

RSU 16 Adult Education & School News

Fall 2026



RSU 16 Adult Education
Serving Mechanic Falls ~ Minot ~ Poland
129 Elm Street, Mechanic Falls, ME 04256
207-345-3217 ~ rsu16adulthood@rsu16.org



Maine Adult Education
EDUCATE • EMPOWER • ENRICH

Hello and Welcome to RSU 16 Adult Education!

Happy Fall! Fall is a special time of year. Fall represents a time for transformations both personally and environmentally. The temperatures drop, leaves fall, and your wardrobe is dominated by clothing that will keep you warm. It is the favorite season for those that love cooler weather, boots, and pumpkin spice. A season drenched in tradition, fall is the perfect time to reflect and embrace change. We leave the summer behind and the flowers are replaced by crisp and colorful leaves.

As you think about changes in your own life and the world around you, check out our offerings. Like every semester, RSU 16 Adult Education is offering a full menu of interesting and exciting classes for your enjoyment and educational journey. Please check our website for any last-minute changes and as always feel free to contact our office by phone or by email. We look forward to seeing you this fall.

Sincerely,
Shelli Pride & The RSU 16 Adult Education Staff

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We want to hear from you!

Is there a class you would love to take but can't find offered anywhere? Or maybe you have a skill you would like to share with others! Please share your thoughts with us by doing one of the following:

- Call 207-345-3217 or
- Email us at rsu16adulthood@rsu16.org

Exercise & Outdoor Recreation

Zumba with Becki

The class that started the dance-fitness revolution and changed the way we look at a "workout" forever. It's fun, effective and best of all? Made for everyone! It is a dance fitness cardio class with roots in Latin rhythms. Wear sneakers and comfortable clothes, bring water and a towel. Since 2017, Becki has been teaching Zumba and other group fitness classes, helping people improve strength, mobility, confidence, and overall wellness through fun and supportive movement. Becki truly loves what she does and enjoys creating an encouraging environment for all fitness levels.

4-Week Session: Mondays, 9/14 - 10/5,
6:00 - 7:00 PM; ESS Gym; \$36 per session

6-Week Session: Mondays, 10/19 - 11/30 (no class 11/9)
6:00 - 7:00 PM; ESS Gym; \$54 per session



Tai Chi with Christine O'Donnell

Tai Chi is a form of exercise that combines breathing techniques and slow, deliberate movements intended to improve health and muscle tone. Practicing the gentle movements of Tai Chi can calm the mind, strengthen the body, and improve balance. Let Chris be your guide as you work alongside her toward a more peaceful and flexible self. Chris has been an active participant in Tai Chi for over 15 years. All ages and fitness levels welcome!

Tuesdays, 9/15 - 11/3, 8 weeks; 3:45 - 4:30 PM; ESS Gym; \$70

Chair Yoga with Karen Knox

This chair yoga is a modified yoga practice that uses a chair for support, making it accessible to people of all fitness levels. Classes involve seated poses and supported standing postures to improve flexibility, strength, and balance, and will incorporate deep breathing and mindfulness techniques to help reduce stress and enhance mental clarity. A sturdy, armless chair is the primary prop and will be provided. No prior yoga experience is needed. This will be a 6-week series. Karen Jamila Knox is a 200-hour registered yoga teacher.

Mondays, 10/19 - 12/1, 8 weeks, 2:00 - 3:00 PM; Learning Center; \$72

HR Pilates virtual

Class description: Human Reformer Pilates is a way to harness the potential of your own body, using it as the ultimate reformer. With just 1 resistance band, you can capture all the postural, core, and alignment challenges that reformer work is famous for— courtesy of Pilates mat programming that mirrors traditional reformer exercises. Equipment that will be used in class include: A yoga mat and a Flex Cord or 48" resistance band or something equivalent

Session I: Wednesdays, 9/16 - 10/21, 6 weeks, 6:15 - 7:00 AM, \$59

Session 2: Wednesdays, 10/28 - 12/2, 6 weeks, 6:15 - 7:00 AM, \$59

Pumped Up Strength virtual

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. In this class you will want a set of hand weights anywhere from 5lbs - 15lbs.

Session 1: Fridays, 9/18 - 10/23, 6 weeks, 6:15 - 7:00 AM, \$59

Session II: Fridays, 10/30 - 12/4, 6 weeks, 6:15 - 7:00 AM, \$59

Maine Driving Dynamics

Maine's Driving Dynamics course offers all drivers the opportunity to improve their defensive driving abilities. This five-hour course will include discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. Students completing the course will receive a three-point credit on their driving record. A certified Maine Driving Dynamics instructor teaches this course.

Tues/Thurs, 11/10 & 11/12, 6:00 - 8:30 PM; Learning Center; \$75

Care For Your Houseplants Workshop

Learn how to care for your indoor houseplants. Self-taught, Plant Guru, Amy Hatch, will show you how to keep your favorite summer plants thriving through the winter. We will discuss lighting, soil, watering, and pests. Each student gets a free plant.

Thursday, 9/24, 5:00 - 6:30 PM; Learning Center; \$24



Spooky Succulents!

Come join us for a Spooktacular Succulent Class. Students will bring their own container (or choose from provided pots) to plant a lovely succulent garden. Next, we will decorate the gardens with Halloween decorations so they are ready for the spookiest time of year. Grab your favorite ghost or goblin and join in on the fun.

Thursday, 10/22, 5:00 - 6:30 PM; Learning Center; \$24



Don't wait to Register!

Classes need a minimum number of registrations to run

Cooking/Arts & Crafts

Chinese Dumplings with Chris Toy

Join Chris for a hands-on evening of making fresh wonton soup and folding some tasty potsticker dumplings? You'll learn why they were invented and how they were named. Come ready to fold and eat! Bring leftover containers, just in case!

Tuesday, 10/20, 5:30 - 8:00 PM; Elm Street Teachers' Lounge; \$59

Cooking With BoomerTECH Adventures

BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and enjoyment for lots of different types of foods. You will learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie?

Rolling admission, register and start any time. Online Course; \$49

Sheet Happens

This class will introduce fast, simple dinners prepared on a sheet pan and baked in your oven. Great for those busy school nights!!! This will be a hands-on class and participants will get to sample the dinners. Please bring a Tupperware dish just in case there are leftovers!!!! Each participant will receive an electronic/ or a printed copy of the cookbook that accompanies this class.

Thursday, 9/17, 6:00 - 8:00PM; Elm Street Teachers' Lounge; \$59

Simple Suppers, Strong Spirits: Cooking Through Tough Times

This class will introduce low-cost meals, snacks and desserts that have been historically inexpensive since the Great Depression. With the rising cost of groceries, it is an opportunity for folks to help with their budget conscious menu planning. Each participant will receive an electronic/ or a printed version of the cookbook that goes with the class.

Thursday, 9/24, 6:00 - 8:00PM; Elm Street Teachers' Lounge; \$59

Little Bites, Big Nights!

The Art of Creating Hors D'oeuvres

This class teaches students to craft elegant, bite-sized finger foods served before meals. Students learn to balance flavors, textures, and temperatures, master culinary techniques (like canapés and verrines), and gain practical hosting skills for creating visually stunning starters. This class comes with a complete cookbook.

Thursday, 11/12, 6:00 - 8:00PM; Elm Street Teachers' Lounge; \$59

Acadia Arts Retreats with Chris Toy & Mary Laury

Make an adventure of it with Acadian Arts Retreats, dedicated to Watercolor Painting or Asian Fusion Cooking! Mary Laury and Chris Toy will be certain to enrich your life over the course of a wonderful get-away. Meals are included in the workshop fee, as well as specially planned evening activities to extend your learning from the day's workshops. The fee of \$695 covers workshops & meals. Lodging is available.

Acadian Retreats at Roosevelt Campobello International Park, New Brunswick, Canada

Step back to a time when President Franklin Roosevelt, Eleanor and their family escaped to their "beautiful little island" in the Canadian Maritimes, Campobello Island. We will be exclusive guests of the international park, staying in historic Victorian cottages. PLEASE NOTE: Included in the registration is a \$50 non-refundable fee should you have to cancel.

October 9 - 12

Acadian Retreats at Harbor View House, Prospect Harbor

Escape to a Victorian Inn on the coast of Maine, with an intimate group of artist, cooks and creatives! To book your stay at the inn call 207-963-9122 or visit <https://harborviewhouseinc.com/>.

September 18-21

Acadian Arts Drawing and Cooking, Bath, Maine with Mary Laury and Chris Toy

Immerse yourself in an inspiring course along Maine's coastline. Engage in guided drawing lessons, hands-on culinary workshops, and curated museum visits. Strengthen your artistic skills, deepen observation, and connect with fellow creators in a thoughtful program blending learning, exploration, and the quiet beauty of the sea.

November 6-9

Reed Diffuser Workshop

Create your own custom reed diffuser in this unique workshop experience! Unwind, connect, and blend your favorite scents while choosing from beautifully designed reeds to personalize your creation. Name your diffuser and take home a sophisticated, one-of-a-kind fragrance for your space.

Wednesday, 12/16, 6:00 - 7:30PM; Learning Center; \$49

Crochet & Knitting Group with Donna Marshall

Bring your passion and your knitting or crochet projects for a social knitting/crocheting group. This is a perfect group to work on your projects and chat! Also, if you need help with your project or want to learn a new skill, Donna would be happy to share her years of experience and knowledge. Donna has been crocheting since she was a teenager and is now a true crochet addict in retirement! She's been fortunate to sell items at a local craft store in Norway and often donates items to raffle for various organizations.

Wednesday, 9/23 - 10/7; 1:00 - 2:30 PM; Learning Center; \$29

Don't wait to Register!

Classes need a minimum number of registrations to run.

Call now or visit

www.mechanicfalls.maineadulted.org

General Enrichment

Just Once Guitar with Don Pride

Have you ever wanted to learn the guitar but simply and it difficult to and the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. NOTE: DVD/Textbook valued at \$29 is included in your registration fee.

Wednesday, 10/21, 6:00 - 8:30 PM; Learning Center; \$54

Just Once Piano with Don Pride

You don't need years of weekly lessons to play piano. While traditional methods focus on slow note-reading, professionals use chords. In just one evening, this workshop will teach you the chord secrets you need to play any song, in any style—even if you only know how to find middle C. NOTE: DVD/Textbook valued at \$29 is included in your registration fee.

Wednesday, 10/14, 6:00 - 8:30 PM; Learning Center; \$54

Candle Workshop

Design your own custom scented candle in this unforgettable hands-on workshop experience! Unwind, create, and blend fragrances while choosing from unique wax molds to create a beautifully embellished candle that's uniquely yours. Enjoy a fun, elevated experience that goes far beyond traditional candle making.

Wednesday, 12/9, 6:00 - 7:30 PM; Learning Center; \$39

Glass Painting Workshop

Using recycled clear and white dishes, we will be creating one-of-a-kind art pieces using glass friendly paint markers. Plates, glasses, mugs, and bowls will be transformed into beautiful decorative objects.

Thursday, 12/10, 6:00 - 8:00 PM; Learning Center; \$54

Upcycled Card Design Workshop

Create some beautiful, one-of-a-kind upcycled cards and learn how to make hand made envelopes to match!!! Using embellishments, recycled cards, and paper from around the world you will be able to create several cards in this class. You will also be getting a set of various sized envelope templates to create your matching envelopes for home using various materials.

Thursday, 12/17, 6:00 - 8:00 PM; Learning Center; \$54

Introduction to Digital Photography: Take Your Best Shot

As an Introduction to digital photography, we will explore composition, simple editing, and end-use opportunities through assignments geared towards several genres, including portrait, landscape, and still-life. Denise graduated in May of 2025, with a BA in History and an AA in Digital Photography. Her experience and your creativity we ensure you "take your best shot." Denise graduated in May of 2025, with a BA in History and an AA in Digital Photography.

Thursdays, 10/1 - 10/29, (no class 10/15), 4 weeks;
6:00 - 7:30 PM; Learning Center; \$65

How to Become a Hospice Volunteer

Ready to make a real difference in your community? Join Crystal Mills from Andwell Health Partners for an inspiring session where you'll learn everything you need to know about becoming a hospice volunteer. We'll explore: What volunteers do and the incredible impact they make; What to expect when you join our team; The benefits of volunteering—both for you and those you serve; All the requirements to get started. Whether you want to visit patients, offer phone support, help with bereavement, assist in the office, or volunteer in our thrift stores, there's a place for you here. Won't you join us? Together, we can bring comfort, compassion, and hope to those who need it most.

Tuesday, 9/22; 5:30 - 7:00 PM; Learning Center

Tuesday, 10/27; 5:30 - 7:00 PM; Learning Center

Free but pre-registration required

How Money Works

Do you want to eliminate debt? Stop living paycheck to paycheck? Take full control of your finances? If you're interested in learning how implementing a budget and a few simple financial concepts can transform your relationship with money, this workshop is for you!

Wednesday, 10/7; 6:00 - 8:00 PM; Learning Center; \$24

Invest for Success

Is your money working as hard for you as you do for it? Are you confident that your current investment strategy will help you reach your goals? Whether you're brand new to investing or a seasoned investor, join us to learn the power of compounding interest, managing risk, and strategically investing to reach your goals!

Wednesday, 10/28; 6:00 - 8:00 PM; Learning Center; \$24

Investing at Retirement

Nearing or entering retirement? Maybe you're just thinking about it? Join us to learn how developing a customized strategy can assist you in identifying considerable risks to mitigate them while making the most out of your benefits and assets. This can help you plan for a financially secure retirement!

Wednesday, 11/18; 6:00 - 8:00 PM; Learning Center; \$24



General Enrichment

Estate & Long-term Care Planning Course

Attorney James F. Pross of the Elder Law Office of Kienitz & Pross will describe Maine's long-term care system, dispelling myths about it, and giving attendees a stronger understanding of often misunderstood concepts like "the five-year look back" and the estate recovery process. Attendees will leave with an understanding of common pitfalls to avoid. Jim has been in private practice in Maine since 2004.

Wednesday, 9/30; 6:00 - 7:30 PM; Learning Center; \$5

Probate Process with Jim Pross, Esq.

Attorney James F. Pross of the Elder Law Office of Kienitz & Pross will present on navigating the probate process in Maine. This course will cover the basics of the probate process, introducing attendees to important concepts and terms that people can expect to encounter if they have to navigate probate. It will answer questions like, "When is probate necessary?" "What are the personal representative's responsibilities?" and "What are the key steps in the administration process?"

Wednesday, 10/14; 6:00 - 7:30 PM; Learning Center; \$5

Medicare 101 with Brandi Connor-Vargeson

With many Medicare plan options available, it can be difficult to know the best choices for your health needs. Navigate the different options, coverage costs, enrollment periods, and resources available to Medicare beneficiaries. Brandi Connor-Vargeson is the Medicare Supervisor with SeniorsPlus. She has spent the past 5 years doing case management for a wide population of clients and has experience in the Medicare process, and navigating the Medicare system.

Wednesday, 10/7; 5:30 PM - 7:00 PM; Learning Center

Free, but pre-registration is required



Discovering American Sign Language with Tristan

Step into the world of Deaf culture with this engaging opportunity to learn American Sign Language (ASL). Begin with the fundamentals—numbers and fingerspelling—then build your skills with everyday words and phrases. As you progress, explore more advanced concepts in a relaxed, supportive environment. Practice ASL while gaining insight into the rich and nuanced culture of the Deaf community.

Mondays, 9/28 - 11/9 (no class 10/12); 6 weeks; 6:00-7:00 PM; Learning Center; \$72

Karate

Have you always wanted to try martial arts? We are excited to offer this program but not all of the details are ready to share yet. Please stay tuned and watch our FaceBook page for more information!

First Aid with Charissa Kerr

This class includes basic instruction for medical emergencies, bleeding that you can see, bleeding you cannot see, treating for shock, and how and when to call emergency services. This class is taught to the standards established by American Heart Association using a blend of PowerPoint and video, instructor and practical components. Participants will earn a certificate of completion. (Workbook not included, but can be purchased. Please ask when registering and bring \$10 cash to class.)

Wednesday, 12/2; 5:30 - 7:30 PM; Learning Center; \$60



CPR with Charissa Kerr

The CPR class includes adult, child and infant CPR and AED use, adult child and infant choking, and how and when to call emergency services. The course cost includes use of the manikins, video, certified instructor, practical components, and a certificate of completion. The video portion has been shortened, and the practical time has been increased to ensure everyone has enough time to gain confidence in their skills. This class is taught to the standards established by the American Heart Association. The workbook is not included in this class. If you would like a workbook, please indicate on your registration form (one workbook covers CPR and first aid). Cost is \$10 for the book.

Wednesday, 9/30; 5:00 - 8:30 PM; Learning Center; \$45

Notary Public with Suzette Moulton

Are you interested in becoming a Notary? In session one of this class, you will be guided through the process of how to become a notary, professional associations available and some of the ways people are making a living using this skill. In session two, following your review of the handbook for homework, we will address questions and complete the application and open-book test. You will leave ready to be certified by your town clerk.

Wednesdays, 10/28 & 11/4, 6:00 PM - 7:30 PM; Learning Center; \$30

Personal Support Specialist (PSS) Training

Christina Wales

This 50-hour course prepares participants to work in home health care or residential settings. If you're someone who enjoys helping others in their homes or in assisted living settings, this role focuses on non-medical support like meal preparation, companionship, and personal care. Financial assistance may be available.

Mondays/Wednesdays, 9/14 - 10/7, 1:00 - 5:00 PM; \$395

Career, College and Training

Keyboarding/Typing with Suzette Moulton

A favorite for many of our learners, from those with no typing skills to those who can type proficiently! Work at your own pace to increase speed and accuracy based on your own personal goals. Start anytime! Please call for an appointment.

Registration: Eight 1-hour sessions \$50

Email Basics with Suzette Moulton

Everyone asks for your email address these days! Do you need help navigating the whole email process? In this class, you will create an email address for yourself and learn the basics of sending and receiving messages. Practice opening, replying and forwarding email so you can communicate with friends, family and professionals. Start anytime! Please call for an appointment.

Registration: Four 1-hour sessions \$40.

College and Career Success

Whether it's college or employment, we know the application process can be complicated. Call us to get connected to advising services here or in our wider network of resources. Help is available for finding workforce training and community resources to help you succeed. Or maybe you're already in a college or training program and need support to continue successfully. Let us help you – or find someone who can!

Career & Workforce Exploration

Suzette Moulton, CCSP

Are you considering your career options? Let us help you get to know yourself better! Suzette will guide you through self-exploration, including career values, interest assessments, and even your search for a college or training program. Open to all future-minded youth and adults who are considering career options. Please call 345-3217 for an appointment with Suzette, our Certified Career Services Provider. Start anytime!

4-week session, \$50.

NCCER Construction Core Course

This course is designed to prepare you for entry-level positions on project sites by providing the basics in safety, hand and power tools, construction math, materials handling, construction drawings, rigging, and employability skills. Completion of this course, you will earn your Construction Core, OSHA, First Aid certifications. Please stay tuned and check our FaceBook page for more information or call/email to be added to our interested list.

Don't wait to Register!

Classes need a minimum number of registrations to run.

Call now or visit www.mechanicfalls.maineadulted.org



ACADEMY
of MEDICAL PROFESSIONS

RSU 16 continues our partnership with Academy of Medical Professions, a Maine-based training school. Register on our website for FREE information. Our Career and College Advisor, Suzette Moulton, will connect with you and will make a referral for you with AMP.

The following programs are just a few of the programs available:

- Clinical Medical Assistant (CMA)
- Phlebotomy
- Medical Billing & Coding
- Dental Assisting
- Pharmacy Technician
- Certified Medical Office Assistant



Free Online Workshops Presented by Finance Authority of Maine

FAME's College Access & Financial Education team has put together a series of virtual workshops. Each workshop is attended by registrants via Zoom. The link will be provided in your email receipt upon registration. For a complete list of workshops and their descriptions, please check our website.

*School is in Session: Digital Financial Wellness for Real Life

9/4, 12:00 - 1:00 PM

*The Surprising Ways That FAME Can Help

9/8, 6:00 - 7:00 PM

*Yes, You Can Save for College (and Still Get Financial Aid)

10/2, 12:00 - 1:00 PM

*Financial Aid Made Simple

10/13, 6:00 - 7:00 PM

*The Student Loan Repayment Survival Guide

11/6, 12:00 - 1:00 PM

*Saving for Education: How Your Money Habits Add Up

11/10, 6:00 - 7:00 PM

*More Than Just College: Exploring Education & Training Pathways

12/4, 12:00 - 1:00 PM

*Personal Finance Boot Camp

12/8, 6:00 - 7:00 PM

High School Completion, College & Career

Classroom Schedule: August 26 - June 10, 2027

Monday and Tuesday 9:00 AM – 3:00 PM
Wednesday 9:00 AM – 3:00 PM & 5:30 - 8:30 PM
Thursday 9:00 AM – 3:00 PM

Call us today at 345-3217 for more information
Start today working toward your
high school credential!



Adult High School Diploma - FREE

Continue your high school education at your own pace by building on previously earned credits through class work and independent study. We provide the opportunity for adults of all ages to continue their learning in a flexible and nurturing environment that works with a variety of busy schedules.



HiSET Preparation and Testing - FREE

Similar to the GED®, the HiSET exam gives adults the opportunity to demonstrate they have knowledge equivalent to that of a high school graduate. Preparation classes, predictor tests and exams are free for those 17 or older. Successful completion of all official exams results in a HiSET credential issued by the State of Maine. Accommodations are available for persons with documented disabilities per Americans with Disabilities Act.

Over 180 students
have graduated
from our program
since 2012.



You can too.

Basic Education

Learn to read or improve reading, writing and math skills. Study for license, certification or citizenship exams; learn English as a second language. Free.

Career & Job Search Guidance

Not reaching your potential? Unhappy with your job? Find career options that would be a good fit for your goals and lifestyle! Our Advisor will guide you through job search strategies and interview skills after helping you to research your interests and aptitudes. Call for an appointment. \$50. Free to unemployed residents.

College and Training Preparation

Going to college or training can improve your chances of getting a better paying job to increase the quality of life for yourself and your family. For high school graduates who plan to enter college or training programs, we can help you meet pre-requisites and brush up on specific skills to increase your confidence! \$50. Free to unemployed residents.

Multilingual Learners Programs -- ELL Instruction

We offer different levels for all English language learning at various times during our open lab schedule. We place students into the best level for their abilities based on a literacy assessment given at registration. Students schedule an intake and registration meeting with our Career and College Advisor. Our program is open enrollment. Start anytime.



RSU 16 News



A Message From the Superintendent

Dear RSU 16 Families, Students, Staff, and Community,

Welcome to the 2026-2027 school year!

There is something special about the beginning of a new school year.

Hallways come alive with energy, classrooms are filled with possibility, and we are reminded that every September offers a fresh opportunity to learn, grow, and strengthen our community.

In RSU 16, we believe schools are at the heart of our towns. Together, the communities of Poland, Minot, and Mechanic Falls have built a district that values strong relationships, high expectations, and a commitment to helping every student succeed. Whether your family is joining us for the very first time or has been part of RSU 16 for generations, we are grateful you are here.

This year, our focus remains clear: providing every student with an exceptional educational experience in safe, welcoming, and engaging schools. We continue to strengthen our instructional practices, support student well-being, invest in our facilities, and work together to ensure all students graduate prepared for college, careers, and life.

You'll also notice exciting work happening across the district. From implementing our new Portrait of a Learner, to strengthening attendance and student engagement, to expanding opportunities in academics, athletics, the arts, and extracurricular activities, we are building on the many strengths that already exist within our schools. Every improvement we make is centered on one question: What is best for our students?

None of this work happens without our incredible staff. Every day, our teachers, educational technicians, bus drivers, maintenance, food service professionals, office staff, administrators, and support personnel make a difference in the lives of children. Their dedication, care, and professionalism are what make RSU 16 such a special place to learn and work.

As we begin this new year, I am filled with optimism for what lies ahead. Together, we will celebrate achievements, navigate challenges, and continue creating schools where every student is known, valued, challenged, and inspired.

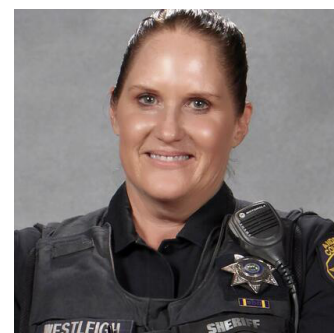
Thank you for your continued trust and partnership. I wish each of you a joyful, successful, and memorable school year.

Sincerely,
Amy Hediger

A Message from Deputy Westleigh

Student Effort Leads to New Crosswalk on Route 26 in Poland

A new crosswalk on Route 26 in Poland is becoming a reality thanks to the dedication, determination, and community spirit of local student Ava Ouellette. Recognizing the need for a safer way for pedestrians to cross one of the town's busiest roadways, Ava took the initiative to help make the project happen. Through fundraising efforts, community outreach, and a commitment to improving safety for students for PRHS/BWMS and visitors alike, Ava played a key role in bringing attention to the need for the crosswalk and helping secure support for the project. Route 26 serves as a major transportation corridor through Poland, carrying significant traffic each day. For years, the SRO Deputy Westleigh had expressed concerns about pedestrian safety and the challenges of crossing the roadway.



The new crosswalk will provide a safer, more visible crossing point, helping connect community members to local destinations while reducing potential risks for pedestrians. Ava's efforts demonstrate how one person can make a meaningful difference in their community. Ava identified a need and took action, and she inspired others to get involved and support a project that will benefit students and residents for years to come. Community leaders and residents have praised Ava for her leadership and perseverance throughout the fundraising process. Her work serves as an example of civic engagement and shows that young people can have a significant impact on improving their communities.

As the crosswalk is installed and put into use, it will stand not only as an important safety improvement for Poland but also as a lasting reminder of what can be accomplished when community members come together to support a common goal. The new crosswalk on Route 26 represents more than painted lines on a roadway—it symbolizes community collaboration, public safety, and the positive impact that dedicated individuals like Ava Ouellette can have on the future of their communities.

RSU 16 News

Play-based Learning at Minot Consolidated School

At Minot Consolidated School, we believe that young children learn best through active, meaningful experiences. Play-based learning has long been a cornerstone of our PreK program and was expanded into Kindergarten this year, where students engaged in hands-on learning that fostered creativity, collaboration, communication, and problem-solving skills.

Through purposeful play, students build strong academic foundations while developing curiosity, confidence, and a love of learning. Building on the success of these programs, Minot Consolidated School is excited to expand play-based learning opportunities into Grades 1 and 2 next year, continuing our commitment to developmentally appropriate practices that support the whole child.



RSU 16 News

Welcome to:

Poland Community School



At Poland Community School, we serve over 400 PreK–6 students in a caring, innovative learning environment where every child is known, valued, and challenged. As a school deeply rooted in the Poland community, we believe learning happens through strong relationships, curiosity, collaboration, and a commitment to continuous growth.



Dedicated Staff

It takes a village to raise a child, and it takes an incredible team to operate a school! With a staff of over 65 educators, counselors, secretaries, custodians, food service workers, administrators and a nurse, everyone collaborates to meet the needs of our students and community!



Outdoor Learning

At P.C.S. we believe nature is one of our most valuable learning spaces, and with the addition of our outdoor pavillion and courtyard tables we Get Everyone Outside every day!



Community Partnerships

Strong partnerships with our local Fire Department, Recreation Department, area businesses and our incredible P.T.A. provide our students with incredible enrichment opportunities throughout the year!



Family Engagement

Partnering with families makes such an impactful difference in the lives of our students. Some of our best days are when we get to open our doors and welcome families into our classrooms!



Creativity on Display

Our students are so fortunate to be able to enrich their educational experiences by participating in art, music, chorus, library, and physical education classes!

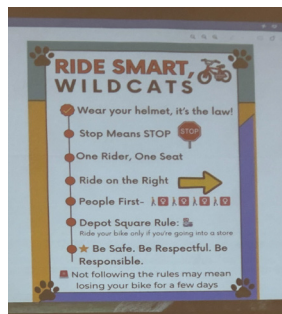
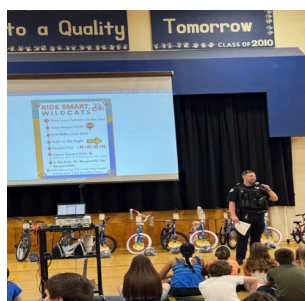
RSU 16 News

Elm Street School

We hosted our annual ESS Has Talent Show and students in grades K-6 showed off a variety of amazing skills from making balloon animals, to dancing, rollerskating, tumbling, singing, and even yo-yo tricks. We are so proud of all of our participants. We know it took a lot of courage to get up in front of a large crowd and perform. A huge thank-you to our guest judges!



Officer Streeter, of the Mechanic Falls Police Department, recently visited Elm Street School during National Bike Safety Month (May) to share important reminders for bicycle, electric bicycle/scooter safety, including laws that are in place to keep students safe while riding bikes/scooters. Students were able to participate in a Q and A discussion at the end of the presentation and asked some great follow up questions.



Elm Street School students, staff, and volunteers participated in our annual Field Day, complete with an inflatable obstacle course, inflatable ax throwing, snow cones, and tons of activities such as relay races, kickball, disc golf, cornhole, soccer, and tug of war, just to name a few! A huge thank you to our Wildcat Family Connection for sponsoring this event and a huge thank you to the Mechanic Falls Fire Department who joined us for Field Day and kept our students cool with a fan favorite event, the fire hose spray down!



RSU 16 News

Bruce M. Whittier Middle School

This spring, the MidKnight FireSlayers completed their 15th season in partnership with Poland Fire Rescue. The MidKnight FireSlayers is a program for Whittier Middle School students, led by a team of firefighters and teachers, that provides hands-on learning experiences in fire safety and fire science.

Throughout the season, students participated in weekly lessons at the fire station and took part in realistic simulations, including cold-water rescues, 911 emergency response scenarios, search-and-rescue operations in smoke-filled environments, and vehicle extrication exercises. Students also learned how to use firefighters' hand tools and practiced hose deployment drills.

The program concluded with its annual cook-off and graduation ceremony. During the cook-off, students teamed up with firefighters to compete against a rival team. This year's challengers were a group of brave parent volunteers. The MidKnight FireSlayers once again claimed victory, earning the title of champions and retaining possession of the coveted Golden Spoon.

Over the past 15 years, more than 250 students have participated in the MidKnight FireSlayers program. Several alumni have gone on to study fire science through the Lewiston Regional Technical Center and post-secondary programs, with some pursuing careers in the fire service.

Teachers Shannon Shanning and Tami Wight expressed their sincere gratitude for the time, energy, and care that the members of Poland Fire Rescue invest in Whittier students each year. Their impact extends far beyond the skills they teach. Through their mentorship and encouragement, they help students build self-confidence, improve attendance, set meaningful goals, and strengthen their connection to the community.



RSU 16 News

Poland Regional High School News



Two hundred grades 5 - 12 RSU16 singers put on a wonderful concert for a packed crowd, an inspiring community event!



Congratulations to all of our PRHS/LRTC students qualifying for the recent Skills USA State Competition: Kadi Adams-Brossman, Benjamin Comeau, Levi Gammon, Delana Grant, Peter Lacombe, Owen Lee, Ava Ouellette, Eliot Rioux and Lucas Twigg.

The following students earned medals at the state competition in the following categories:

- Owen Lee - Silver Medal, Diesel Equipment Technology*
- Delana Grant - Bronze Medal, Wedding Cake Decorating*
- Kadi Adams-Brossman - Bronze Medal, Carpentry Knowledge Test*
- Lukas Twigg - Bronze Medal, Heating*

RSU 16 News

RSU 16 School Board News

Dear RSU 16 Community,

On behalf of the RSU 16 School Board, we want to extend our sincere gratitude to the residents of Poland, Mechanic Falls, and Minot for your strong support in passing this year's district budget and approving our School Revolving Renovation Fund (SRRF) grants. Your votes directly support much-needed HVAC improvements at Poland Community School and Elm Street School, ensuring that our students and staff will benefit from healthier, safer, and more efficient learning environments.

Thanks to the community's approval, Poland Community School will receive modern ventilation, filtration, and climate-control upgrades. Elm Street School will undergo similar HVAC modernization, replacing aging systems with efficient, reliable equipment. Both projects will improve indoor air quality, temperature consistency, and long-term energy efficiency. SRRF funding also reduces the financial burden on local taxpayers while allowing us to complete essential infrastructure work. These upgrades follow the same standards and goals as the Minot Community School project, creating a consistent, districtwide approach to building modernization. For additional context, you can explore district HVAC planning or school HVAC modernization goals by visiting our website (www.rsu16.org)

Speaking of Minot Community School, its HVAC modernization continues to move forward smoothly. Contractors are replacing outdated mechanical systems with modern, energy-efficient equipment designed to improve air quality, maintain consistent classroom temperatures, and strengthen long-term building performance. The project includes new air-handling units, upgraded ventilation and filtration, enhanced airflow and humidity control, and updated building automation technology. These improvements will serve as the model for the upcoming work at Poland and Elm Street.

As summer winds down, we also welcome new members to the Board: Gina Aube-Guimond (Minot), Jim Crouse (Minot), Jonathan Gilson (Poland), and Melanie Judd (Mechanic Falls). Their dedication and service will help guide this important work as we continue investing in the future of our schools.

Thank you again to our residents for your continued support. Your commitment ensures that RSU 16 can provide safe, healthy, and modern learning environments for every student. We look forward to having the hallways buzzing again as we welcome students and staff back into our buildings. The start of a new school year brings renewed momentum, fresh opportunities, and the vibrant sense of community that defines RSU 16.

TOGETHER CREATING A BETTER FUTURE ONE STUDENT AT A TIME,
RSU 16 School Board

Use the QR code to contact the RSU 16 Board members:



School Board Members

Minot:

Steve Holbrook
Angela Swenson
Elizabeth Martin
Jim Crouse
Gina Aube-Guimond

Mechanic Falls:

Jessica Smith
Patrick Irish
Gavin Boenig
Andrea Winn
Melanie Judd

Poland:

Christina DeSantis
Emily Rinchich
Jonathan Gilson
Joe Parent
Ilesha Dick Stowe



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