



# *Smith Spectacular*

November 14, 2025

## **Parent / Teacher conferences**

Parent/Teacher conferences will be held Monday, November 24 and Tuesday, November 25. If you have not signed up, please reach out to your child's teacher for the signup schedule. We are looking forward to see you there.

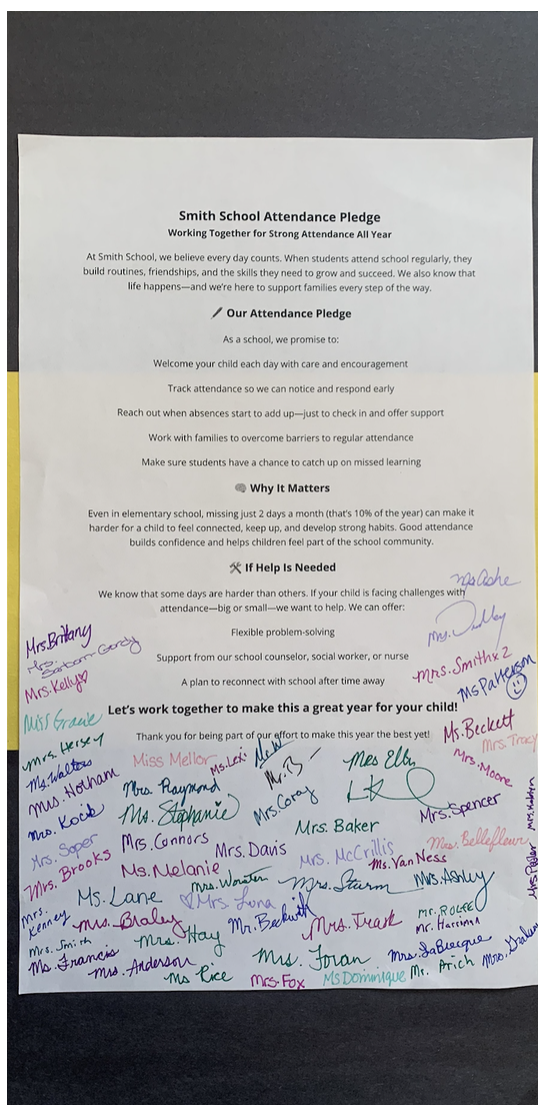


## *Every day is a Fresh start*

Students who arrive on time get to connect with friends, participate in morning activities, and start the day feeling ready to learn.

### *Attendance*

### *Our Smith School Attendance Pledge*



## What's Happening at Smith School



### P.E.

In Physical Education we have been working on our throwing and catching. This is one of my favorite units, as there are so many different games/activities we can play. The students always have great energy with this unit because of the assortment of games. As the students mature we are hoping to have them transfer their weight by stepping with their opposite foot.

### LEAD

Throughout the month November, students are practicing GRATITUDE. Through the Purposeful People curriculum all grades are learning about ways to show appreciation for things, others and themselves!





PreK, K and 1st grade students are also focusing on identifying different emotions in themselves and others. 2nd and 3rd graders are learning about managing big feelings and emotional advocacy. 4th grade students are practicing gratitude with positive self-talk. They are finding ways to reframe their negative thinking to help with a more positive mindset.



## SRO

We are very excited to welcome Officer Chris! A few facts about him:

- \*Grew up in Pittsfield, ME
  - \*Began the law enforcement career in 1997 with the Vermont State Police as a trooper- member of the highway interdiction unit and scuba (underwater recovery team)
  - \*transferred to Maine in 2009, served as patrol officer and school resource officer with Newport Police, Searsport Police, and Bucksport Police. (Over 10 years experience as an SRO)
  - \*served as a judicial marshal for the state courts and as a federal security contractor attached to the US Marshals in Bangor.
  - \*Hired with the Waldo County Sheriff's Office this past summer.
- I consider being an SRO the very best experience I've had in law enforcement and I look forward to working and serving the Winterport schools of RSU 22!







### BEYOND THE BANDAIDS

Ms. Dominique RN, BSN & Mrs. Sanborn-Gordy, HealthAid

## **The Great American Smokeout® is November 20th!**



Did you know that smoking and the use of tobacco products in any form can have significant and severe health effects on children?

- **Respiratory illnesses:** Children exposed to secondhand smoke are more prone to ear infections, colds, bronchitis, and pneumonia. Exposure can also worsen asthma symptoms, triggering more frequent and severe attacks.
- **Growth and development:** Maternal smoking during pregnancy is a risk factor for preterm birth, low birth weight, and stunted growth in children.
- **Cancer risk:** Secondhand smoke contains over 50 cancer-causing chemicals, and over time, exposure to these chemicals can cause long-term health risks.
- **Thirdhand smoke:** This is the residue that clings to surfaces like clothes, furniture, and hair. These particles can be stirred back into the air or transferred to a child's skin and clothes, posing health risks over time.

What can you do to prevent these health effects?

- **Create smoke-free environments:** Prohibit all smoking and vaping in your home and car.
- **Quitting is the best option if you smoke:** The only way to completely protect children from secondhand and thirdhand smoke is to quit smoking entirely.
- **Be aware of "outside" smoking:** Even if a parent smokes outside, smoke particles can cling to clothes and hair, and smoke can travel through doorways and ventilation systems, so it's not a foolproof solution.
- **Seek help to quit:** Resources like the National Cancer Institute quit line (1-877-44U-QUIT) and the American Lung Association are available to provide support for those who want to quit smoking.
- **Talk to your children:** Discuss the dangers of smoking and encourage them to refuse cigarettes if offered.
- **Protect your children at school and public places:** Support tobacco-free schools and ask caretakers to respect your rules about not smoking around your children.

Youth need to know the dangers of using any type of tobacco now and in the future. People who start using tobacco before the age of 18 are more likely to continue using it as adults. Today's youth report using many kinds of tobacco products, including cigarettes, e-cigarettes (vapes), cigarillos, hookah, smokeless (chewing or dipping) tobacco or snuff, and a variety of new and emerging products.

*Research shows that children and teens whose parents often talk with them about the dangers of tobacco are about half as likely to use it as those who don't have these discussions with their parents. This is true whether or not the parents use tobacco themselves.*

**For more information, the American Cancer Society offers education, guidance, quit-smoking programs, and support. To learn about these tools and resources, call 1-800-227-2345 or reach them via live chat on the American Cancer Society website.**

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## *Bee Fit*

It's that time of year! Time to get moving and start the day off with some fun! BEE-FIT will begin on Thursday (A Day) November 6th Starting with Kindergarten! When it's their grades turn, students should drop off their things in their classroom and can head to the gym for some fun music and exercise! Student will have the opportunity to get breakfast after BEE-FIT ends at 7:45! Make sure you're there on time so you can join in! See the schedule below!



## *Volunteers Needed*

### **Bee-Fit**

Mrs. Raymond is looking for an adult volunteer or two to help support our BEE-FIT program. Starting sometime in October, students will have the opportunity to come to the gym one morning a week for some fun walking, jogging, or dancing!

Volunteer time would be A, C, D, E, and F days from 7:20-7:50am

- Setting up cones in a circle in the gym (7:20am)
- Checking off students names on a clipboard as they come in



**Volunteers Needed!**

- Passing out stickers or certificates to participants when needed
- Picking up cones afterwards

If you are interested in helping with one or more days per week, contact Mrs. Raymond :  
[Kraymond@rsu22.us](mailto:Kraymond@rsu22.us)

## Supports

Are you interested in having a bag of food sent home with your child each week on Fridays? Join our backpack food program.

To join, contact Kim Raymond, School Counselor:  
[kaymond@rsu22.us](mailto:kaymond@rsu22.us)



We want to make sure you have the resources you need to feed your families. If you are concerned about not having enough food. Please check out the following resources:

Neighbors Cupboard in Winterport  
 49 Park Drive Winterport

Open Wednesdays 9am-10am



Did you know that ALL students in RSU can get FREE breakfast and lunch at school everyday regardless of income? We would love everyone to take advantage of this great program!



Hampden Neighborhood Food Cupboard  
 Open to ALL RSU 22 Families!

If a family is not able to make it during those times, they may send someone in their place. This person (proxy) may be a friend, neighbor, case worker, RSU22 employee, etc. To set up a proxy

arrangement, call 207.862.5248 or have a case worker call.

## Educational Outreach Coordinator

Welcome Brian Cartwright (aka Mr. C!)

We'd like to officially welcome Brian to Smith and Wagner Schools! Brian comes to us with experience working with students and families of all ages and 35 years in education. In his past roles as a mentor, coach, assistant principal and teacher, he brings great energy to our community.



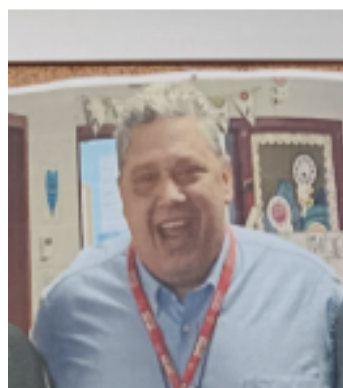
Brian is working in a brand new position as our Educational Outreach Coordinator (EOC). In this position, he can help Winterport and Frankfort families with a variety of things including:

- Mental Health Resources
- Food needs
- Housing, heat, electricity, etc.
- Clothing or other basic needs
- Resources for case management and counseling support
- Support for those struggling with alcohol or drug use
- Transportation
- School attendance and More!

He will have a mobile office soon and can even meet you at your home or somewhere else in the community! Whatever works for you!

If you are interested in learning more about what resources Mr. C can provide, or if there is something your family needs support with, scan the QR code or click the link below. He will reach out and see how he may be able to support your family!

[EOC Referral/Contact Form](#)



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## *Safety*

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### **Upcoming Events:**

November 18: All School Share 8:00

November 24: Parent/Teacher Conferences 2:30-7:00

November 25: Early Dismissal 11:30; Parent/Teacher Conferences 12:00-4:00

November 26-28: November break, no school

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## *Title 1*

**2025 Parents Right To Know Annual Letter**

**2025 Annual Parent Assessment Letter**

**Title One Compact**

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### **Community Events**

This website will provide you with information about events, sign-ups for clubs, etc., available to your children. Please check often. We will be putting flyers, etc., directly into this folder.

**Great Body Shop - November**

Health Curriculum Information

## *November Menu*

## *2025-2026 School Calendar*

## *School Letter Days*



### **Leroy H. Smith School**

Email: [dmoore@rsu22.us](mailto:dmoore@rsu22.us)

Website: <http://smith.rsu22.us/>

Location: [319 South Main Street, Winterport, ME, USA](#)

Phone: [207-223-4282](tel:207-223-4282)

Facebook:

<https://www.facebook.com/smithschoolwinterportfrankfort>





**Dawn Moore**

Dawn is using Smore to create beautiful newsletters

