

AGRICULTURE, FORESTRY & THE ENVIRONMENT

## June 2024



## The Maine Academy of Natural Sciences

MeANS Community, Students are keenly aware that we are in the home stretch of the school year, with Seniors preparing for their capstone projects. The building will feel a little empty without them.

We were lucky to host**Bernd Heinrich** at a school assembly recently, where the students asked wonderful questions and engaged with our guest for over an hour! Dr, Heinrich is an alum of the Hinckley School, Class of '59, an esteemed author, biologist, and legendary elite runner. It was a fun afternoon, and we appreciate his visit. **Summer Intensives** are



underway with students exploring Bees, Invasive Species, Farm to Table and Senior Capstone projects. We all gathered at the **Coastal Maine Botanical Gardens** for the launch of this final round. Finally, we hope to see all of you at our upcoming **Summer Celebration** on **Saturday, July 13th**. We will have a Cuban Food Truck, pizza oven, blacksmithing demonstrations, student presentations, garden tours, and live music with **Sagittarius Rising!** 

As always, please reach out with any questions, concerns, or wild ideas!

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### ACADIA NATIONAL PARK

In May our sophomore class took their annual overnight trip to Acadia National Park. The students spent the first day with Ranger Mike, the Education Director and long-time Ranger at Acadia National Park, at Somes-Meynell Wildlife Refuge learning about Alewives. That night students enjoyed the beach, camp games, and a wonderful fire they gathered around to sing songs. The following day the students spent time exploring Acadia's coast with Ranger Mike, investigating the fascinating geological history of the park. Students reflected on the drive back that these very experiences are why they had chosen to come to MeANS, to learn outside of the classroom and explore the natural sciences authentically.





### **Threshold News**

Students from the Threshold and Campus programs came together this month for a special 3-hour blacksmithing workshop led by Hannes Moll, a local blacksmith and MeANS graduate (Class of 2017). Students learned how to start a fire with homemade char-cloth and flint, practiced operating a forge, and used a variety of tools to make iron hearts.

This is part of an ongoing series of small group activities that bring threshold students together and into the community for experiential learning. Students paired up at forges and learned about managing fuel, paying attention to the difference between coal and coke, and worked on the technical skills involved in stretching, twisting, and shaping metal. And yet, as students took care not to damage tools, overwork the metal, or lose their pieces in the fire,



they were also learning important life-lessons about patience, exactitude, and communication.

Hannes Moll, the instructor, was previously employed as the resident blacksmith at Fort Western in Augusta, and was trained by Dick Tessier while attending MeANS from 2012 - 2017. He volunteered his time as a measure of gratitude to the school for what he gained as a student here.

### **Threshold Visits Camp Tracy!!**

Threshold students and staff experienced the wide range of activities that Camp Tracy has to offer including a low ropes course, a high ropes course, collaborative problem solving games, as well as an option to participate in arts and crafts. The day offered all of us a chance to hone our group participation skills as well as challenge ourselves to move out of our respective comfort zones.

The pictures included are primarily from the high ropes course which a sizable number of students challenged themselves with. Threshold was the first group to go through Camp Tracy's new high ropes course and we did it in style!!











# May's RINGER



The Ringer is a monthly award given to faculty and staff at the Maine Academy of Natural Sciences. It represents the individual's outstanding commitment to student growth.

May's recipient is Ed Tech, Alexandra Karter

Here is what her colleague's had to say:

"I have known Alex since she transferred to MeANS (and into my advisory) at the start of her junior year of high school. She was a bright, motivated, funny, empathetic, and curious young person with a strong work ethic. You don't have to know her long to realize these qualities have followed her into adulthood. Alex has consistently shown how insightful and tuned in she is to our students. She is always willing to pitch in, always asking how else she can help, and as a result, she has almost immediately become an invaluable member of our team. Alex has been very dear to me since she was a student herself, and I have been particularly thrilled for our relationship to transition from student/teacher to colleague to friend. I can't think of a better recipient for the May Ringer! Congratulations, Alex!"

"Alex has become an essential part of our community here at MeANS. She has had an enormous impact in her role by continuously prioritizing student learning and engagement. Have a question, need help on an assignment



or project, or just need someone to talk to? Alex is always there. She always looks to find the best outcome for both students and staff and her problem-solving mindset allows others to overcome obstacles. She always takes the time to listen and makes advocating for students a priority. Her honest, friendly nature creates such a positive atmosphere in the classroom, and I can't imagine MeANS without her!"

"When I first met Alex last year - cheerful, thoughtful, curious, and eager to learn more about every student that she interacted with - I wanted to know, where did she come from? When I realized the answer to that question was MeANS, the pieces started to fit together. As a student, an alum, and an educator, Alex embodies what makes this school so special. She is hardworking, cares deeply about the people around her, and prioritizes making the most of every opportunity that she is presented with. Whether this is helping seniors navigate life after MeANS, brainstorming trash-to-fashion fits, or just sitting down with a student who's having a rough day, Alex makes our community stronger, more caring, and more supportive every day that she's here. We are so incredibly fortunate to have Alex, and I look forward to the years ahead with her!"

# PAT'S PULSE Ready for Anything!

Hello again, Means community!

We are in the final weeks of what has been a very exciting year at the Maine Academy of Natural Science. I want to thank you all one more time for welcoming me as warmly as you have. This is been an incredibly rewarding



year for me, and I'm already excited at what another school year will bring.

Having said that, we still have a few weeks left and those weeks are
jampacked with exciting opportunities for our students. Including beach trips,
beekeeping, fishing, gardening, and more! During these weeks, it's more
important than ever that kids come to school, dressed for both the weather, and
the elements. Please take a few moments to discuss upcoming events with your

students to help ensure they have the most meaningful experience possible. Students are also welcome to bring in extra water bottles, and sneakers that

they can keep in their advisory in the event of an unexpected adventure. Thank you for all that you do for your students and our community as a whole!

Pat Henyan Assistant Head of School

## **WELLNESS DAY!**

On Friday, May 24th we hosted a Wellness Day with an objective to create a positive environment focused on education around substance use, mindfulness, activity, nutrition, and inclusivity. We hoped to broaden the understanding of student health and well-being while developing skills to destress, nourish, and care for our bodies and minds. To meet that objective we hosted



Alicia Heyburn from Teens to Trails who gave an outstanding keynote address and invited organizations on campus including but not limited to Out Maine, Move More Kids, Snap Ed, and Somerset Public Health. It was a wildly successful fun day with students loving the time outside, the team-oriented activities, and the structured time to reflect and practice mindfulness. Thank you to all the presenters! We can't wait to make this an annual event and we're already looking forward to Wellness Day 2025!









# **MeANS Third Annual Botanical Gardens Trip**

This year, we kicked off our Summer Intensives as we always do with our all school trip to the Coastal Botanical Gardens in Boothbay. From edible gardens, to butterfly sanctuaries, to our hunt for the five monstrous wooden trolls hiding across the garden,



students explored the gardens for the day and found meaningful ways to connect the exhibits and activities to their intensives along the way.

Stay tuned for Summer Intensive Updates!





## **Monday Academic Support**

We will continue to offer Monday Academic Support sessions on campus for students who want to catch up on work or need extra help. Threshold students are invited to attend in-person or remotely.

### Limited transportation is available.

Students can sign up for 9:00 - 11:00 a.m., 1:00 - 3:00 p.m., or both!

Please email ecoleman@maineacademy.org if you are interested.

Hey there Honeybees! We are happy to announce a new wellness project on campus, the Beehive! We have dedicated a closet on campus for students in need of hygiene products, and have begun collecting donations of the items listed here. If you are able to donate and support our students, please bring any of these items to Kelsi on campus.

Thank you so much!



# WE ARE CURRENTLY ASKING FOR DONATIONS OF:

- · SOAP
- SHAMPOO
- FLOSS
- TOOTHPASTE
- TOOTHBBUSHE
- · LOTION
- · DEODORANT
- MENSTRUAL
- PRODUCTS
- OTHBRUSHES HAND SANITIZER
  - KLEENEX



#### **AYCC Greenhouse and Garden Volunteers Needed!**

- 1 or 2 student positions available
- 3 to 4 hours a week
- Reliable transportation required



Talk to Matt or Gwyn about the position if interested!



## Title I, ESEA DASHBOARD

To find out more about MeANS schoolwide Title I Program, a link to the ESEA Dashboard can be found here: <u>dashboard</u>. For more information, please contact Title I Coordinator, Isabelle King at <u>iking@maineacademy.org</u>.



### **IMPORTANT DATES**

6/18-28 Summer Intensives

7/15 Threshold Monday

7/22 Community Learning Day

7/19 Threshold Graduation

7/25 Campus Senior Night

7/26 Campus Graduation

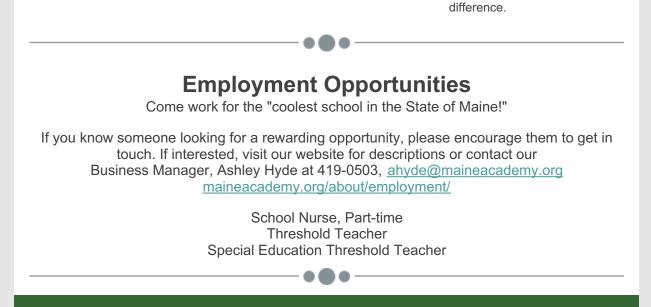






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