



Summer Life in the RI Office, preparing for the upcoming school year

1. Student Life at MSSM extends learning far beyond the classroom. Through intentionality within residential life, athletics, clubs, leadership opportunities, traditions, wellness initiatives and community events, students develop meaningful relationships, independence, resilience and a strong sense of belonging.

It is a place where the dorm becomes home, classmates become family and every day offers opportunities for students to quench their unwavering curiosity. Living and learning together creates a uniquely supportive environment where students are encouraged to explore their interests, take on leadership roles, compete, collaborate and grow as individuals.

Every aspect of Student Life is designed to help students grow and develop independent living skills, durable skills and interpersonal skills. The overarching theme is making healthy choices, developing healthy habits and living a healthy lifestyle.

The end result is a community that promotes and supports building character, fostering connections and preparing for success in college, careers and life. **Learning Lives Here!**

CONTACT INFO

- **Justin Kinney, Director of Student Life**
 - kinneyj@mssm.org
 - 207.554.9919

2. Important Dates:

Tuesday, August 18, 2026

- **RA's** move in
 - 10am - 2pm

Wednesday, August 19, 2026

- **New students** move in
 - 10am - 2pm

Saturday, August 22, 2026

- **Returning students** move in
 - 10am - 2pm

Monday, August 24, 2026

- **First day of classes!**
 - 8:30am

*Detailed orientation schedules for August 18th - August 23rd will be shared at the beginning of August.

**If you are a returning student and plan to take the SATs on Saturday, August 22nd, you may move into the dorm on Friday, August 21st. Please notify Mr. Kinney by August 1st if you plan to do so.

***If you have any extenuating circumstances and request other accommodations, please contact Mr. Kinney by August 1st.

3. Athletics:

Please complete this form if you plan to participate in fall, winter and/or spring athletics (Varsity, JV, Club and/or Intramural) by Friday, July 10th:

- [2026-2027 Athletics Interest Form](#)

Here is a link to the Varsity Soccer schedule for both the boys and girls varsity teams.

- [2026 B/G Varsity Soccer Schedule](#)

Here is a link to the Varsity Cross Country schedule for both the boys and girls varsity teams.

- [2026 B/G Varsity Cross Country Schedule](#)

4. Healthy habits to get into the routine of: Research shows it can take anywhere from 18 to 254 days to break a bad habit. Start chipping away at any you might have now to best prepare for the rigor and demands of the upcoming academic school year.

- *Bedtime*
 - Go to bed at a reasonable time
 - Sunday-Thursday
 - Lights Out = 10:30pm
 - Friday-Saturday
 - Lights Out = 11:30pm
 - Don't forget to wake up at a reasonable time as well
- *Daily hygiene*
 - On the daily
 - Brush teeth
 - Brush hair
 - Shower
 - Change clothes
 - Smell good

- *Laundry*
 - Weekly
 - Wash clothes
 - Put away clothes
 - Semi-weekly
 - Wash bedding
- *Living Space*
 - Keep your room and living space clean and tidy
 - Clean floors
 - Clean surfaces
 - Organized desks, dressers and closets
 - Clean smell
- *Exercise*
 - Daily
 - Walking has amazing benefits
 - 7,000 steps per day is the goal to prevent many diseases
- *Nutrition*
 - Sustenance is important
 - Hydration is important
- *Keep brain stimulated*
 - Read books
 - Do puzzles
 - Interact with people, animals, nature
- *Balance*
 - Screen Time
 - How much of the day is on your cell phone and tech?
 - Studies show that teenagers average being on their screens for more than 8 hours per day during the school year!
- *Rest, relax, recharge, recalibrate*
 - Find ways to destress when the proverbial heat in the kitchen is cranking
- *Meds*
 - Daily
 - Set reminders to take any medicine you need
 - Morning
 - Afternoon
 - Nighttime

5. New students please complete this *Roommate Questionnaire* by Friday, July 10th. Thanks!

- [New Student Roommate Questionnaire](#)

*The sunset burns are faded quite,
 The world is wrap in solid night...
 Yet still across the running deep
 The stars their punctual courses keep...*

- Robert Louis Stevenson