

MORSE HIGH SCHOOL

The Navigator



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MESSAGE FROM PRINCIPAL ERIC VARNEY

Morse has been a very busy place over the past several weeks. It is amazing how quickly a school year can get underway and pick up steam. The overall energy level with faculty and students has been high and positive this year. With 43 school days over nine weeks behind us, we have a lot to reflect on and be proud of, as well as a lot of goals which we can continue to focus on.

Our AP Exam scores are in for last school year and Morse students continued our tradition of excellence. We had 23 students earning AP Scholar designations. The College Board recognizes several levels of achievement based on students' performance on their AP exams. Four students earned AP Scholar with Distinction Awards by earning an average score of 3.5 or greater on all exams. Seven students earned an AP Scholar with Honor Award by earning an average score of 3.0 or higher on their exams. We had one National AP Scholar, who earned an average score of 4.5 on all exams. Congratulations to these motivated, smart, and hard-working students and teachers for their accomplishments.

We administered the PSAT test to (almost) all of our students in grades 9, 10, and 11 on October 10th. We hope to continue to grow post-secondary aspirations with the use of PSAT testing and score follow-up with students. Two of our current seniors, Elsa Bertlesman and Echo Griggs, earned a special recognition from the National Merit Scholar program based on their PSAT results from last school year.

Each year Morse has the opportunity to honor one member of the senior class with the designation of the DAR Good Citizen of the year. This award is based on scholarship, service, and character. Faculty members nominate seniors and the top three nominations are voted on by the class. It is my pleasure to announce that Sarah Berkowitz earned the 2018-19 designation of DAR Good Citizen of the Year!

Our very own senior class president, Mae Winglass, earned the honor of Citizen Involvement Youth Award this year from the City of Bath for all of the amazing things that she does in our school community. From our Unified Sports Programs to school government, athletics, and Shipbuilders Committed; Mae goes above and beyond in our school community and it was nice to see this well-deserved recognition.

Fall athletics have come to a close. Golf had a very successful season, with an undefeated regular season! Field Hockey just missed a playoff spot, while Soccer and Cross-Country completed their postseason last weekend. Football and cheering just completed their postseason on Friday night, just missing the semifinals.

As you may be aware, Morse has adopted a new academic eligibility policy that, among other things, is more frequent and immediate in both becoming ineligible and regaining eligibility. We have also adopted an official appeal process for the decision. Although this policy and practice are more laborious for the Athletic Director, the new policy appears more genuine and effective in maintaining a high bar for Morse athletes.

I am excited to report that we have re-started the Morse Math Team and they have already traveled to a competition. Similarly, we are able to support the Morse Debate team at a more significant level than has been possible in recent years. Our club offerings continue to expand each year; please encourage your student to get involved in a co-curricular opportunity.

Morse Drama is again off to a busy start: *The Tempest* debuted as the fall play last weekend. A fantastic rendition of traditional Shakespeare with a modern twist was performed on the stage of the Montgomery Theater; the cast and crew did a great job. MoHiBa auditions and practices are underway. MoHiBa never disappoints and always leaves me so impressed with the wide range of talent that exists in our student body. Morse will also bring an original student-written play written by Emily Minott to this year's MPA One-Act Play Festival again this year. Bravo to the cast and crew!

Morse is currently hosting five interns from Bowdoin College, who are each working in a Morse teacher's classroom this semester. Additionally, we have two student teachers from the University of Maine System working with Morse teachers on a daily basis. These internships or student-teaching placements are mutually beneficial and I am excited about the prospect of growing these partnerships in the years to come.

As you read through the pages of this edition of *The Navigator*, please do not miss the article covering the relatively new and concerning fad in teens: vaping. Like most things, it was a little late arriving to Morse, but I am very concerned with how fast this practice has become popular. Please do not assume that your student is immune to this new fad; I ask for your help in speaking with your students about the risks and consequences of vaping.

November 19th and 20th are parent-teacher conferences. I am always impressed by the number of parents who attend our conferences and meet with their student's teachers. Please see the sign-up information inside of this edition of *The Navigator*.

Students, staff, and parents are really getting excited about the new Morse High School. It only takes a drive to the field complex to see some obvious progress on our future home. The planning process continues to get more and more detailed as the weeks progress and the plans get closer to final. We will miss this old building, but look forward to our new, beautiful home!

Respectfully,



Eric J. Varney
Principal
Morse High School

ASSISTANT PRINCIPAL DEVON GALLICE

Dear Morse Parents and Guardians:

During the first few weeks of the school year, we have had incidents involving our Morse students using and/or possessing a vape (e-cigarette) device, such as a Juul, in school or during a school-sponsored activity. We are writing to call your attention to the policy against having or using vape devices in school and to ask for your assistance in addressing this issue. We want to help parents recognize the widespread use and dangers of vape pens.

The vape industry is a young but rapidly growing. A vape pen is an electronic device that atomizes a vape “juice” into an aerosol. Users ingest the aerosolized fluid into their bodies through the “vape pen, Juul, or e-cig device.” The fluids come in many flavors, often sweet or fruity. There is much that is not known about vaping and its consequences. One thing that is known is that the industry is largely unregulated so it is not always clear what the composition of a particular vaping fluid is. What we do know is that many (not all, but many) vape fluids contain nicotine—the same addicting chemical that is found in cigarettes. Whether a vape pen contains nicotine or not, it is illegal for children under the age of 21 to possess these devices. Over the past few years, some major cigarette companies have created their own vaping product lines. Besides nicotine, other vape fluids contain THC, the active ingredient in marijuana. Of most concern is the unregulated aspect of these products; users do not know what they are ingesting. Although the FDA has passed regulations that will require ingredient labeling, those regulations have not yet gone into effect. Vape pens are now coming in all different shapes and sizes, many of which are designed to look like everyday items, making it very hard to identify it as a vape pen. We have attached some photos for your reference so you can see how vape pens take many shapes and forms. There are multiple health risks associated with the use of vape pens, and we are extremely concerned that students do not completely understand these risks. We hope that you will join us in talking to students about the issue of vaping and the risks involved.

The RSU1 School Board added vape pens/e-cigarettes, etc. to the list of devices and substances not permitted at school. Students who possess and/or use these devices will face a three-hour detention and up to 45-day suspension from athletics on the first offense. A second offense will result in a school suspension as well as a one-year suspension from athletics. If the student is using the device for a substance besides tobacco, consequences will follow our drug and alcohol policy of 5-day suspension from school on the first occurrence. They may also be referred to a substance abuse counselor.

One resource parents may wish to investigate for substance education for students who are experimenting with alcohol, vaping, or other drugs is an educational program known as SIRP. The program empowers youth to make healthy decisions and reduce risk and is held over two days on a weekend. The website for the substance use/abuse awareness classes is <http://sirp.adcareme.org>. Please let us know if you have questions about the class or are interested in having your student attend. It is important to note that in the case that the student has been furnishing devices to other students, consequences will be more severe.

We want everybody to understand that possession and use of vaping devices are not permitted in Morse High School or at Morse events at any time. We will not tolerate the use or possession of vape pens on school grounds or at school-sponsored events, as we care deeply about the health and safety of our students. We will support students who want to break the addiction to vaping and will continue to educate our students about the

health dangers and consequences of using a vaping device. Please see the attached resources below, including an article from the Portland Press Herald and another from The New York Times, for your information and support.

Articles about vaping and the increase in vaping among teens:

<https://www.nytimes.com/2018/04/02/health/vaping-ecigarettes-addiction-teen.html>

<http://www.pressherald.com/2017/12/09/maine-school-officials-alarmed-about-rising-popularity-of-vaping/>

E-Cig Guide for Parents and Educators

<http://www.rfhalliance.org/MunicipalAlliance/downloads/E-cigarettesGuide.pdf>

<http://www.mhs.rsu1.org/userfiles/504/my%20files/vaping%20in%20schools.pdf?id=547987>

Facts for Parents About E-Cig

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

Images of common devices



NEWS FROM THE ATHLETIC DEPARTMENT

Hello from the Athletic Department at Morse High School!

We have had a tremendous fall sports season here at Morse. The weather was great and the results were quite impressive. A number of teams made the playoffs or were in contention until the very end. The girls' cross country team finished 3rd at the Kvac Class B Championship and the boys' team finished 3rd. Morse had one

boy and one girl run at the State Meet in Belfast. Football and girls' soccer both finished as the 6th seed in their respective divisions. Boys' soccer finished as the 10th seed and made the playoffs as well. Our boy's soccer team was also awarded the 2018 MPA Good Sportsmanship Banner. Overall, it has been a very successful fall! We will be celebrating our fall student-athletes with an all-sports banquet on November 7th at 6:00 in the Montgomery Theater.

As much fun as the fall season has been, we are turning our attention toward the fast-approaching winter season. A couple of dates to put on your calendars:

-Winter Sports Info Night is on November 14th from 6:30-7:30 in Montgomery Theater.

-First winter practices are on Monday, November 19th.

-Winter sport sign-ups. The Winter 2018-19 schedule can be viewed [here](#).

-Indoor Track: Sign-up sheet in Mrs. Westlake's office from 11/5 through 11/9.

-Wrestling: 11/2 at 2:15 in the cafeteria

-Swim: 11/7 at 2:15 in the cafeteria

-Cheer: 11/9 at 2:15 in the cafeteria

-Boys' and girls' basketball have already had signups. If you are still interested in playing, please contact Mr. Priest at npriest@rsu1.org

Please keep an eye on our Morse Athletics website, where you can find all forms, schedules, addresses for our opponents, boosters information, and more. To take a look at the website, please visit <http://www.rsu1.org/administration/102>.

Athletics is an extension of the classroom. It is a privilege to participate on a high school sports team. At Morse, we strive to provide the best possible interscholastic athletic experience to student-athletes that we possibly can. Student-athletes who have the privilege of participating on a team learn different skills than what they would in the classroom.

There truly is an extracurricular activity for everyone here at Morse. If sports don't interest you, I encourage you to become involved in one of the many clubs that are offered. Regardless of what you might want to achieve, I encourage all students to come out and become part of a proud tradition that is the Morse High Shipbuilders! For those interested in joining Shipbuilders Committed, please see Mr. Bingham or Mr. Priest at any point during the year.

Please feel free to stop by the Athletic Department office or catch up with me at any of our events throughout the winter.

GO SHIPBUILDERS!

Sincerely,
Nate Priest

MOHIBA CELEBRATES PRISCILLA MONTGOMERY OF THE MONTGOMERY THEATER

Join us for this year's Mohiba on Friday and Saturday night, November the 16th and 17th at 7 pm as we pay tribute to the late Priscilla Montgomery of the Montgomery Theater. This year, 2018, marks the 50th anniversary of Priscilla's first Mohiba, in 1968. Join us for "Priscilla Mohiba!"

SUPPORT THE BATH AREA FOOD BANK'S THANKSGIVING FOOD DRIVE

Morse High School, led by SCLC, JMG, Interact Club, and National Honors Society, will be collecting Thanksgiving stuffing to support the Bath Area Food Bank's Thanksgiving food drive. Students are being asked to bring in bags or boxes of Thanksgiving stuffing between November 5th and November 16th and deliver them to their advisory classrooms. If you're able, please help us to "Stuff the Bags!" Thank you!

NOVEMBER PARENT TEACHER CONFERENCES AND SIGN UPS

Parent Teacher Conferences will be held Monday, November 19th 1-5pm and 6-7pm, and Tuesday, November 20th 11:30am - 2:10pm. Students will be dismissed at 11am both days. Sign ups will be available on the [Morse website](#) starting Monday, November 5th.

MORSE T-SHIRTS FOR SALE

Start your holiday shopping at Parent-Teacher Conferences on Monday, November 19! Get your favorite Shipbuilder a Morse Shipbuilder or 826 t-shirt for just \$15 each. Only cash or checks are accepted. Proceeds benefit the JMG sponsored Driver's Education Scholarship.

JMG CHILI AND CHOWDER COOK-OFF

Save the date for the Fourth Annual Chili and Chowder Cook-off February 9, 2019, in the Morse High School cafeteria. Watch the Morse website in January for details on how you can enter your famous chili or chowder.

MY STUDENT CONTACTS ME AND REPORTS THAT THEY ARE SICK AND NEEDS TO GO HOME...WHAT DO I DO?

If your child communicates with you during the school day that they have become ill and are unable to complete their day at school, please direct them to the Nurse's Office. The Nurse will evaluate the student's health and, if necessary, will call parents to arrange dismissal from school. Not only is the School Nurse responsible for evaluating student health and communicating with families, but she also is responsible for tracking elevated absentee rates due to illness in an attempt to improve the health of our schools.

PROFICIENCY-BASED EDUCATION AND RSU 1

With all the changes from the state with regard to proficiency based learning (PBL), see how RSU 1 is moving forward by going to our curriculum web page to read the administrative letter and PBL vision statement! <http://www.rsu1.org/administration/14>

PROFESSIONAL DEVELOPMENT TIME, LATE START WEDNESDAYS, TEACHER WORKSHOPS: SO WHAT ARE TEACHERS DOING DURING THIS TIME?

Great Question. First I would like to thank families for their flexibility and extra work when our school schedule does not exactly line-up with your family and work schedule. I know this can cause some extra work and stress on your end, but please know that this time is valuable in providing a quality education to your students.

Time is precious in educating our students. Teachers' schedules are packed with classes, guided productions, and daily lesson planning during the school day. There is rarely a collection of consecutive minutes when teachers are without a group of students in front of them, usually just enough for a quick lunch and to use the bathroom! Just like any profession, collaboration produces a higher quality product. Without common time without students in our classrooms, Morse teachers would not have the opportunity to learn from and with each other. This collaborative professional development time is what inspires and spreads new pedagogy amongst your student's teachers.

So here is a sample of how we are currently using this professional development time:

All RSU 1 teachers attended the ACTEM (Association of Computer Technology Educators of Maine) full-day professional development conference on October 12th. This conference has many sessions where we learned the latest technology tools to integrate into our classroom practices. Seven Morse faculty members presented at the conferences; the sessions that I attended lead by Morse teachers were fantastic: Kevin O'Leary's "ignite" presentation received a special commendation at the conference. Johnna Stanton and Craig Tinker presented tech. tools that help them reach all learners in the mainstream English classroom. David Ingmundson taught a workshop on the latest tools in student-led presentations. Suzanne Davey and Carolyn Nichols lead a workshop in the use of stop-motion technology in demonstrating mastery of complex topics. Although most teachers reported leaving the conference with new tools that they could use in their classrooms, many also reported a feeling that Morse does well in our use of technology in our classrooms. Our long-standing 1-to-1 computer program and investment in time and money in technology have been fruitful.

Our next full-day professional development session will occur on November 6. Morse faculty will be working on curriculum and assessment with two Professors of Education from the University of Southern Maine and the Southern Maine Partnership curriculum group. Anita Stewart-McCafferty and Jeff Beaudry recently published [a book on Assessment Literacy](#) and will be working with Morse teachers around various assessment strategies.

Additionally, RSU 1 has four Late Start Wednesday (LSW) sessions per month where teachers have an hour each week to work with colleagues around our educational practices. We use one to two hours per month working on our curriculum and assessments with colleagues who teach the same or similar subjects. We spend one hour per month learning new technologies to integrate into our classroom practice; these sessions are lead by technology professionals or fellow colleagues.

The final hour per month is spent working in interdisciplinary teams, with each team focusing on an area of instruction that they would like to improve. These "instructional cohort groups" have had two meetings this school year. Topics include developing executive skills in students, using mindfulness techniques in the classroom, effective self-assessment, classroom management techniques, fostering community engagement with project-based learning, building partnerships between RSU 1 schools to improve academic skills, improving classroom discussions and presentations, and assuring that available technology is integrated into appropriate areas of instruction. These teams have written goals around their work and have a faculty facilitator, who leads the group through nine PD sessions over the school year.

So, although most of your student's teachers do walk into our Professional Development Meetings with a cup of coffee in hand, that is not all we are doing with this very valuable time! Professional Development is invaluable in assuring quality education is found inside of our beloved 826 High Street.

Thank you for your patience when our school schedule differs from the normal school day.

Eric Varney
Principal

NEWS FROM THE GUIDANCE DEPARTMENT

Senior On-the-Spot Admissions: Morse High School will be hosting an On-the-Spot admissions day for UMA 11/15/2018, UNE 11/15/2018, and USM 11/19/2018. If your student is interested in having their application fee waived, and interviewing with a college rep, please have them see guidance by November 6.

Junior Parent Night: Morse Guidance Office is hosting a Junior Post-Secondary Planning Night on Monday, November 19 at 6pm in Montgomery Theater. The Guidance Staff invites students and parents to a short presentation on how to begin preparing for college exploration and application. If you plan to attend, please RSVP to Lynn Rouillard-Hill at 207-443-8250 x1109 no later than November 15.

PSAT & Pastries: The Guidance Office will host our annual PSAT & Pastries in the Morse Library on December 19 from 7:30-8:30 am. All students who took the PSAT are invited with their parents for pastries and to receive their PSAT results. Information will be provided about what the test results mean and what to do next to prepare for the SAT.

FAFSA: Seniors are encouraged to complete their FAFSA online now at www.fafsa.gov Students who complete their forms now increase their chances of accessing grant, scholarship, and need-based financial aid at most schools. If you have questions about the FAFSA or about filing procedures, please contact the Guidance Office at 443-8250 x1109. You can also access information through FAME (Finance Authority of Maine) at 1-800-228-3734 or 623-3263

MORSE HIGH SCHOOL FOOD PANTRY

More than 60,000 children in Maine are living with food insecurity, meaning they do not always know where their next meal will come from, or if it will be enough. That represents 1 out of every 4 children in our state, which is the highest child hunger rate in New England (Maine Community Foundation 2017).

The research is clear that children living in food insecure homes are less able to learn than their well-fed peers, absent from school more frequently, and more prone to health issues. They also experience more behavioral problems in the classroom.

The free and reduced lunch program provides our students with nutritious lunches while school is in session. However, we know that our students experience further need. To help fill the gaps when meals are not available, such as weekends, school vacations, and after school, Morse High School Library has a food pantry available to students. On average, the library's food pantry serves 61 students per day this school year.

Food items, provided by donations, are stocked for after-school snacks and evening and weekend meals. A special thank you to Lori Benson and the Bath Area Backpack Program, Francie and James Tolan, Jeff Labbe, Carrie Placey, and staff of Edward Jones, Merry Chapin, Merrymeeting Gleaners, and Pleasant Pond Orchard for their donations!

The food pantry is located in the library and opened 7:30 AM - 3:00 PM (Mon., Tues., Thurs., Fri.) and 8:30 AM - 3:00 PM (Wed.).

If you would like to donate to the food pantry, the following is a list of suggested items:

- Cans of tuna or chicken
- Peanut butter
- Jelly
- Pasta noodles
- Spaghetti sauce
- Easy Mac (no milk/butter required)
- Canned vegetables/fruit
- Single servings of fruit, applesauce, or jello/pudding
- Canned pasta
- Granola bars/ breakfast bars
- Soup
- Cereal
- Instant oatmeal
- Individual snack packs (goldfish, crackers, pretzels)
- Bread
- Paper products (utensils, paper plates/bowls, Ziploc® bags)
- Monetary donations (Checks made to: Morse High School Food Pantry)

If you need more information, please contact Dawn Lee (dlee@rsu1.org) or Brenda Fagan (bfagan@rsu1.org), Morse High School Library, 443-8250 extension 1018. Thank you!

FROM THE PATTEN FREE LIBRARY

Patten Free Library's new teen space is now open for your use and enjoyment! With a two-story "crow's nest" overlooking the Kennebec, comfortable seating, periodicals, books, and a big-screen television, it's a great place for quiet study or for hanging out with your friends.

And don't forget that the deadline for the Library's annual Teen Writing Contest is Monday, November 19. There is a \$100 first prize and a \$50 second prize for entries in two categories (memoir and short fiction) and two age categories (grades 7-9 and 10-12). The contest is open to RSU 1 students and residents of the Library's service area. Submit your work or direct questions to Roberta Jordan at rjordan@patten.lib.me.us. Include your name, grade, and category in the subject line with your entry, or deliver it in person to the Reference Desk at the Library. Please share your talents!

ACTIVITIES AND CLUBS AT MORSE HIGH SCHOOL

Baseball	JMG Career Assoc.	Green Club
Basketball	One Act Play	National Honor Society (by selection Junior year)
Football	Fall Play	Creative Writing Club
Cheerleading	MOHIBA	Math Team
Cross Country	Stage Crew	Debate Team
Golf	Jazz Band	Knitting/Crochet Club
Field Hockey	SCLC (School Community Liaison Council)	SAFE
Lacrosse	Intramurals	Civil Rights Team
Softball	Library Asst.	Shipbuilders Committed
Tennis	SAFE (Student Advocates for Equality)	The Think Tank
Soccer	Ocean Bowl	
Swimming	Interact Club	
Track/Field	Amnesty International	
Wrestling	Drama	

RESOURCEFUL LINKS

[Morse Website](#)

[Morse November - June Calendar of Events](#)

[School Bus Schedule](#)

[Student Handbook](#)

[Daily Bell Schedule](#)

[District Calendar](#)

[ABCD Rotation Calendar](#)

[Delay Schedules](#)