

Williams-Cone School Principal's Newsletter

Volume 10

January 20, 2023



"Williams-Cone School is a safe and kind community that inspires every student to succeed. "

-Compassionate, Curious, Confident Learners-



Hello WCS Community!



Pictured here in the WCS "Outside Nutrition Meme" WinterKids Winter Games Bonus Point entry. The photo features second grade students and Mrs. Dawn San Pedro, 2nd Grade Teacher

Although it has been a short week at Williams-Cone School with only three instructional days due to a holiday and a snow day, our school has been positively diligent in our efforts to complete all of the **Week #2-Nutrition** themed activities and events!



Guest Speaker

We kicked off the week with a school wide assembly featuring Maine Dairy Farmer, Jenni Tilton-Flood. Ms. Jenni, who owns and operates a dairy herd of 1700 cows in Clinton, spoke to students about the many nutritional benefits and versatile uses of milk.

Students also received follow up take home nutrition related resources courtesy of the Maine Dairy Association.

Throughout the week students, teaching and non-teaching staff including our school custodial team, school health room team, and school/district food service team have enthusiastically supported the many activities taking place around our school. These activities have ranged from supporting the outdoor games to helping create smoothies and/or support the Friendship Friday Food Drive.





Students engaged in the "Outdoor Cup Relay Race" during their Phys. Ed. classes under the direction of Annie Martin, WCS Physical Education Teacher. Fifth grade students had some special visitors join their relay race from the Topsham Police Department including Chief Marc Hagan and SRO Mattheiu.







For the "Life is Wild" activity, students watched a "Mystery Science" video about how polar bears survive in the cold and also participated in outdoor Mystery Science lessons, relay games and activities that focused on human and animal nutrition.



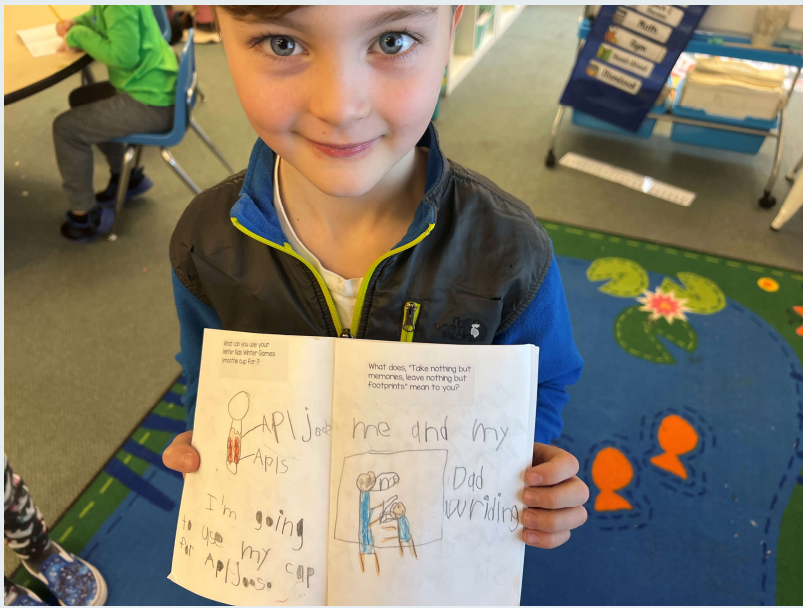


Wild Card Wednesday activities have been very diverse this week ranging from classroom hikes on the neighboring Highlands Trails to classrooms creating snow castles and chalk designs outside on the playground.





Students have also completed this week's journal assignments as well as the CMP photo of the week activity featuring ice themed art creations with support from Mrs. Redd, WCS art teacher.







For the "Breakfast Counts" activity, students participated in classroom lessons that included a 5 Fab Food Groups video, a discussion about the importance of breakfast, as well as nutrition themed outdoor games and activities.





A highlight of this week was the "Snack Pals Badge Activity" sponsored by the MSAD #75 Food Service department. Parent/Grandparent volunteers including MSAD #75 School Board Representative Haley Kulas, served smoothies to all WCS students during lunch on January 19th.





A school wide smoothie recipe was also created for students to sample and is featured on our school's WinterKids Winter Game website under the "Week #2 Smoothie Activity" section. First grade students created the smoothie and sampled it in their classroom this week.

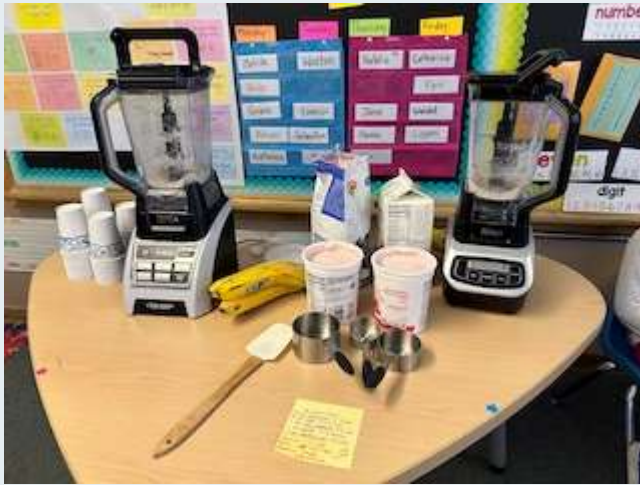
wes winter "berry blast" smoothie



- 1/2 cup Almond Milk or non-dairy substitute, or milk
- 1/4 cup oats
- 1 cup frozen blueberries
- 1 ripe banana
- 1 cup strawberry yogurt

Optional:
Feel free to add/remove any fruit, vegetables, or dairy to make this your own recipe!





he week has concluded with the Friendship Friday activity- a district wide food drive sponsored and coordinated by our parent/community group, Friends of Williams-Cone. Donations have been made by the district's five elementary schools, middle school and high school.



We have also received donations from our neighbors-"The Highlands"-(see photo below). The food is being sorted, organized and delivered to our school district's food pantry centrally located in our district's middle school.



In spite of the short week, it has been a super second week for WCS competing in the WinterKids Winter Games! We are ready to tackle Week #3-Family Engagement!

Week #3-Family Engagement

The theme for Week #3 is **Family Engagement**. These are the school wide events that will be taking place January 23rd through January 27th:

Monday, January 23rd: Outdoor Bingo Activity

Tuesday, January 24th: Jump Up Scrunch Down Activity

Wednesday, January 25th: Wild Card Wednesday- outdoor activities chosen by classrooms, Classroom Snack Pals Activities, Guest Speaker from Cathance River Education Alliance,

Family Engagement Night, 3:30-5:30 P.M., Foreside Field, Topsham -Sponsored by FOWC-All Families Invited to Attend.*

Thursday, January 26th: Handshake Alternatives Activity

Friday, January 27th: "Friendship Friday"-Thank a WinterKids Sponsor Snowflake Activity

If you would like to keep track of our school's progress in the competition, tune into WMTW Channel 8 with Meteorologist Sarah Long on Tuesdays between 4:00-4:30 P.M. and 6:00-6:30 P.M. to see the "Moment of the Week" winner or log onto WMTW.org. Additionally, you can check out the competition's progress on the leaderboard at WinterKids.org on Wednesdays to see how our school is doing.

While the majority of the activities will be completed at school, there are weekly opportunities for families to complete a variety of activities at home. This includes the "Snack Pals" activity presented by Hannaford and the CMP photo contest (see picture below). Students and families are **not** required to complete these activities at home but it is strongly encouraged to do so.



snackpals.

Fun fuel for kids.
hannafordsnackpals.com

Snack Pals Stamp Here

WEEK 3: GOING FURTHER: *WILD* WORD SCRAMBLE

To start now, scan here:



SAY IT 10 TIMES WITH WANDA!

Complete the weekly activity to work towards earning your Snack Pals Winter Games Badge and unlock secret coloring pages!



WEEK 1

WEEK 2

WEEK 3

ENTER THE CMP PHOTO CONTEST!

Share a photo of your Winter Games *WILD* outdoor art project with Central Maine Power and you will be entered to win \$500 for your school!

1. Create an outdoor art project using the week's "Secret *WILD* Ingredient!"
2. To enter, scan the QR code and attach your photo to the email. Be sure to include your name, your school's name, and your town. Photos must be submitted by midnight Friday each week to be eligible for that week's drawing.
3. Head over to Central Maine Power's Facebook page to view an album of all the photos.
4. One winner will be RANDOMLY selected each week.
5. CMP will announce the winner on their Facebook page and will notify the winner by email.



SCAN ME!



This week's secret *WILD* ingredient is **LEAVES!**



23

The next WCS Principal's Newsletter will be emailed on Friday, January 27th and will include highlights from Week #3 as well as additional details for Week #4 of the WinterKids Winter Games competition. We also have a special WCS WinterKids Winter Games website that is being updated frequently. It is available at:

<https://sites.google.com/link75.org/wcswinterkidgames/home>

You will find more highlights, photos and details on the website.

If you have any questions and/or needs, please do not hesitate to reach out.

Your Principal,

Randa

Mrs. Randa C. Rineer, WCS Principal

rineerr@link75.org

(207)725-4391



gratitude

We have **LOTS** of things to be thankful for as a school community:



**Annie Martin, WCS Phys. Ed. Teacher for coordinating, creating, designing and facilitating amazing games, activities and opportunities for the the WinterKids Winter Games*

**Pam Young and Randy Munsey-snow day clean up*

**WCS Staff-their cooperation, support, organization, planning and time extended to the WinterKids Winter Games along with everything else that they do.*

**Mrs. Bellina-the WCS WinterKids Winter Games website and lots of technical support!*

**Kate Greeley-video and technical support*

**Topsham Police Department-their support of the WinterKids Winter Games*

**Mrs. Anderson-press releases and communications*

**Our school wide guest speaker Jenni Tilton- Flood*

**Maine Dairy Association & Julie Marie Bickford for providing support for our school wide assembly*

*The Highlands-food drive donations.

*Mrs. Chamberland, Mrs. Spies & Ms. Hetherington-schoolwide smoothie support and coordination

*MSAD #75 Food Services, Paul Milliken & Robin Young -Donating schoolwide smoothie supplies & creating the smoothies.

*WCS cafeteria staff support-Julie McAvoy & Jessie Goodenow

*Mrs. Redd-leading art activities for the CMP contest

*Ms. Marsters, Ms. Hetherington, & Mrs. Dubreuil-lesson plan support, SnackPals support, communications, etc.

*Participation and support from MSAD #75 School Board Representative Haley Kulas.

*Amazing support from the FOWC community for the WinterKids Winter Games events, activities, planning meetings, etc.

*SnackPals Parent Coordinator - Heather Rogers

*Food Drive Prep - Heather Rogers, Kristina Slocum, Megan Robertson

From Friends of Williams-Cone:

*The turnout for our monthly FOWC meeting was AMAZING! Thank you so much to the families showing up for our PTO and those on our volunteer email list that are helping us out with our many volunteer needs. You can also join that list by filling in this form: <https://forms.gle/sAWkQ7vp7KDCt4vJA>.

*Thank you to our WinterKids Clothing Drive volunteer team - Heather, Kristina, Megan, & Anna, and all of MSAD 75 for making this a huge success. All of our items are sorted and we are working diligently to relocate the items where they are needed most.

*We are overwhelmed with the initial generosity this week from the WinterKids Food Drive, with the snow day our volunteers are delayed on pick-ups until Monday. However we made two stops earlier this week because of the amazing amount of donations arriving in our schools. Thank you!! We are also grateful for our behind-the-scenes team on this one - Kristina, Heather, Megan, & our WING pantry collaborator Catie.

*Thank you to all the families that sent in plastic fruit & veggies this week! Look for our school's WinterKids meme!

*Loud applause for Mr. Randy & Ms. Pam - while you may not always see them in action - we would not be able to accomplish all of our weekly events without their support to set up and break down our various special events, they have been our quiet heroes over these last two weeks (and beyond).

*Smoothies were delicious! Thank you MAMS & Food Services for your support in this WinterKids event. A shout out to our Volunteer Helpers - Haley K, Christie J, Heather R, & Jenn C.

*Thank you for your support in our Fudge Sale Fundraiser - it is off to a great start! Shout out to Jenn C as she collects FOWC Fudge order forms as they arrive - it's an administrative task we would be lost without.

*We continue to be grateful for all the teachers, staff, and families showing up and helping out at our various WinterKids meetings and events along with all of our normal FOWC tasks/events. There is still a bunch of 'stuff' coming up and we have so many hands coordinating and making all the pieces come together - THANK YOU!



1/9-2/3 WinterKids Winter Games Competition

1/9-1/20 K-2 NWEA Assessment Window

1/9-2/3 3-5 NWEA Assessment Window

1/10-1/25 Valentine's Fudge Sale

1/23-1/27 WinterKids Winter Games Week #3: Family Engagement

1/23 Variety Show Auditions, 3:30-5:30 P.M.

1/24 Variety Show Auditions, 3:30-5:30 P.M.

1/25 WinterKids Family Night, 3:30-5:30 P.M., Foreside Field, More Info.-See the flyer that was sent home with all students.

1/29 Wild Oats 5th Grade Fundraiser, Brunswick, 8:00 A.M.-3:00 P.M.

1/30 5th Grade Fundraiser Meeting, 5:30 P.M.

1/30-2/2 WinterKids Winter Games Week #4: Winter Carnival

1/31 Variety Show Rehearsal, 3:30-5:30 P.M.

2/3 In-Service Day, No School for Students

2/6 MIYHS Survey, Grade 5 Only

2/7 Variety Show Rehearsal, 3:30-5:30 P.M.

2/7 Playground Committee Meeting, 5:30 P.M., LC

2/10. FOWC Movie Night, 5:00 P.M.

2/13 5th Grade Fundraiser, Gelato Fiasco Brunswick, 3:30-8:00 P.M.

2/14 Variety Show Rehearsal, 3:30-5:30 P.M.

2/16 FOWC Meeting, 5:30 P.M.

2/20-2/24 Winter Break 2

3/1 Variety Show Daytime School Performance

3/2 Variety Show Evening Performance, 6:30 P.M.

3/10 FOWC Movie Night, 5:00 P.M.

3/16. Early Dismissal, 10:45 A.M. PreK, 12:10 P.M., K-5

3/17 No School, Compensation Day for Staff



Get caught up on the latest news from Williams-Cone School's PTO group

We have really hit the ground running after Winter Break. There are so many great things happening - Clothing Drives, Fudge Sales, Food Drives, WinterKids Family Night, Movie Nights, and maybe even a highly requested School Wear Sale! We continue to be grateful for this wonderful community and all of our families that are able to make the time to help us and attend or participate in our various events. Our Tiger Pride is shining bright!

Join us for the Upcoming FOWC Meetings & Events:

Valentine's Day Fudge Sale (with Sweet Satisfaction Fudge) - 1/10/23-1/25/23

5th Grade Wild Oats Fundraiser - 1/29/23 from 8:00 AM - 3:00 PM at Wild Oats Bakery

5th Grade Fundraising Parent Group Meeting - 1/30/23 at 5:30 PM in the Learning Commons

Playground Committee Meeting - 2/7/23 at 5:30 PM in the Learning Commons

Fudge Pick-up - 2/9/23 from 3:30-6:30 in the WCS Lobby, or hope with your student on 2/10/23

Movie Night-2/10/23, 5:00 P.M.

5th Grade Gelato Fundraiser - 2/13/23 at Gelato Fiasco, Brunswick

FOWC Meeting - 2/16/23 at 5:30 PM in the Learning Commons

Friends of Williams-Cone Fudge Fundraiser

In partnership with:



Our flavor line up:



Orders are due by 1/25/23
Pick up on 2/9/23

\$27 per 1 1/2lb Box
(6pcs - you pick the flavors)

Valentine's Day Fudge Sale:

Did somebody say FUDGE?!?!?

Sweet Satisfaction Fudge has partnered with us again - just in time for Valentine's Day. (But really, any time is fudge time!). Order Forms will be coming home with students this week!

Help us raise funds for FOWC the tasty way and support this locally owned & operated small business. The deadline to order is Wednesday, January 25th, Cash or check is accepted. Please make checks payable to 'Friends of Williams-Cone'

Fudge will be ready for pick up on 2/9/23 from 3:30-6:30 pm at Williams-Cone School or sent home with your student on 2/10/23. (Please see our order form for more

details: <https://drive.google.com/file/d/1VBCBbQMOO9yAhELEp7uIAHapRuqLjkiK/view?usp=sharing>)

Volunteer Background Check Form:



VOLUNTEERS WANTED

Want to volunteer with our school? Review and sign the MSAD 75 Volunteer Handbook & Form and return it to the Main Office. This form is required for all of our FOWC volunteers. Thank you for investing in our volunteer community!

You can find the latest version

here: https://drive.google.com/file/d/1Zy-XTY_equtyU2CXLCb4aw-Ln5jF-hEI/view?usp=sharing



Wild Oats Fundraiser



The 5th Grade has partnered with Wild Oats in Brunswick to help raise money for their end of year celebrations. Indulge your sweet tooth and join us on Sunday, January 29 from 8:00a to

3:00p to pick up a WCS themed cupcake. ALL proceeds of cupcake sales will be donated to the WCS 5th grade!

5th grade families: we are seeking student/adult volunteers to help out at Wild Oats. Stay tuned for a sign-up link on the 2030 Class Facebook page and in your email. For any questions, please contact Shana Kelley-Cohen at 207-756-2889.

5th Grade Fundraising/Planning Meeting

Our next meeting will be on Monday, January 30 from 5:30-7:00p in the Learning Commons at WCS. Please contact Mary Kate Appicelli at 207-751-0133 or applecelery@hotmail.com for more information. Hope to see you there!



Get Your 2022-2023 Williams-Cone School Yearbook Today!

Soft Cover Price: \$20.00 (with tax)

Deadline to Order by Cash or Check: Thursday, April 13th

Need an order form?

https://drive.google.com/file/d/13cs4ebf9OniERC_UXkB5UiVFh8EKJRWL/view?usp=sharing

Deadline to Order Online: Monday, May 1st

It's easy! Order online at www.treering.com/validate

Enter WCS's passcode: 1015059372991326

Your yearbook purchase helps us continue the tradition to give every 5th Grade Student a free yearbook during the Farewell Ceremony. Thank you!

(you can order online after the deadline however shipping costs will apply)

W.I.N.G The Food Pantry at Mt. Ararat Middle School

New Hours for the 2022-2023 School Year

Wednesdays 3:15pm to 5:15pm

W.I.N.G. is open weekly with fresh produce, dairy, frozen foods, and hygiene items available to any MSAD No. 75 family. If you have special requests or would like your order packed in advance, please call 729-2950 x7202 and leave a message with your name and phone number and a volunteer will give you a call back. If accessing the pantry is a hardship, please let us know. We are happy to work with any family to make alternate arrangements.

W.I.N.G. is looking for new volunteers! If you are interested in volunteering in the food pantry, please reach out to Catie Meier at meierc@link75.org.



Sagadahoc County Emergency Management Agency

Did you know if you are a renter, and heat is included in your rent, you may be eligible for heating assistance this season? It can take a few weeks for the application to process, so now is the time to connect with your local Community Action Program (CAP) and find out if you qualify! For a complete list of all CAPs, as well as other heating and energy assistance resources, visit www.maine.gov/mpuc/consumer-assistance/programs.

HEATING TIP FROM YOUR COMMUNITY ACTION PROGRAM

If you are a renter and heat is included in your rent, you may still be eligible for heating assistance. Contact your local Community Action Program (CAP) today.

For a list of CAPs:
www.maine.gov/mpuc/consumer-assistance/programs

NEED HEATING ASSISTANCE?



www.maine.gov/mpuc/consumer-assistance/programs



2-1-1 (OR 207-874-2211)

