

## Principal Fournier's Message

It is my priority to develop a universal understanding of the word "Bullying" and offer a clear explanation of how it will be interpreted for our students at Asa Adams. Through my research efforts, I have most certainly accomplished a better understanding of the intentions of law and our school policies. Most of what I have shared below comes from the suggested resources provided by the Maine Department of Education. You can read more about bullying at: [stopbullying.gov](http://stopbullying.gov) and [MDOE Bullying Resources](#).



### What is Bullying?

Bullying is a conscious, hostile, aggressive behavior of an individual or group, abusing their position with the intention to harm others or gain real or perceived power. This is a form of aggression in which there is an imbalance of power between the bully and victim. There are many definitions of bullying, but they all consist of the key words "power" and "aggressive".

The key elements of bullying are:

- ❖ Power imbalance
- ❖ Bully's intent to harm
- ❖ Victim's distress

In order to be considered bullying, the behavior must be aggressive and include a deliberate abuse of power. Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.

### What is NOT Bullying?

It is very important for the victim to know what is NOT bullying to make sure that when things seem hurtful, they will not fall immediately into the category of bullying, as the way to overcome bullying is different from the way to overcome other hurtful acts.

Not liking someone, exclusive play, accidentally bumping into someone, making others play in a certain way, joking or poking fun at someone, arguments, and expressions of unpleasant thoughts or feelings regarding others are all examples of hurtful behaviors and must be addressed, but are not typically examples of bullying behavior.

### Warning Signs that Your Child is Being Bullied

Recognizing the warning signs is an important first step in addressing bullying. Look for changes in the child's behavior, but also be aware that all victims do not demonstrate warning signs.

Some signs that may point to Bullying are:

- Unexplained injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors

If you suspect your child is being bullied, please contact Mrs. Fournier, Mrs. Erhardt (our School Counselor), or your child's classroom teacher to report your concerns.



**Coming Soon: The Principal's Newsletter is going green! If you would like to continue to receive a paper copy of these newsletters please contact the office.**

# Habits Of Mind

The following students have been recognized for demonstrating one or more Habits of Mind this month:

## Perseverance

Grade 3: Lila  
Grade 4: Connor,  
Raina



## Managing Impulsivity

Grade 2: Silas  
Grade 3: Kristen  
Grade 4: Hailey

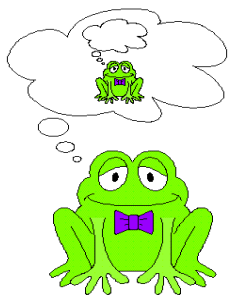


## Thinking Flexibly

Grade 4: Carmen,  
Sophie, Sophia, Beatrix,  
Matthew, Wesley,  
Maeva



## Thinking About Thinking



Grade 4: Jessica

## Open To Continuous Learning

Grade 4: Liam, Caleigh



## Listening With Empathy



Grade 3: Ruby, Cooper

## Taking Responsible Risks

Grade 3: Augi, Wynn, Micha  
Grade 4: Elena



## Striving For Precision and Accuracy

Grade 4: Ally, Nick



## Group Thinker

Grade 4: Sami,  
Sydney



## Welcome to the School Counselor's Corner



Happy Fall! By the time you read this, it will be official. I hope this finds you and your child(ren) settling in to the school routine. I'd say kids and teachers are both starting to get into the groove of the school year, and there are lots of exciting things beginning!

I have been so happy to get into each classroom over the last two weeks. It is always striking to me every year how much children grow over the seemingly short summer break. I've already had some amazing insights brought into my focus from our students-they are so incredibly thoughtful and interesting and fun!

I do a tremendous amount of reading outside of school. I read articles, books, blogs-almost anything I can get my hands on to learn about how students learn and develop and the latest trends and research around mental health, best practices in my field, and child and adolescent development. I've been thinking about a forum to share what I read with parents. Any feedback for me about what forum is most accessible?? Facebook page? Follow me on Twitter? A blog? Email group? There is always new research and perspectives about raising these precious kids, and I'd love to create a forum to share with anyone who may be interested. Send along your thoughts! Just one article for you to check out here:

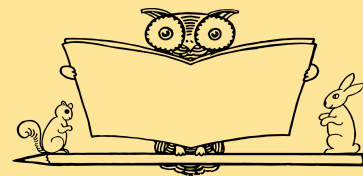
<https://www.wsj.com/articles/children-need-close-pals-not-popularity-1505485670>

And for those of you who were interested in doing a book group this fall around *No Drama Discipline* by Dr. Dan Siegel and Tina Payne Bryson, I should have books by the end of this week. Stop by and pick one up! I'll be emailing the group soon to set up meeting time/times. If you are interested in joining us, please just email me to let me know.

Thanks to those of you who have responded with feedback about our weekend food assistance program. We are still hoping to reach families who may have a need-please don't hesitate to reach out to me via phone, email, note, stop by...any way you can let me know you may benefit from this program is so helpful. We are committed to keeping this information private and confidential.

I've enjoyed getting to know our new families-if you didn't stop by at open house, please come by some day and just say hello! I'd love to show you my office and talk to you about what I do here at Asa Adams. And if you ever have questions, please don't hesitate to contact me. I'll do my best to answer them, or help find an answer for you.

Cheers!  
*Lisa Erhardt*  
School Counselor



### Mrs. Curtis' Literacy Corner

Please be on the look-out for some Literacy Tips to do at home. For the next few newsletters, I'll share with you:

#### The ABC's of Literacy

**A**sk your child questions about the story you're reading to ensure comprehension.

**B**ook family time to read with your children every day.

**C**reate a special reading place in your home, with your child's favorite books within reach.

**D**onate funds to a literacy cause.

**E**ncourage children to read words on TV, street signs, mugs and T-shirts.

Stay tuned for the next 5 ideas!



## Physical Education

By now, you have received the first monthly PE newsletter. Jessica Moore and I will be sharing our newsletter throughout the year, to help cut down on paper use, Music on one side, PE on the other. However, I forgot to mention in my newsletter two things. First, if anyone would like to donate new socks and/or slightly used sneakers (all sizes) to the PE program that would be much appreciated. This helps students who forget their sneakers or socks on PE day. I also lend sneakers out to students who may have wet feet or just want to be comfortable in sneakers rather than wear the boots they might have worn to school that day. Secondly, I have started a "Family Fun Fitness Foto" bulletin board outside of the gym and I have asked the students to bring in a photo of themselves and their family doing either something active or exercising. I would like to fill up the board throughout the fall. Any questions, don't hesitate to contact me. [NButler@rsu26.org](mailto:NButler@rsu26.org)



**Tuesday, October 3<sup>rd</sup>**

We will be hosting a Flu Shot Clinic at Asa Adams From 10:30 am -1:00 pm on 10/3. This clinic is for the staff and students of Orono Schools and for Orono community members. Please be looking for permission slips next week for your children to get the flu shot at school during this time. These forms will be coming home with your child. We are very happy to be able to offer this service to the community to help keep people well this school year!!

Nurse Martin

## Important Dates



September 24 & 25: Young Americans

September 27: PTO Meeting

October 3: Flu Clinic

October 3: School Board Meeting

October 6: Teacher Inservice Day-Teachers only

October 9: Holiday-No School

## ORONO PUBLIC LIBRARY

### September Events for Kids

For more information check our website: [library.orono.org](http://library.orono.org) or call us at 866-5060

- Storytime for Babies-age 4- 10:15 every Thursday
- Chickadee Award Book Club for K-2nd graders - registration opens Monday 9/18 for 6 week session beginning 10/5
- Autumn Bird Adventures - 9/23 10 am-noon, Family program to learn about our fall and winter birds
- Pajama Story Time - Tuesday 9/26, 5:30 pm, family story time with snacks provided



### Nut Free Grade Levels

The following grade levels are NUT FREE in the classrooms:

- Grade 2
- Grade 3
- Grade 5

## Contacts for Parents

**Asa Adams Elementary School**  
**866-2151**

Darcie Fournier, Principal  
Lisa Erhardt, School Counselor  
Kate Crane, Administrative Assistant

**Cyr Bus**  
**827-2335**

If you have any questions about pick up or drop off times for your school bus route, please contact Dave Cosenze at Cyr Bus.

**Orono Parks and Recreation Department**  
**207-889-6914**  
**Mitch Stone**  
mstone@oronno.org