of the more dramatic transitions students have to make.

Although starting high school can be an overwhelming experience full of change, there are many ways for students to ease this transition.

Take part in high school orientation. Orientations help students acclimate to their new surroundings. Orientation sessions can provide insight on coursework and help kids learn about the campus and any amenities it provides. Learning the layout of the school in advance can help calm any first-day jitters students may encounter.

Arrive prepared. Make sure all summer assignments are completed so you



start off on the right foot. Unprepared students are likely to be apprehensive. **Adjust to new sleep-**

wake schedules. Summer vacation may have been filled with late nights and sleepy mornings, but now

that school will begin anew, it's time for students to gradually readjust their schedules. That will make it easier to wake up for school. Many high schools begin the day earlier than grammar schools and middle schools. It may take a few weeks to grow accustomed to the earlier hours, so start waking up earlier as the summer winds down.

Plan to arrive with friends. Seeing familiar faces can help students feel more secure. High schools tend to be larger than grade schools and include kids from various neighborhoods, but chances are your friends will be attending the same school as you. Carpool with friends during the first week of school so your first steps on campus are with friends.

Enroll in a mentor-ing program. Some high schools pair freshmen with upperclassmen so younger students can learn the ropes of the school. New students can benefit from these per-

sonalized guides and should feel comfortable asking questions about teachers and school protocol.

Participate in clubs and extracurricular activities. Another way to feel more comfortable at a new school is to participate in activities. High schools offer numerous extracurricular activities that cater to an array of interests. Band, choir, sports teams, debate teams, student government and foreign language clubs are just a few examples of enjoyable extracurricular activities. Joining such groups can introduce you to like-minded students.

Arrive to class on time. Teachers may be more lenient the first few weeks of school, but over time they will expect students to learn their schedules and arrive to class on time. Students can make arrangements with friends to share lockers or employ other strategies to make it easier to get to class on time.

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BUS ROUTES



School bus schedules will be posted online at centralmaine.com/community as they are made available.

Make school day mornings easier



School day mornings can be hectic, as getting kids ready for school and out the door on time is not always easy. Working parents may find school day mornings especially difficult, as their own work

schedules can make mornings feel even more rushed. Fortunately, parents can employ several strategies to free up time in the morning so everyone starts their days off in a more relaxing atmosphere.

Wake up earlier. Sleep might seem like a precious commodity, but waking up just 10 to 15 minutes earlier can remove some of the stress from weekday mornings without costing you a lot of

sack time. Let kids sleep in until their normal wakeup time, using your extra 10 or 15 minutes to shower or enjoy your morning cup of coffee before the house is abuzz with activity.

Tackle certain chores the night before. Delaying certain chores until you wake up makes for a hectic morning, so tackle as many morning chores as possible before you go to bed for the night. Prepare school lunches, lay clothes out for yourself and your children, and make sure kids have their backpacks packed and ready to go before they go to bed. Each of these things may only take a few minutes, but when left for the morning, they can add up to a substantial amount of time.

Encourage youngsters to pick up the pace. Some people are morning people, while others dread setting their alarms for early morning hours. Kids who fall into the latter group may drag their feet in the morning, but parents should offer encouragement when kids are moving slowly in the morning.

Allowing your frustration to show may only make kids less fond of mornings, so remind them as nicely as possible that everyone has a schedule to stick to if they seem to be dragging their feet.

Keep the television off. If watching the television is ingrained in your morning routine, try going a few days without it to see if this makes it easier to get out the door on time. Kids might grow distracted by morning cartoons, and even adults may get caught up in morning news shows or other forecasts. Eliminating television from your morning routine can save time and also may help your family grow closer, as you will have more distraction-free time to speak to one another. In addition to turning off the television, resist the urge to turn on your devices or scan work emails when getting ready in the morning.

Parents know that school day mornings can be hectic. But there are several ways to make such mornings go more smoothly so everyone gets where they need to be on time.

Outfitting students' technology needs

Nowadays, school supplies differ greatly from the markers, protractors and pencil cases required just a few decades ago. Many classrooms are now geared toward digital learning, and items such as tablets, smartboards and laptop computers are essential to enhancing students' classroom experiences. It's no surprise then that many students require a long list of tech products and applications to keep up with their studies.

According to a Project Tomorrow report titled "The New Digital Playbook: Understanding the Spectrum of Students' Activities and Aspirations," a large percentage of students have access to various mobile devices in the classroom. Smartphones, laptops, tablets, and digital readers are some of the more commonly used devices in modern classrooms, and such usage is not limited to older students, as the report noted significant penetration of mobile devices among the primary grades, even in K-2.

To enhance the learning experience found in school, parents may want to allow access to such devices at home. The following are some tech items to consider:

Tablet: Android and Apple-based tablets give students easy access to a variety of applications and web connectivity. Their portability makes them a convenient way of staying connected both inside and

outside the home. Many tablets can be enhanced with plug-in keyboards that make typing easier. Tablets can be used to take notes, browse the Internet, check email, and maintain correspondence with classmates via messaging applications.

Smartphone: Smartphones now have many of the same capabilities of tablets, albeit in smaller packages. Parents may need to customize safety settings on phones to keep students secure, but the devices can be valuable tools in keeping tabs on kids' whereabouts.

Laptop: Tablets and smartphones may have reduced consumer dependency on laptop and desktop computers, but traditional computers remain a valuable learning tool. Their larger screen sizes and mouse/keyboard features can make it easier for students to spend more time working on projects that require a lot of typing. Since many teachers now require assignments be typewritten or completed online, students may need to have a computer at home. Peripherals, such as a printer and an external hard drive, may prove useful as well.

App access: Students may require different apps to complete their assignments and stay organized. Calendar functions, newspaper apps and calculators can provide the boosts kids need to

perform well and stay organized. Mobile devices are pre-loaded with stores where users can purchase applications, such as the App Store on Apple devices and Google Play on Google-based mobile products. However, users will still need to establish an account, which is typically linked to a credit card. If parents do not feel comfortable giving children free rein, they can set parameters on app purchases or buy pre-paid app gift cards to avoid excessive charges on credit cards.

Technology is pervasive in the classroom, and students may need various digital devices to make the grade.

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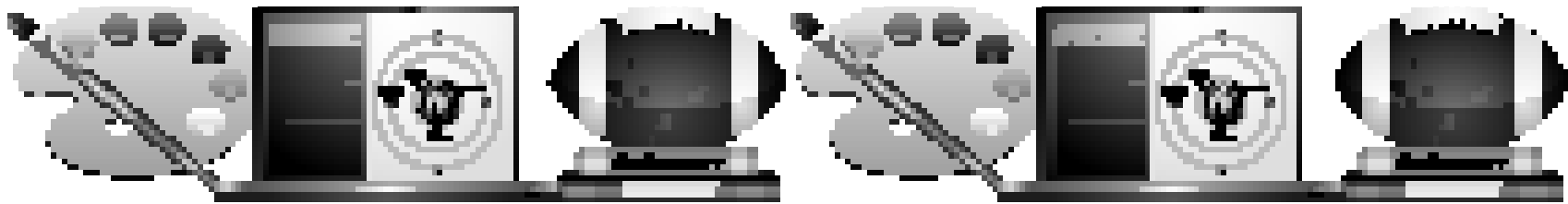
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AOS 92 Vassalboro School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
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AOS 92 Waterville School Calendar 2015-2016

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Safety tips for school bus riders

Many students take the bus to school twice a day, five days a week. Approximately 26 million elementary and secondary school children ride school buses daily in the United States, and the U.S. Department of Transportation says more than 50 percent of all K-12 students in the country ride yellow school buses, traveling approximately 4 billion miles each year.

The vast majority of these miles are traveled without incident. In fact, according to the National Safety Council, the national school bus accident rate is 0.01 per 100 miles traveled, compared to 0.96 for other passenger vehicles, which makes school buses considerably safer than other passenger vehicles.

Though school buses are safe, there are other ways to make them even safer. Children, especially those new to school buses, may find the bus fun and unique and not pay attention to simple safety rules. But parents should take steps to ensure that youngsters always heed the following school bus safety guidelines.



- Wait for the bus in a safe location that is away from traffic, ideally staying in a designated school bus stop until the bus arrives.
- Dress for optimal visibility, especially in inclement weather when it can be difficult for the school bus driver and other motorists to see pedestrians.
- Do not board the bus until it comes to a complete stop. Wait for the driver to open the door, which engages the “Stop” sign for oncoming motorists.
- Use the handrail and enter the bus in an orderly manner.
- Promptly find a seat, sit down and buckle the safety belt if there is one available. Students assigned seats on the bus should take their seat without making a fuss.
- Keep backpacks and other belongings out of the center aisle. Store them under your seat or on your lap.
- Remain seated at all times while the bus is in motion.
- Keep arms, hands, legs, and heads inside of the bus at all times.
- Always follow the driver’s instructions and avoid situations that will cause driver distraction.
- Wait for the bus to stop completely before standing up or attempting to exit.
- Exit the bus in an orderly manner, without pushing fellow passengers.
- Only cross the street in front of the bus. It is very difficult for the driver to see students crossing behind the bus.
- Wait for the driver to check traffic before crossing the street and be on the lookout for inattentive motorists.

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AOS 92 Winslow School Calendar 2015-2016

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AUGUST						
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FOR MORE INFORMATION:

Winslow Elementary
285 Benton Ave
Winslow, ME 04901
PH: 872-1967

Winslow Junior High
6 Danielson St
Winslow, ME 04901
PH: 872-1973

Winslow Senior High School
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AUGUST						
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FOR MORE INFORMATION:

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Winthrop, Maine 04364
PH: 377-2241
Fax: 377-4671

Winthrop Middle School
400 Rambler Road
Winthrop, ME 04364
PH: 377-2249
Fax: 377-3667

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Strategies to help kids focus on their schoolwork

Some youngsters experience difficulty when the time comes to focus on their schoolwork. Such difficulties may be linked to a variety of factors, and parents can be overwhelmed as they attempt to identify the root cause of their youngsters' struggles in the classroom.

According to the Centers for Disease Control and Prevention, roughly 6.4 million American children between the ages of four and 17 have been diagnosed with attention deficit hyperactivity disorder, or ADHD. ADHD most often occurs in children, and these children may have difficulty with concentrating, paying attention, staying organized, and remembering details.

But not all children struggling to focus on their studies have ADHD. Parents who want to help their kids overcome their issues with regard to focusing can consider a host of approaches and strategies.

Speak with a qualified healthcare professional. Because ADHD is so common, parents should seek the opinion of a licensed healthcare professional to determine if their child has the disorder. According to the National Resource Center on ADHD (www.help4adhd.org), psychiatrists, pediatricians,

neurologists, psychologists, and certain licensed counselors or therapists are qualified to diagnose ADHD. Determining if a child has ADHD is a great first step toward helping that youngster overcome his or her struggles in the classroom. A qualified healthcare professional can help develop a strategy to improve focus, and that may include prescribing medication to improve the child's ability to concentrate.

Speak with your child's teacher. Students who don't have ADHD can still have trouble focusing on their schoolwork, and parents of such students may want to speak to their children's teachers to solve the problem. Educators have significant experience dealing with students who have trouble focusing, and they may be able to make certain suggestions to help kids focus on their work.

Minimize distractions at home. Some kids may do well in class but find it hard to focus once they arrive home. That's because home often has far more distractions than the classroom. Once the time comes for your child to do his or her homework, minimize distractions that can compromise his or her ability to focus. Turn off

the television and take kids' phones away if they have their own phones. During homework time, only allow them to use their computers for their lessons and not to connect with friends via social media. Parents also should make sure they aren't the distraction. Let kids do their work in peace and quiet, offering to help if need be, but steering clear of kids work areas so they are encouraged to focus and not strike up conversations with mom or dad.

Make lists. Some kids focus better when they know exactly what they have to do. Encourage such youngsters to make lists of their assignments and check items off as they are completed. Checking items off can give kids a sense of accomplishment, which can motivate them to stay focused on their schoolwork going forward.

Encourage breaks. A breather every so often can help kids avoid growing tired. Make sure kids don't take up another task, such as playing video games or watching television, during their breaks. But keep in mind that standing up every so often to walk around or get a glass of water can help them stay sharp and energized over the long haul.



Test-taking tips

According to the Anxiety and Depression Association of America, test anxiety is a form of performance anxiety that can affect even the most prepared students. The ADAA notes that several factors, including fear of failure and a poor test history, can contribute to test anxiety, the presence of which can make it difficult for students to concentrate and may even cause physical symptoms like headache and nausea. Parents of students who are anxious about upcoming tests can share the following test-taking tips with their children, courtesy of the ADAA.

Prioritize preparation. Test preparation should begin well in advance of the test, as cramming the night before may make students feel unprepared and less confident in their knowledge of the material. In addition, studying at least a week or two in advance of the test date affords students the opportunity to take practice tests in conditions similar to those in real testing situations. That familiarity can calm any nerves they may typically experience when taking exams.

Develop an effective test-taking strategy. The ADAA recommends students answer the questions they know first before returning to more difficult questions. Doing so may contribute to students' confidence and calm their nerves as they approach the rest of the test. When tests include essay portions, students can outline their essays before they begin to write so they have a clearer idea of what they want to say and how they want to say it.

Employ relaxation tech-

niques. Deep, slow breaths and systematic relaxation of muscles can energize students' bodies and make it easier for them to focus. Students can apply such techniques before exams to curb any pre-test jitters they might have and, if necessary, revisit these relaxation exercises during the test if feelings of nervousness return.

Get enough sleep and eat healthy before the exam. Stress and anxiety are more difficult to cope with when the body is tired, so parents should encourage their children to get adequate sleep the night before an exam. In addition, provide healthy foods for kids to eat prior to the exam so they are not lethargic or hungry once the test begins.

Don't be afraid to seek help. Plenty of students experience test anxiety, and many schools offer programs designed to help students overcome their test-taking fears. Making use of these programs is a great way for kids to improve their testing performance.



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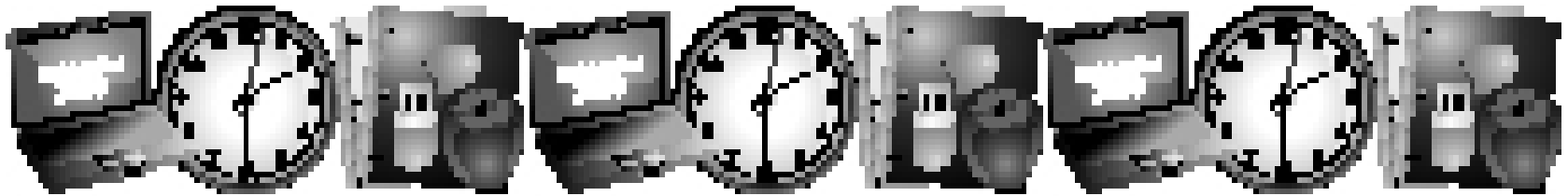
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Cony High School / CATC Campus School Calendar 2015-2016

Shaded areas are no school days

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Main Office
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623-3857

Chestnut Branch
60 South Chestnut Street
Augusta
623-8396



Augusta Schools School Calendar 2015-2016

Shaded areas are no school days

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Tips for a healthy school year

Students are most likely to get sick when school starts because being at school put children's immune systems to the test, offers The Mayo Clinic. Young children who are in close proximity to others in large groups tend to spread organisms like bacteria and viruses that cause illness. Breaking the cycle can take some work, but it's possible to make this a healthy school year.

Encourage handwashing

Frequent handwashing is a great way to prevent illness. Handwashing habits are essential for school-aged children and should be taught as soon as possible. Children should wash their hands after they use the bathroom and before they eat. If they've been playing outside or have interacted with children who are sick, handwashing can help remove some of the germs lingering on their hands. Antibacterial wipes are another option, but they may not be as effective as washing hands with warm, soapy water.

Stop (some) sharing

Sharing develops good manners and can foster new friendships. But children should be discouraged from sharing food, drinks and other personal items. Once the item has been placed in a child's mouth, it should not be shared.

Take a sick day

Rare is the student who will never come down with an illness. When kids get sick, keep them at home. Schools may have guidelines indicating when it is acceptable for children to return to school, and it's important that parents adhere to those guidelines so illnesses cannot spread around the school.

Promote adequate sleep and nutrition

While adults may need between seven and nine hours of sleep a night, children often require more. The National Sleep Foundation recommends eight to 13 hours of sleep a night for school-aged children. Begin adjusting sleep schedules during the latter part of summer vacation so that children can readjust to their regular sleep schedules.

Parents also should feed kids nutritious diets consisting of a variety of foods. Avoid high-calorie junk foods, reserving such items only as special treats every so often.

Donate cleaning supplies

Some schools may be underfunded and may not have enough supplies to keep all of the classrooms and surfaces clean. Parents can help by donating cleaning wipes and sprays so that students and teachers can thrive in clean, healthy environments.



Add health screenings to back-to-school checklist



As summer vacation winds down, thoughts turn from jaunts to the beach to readying for a new school year. To-do lists include many of the typical tasks that precede going back to the classroom, including shopping for new clothes, purchasing school supplies and finishing summer reading assignments.

Another essential requirement parents must find time for is completing their children's health screenings and immunizations so youngsters can return to school.

Health screenings may include, but may not be limited to, routine physical exams, eye exams and dental cleanings. Each school district may have its own set of health requirements that must be met in order for children to attend school.

Many schools require that children are up-to-date with all immunizations before they can begin a new school year. While the issue of vaccinations has inspired debate in recent years, parents should recognize that many schools will only exempt students from receiving certain vaccinations due to religious reasons. For a list of state vaccination requirements and possible exemptions for schools in the United States, visit www2a.cdc.gov/nip/schoolsurv/schImmRqmt.asp.

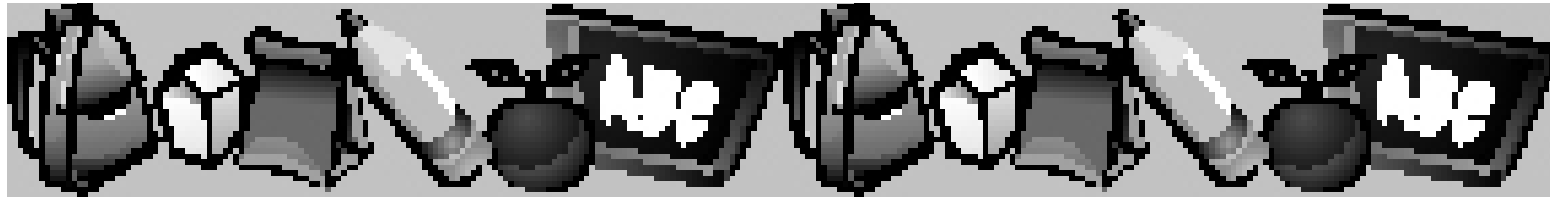
Students who have specific learning disabilities or medical conditions that require classroom modification should obtain recent documentation from any therapists or specialists prior to beginning a new school year. Doing so facilitates the process of setting up procedures within the school while ensuring children have what they need to excel in the classroom. All parents may want to ask doctors to provide copies of medical and immunization records so that schools will have the most recent copies on file.

Parents should schedule eye examinations well in advance of the first day of school so they have ample time to fill new prescriptions for youngsters before school begins. This ensures kids won't be starting off on the wrong foot because of vision problems that could already have been addressed. Parents of adolescents or students on the verge of adolescence may want to address the subject of bodily changes before the school year begins anew. Address which changes can be expected, including the start of menstruation for girls. This will help children better understand what is happening when they witness changes in themselves and fellow classmates and give them a chance to receive accurate information rather than gossip from their peers. Keep in mind that health screenings conducted in advance of the school year may not preclude students from school-sponsored screenings. Schools may offer their own vision and hearing screenings and may take physical measurements to ensure students are growing on schedules in line with normal development.

Parents of adolescents or students on the verge of adolescence may want to address the subject of bodily changes before the school year begins anew. Address which changes can be expected, including the start of menstruation for girls. This will help children better understand what is happening when they witness changes in themselves and fellow classmates and give them a chance to receive accurate information rather than gossip from their peers.

Keep in mind that health screenings conducted in advance of the school year may not preclude students from school-sponsored screenings. Schools may offer their own vision and hearing screenings and may take physical measurements to ensure students are growing on schedules in line with normal development.

Parents should schedule eye examinations well in advance of the first day of school so they have ample time to fill new prescriptions for youngsters before school begins. This ensures kids won't be starting off on the wrong foot because of vision problems that could already have been addressed.



FOR MORE INFORMATION:

Cornville Regional Charter School
 1192 West Ridge Road
 Cornville, Maine 04976
 Phone: (207) 474-8503
 Fax: (207) 474-8515

For more information visit
cornvilleregionalcharter-school.org

To view submitted bus runs online go to:
centralmaine.com/community

Cornville Regional Charter School School Calendar 2015-2016

Shaded areas are no school days

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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27	28	29	30	25	26	27	28	29	30	31	29	30							31	24	25	26	27	28	29	30								

FEBRUARY							MARCH							APRIL							MAY							JUNE						
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FOR MORE INFORMATION:

Erskine Academy
 309 Windsor Road
 China, ME 04358
 Phone: 445-2962
 Fax: 445-5520

For more information go to
 Visit the school's website
 for more information
erskineacademy.org

To view submitted bus runs online go to:
centralmaine.com/community

Erskine Academy School Calendar 2015-2016

Shaded areas are no school days

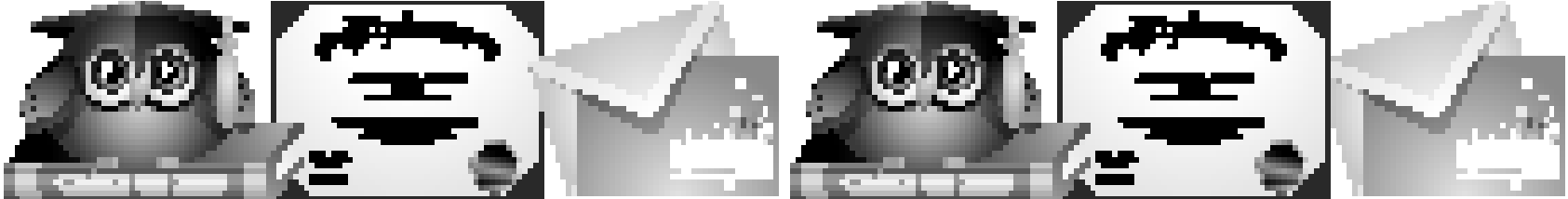
SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
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FEBRUARY							MARCH							APRIL							MAY							JUNE						
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FOR MORE INFORMATION:

Grace Christian Academy
 187 Lewiston Road
 West Gardiner, Maine
 04345
 PH: 582-8045

Visit the school's website for more information
gracechristianacdm.com

To view submitted bus runs online go to:
centralmaine.com/community

Grace Christian Academy School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
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SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY										
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6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9				
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																										31												

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AUGUST						
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30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY										
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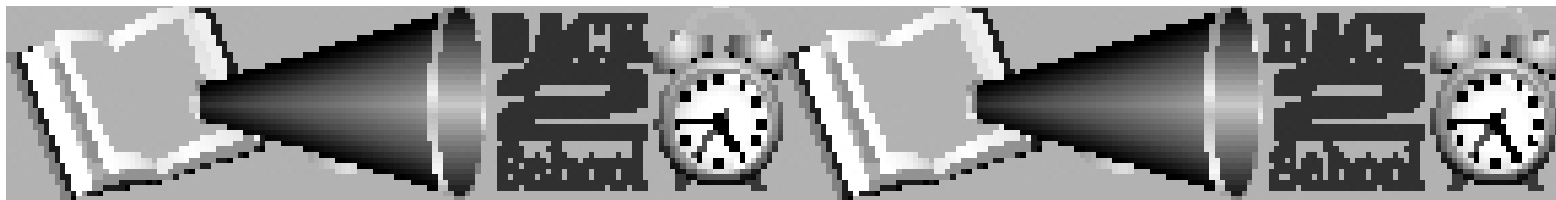
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FOR MORE INFORMATION:

Kennebec Montessori School
 38 Sheridan Drive
 Fairfield, ME 04937
 PH: 453-6055
 For more information visit the school's website
kennebecmontessori.org

To view submitted bus runs online go to:
centralmaine.com/community



FOR MORE INFORMATION:

Kents Hill School

1614 Main Street
P.O. Box 257, Route 17
Kents Hill, Maine 04349
info@kentshill.org
Tel: 685-4914
Fax: 685-9529
For more information visit
kentshill.org

To view submitted bus runs
online go to:
centralmaine.com/community

FOR MORE INFORMATION:

Pittston Consolidated School

1023 School Street
Pittston, ME 04345
PH: 582-6268
Fax: 582-6334

Teresa C Hamlin School

17 School Street
Randolph, ME 04346
PH: 582-4252
Fax: 582-1696

Gardiner Area High School

40 West Hill Road
Gardiner, ME 04345
PH: 582-3150
Fax: 582-0434

Gardiner Regional Middle School

161 Cobbossee Avenue
Gardiner, ME 04345
PH: 582-1326
Fax: 582-6823

Laura Richards School

279 Brunswick Avenue
Gardiner, ME 04345
PH: 582-3612
Fx: 582-3175

Helen Thompson School

309 Spears Corner Road
West Gardiner, ME 04345-3507
PH: 724-3930
Fax: 724-3934

River View Community School

821 River Rd
PO Box 9
S Gardiner, ME 04359
PH: 582-3402
Fax: 582-3402

For more information visit
msad11.org

To view submitted bus runs
online go to:
centralmaine.com/community

Kents Hill School School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
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SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
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27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31									
FEBRUARY							MARCH							APRIL							MAY							JUNE						
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							27	28	29	30	31			24	25	26	27	28	29	30	29	30	31											

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1614 Main Street, Kents Hill, Maine 04349
207-685-4914 • info@kentshill.org

MSAD 11 Gardiner School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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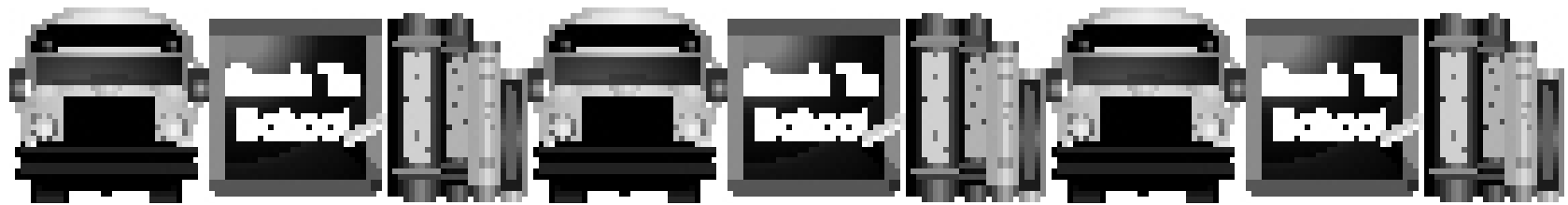
SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
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6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12							
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FEBRUARY							MARCH							APRIL							MAY							JUNE						
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FOR MORE INFORMATION:

Forest Hill

Consolidated School
606 Main Street
Jackman, ME 04945
PH: 668-5291 or 668-7702
Fax: 668-4482

For more information visit
sad12.com

To view submitted bus runs
online go to:
centralmaine.com/community

MSAD 12 Jackman School Calendar 2015-2016

Shaded areas are no school days

SEPTEMBER						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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AUGUST						
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FEBRUARY						
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APRIL						
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JUNE						
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FOR MORE INFORMATION:

Moscow Elementary

School
Route 201
Moscow, ME
PH: 672-5572
Fax: 672-3003

Quimby Middle School

Rte 201
Bingham, ME
PH: 672-3300
Fax: 672-5502

**Upper Kennebec Valley
Memorial High School**

110 Meadow Street
Bingham, ME
PH: 672-3300
Fax: 672-4485
For more information visit
sad13.com

To view submitted bus runs
online go to:
centralmaine.com/community

MSAD 13 Bingham School Calendar 2015-2016

Shaded areas are no school days

SEPTEMBER						
S	M	T	W	T	F	S
						1
6	7	8	9	10	11	12
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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AUGUST						
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FEBRUARY						
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MARCH						
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27	28	29	30	31		

APRIL						
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MAY						
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29	30	31				

JUNE						
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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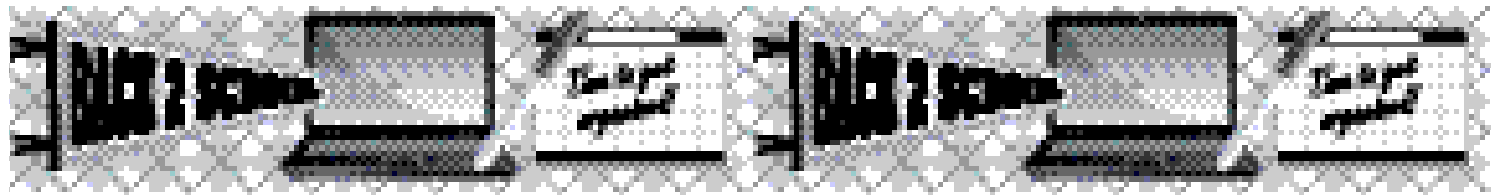
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CHRYSLER
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 Wilton Road - Farmington • 778-3354
 Ford
 Madison Ave. - Skowhegan • 474-3334



FOR MORE INFORMATION:

Albion Elementary School
 20 School St.
 Albion, Maine 04910
 Phone: 437-2616
 Fax: 437-2001

Fairfield Primary School
 63 High St.
 Fairfield, ME 04937
 Phone: 453-4220
 Fax: 453-4218

Clinton Elementary School
 75 Morrison St
 Clinton, ME 04927
 Phone: 426-2181
 Fax: 426-9166

Benton Elementary School
 68 School Drive
 Benton, Maine 04901
 Phone: 453-4240
 Fax: 453-4242

Lawrence Junior High School
 7 School Street
 Fairfield, ME 04937
 Phone: 453-4200
 Fax: 453-4213

Lawrence High School
 9 School Street
 Phone: 453-4200
 Fax: 453-4226

For more information visit
msad49.org/District

To view submitted bus runs
 online go to:
centralmaine.com/community

MSAD 49 Albion, Fairfield, Clinton, Benton School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						5						1	2	3	1	2	3	4	5	6	7							5							1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30					
																										31										

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MSAD 53 Pittsfield Area School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						5						1	2	3	1	2	3	4	5	6	7							5							1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30					
																										31										

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SVH Family Care locations:

Clinton - 1309 Main Street426.0976

Newport - 8 Main Street.....368.4292

Pittsfield - 470 Somerset Avenue.....487.5154



FOR MORE INFORMATION:

Manson Park School
 179 Lancey Street
 Pittsfield, ME 04967
 PH: 487-2281

Warsaw Middle School
 167 School Street
 Pittsfield, ME 04967
 PH: 487-5145
 Fax: 487-4511

Vickery School
 170 School Street
 Pittsfield, ME 04967
 PH: 487-5575
 Fax: 487-4511

For more information visit
msad53.org

Maine Central Institute
 295 Main St
 Pittsfield, ME 04967
 PH: 487-3355
www.mci-school.org

To view submitted bus runs
 online go to:
centralmaine.com/community

FOR MORE INFORMATION:

Kingfield Elementary School
102 Salem Road
Kingfield 04947
PH: 265-4132
Fax: 265-2010

Mount Abram High School
1513 Salem Road
Salem Township 4983
PH: 678-2701
Fax: 678-2668

Phillips Elementary School
1401 Rangeley Road
Phillips 04966
PH: 639-2909
Fax: 639-4139

Strong Elementary School
110 No. Main Street
Strong 04983
PH: 684-3521
Fax: 684-3340

Stratton Elementary School
65 School Street
Stratton 04982
PH: 246.2283
Fax: 246.6598

Adult & Community Ed.
1513 Salem Road
Salem Township 04983
PH: 678-2701 x226
Fax: 678-2668

Kingfield Schools visit sad58.k12.me.us
To view submitted bus runs online go to: centralmaine.com/community

FOR MORE INFORMATION:

Bloomfield Elementary School
140 Academy Circle
Skowhegan, ME 04976
PH: 474-6221
Fax: 474-7427

Canaan Elementary Schl.
178 Main St
Canaan, ME 04924
PH: 474-3901
Fax: 474-6385

Margaret Chase Smith Schl.
40 Heselton St
Skowhegan, ME 04976
PH: 474-9822
Fax: 471-3772

Mill Stream Elementary Schl.
26 Mercer Rd
Norridgewock, ME 04957
PH: 634-3121
Fax: 634-4294

North Elementary School
33 Jewett St
Skowhegan, ME 04976
PH: 474-2907
Fax: 474-8648

Skowhegan Area Middle Schl.
155 Academy Circle
Skowhegan, ME 04976
PH: 474-3339
Fax: 474-9558

Skowhegan Area High Schl.
61 Academy Circle
Skowhegan, ME 04976
PH: 474-5511
Fax: 474-0111

Marti Stevens Learning Ctr.
195 W. Front St
Skowhegan, ME 04976
PH: 474-7175
Fax: 474-7177

Somerset Career & Technical Center
61 Academy Circle
Skowhegan, ME 04976
PH: 474-2151
Fax: 858-4879

For more information visit msad54.org

To view submitted bus runs online go to: centralmaine.com/community

MSAD 58 Kingfield Area School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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SEPTEMBER						
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OCTOBER						
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25	26	27	28	29	30	31

NOVEMBER						
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30					

DECEMBER						
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		

JANUARY						
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27

MARCH						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY						
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JUNE						
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MSAD 54 Skowhegan Area School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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SEPTEMBER						
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
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OCTOBER						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER						
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DECEMBER						
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JANUARY						
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30	31					

FEBRUARY						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27

MARCH						
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20	21	22	23	24	25	26
27	28	29	30	31		

APRIL						
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MAY						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE						
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25	26	27	28	29	30	

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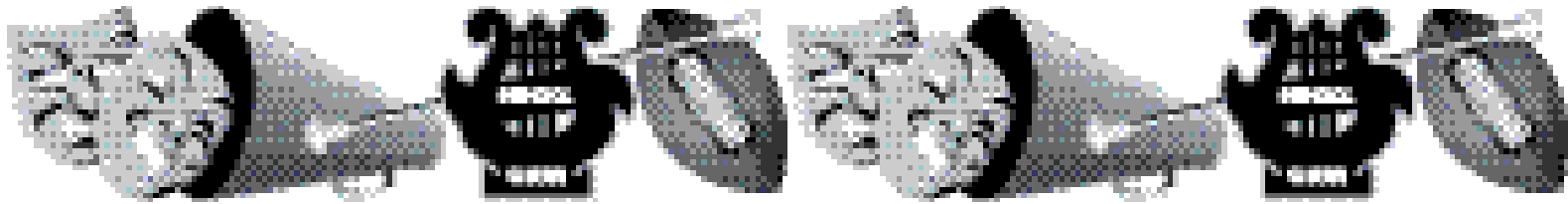
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FOR MORE INFORMATION:

Madison High School
486 Main St.
Madison, ME 04950
PH: 696-3395

Madison Junior High School
205 Main St.
Madison, ME 04950
PH: 696-3381
Fax: 696-5640

Madison Elementary School
43 Learners Lane
Madison, Maine 04950
PH: 696-4607
Fax: 696-5639

Athens Elementary School
8 Fox Hill Road,
Athens Maine 04912
PH: 654-2561

For more information visit
sad59.k12.me.us

To view submitted bus runs
online go to:
centralmaine.com/community

MSAD #59 Madison School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						5						1	2	3	1	2	3	4	5	6	7							5							1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30					

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FOR MORE INFORMATION:

Carrabec High School
160 North Main St
PO Box 220
North Anson, ME 04958
PH: 635-2296

Carrabec Community School
56 North Main St
PO Box 187
North Anson, ME 04958
PH: 635-2209

Garret Schenck Elementary
19 Ken Taylor St
PO Box 317
Anson, ME 04911
PH: 696-3100

Solon Elementary
76 South Main St
PO Box 146
Solon, ME 04979
PH: 643-2491

For more information visit
msad74.org

To view submitted bus runs
online go to:
centralmaine.com/community

MSAD 74 Anson, Solon School Calendar 2015-2016

Shaded areas are no school days

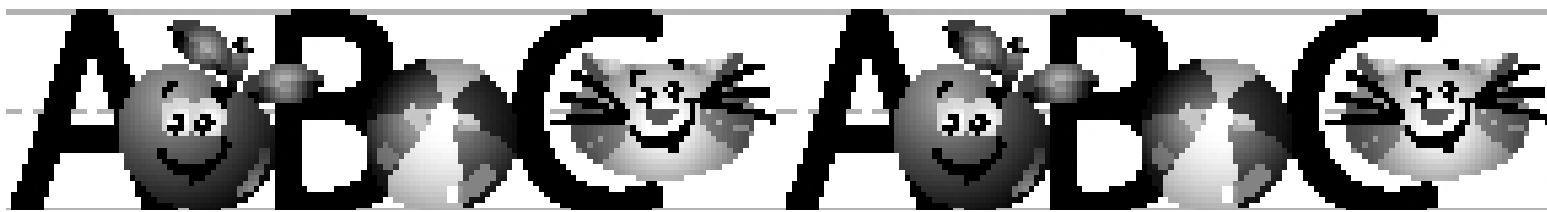
AUGUST						
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23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						5						1	2	3	1	2	3	4	5	6	7							5							1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30					

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Madison Ave. - Skowhegan • 474-3334



FOR MORE INFORMATION:

Mount Merici
 152 Western Avenue, Water-
 ville, ME
 04901-4633
 PH: 873-3773
 For more information visit
mountmerici.org

To view submitted bus runs
 online go to:
centralmaine.com/community

Mount Merici School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						5						1	2	3	1	2	3	4	5	6	7							5							1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30					

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FOR MORE INFORMATION:

**Rangley Lakes
 Regional School**
 43 Mendolia Road
 Rangley, Maine 04970
 PH: 864-3311
 Fax: 864-2451
 For more information visit
rangeleyschool.org

To view submitted bus runs
 online go to:
centralmaine.com/community

Rangley Lakes Regional School School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY								
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						5						1	2	3	1	2	3	4	5	6	7							5							1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30					

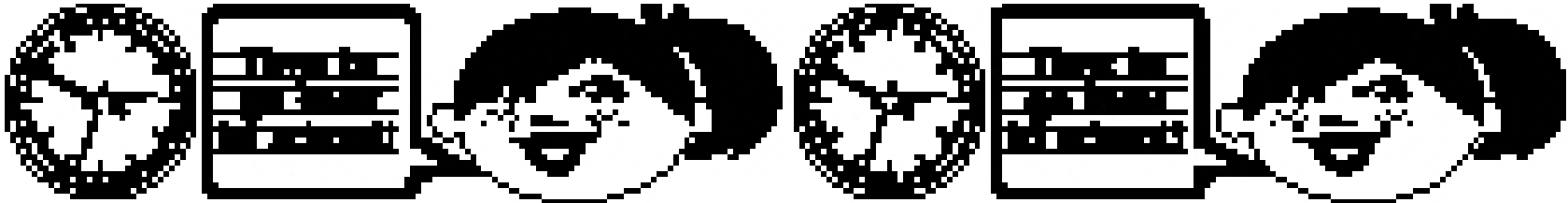
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FOR MORE INFORMATION:

Riverview Memorial School
 201 Mercer Rd
 Norridgewock, ME 04957
 PH: 634-2641
 For more information visit
riverviewmaine.org

To view submitted bus runs
 online go to:
centralmaine.com/community

FOR MORE INFORMATION:

**Foster Regional Applied
 Technology Center**
 374 High Street
 Farmington, ME 04938
 PH: 778-6416

Academy Hill School
 585 Depot St.
 Wilton, ME 04294
 PH: 645-4488

Mt Blue Middle School
 269 Middle Street
 Farmington, Maine 04938
 PH: 778-3511

Cape Cod Hill School
 516 Cape Cod Hill Road
 New Sharon, ME 04955
 PH: 778-3031

G D Cushing School
 21 Cushing Drive
 Wilton, Maine 04294
 PH: 645-2442

W. G. Mallett School
 113 Quebec Street
 Farmington, Maine 04938
 PH: 778-3529

Mt Blue High School
 129 Seamon Rd.
 Farmington, ME 04938
 PH: 778-3561

Cascade Brook School
 162 Learning Lane
 Farmington, ME 04938-7040
 PH: 778-4821

For more information visit
mtbluersd.org

To view submitted bus runs
 online go to:
centralmaine.com/community

Riverview Memorial School School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5	1 2
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23
27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30
				31

FEBRUARY	MARCH	APRIL	MAY	JUNE
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4
7 8 9 10 11 12 13	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
14 15 16 17 18 19 20	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
21 22 23 24 25 26 27	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30

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RSD 9 Mt. Blue School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5	1 2
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23
27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30
				31

FEBRUARY	MARCH	APRIL	MAY	JUNE
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4
7 8 9 10 11 12 13	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
14 15 16 17 18 19 20	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
21 22 23 24 25 26 27	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30

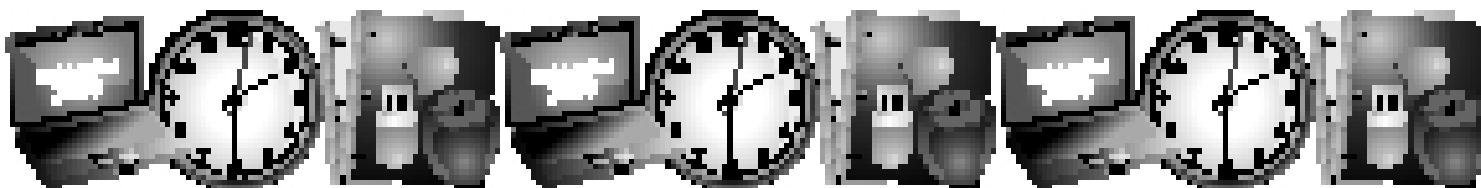
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FOR MORE INFORMATION:

Hall-Dale Schools

Hall-Dale Schools are part of the Kennebec Intra-District Schools (KIDS) Regional School Unit (RSU) 2, which joins the towns of Dresden, Farmingdale, Hallowell, Monmouth, and Richmond. The vision of RSU2 is to be a system of student-centered learning.

Elementary School

26 Garden Lane
Hallowell, Maine 04347
PH: 623-8677
Fax: 622-6246

Middle School

111 Maple St.
Farmingdale, Maine 04344
PH: 622-4162
Fax: 622-7515

High School

97 Maple St.
Farmingdale, Maine 04344
PH: 622-6211
Fax: 626-0355

For more information visit the school's website
www.halldale.org

For more information visit the school's website
www.kidsrsu.org

To view submitted bus runs online go to:
centralmaine.com/community

RSU 2 Hall-Dale School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
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30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY							
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												1	2	3	1	2	3	4	5	6	7														
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30				

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FOR MORE INFORMATION:

Monmouth Schools

Monmouth is part of the Kennebec Intra-District Schools (KIDS) Regional School Unit (RSU) 2, which joins the towns of Dresden, Farmingdale, Hallowell, Monmouth, and Richmond.

Henry L. Cottrell Elementary

169 Academy Rd
Monmouth, ME 04259
PH: 933-4426
Fax: 933-7279

Monmouth Middle School

117 Academy Rd
Monmouth, ME 04259
PH: 933-9002
Fax: 933-7252

Monmouth Academy

96 Academy Rd
Monmouth, ME 04259
PH: 933-4416
Fax: 933-7222

For more information visit monmouthschools.org

To view submitted bus runs online go to:
centralmaine.com/community

RSU 2 Monmouth School Calendar 2015-2016

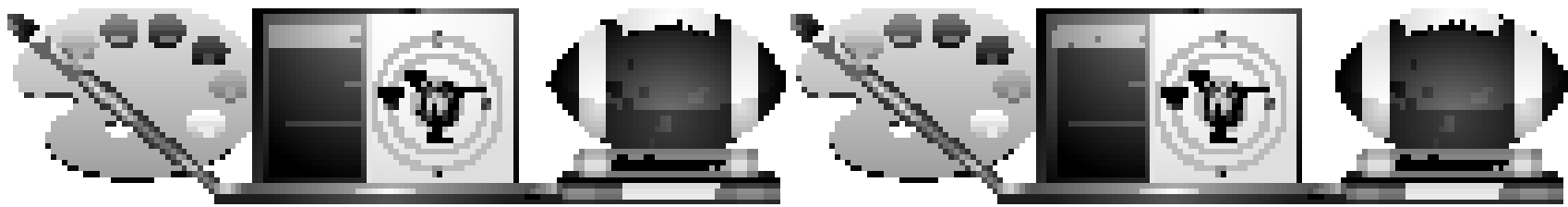
Shaded areas are no school days

AUGUST						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
												1	2	3	1	2	3	4	5	6	7														
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30				

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FOR MORE INFORMATION:

Marcia Buker Elementary School

28 High Street
 Richmond, ME 04357
 PH: 737-4748
 Fax: 737-2563

Richmond Middle/High School

132 Main Street
 Richmond, ME 04357
 PH: 737-4348
 Fax: 737-8707
 For more information visit
richmondme.org

To view submitted bus runs online go to:
centralmaine.com/community

FOR MORE INFORMATION:

Monroe

36 West Main Street
 Monroe, Maine 04951
 PH: 525-3504
 Fax: 525-8599

Morse

27 School Street
 Brooks, ME 04921
 PH: 722-3636
 Fax: 722-3052
 Pre-K: 722-3648

Mt.View Elementary

573 Mount View Road
 Thorndike, Maine 04986
 PH: 568-7541
 Fax: 568-3896

Mt.View Middle School

575 Mount View Road
 Thorndike, Maine 04986
 PH: 568-7561
 Fax: 568-7590

Mt.View High School

577 Mount View Road
 Thorndike, Maine 04986
 PH: 568-3255
 Fax: 568-4315

Troy Elementary

733 Bangor Road
 Troy, ME 04987
 PH: 948-2280
 Fax: 948-5211

Walker Elementary

33 West Main Street
 Liberty, ME 04949
 PH: 589-4208
 Fax: 589-3421

For more information visit
msad3.org

To view submitted bus runs online go to:
centralmaine.com/community

RSU 2 Richmond School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2	3	1	2	3	4	5	6	7													1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30				

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737-8034

RSU 3 Unity School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2	3	1	2	3	4	5	6	7													1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
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20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30				

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FOR MORE INFORMATION:

Oak Hill High School
56 School Road
Wales, ME 04280
PH: 375-4950
Fax: 375-4048

Oak Hill Middle School
40 Ball Park Road
Sabattus, ME 04280
PH: 375-6961
Fax: 375-8871

Carrie Ricker School
573 Richmond Road
Litchfield, ME 04350
PH: 268-4136

Libby-Tozier School
466 Academy Road
Litchfield, ME 04350
PH: 268-4137

Sabattus Primary
36 No Name Pond Rd
Sabattus, ME 04280
PH: 375-4525
Fax: 375-8154

Oak Hill Adult Ed.
P.O. Box 400
Sabattus, ME 04280
PH: 375-6605
Litchfield:
1-800-375-6605

FOR MORE INFORMATION:

For more information visit
rsu4.org

To view submitted bus runs
online go to:
centralmaine.com/community

FOR MORE INFORMATION:

Chelsea Elementary
566 Togus Road
Chelsea, Maine 04330
PH: 582-2214
Fax: 588-2489

Palermo Elementary
501 Route 3
Palermo, Maine 04354
PH: 993-2352
Fax: 993-2354

Somerville Elementary
665 Patricktown Rd, Ste 2
Somerville, ME 04348
PH: 549-7181
Fax: 549-3273

Whitefield Elementary
164 Grand Army Road
Whitefield, ME 04353
PH: 549-7691
Fax: 549-4566

Windsor Elementary
366 Ridge Rd
Windsor, ME 04363
PH: 445-2356
Fax: 445-3494

Wiscasset Primary School
146 Gardiner Road
Wiscasset, Maine 04578
PH: 882-7585
Fax: 882-5239

Wiscasset Middle School
83 Federal Street
Wiscasset, Maine 04578
PH: 882-7767
Fax: 882-8279

Wiscasset High School
272 Gardiner Road
Wiscasset, ME 04578
PH: 882-7722

For more information visit
svrsu.org

To view submitted bus runs
online go to:
centralmaine.com/community

RSU 4 Oak Hill School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30				

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RSU 12 Windsor School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
27	28	29	30	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30	24	25	26	27	28	29	30				

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FOR MORE INFORMATION:

Messalonskee High School
131 Messalonskee High Dr
Oakland, ME 04963
PH: 465-7381
Fax: 465-9151

Messalonskee Middle School
33 School Bus Dr
Oakland, ME 04963
PH: 465-2167
Fax: 465-9683

Williams Elementary
55 Pleasant St
Oakland, ME 04963
PH: 465-2965
Fax: 465-4985

Atwood Elementary
19 Heath St
Oakland, ME 04963
PH: 465-3411
Fax: 465-9133

James H Bean Elementary
2896 Middle Rd
Sidney, ME 04330
PH: 547-3395
Fax: 547-4438

Belgrade Central Elementary
158 Depot Rd
Belgrade, ME 04917
PH: 495-2321
Fax: 495-2723

For more information visit
rsu18.org

To view submitted bus runs
online go to:
centralmaine.com/community

RSU 18 Belgrade • China • Oakland • Rome • Sidney

School Calendar 2015-2016

Shaded areas are no school days

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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SEPTEMBER						
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OCTOBER						
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18	19	20	21	22	23	24
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NOVEMBER						
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29	30					

DECEMBER						
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27	28	29	30	31		

JANUARY						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY						
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21	22	23	24	25	26	27

MARCH						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL						
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RSU 18 China Elementary

School Calendar 2015-2016

Shaded areas are no school days

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Signs a tutor might be necessary

School is not always easy, and some students struggle as they transition from grade to grade. As students get older, some who may have experienced smooth sailing as youngsters may find they need some extra help grasping the material as coursework becomes more complicated.

Those who need some extra clarification and reinforcement may first turn to their parents. But parents may not be familiar with certain subjects or capable of explaining certain concepts in terms kids can understand. In such situations, tutors can prove to be valuable resources to get kids back on the right academic track.

One-on-one attention from a tutor can benefit all types of learners. Students who

discover newfound success under the guidance of a tutor may have more self-confidence in the classroom. Parents wondering if a tutor can help their children may want to consider the following indicators that students may need tutors.

Consistently falling grades: Tutors may be necessary for students whose grades are gradually on the decline. First speak with your child's teachers, who may recommend tutors that specialize in certain subjects.

Confusion in and out of the classroom: Some kids struggle to grasp certain concepts, and such confusion can sometimes be remedied with the kind of intense study available in tutoring sessions.

Low confidence: Some kids' confidence wanes when their grades suffer. Kids whose grades have been on the decline may feel a

sense of defeat even before they take a test or work on an assignment. Tutors can help restore confidence by creating small victories that slowly build up to larger successes.

Indifference to coursework: No student will be captivated by every subject he or she studies, but there should be some subjects that students find engaging. Students battling indifference toward their coursework may benefit from a dynamic tutor who can present subject matter in new ways and revive students' interest.

Students who are struggling in the classroom may need some extra help outside the classroom, and many tutors are adept at reviving interest in subjects kids are studying at school. Some teachers may recommend certain tutors, while others may do some tutoring work themselves.



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Phone: 622.2949
Fax: 622.0616

Mount Vernon Elementary School

1507 North Road
Mount Vernon, ME 04352
Phone: 293.2261
Fax: 293.3205

Readfield Elementary School

84 South Road
Readfield, ME 04355
Phone: 685.4406
Fax: 685.5521

Wayne Elementary School

48 Pond Road
Wayne, ME 04284
Phone: 685.3634
Fax: 685.9172

Maranacook Comm. Middle School

2100 Millard Harrison Drive
Readfield, ME 04355
Phone: 685.3128
Fax: 685.9876

Maranacook Comm.High School

2250 Millard Harrison Drive
Readfield, ME 04355-3573
Phone: 685.4923
Fax: 685.9597

For more information visit maranacook.org
To view submitted bus runs online go to: centralmaine.com/community

RSU 38 Maranacook School Calendar 2015-2016

Shaded areas are no school days

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Hartland, ME 04943
PH: 938-4456
Fax: 938-5148

Newport Elementary School
142 Elm Street
Newport, ME 04953
PH: 368-4470
Fax: 368-3274

St. Albans Consolidated School
129 Hartland Road
St. Albans, ME 04971
PH: 938-4581
Fax: 938-5530

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Nokomis Regional High School
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Newport, ME 04953
PH: 368-4354
Fax: 368-3276

Sebasticock Valley Middle School
337 Williams Road
Newport, ME 04953
PH: 368-4592
Fax: 368-4598

Somerset Valley Middle School
45 Blake Street
Hartland, Maine 04943
PH: 938-4770
Fax: 938-2114

Corinna Elementary School
42 Stetson Road
Corinna, ME 04928
PH: 278-4263
Fax: 278-4265

RSU 19 Newport Area School Calendar 2015-2016

Shaded areas are no school days

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Winslow, ME 04901
PH: 872-7115

For more information visit
stjohnschoolwinslow.org

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online go to:
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St. John Catholic School School Calendar 2015-2016

Shaded areas are no school days

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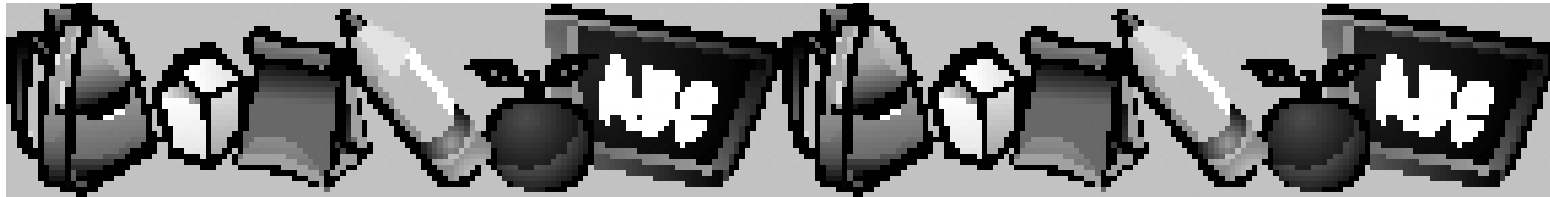
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St. Michael School School Calendar 2015-2016

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How to help kids find extracurricular activities

Sports may be the first thing that comes to mind when many parents think of extracurricular activities for their children, but not all kids are cut out for or interested in competitive athletics. But just because a youngster may not be the next star quarterback or captain of the soccer team does not mean he or she can't find an extracurricular activity to be passionate about.

Parents know that schoolwork comes first, but extracurricular activities can be important to a child's development, serving as an avenue to meet new people and an opportunity to learn the importance of teamwork. The following are a handful of things parents should consider when trying to help their children find the right extracurricular activities.

Interests

One of the easiest ways to help kids find an extracurricular activity they can be passionate about is to discuss their interests with them.

Youngsters with a love of animals might enjoy volunteering at a local animal shelter or hospital, while those who love to write may find writing for the school newspaper is a great way to apply that passion in a practical setting.

Even kids with a passion for video games might be interested in learning about computer graphics and what it takes to design games.

When trying to find extracurricular activities for your children, resist the urge to write off any of their interests. Instead, use those interests as jumping off points to further engage their passions.

Availability

Parents know that school comes before extracurricular activities, but kids may not be so wise.

Keep in mind kids' existing workloads when helping them find the right afterschool activities.

Many organizations are especially flexible with teenage volunteers or employees, but parents still must keep a watchful eye to ensure kids do not overextend themselves. Kids who overcommit to extracurricular activities may end up feeling burnt out, which can have a negative impact on their schoolwork.

Encourage kids to find activities they care about, but emphasize that these activities should not become bigger priorities than schoolwork. Let kids know that they can get more involved during summer vacation, but make sure kids don't devote too much of their time to after-school activities during the school year.

A couple of hours per week and even some additional time on the weekends should not distract kids from their responsibilities at school, and that's still ample time for kids to explore their interests.

Internships

Internships were once exclusive to college students, but many organizations now offer internship opportunities to high schoolers as well.

Kids who find themselves interested in particular subjects at school, whether it's graphic design or a beginner's course on finance, may be eligible for internships with local companies. Such opportunities may even encourage kids to pursue a particular course of study once they enter college.

Extracurricular activities can help youngsters develop into well-rounded adults. Parents can help kids find the right activities while still encouraging them to keep schoolwork atop their priority lists.



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