

# Handbook for Parents of School Age Children

2010 to 2011

A green apple with a small stem is positioned on top of a stack of three books. The top book has a blue cover, and the two books below it have red covers. The books are resting on a light-colored wooden surface. The background is dark and out of focus.

**Connecting  
families,  
schools  
and  
community**

Portsmouth Naval Shipyard

**School Liaison Officer  
Portsmouth Naval Shipyard  
Building H-10,  
Kittery, Maine 03904**

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# mission

## Proud of our past... Ready for the future

Portsmouth Naval Shipyard's primary mission is the overhaul, repair and modernization of LOS ANGELES Class submarines. Portsmouth Naval Shipyard provides the U.S. Navy's nuclear-powered submarine fleet with quality overhaul work in a safe, timely and affordable manner. This includes a full spectrum of in-house support--from engineering services and production shops, to unique capabilities and facilities, to off-site support--all of which serves the multifaceted assortment of fleet requirements. With the commissioning of the VIRGINIA Class submarine, USS NEW HAMPSHIRE (SSN 778) in 2008, the Shipyard and the Seacoast Communities got their first look at the next generation of submarine technology and the future of ship repair. Portsmouth Naval Shipyard will perform the first availability on the new class of submarine when USS VIRGINIA (SSN 774) arrives in 2010. Portsmouth Naval Shipyard is focused on servicing the needs of the Fleet and remains "Proud of our past . . . Ready for the future."

## Military Members and Families relocating to Portsmouth Naval Shipyard

The Portsmouth Naval Shipyard Team extends a warm welcome to our military and their families. We are proud of your service and we are dedicated to providing you a full range of quality support services from housing to child care.

## Portsmouth Naval Shipyard Host Community Program

Through the Shipyard's Host Community Program a community adopts a submarine for the duration of its availability at Portsmouth Naval Shipyard. The community welcomes the officers, crews and families of the ship and includes them as part of their community. It is a partnership - the submarine crew enjoys the community's hospitality and in return, the community receives a helping hand and a unique feeling of involvement in the lives of Naval personnel. As an example, crew members may be invited to join in a civic project, tutor in the schools, or participate in holiday events. It is a wonderful opportunity for the community to get to know the Navy and its Sailors and introduce the crews and their families to the many treasures found in the Seacoast community. The crew experiences first hand the warmth and strong support from the Seacoast. There is a special relationship that is built as a result of the Host Community Program. All communities in the area are invited to participate in the Shipyard's Host Community Program. For more information, call the Shipyard's Public Affairs Office, 207-438-3975.



**Captain L. Bryant Fuller III**

## What is a School Liaison Officer?

The School Liaison Officer is the primary point of contact between the military installation, the local schools and school districts. The Navy School Liaison Officer (SLO) program helps installation and regional commanders work with state departments and local school districts to foster awareness of the stressors on military families brought about by frequent transitions and extended deployments. These education professionals are located on all major Navy installations and serve as linkages between Navy families and schools.

## How Can a School Liaison Assist Families?

Choosing the right school for their children is a priority for military parents. This handbook will educate you on the local school options and help guide your choices as you plan for your child's educational needs. Your local School Liaison Officer can provide additional information and provide support.

The School Liaison Officer specializes in serving military students and families, and offers a wide spectrum of services including:

- Assisting families with inbound/outbound school transfers
- Providing information on local schools and boundaries
- Providing information for parents to make informed school choice
- Providing information on graduation requirements
- Providing military and community agency referrals
- Helping families understand and navigate the special education process
- Providing information on home schooling regulations
- Assisting with post secondary preparations

This is not an exhaustive list of school liaison service provided. Please contact your local school liaison officer with your specific questions and concerns.



## School Choice - Discover Your Options

Some of the most important decisions parents will make are about their child's education. Parents want their child's school to meet the same goals of high academic achievement they have set. School choice is part of the strategy to give children an excellent education. The most common way may be in choosing where to live based on the public school district or neighborhood schools.

In many areas, parents can choose from neighborhood schools, charter schools or other public schools of choice, or transfer their child to another public school (in or out of district). They can also select a private school (religious or secular) or teach their child at home.

All parents want the best possible education for their children. Studies have shown that many service members are accepting or rejecting assignments based on their schooling options. Commanders should be aware of the schooling choices and quality of the schools surrounding their installation in order to assist parents in understanding their education options. Because education is regulated by the government, available options can vary between states. All students have different learning styles and needs. Children within the same family may not learn in the same way or at the same rate.

Finding the right educational setting for each child requires a careful examination of various options that are available to students and their families. Understanding expanded school choice is essential to selecting the best type of school setting for a child. The No Child Left Behind Act (NCLB) signed in 2002, has given parents additional options when considering how to educate their children.

### Here are some quick resources to help military parents make informed choices:

**Choosing a School for your Child**, a publication of the U.S. Department of Education <http://www.ed.gov/parents/schools/find/choose/index.html> offers a series of checklists and pertinent questions to assist parents in making schooling choices.

**Military OneSource** is a useful resource for obtaining information on schools. Users can access the service toll free from the United States: (800) 342-9647; from overseas: (800) 342-9647; or overseas collect: 1-484-530-5908. In addition, Military OneSource offers a website at [www.militaryonesource.com](http://www.militaryonesource.com) for information on a variety of topics and issues.

**The Military Child Education Coalition** is a 501(c)(3) non-profit, world-wide organization that identifies the challenges that face the highly mobile military child, increases awareness of these challenges in military and educational communities and initiates and implements programs to meet the challenges.

MCEC's goal is to level the educational playing field for military children wherever they are located around the world and to serve as a model for all highly mobile children. <http://www.militarychild.org>

**MilitaryHOMEFRONT** is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need! <http://www.militarystudent.dod.mil/>

**National Military Family Association** goals are to educate military families concerning their rights, benefits and services available to them and to inform them regarding the issues that affect their lives and to promote and protect the interests of military families by influencing the development and implementation of legislation and policies affecting them. <http://www.nmfa.org/site/PageServer?pagename=homepage>





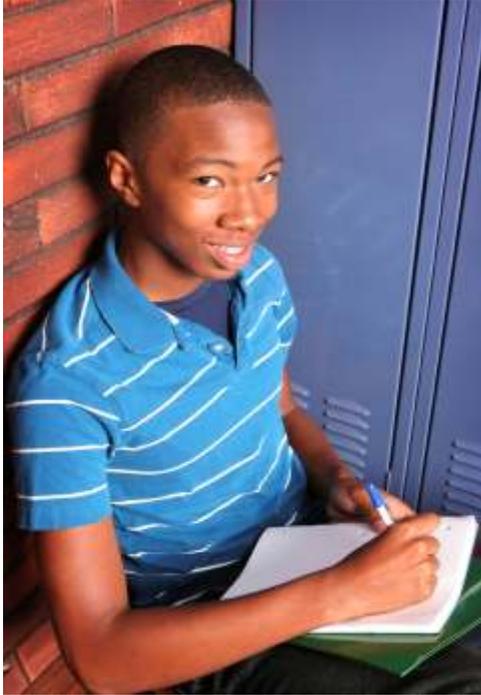
## Learn More about Choices Available to your Child

A quick primer on school types that are available in our area:

### Public Education

**District schools** are often called “neighborhood schools” because they are within the town/city where the student resides. They provide a free, public education for all students who reside in the boundaries of the district and make special arrangements for students with special needs. District schools get their financing from local, state, and federal government funds. An elected board of education traditionally oversees the budget and policies of the district schools. In most cases, they must admit all students who live within the borders of their district.

**Charter schools** are public schools which are run independently of the local school district. These schools receive tax dollars but the sponsoring group must also come up with private funding. They aim to provide educational innovation, improve academic achievement and establish a multi-cultural environment without regard to economic status. Charter schools must adhere to the basic curricular and teacher certification requirements of the state but are free from many of the regulations that apply to conventional schools and the day-to-day scrutiny of school boards and government authorities. Charter schools may focus on an area of instruction such as specializing in teaching mathematics and science or working with students who are considered “at risk.” Charter schools are open to all students, however, the “Charter document” may limit students to a certain geographic area. A lottery system is generally used if there are more applicants than spaces available.



**Magnet schools** are highly competitive, highly selective public schools renowned for their special programs, superior facilities, and high academic standards. Magnet schools are operated by local districts, regional centers, and/or an agreement between schools and districts who share policy and curriculum decisions for the school. Students generally choose to attend a magnet school because of an interest in the school's academic focus or unique programs such as science, technology, math, performing arts, foreign languages, or International Baccalaureate. All students are eligible to attend magnet schools. However, school districts usually limit the number of students who may attend magnet schools and must use a lottery system to select students if there are more applications than spaces available.

### **Career Technology Centers**

**Career technology** centers are often provided for students in grades 9-12 who have an interest in specific vocational or technological training. They are able to learn technical skills while earning a high school diploma. Some programs are housed in separate buildings from the regular district high school while others are incorporated within the high school. Teachers must have state certification as well as special training/experience in the areas taught.

### **Non-Public Education**

**Religious Private Schools** are private schools which generally espouse a specific religious belief based on the denomination or faith established by the governing board. Often religious schools have open enrollment and do not require their student body to be members of the faith or denomination, although they do require that all students abide by the rules established by the school leadership. In addition to academic coursework, religious schools usually require coursework in religious studies. Students must apply to attend the school and entrance exams may be required. Private religious schools can refuse admission to any student or dismiss a student after enrollment for an infraction of the rules. Teachers' requirements and tuition costs vary by school. Transportation may be included in the cost of tuition or may be separate charge.

**Private Secular Schools** are schools without religious affiliation. Many secular schools have a long history and tradition while others are relatively new. Secular schools often give preference for admission to students whose relatives are alumnae of the schools. Secular schools may offer a traditional education that centers around preparation for college while others focus on an educational philosophy or a specific approach to learning such as those that accommodate individuals with special needs, i.e., schools for deaf or blind students. Tuition costs vary widely. Transportation may be included in the cost of tuition or may be separate charge. Teachers' requirements vary.

**Home Schooling** or Home Education is educating children outside the public-private-parochial school establishment. Parents may decide to home school their children for a variety of reasons. Each state has specific mandatory requirements for parents who choose the home schooling option. Parents may decide to perform the schooling themselves in their own home or a relative, neighbor, professional tutor, or home schooling cooperative may perform the service. Parents who are considering this option should inform themselves completely about time commitments, curricula, relevant state laws, outside resources and available support groups.



For detailed information regarding Home Education in New Hampshire, go to the following website: <http://www.ed.state.nh.us/education/doe/organization/curriculum/HomeEducation.htm> or for Maine Home Education: <http://www.maine.gov/education/hs/index.html>

# Maine Schools Serviced by Portsmouth Naval Shipyard School Liaison Officer

## Maine School Administrative District 35 (MSAD 35)

### Superintendent's Office

180 Depot Road  
Eliot, ME 03903  
Phone: (207) 439-2438 Fax: 207-439-2531

### Eliot Elementary School

1298 State Road  
Eliot, Maine 03903  
(207) 439-9004 (Phone) (207) 439-5380 (Fax)

### Central School

197 Main Street  
South Berwick, ME 03908  
(207) 384-2333 (phone)

### Marshwood Great Works!

49 Academy Street  
South Berwick, Maine 03908  
(207) 384-4010 (Phone) (207) 384-4035 (Fax)

### Marshwood Middle School

626 H. L. Dow Highway  
Eliot, ME 03903  
(207) 439-1399 (Phone) (207) 439-3504 (Fax)

### Marshwood High School

260 Route 236  
South Berwick, Maine 03908  
(207)384-4500 (Phone) (207) 384-4508 (Fax)

## Kittery School Department

### Kittery Town Municipal Complex

200 Rogers Road, Kittery, ME 03904  
(207) 439-6819  
Hours: 7:30 a.m. - 4:00 p.m.  
[www.kitteryschools.org](http://www.kitteryschools.org)

### Mitchell Primary School, Grades K-3

7 School Lane, Kittery Point, ME 03905  
(207) 439-1707  
Hours: 8:25 a.m. - 3:05 p.m.

### Shapleigh Middle School, Grades 4-8

43 Stevenson Road, Kittery, ME 03904  
(207) 439-2572  
Hours: 7:35 a.m. - 2:15 p.m.

### R.W. Traip Academy, Grades 9-12

12 Williams Avenue, Kittery, ME 03904  
(207) 439-1121  
Hours: 7:25 a.m. - 2:05 p.m.

## York School Department

### Superintendent of Schools Office

469 U.S. Route #1  
York, Maine 03909  
(207) 363-3403

### York Village Elementary School, Grades K-2

124 York Street, York 03909  
(207) 363-363-4870

### York Coastal Ridge Elementary, Grades 2-4

1 Coastal Ridge Drive, York 03909  
(207) 363-363-1800

### York Middle School, Grades 5-8

30 Organug Road, York 03909  
(207) 363-363-4214

### York High School, Grades 9-12

1 Robert Stevens Drive, York 03909  
(207) 363-3621



# New Hampshire Schools Serviced by Portsmouth Naval Shipyard School Liaison Officer

## Portsmouth Schools

### Robert J. Lister Academy

35 Sherburne Road, Portsmouth, NH-03801  
Phone: (603) 427-2900  
FAX: (603) 427-2338

### Dondero School

32 Van Buren Avenue, Portsmouth, NH 03801  
Phone: (603) 436-2231 (Direct number)  
FAX: (603) 427-2329  
Grades K - 5 Enrollment: 315

### New Franklin School

1 Franklin Drive, Portsmouth, NH 03801  
Phone: (603) 436-0910 (Direct number)  
FAX: (603) 427-2335  
Grades K - 5 Enrollment: 287

### Little Harbor School

50 Clough Drive, Portsmouth, NH 03801  
Phone: (603) 436-1708  
FAX: (603) 427-2306  
Grades K - 5 Enrollment: 427

### Portsmouth Middle School, 5-8

155 Parrott Ave, Portsmouth, NH-03801  
Grades 6 - 8 Enrollment: 558  
Phone: (603) 436-5781  
FAX: (603) 427-2326

### Portsmouth High School, 9-12

50 Andrew Jarvis Drive, Portsmouth, NH-03801,  
Tel: (603) 436-7100  
FAX: (603) 427-2320

## Dover Schools

### Woodman Park Elementary School, K-4

11 Towle Avenue, Dover, NH-03820-3935  
Phone: (603)516-6700  
FAX: (603)516-6703

### Horne Street Elementary School, K-4

78 Horne Street, Dover NH, 03820-2699  
Phone: (603) 516-6756  
FAX: (603) 517-6766

### Garrison Elementary School, K-4

50 Garrison Road, Dover NH, 03820  
Phone, (603) 516-6752)  
FAX: (603) 516-6742

### Dover Middle School

15 Daley Drive, Dover NH 03820-8502  
Hone: (603) 516-7200  
FAX: (603) 516-5747

### Dover High School & Regional Technical Center

25 Alumni Road, Dover NH-03820-4367  
Phone: (603) 516-6900  
FAX: (603) 516-6926



# Maine & New Hampshire Immunization and Eligibility Requirements

## Maine

### Immunization Requirements:

- DTaP/DTP/Td-five doses (or four doses if the fourth doses is given on or after the child's fourth birthday)
- Polio- four doses (the fourth dose must be given on or after the child's fourth birthday)
- MMR-two doses
- Hepatitis B-three doses
- Varicella - one doses

### Kindergarten Eligibility Requirements:

Child must be five years old on or before October 15.

### First Grade eligibility Requirements:

The State of Maine does not have an entry age requirement for First Grade.

## New Hampshire

### Vaccination requirements:

- DTaP/DTP/Td five doses (or four doses if the fourth dose is given on or after the child's fourth birthday)
- Polio, four doses (the fourth dose must be given on or after the child's fourth birthday).
- MMR- two doses
- Hepatitis B, three doses
- Varicella - One dose (or documented history of Chicken Pox)

### Kindergarten Eligibility Requirements:

Not all school districts offer Kindergarten, for school district that offer kindergarten, the entry age is usually five years old on or before September 30

### 1st Grade Eligibility Requirements:

Child must be six years old on or before September 30.

Newly enrolled students are any students new to the school districts, including pre-schoolers coming from any Maine or New Hampshire private, parochial and charter schools located in the same or another community. All students entering kindergarten, including those moving from any public or private pre-school, even in the same school district, are considered new students.

In order to ensure a smooth transition for your child, it is recommended that you have immunizations completed prior to arriving at your new duty station. If that is not possible, they can be administered at the Naval Branch Clinic. Portsmouth which is located on the base. Contact the Immunization Clinic at (207) 438-2354 for more information.



## Maine Physical Examinations

**Definition:** Physical Examination is a health assessment conducted by a qualified provider (MD, DO, NP, PA) using professionally accepted standards of practice (ex. Bright Futures). The purpose of the physical exam is to assess health, identify health conditions amenable to early intervention and to provide treatment to correct or ameliorate health problems found.

School administrative units are required by Maine State Statute to conduct vision, hearing and spinal screening of their students (MRSA Title 20-A 6451). A physical examination is not required by statute. A comprehensive school health program, however, includes policies and procedures for student health appraisals. Schools may develop policies that require physical examinations of their students, although these cannot be used to discriminate against students or to limit their entitlement to a public education. When physical examinations are conducted at school, parental/guardian permission must be obtained and parents must be informed of any abnormal findings.

The results of the physical examination should be entered on each student's school health record and necessary information made available to school personnel who have legitimate educational interests. It is recommended that parental permission to release health information to other school personnel be obtained, in order to assure appropriate communication. Teachers, for example, should be made aware of student's vision and hearing difficulties to accommodate for instructional purposes. Physical education teachers should be made aware of any physical limitations for appropriate accommodations. Teachers should be aware of potentially dangerous episodic problems (ex. seizures, bee sting or food allergies) of students for which they are responsible, that might require emergency treatment. (See section on Confidentiality)

## Sports Physicals

The Maine Principal's Association provides guidance on sport pre-season or pre-participation physical exams. "In a given school system it is probably necessary to examine the athletes every other year between the sixth grade and high school graduation. The complete exam should be done when the athlete enters the competitive sports program, and in most instances this is in the sixth or seventh grade. The history portion of the PPE should be completed by the athlete and signed by his parents. In the off-season, the athlete health history, blood pressure, height and weight should be viewed by the school nurse. If the answer to any of the health history questions is 'yes,' then the school nurse can bring it to the attention of a physician and a decision can be made concerning whether the student athlete needs to have another complete physical examination, or not, before proceeding with the upcoming athletic school year. The examination can be done by a medical doctor, doctor of osteopathy, nurse practitioner, or a physician's assistant. Athletes who sustained major injuries or have medical illnesses during the interim; i.e., the time that elapses between the two examinations, should be recycled into the physical examination program at the start of the next school year, no matter what grade they attend". April 1999. (See the Maine Principal's Association Handbook and Directory for Preparticipation Physical Evaluation forms).





## New Hampshire School Physicals

**Physical Examination of Pupils:** There shall be a complete physical examination by a licensed physician, physician assistant, or advanced practice registered nurse of each child prior to or upon first entry into the public school system and thereafter as often as deemed necessary by the local school authority. The result of the child's physical examination shall be presented to the local school officials on a form provided by the local school authorities. No physical examination shall be required of a child whose parent or guardian objects thereto in writing on the grounds that such physical examination is contrary to the child's religious tenets and teachings. Of course a physical prior to participating in school sports is always recommended.



## No Child left Behind for Maine and New Hampshire (Both states are under the same plan)

### New England Common Assessment Program (NECAP)

Maine has joined New Hampshire, Rhode Island and Vermont in the yearly development and administration of the New England Common Assessment Program (NECAP). This assessment is used by participating states to meet No Child Left Behind Act requirements for testing reading and mathematics once each year from grade 3 through grade 8. The states also include a writing assessment administered at grades 5 and 8. The first NECAP administration in Maine began in October 2009.

NECAP is designed to assess learning from the prior year (teaching year) at the beginning of the next school year (testing year). Therefore, grades 2-7 reading and mathematics are assessed at the beginning of grades 3-8. 4th and 7th grade writing is assessed at the beginning of grades 5 and 8. Maine's Personalized Alternate Assessment Program (PAAP) will now be provided for students in grades 2-7.

The NECAP testing window begins on October 1st or the first school day following October 1st each year and is 3 weeks long. Assessment reports are released during the third week of the following January.

Most content area tests consist of a combination of multiple-choice (1 point) and constructed-response (4 points) questions. The mathematics sessions also include short-answer questions worth 1 or 2 points, but do not include constructed-response items at grades 3 or 4. Writing sessions also include one extended-response prompt (12 points), in addition to the multiple-choice and constructed-response questions. The NECAP writing test design consists of a field test only in 2009. No student writing scores will be produced.

Students' scores are based on 52 points in reading, 65 or 66 points in mathematics (depending on grade level), and 34 points in writing. Students are allowed up to 100% extra time to complete the test.

The NECAP test and report formats, most protocols, and manuals are similar to those used with the MEA, since both assessments are produced by the same contractor, Measured Progress. Test and answer booklets are integrated for grades 3 and 4.

NECAP student results will be reported in one of four achievement levels:

- Proficient with Distinction
- Proficient
- Partially Proficient
- Substantially Below Proficient

NECAP accommodations are currently under review and it is anticipated that they will be available in late summer 2009. Schools should use the 08-09 MEA Accommodations policy and codes. A crosswalk will be provided from MEA accommodations codes to NECAP accommodation codes prior to test administration.





## Graduation Requirements, K-12 Laws and Regulations

For information on local laws and regulations regarding Elementary and Secondary Education, please visit:

New Hampshire Department of Education  
[www.ed.state.nh.us](http://www.ed.state.nh.us)

Maine Department of Education  
[www.maine.gov/education](http://www.maine.gov/education)

## Private School Information

There are many private school options in New Hampshire and Maine. To explore these educational opportunities, please visit:

Private School Review  
<http://www.privateschoolreview.com>

National Center for Education Statistics (NCES)  
<http://nces.ed.gov/surveys/pss/privateschoolsearch>

For more information on religious private schools visit [http://www.parochoial .com](http://www.parochoial.com)

\*\*The U.S. Navy neither endorses nor supports the above organizations. They are provided as a purely informational resource for families.

## Home School Information

Many parents choose to provide their child's education outside of the public school system. Information on home schooling in Maine and New Hampshire can be found at

Home School Central  
<http://www.homeschoolcentral.com/>

### **Maine Department of Education**

<http://www.maine.gov/education/hs/>

Home School Legal Defense Association  
<http://www.hslda.org/>

New Hampshire Home School Information  
<http://nhhomeschooling.org/law>

\*\*The U.S. Navy neither endorses nor supports the above organizations. They are provided as a purely informational resource for families.

### **Special Education**

There are many resources for students who have unique educational needs. For information on the States of Maine and New Hampshire's policies and procedures on special education,

For New Hampshire visit:  
<http://www.ed.state.nh.us/education/doe/organization/instruction/bose.htm>

For Maine Special Education information, please visit:  
<http://www.maine.gov/education/speced/>

Many local schools provide excellent support and programming for students with special needs. Please contact your local school district for more comprehensive information.

### **Exceptional Family Member Program**

The Exceptional Family Member Program (EFMP) has been established to identify long-term medical problems (including physical and emotional issues) and/or special educational needs of military families.



EFMP enrollment information enables Navy detailers to proactively consider a family member's special need requirements during the assignment process and to pinpoint the assignment to a location with appropriate resources that address the special needs. EFMP enrollment is mandatory. Contact the EFM program coordinator at the Naval Branch Clinic, Portsmouth Naval Shipyard at (207) 438-2354.

To learn more about the Navy Exceptional Family Program, please visit Navy Personnel Command at [http://www.npc.navy.mil/CommandSupport/ExceptionalFamily Member/](http://www.npc.navy.mil/CommandSupport/ExceptionalFamily%20Member/) or the Navy Fleet and Family Support Program site at <https://www.nffsp.org/skins/nffsp/home>

### **Support for Special Needs Families**

**Specialized Training or Military Parents (STOMP)** is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. Read more about this support resource at [www.stompproject.org](http://www.stompproject.org)

The Department of Defense created a DoD Special Needs Toolkit filled with comprehensive information to help military families navigate through special needs services. Access the Toolkit through [http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF\\_DETAIL\\_1](http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_DETAIL_1)

Naval Branch Health Clinic Portsmouth has support for special needs families. A case manager is available to answer questions, coordinate care, guide you through the special needs process and help you become a better advocate for your child. Please contact the Branch Clinic at (207) 438-2354  
FAX: (207) 438-1734



## Checklist for School Transitions

Gather your child's records and hand carry copies of the following during the move to smooth the transition and registration at the new school:

- ✓ Student's Birth Certificate
- ✓ Student's Social Security Number
- ✓ Student's Health Records (including proof of immunizations, physicals)
- ✓ Proof of residency- such as utility bill, rental agreement, or mortgage document
- ✓ Proof of custody/guardianship if other than child's parent



To ensure accurate placement in classes, provide the new school with the following comprehensive information during a school move:

- ✓ Copies of transcripts or report cards from previous schools. Carry copies and request an official copy be sent directly from the old school to the new school
- ✓ Copies of Individualized Education Program (IEP) and Individual Accommodation Plan (504 documents)
- ✓ Copies of Standardized testing information and scores
- ✓ Copies of course description book and grading scale at previous school
- ✓ Copies of title page and table of contents of texts used with accompanying syllabi
- ✓ Gifted and advanced placement records or testing

Many states and school districts require portfolios spanning several academic years for graduation. It is never too early to start a portfolio for your child. Here is a list of suggested documents to include:

- ✓ Writing samples, past tests and other work samples
- ✓ Letters of recommendation
- ✓ Community service or service learning records
- ✓ Academic recognitions and competition participation
- ✓ Extracurricular activity participation records
- ✓ Volunteer or work experience records



## Resources

### **Choosing a School for Your Child**

[www.ed.gov/parents/schools/find/choose/index.html](http://www.ed.gov/parents/schools/find/choose/index.html)

### **10 Things Military Teens Want You to Know**

[www.nmfa.org/site/DocServer/TOOLKIT\\_8.5x11\\_proof6.pdf?docID=15601](http://www.nmfa.org/site/DocServer/TOOLKIT_8.5x11_proof6.pdf?docID=15601)

### **Interstate Compact on Educational Opportunity for Military Children**

[www.csg.org/programs/ncic/EducatingMilitaryChildrencompact.aspx](http://www.csg.org/programs/ncic/EducatingMilitaryChildrencompact.aspx)

### **Plan My Move**

[www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF\\_HOME\\_1?section\\_id=20.40.500.398.0.0.0.0](http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOME_1?section_id=20.40.500.398.0.0.0.0)

### **Student Online Achievement Resources (SOAR)**

[www.soarathome.org](http://www.soarathome.org)

### **Free SAT/ACT preparation software program**

[www.eknowledge.com/military.asp](http://www.eknowledge.com/military.asp)

### **Parent's Guide to the Military Child During Deployment and Reunion**

[www.aap.org/sections/uniformedservices/deployment/pdfs/parent\\_guide\\_deployment.pdf](http://www.aap.org/sections/uniformedservices/deployment/pdfs/parent_guide_deployment.pdf)

### **Guide for Helping Children and Youth Cope with Military Reserves Deployment**

[www.nmfa.org/site/DocServer/SOFAR\\_Children\\_Pamphlet.pdf](http://www.nmfa.org/site/DocServer/SOFAR_Children_Pamphlet.pdf)

### **Military OneSource**

[www.militaryonesource.com](http://www.militaryonesource.com)

### **Military Impacted School Association**

[www.militaryimpactedschoolsassociation.org](http://www.militaryimpactedschoolsassociation.org)

### **Military Child Education Coalition**

[www.militarychild.org](http://www.militarychild.org)





## TIPS FOR EASING YOUR CHILD'S ANXIETY ABOUT THE NEW SCHOOL

Become familiar with your child's school before your child's first day. Give your child as many details as possible about the new school and the surrounding community in order to ease the first day jitters.

Help your child establish ways to stay in touch with friends at their previous duty station. This gives him/her a sense of continuity as he/she acclimates to the new school environment and makes new friends.

Encourage children to talk with their teachers. Getting to know their teachers makes it easier for them to ask for help. If you have a young child, make a point of meeting the new teacher personally.

Talk to your children about their school experiences. Encouraging your child to talk about his frustrations in his/her new learning environment provides him/her with a healthy forum for expression.

Encourage your child to join extracurricular activities such as clubs or school organizations. This is a positive, productive way to meet people with shared interests.

If school work is challenging, talk to your child's teacher. Children should not wait until they are overwhelmed to voice their concerns. This is a good way to model positive interaction with the teacher.

Finally, do not hesitate to contact your local School Liaison Officer. We are ready and willing to help you with every phase of your school transition!



# APPENDIX-A

## School Calendars



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# Maine School Administrative District #35 2010 - 2011 School Calendar

Adopted by the M.S.A.D. #35  
Board of Directors on 4/17/2010

August	September	October	November	December	January																														
<p><b>August</b> 23 24 25 26 27 30 31</p> <p><b>September</b> M T W T F 1 2 3 H 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30</p> <p><b>August</b> 26 Teacher Workshop Day 30 Teacher Workshop Day 31 <b>First day of school for students</b></p> <p><b>September</b> 3 NO SCHOOL 6 Labor Day - Schools Closed</p>	<p><b>October</b> M T W T F 4 5 6 7 8 H 12 (13) 14 15 18 19 20 (21) 22 25 26 27 28 29</p> <p>8 Teacher Workshop Day 11 Columbus Day - Schools Closed 13 Parent Conferences PK-5 21 Parent Conferences PK-5</p>	<p><b>November</b> M T W T F 1 2 3 (4) 5 8 (9) 10 H 12 15 16 17 18 19 (22)(23) 24 25 H 29 30</p> <p>4 Parent Conferences 6-8 5 First Quarter Ends (MHS) 9 Parent Conferences 6-8 11 Veterans' Day - Schools Closed 22 Parent Conferences 9-12 23 Parent Conferences 9-12 24-26 <b>Thanksgiving Holiday - Schools Closed</b> 30 First Trimester Ends</p>	<p><b>December</b> M T W T F 6 7 8 9 10 13 14 15 16 17 20 21 22 23 H 27 28 29 30 H</p> <p>3 Teacher Workshop Day 24-31 Winter Vacation 24 Christmas Observed - Schools Closed 23-31 New Year's Day/Winter Break - Schools Closed</p>	<p><b>January</b> M T W T F 3 4 5 6 7 10 11 12 13 14 H 18 19 20 21 24 25 26 27 28 31</p> <p>17 Martin Luther King, Jr. Day - Schools Closed 21 Early Release Day 21 Second Quarter Ends (MHS)</p>	<p><b>February</b> M T W T F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 H 22 23 24 25 28</p> <p>2 Early Release Day 21 President's Day - Schools Closed 21-25 February Vacation</p>	<p><b>March</b> M T W T F (1) 2 3 4 7 (8) 9 10 H 11 14 15 16 17 18 21 22 (23) 24 25 28 29 30 (31)</p> <p>1 Parent Conferences 6-8 8 Parent Conferences 6-8 11 Early Release Day 11 2nd Trimester Ends 23 Parent Conferences PK-5 31 Parent Conferences PK-5</p>	<p><b>April</b> M T W T F 4 5 6 7 8 11 12 13 14 15 H 19 20 21 22 25 26 27 28 29</p> <p>1 Early Release Day 1 3rd Quarter Ends (MHS) 18 Patriot's Day - Schools Closed 18-22 April Vacation</p>	<p><b>May</b> M T W T F 2 3 4 5 6 9 10 H 11 12 13 16 17 18 19 20 23 24 25 26 27 H 31</p> <p>11 Early Release Day 27 *NO SCHOOL PK-8 ONLY 30 Memorial Day - Schools Closed</p>	<p><b>June</b> M T W T F 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30</p> <p>2 Adult Education Graduation 10 3rd Trimester Ends 10 MHS Graduation 10 Last Day of School - Early Release Day * Storm days added as needed</p>																										
<p><b>2010-2011 Parent/Teacher Conference Schedule</b></p> <table border="0"> <tr> <td>10/13</td> <td>Gr. PK-5</td> <td>4-7:30 pm</td> <td>11/23</td> <td>Gr. 9-12</td> <td>9am-7:30 pm</td> </tr> <tr> <td>10/21</td> <td>Gr. PK-5</td> <td>4-7:30 pm</td> <td>3/1</td> <td>Gr. 6-8</td> <td>4-7:30 pm</td> </tr> <tr> <td>11/4</td> <td>Gr. 6-8</td> <td>4-7:30 pm</td> <td>3/8</td> <td>Gr. 6-8</td> <td>4-7:30 pm</td> </tr> <tr> <td>11/9</td> <td>Gr. 6-8</td> <td>4-7:30 pm</td> <td>3/23</td> <td>Gr. PK-5</td> <td>4-7:30 pm</td> </tr> <tr> <td>11/22</td> <td>Gr. 9-12</td> <td>4-7:30 pm</td> <td>3/31</td> <td>Gr. PK-5</td> <td>4-7:30 pm</td> </tr> </table> <p>Pupil Days 175 Teacher Days 181</p>						10/13	Gr. PK-5	4-7:30 pm	11/23	Gr. 9-12	9am-7:30 pm	10/21	Gr. PK-5	4-7:30 pm	3/1	Gr. 6-8	4-7:30 pm	11/4	Gr. 6-8	4-7:30 pm	3/8	Gr. 6-8	4-7:30 pm	11/9	Gr. 6-8	4-7:30 pm	3/23	Gr. PK-5	4-7:30 pm	11/22	Gr. 9-12	4-7:30 pm	3/31	Gr. PK-5	4-7:30 pm
10/13	Gr. PK-5	4-7:30 pm	11/23	Gr. 9-12	9am-7:30 pm																														
10/21	Gr. PK-5	4-7:30 pm	3/1	Gr. 6-8	4-7:30 pm																														
11/4	Gr. 6-8	4-7:30 pm	3/8	Gr. 6-8	4-7:30 pm																														
11/9	Gr. 6-8	4-7:30 pm	3/23	Gr. PK-5	4-7:30 pm																														
11/22	Gr. 9-12	4-7:30 pm	3/31	Gr. PK-5	4-7:30 pm																														

H = Holiday  
□ = No School  
▣ = Early Release Day  
○ = Teacher Workshop Day  
( ) = Parent Conference Day

American Education Week: November 15-19  
N.B. - Legal Reference: Title 20-A MRSA §4802, 4803 and 4804

Revised 04-01-2010

# Portsmouth School Department 2010 - 2011 School Calendar

	M	T	W	TH	F
<b>August</b> 0 days	<b>30</b> First Day for Teachers	<b>31</b> WS Day for Teachers			
<b>September</b> 20 days			<b>1</b> First Day for grades 1-12	<b>2</b>	<b>3</b> Labor Day Break
	<b>6</b> Labor Day Break	<b>7</b> First Day for Kindergarten	<b>8</b>	<b>9</b>	<b>10</b>
	<b>13</b>	<b>14</b>	<b>15</b> Delayed opening	<b>16</b>	<b>17</b>
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

	M	T	W	TH	F
<b>October</b> 19 days					<b>1</b>
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Teacher Convention WS Day
	<b>11</b> Columbus Day	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>18</b>	<b>19</b>	<b>20</b> Delayed opening	<b>21</b>	<b>22</b>
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

	M	T	W	TH	F
<b>November</b> 19 days HS/MS 18 days Elem	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Veteran's Day	<b>12</b>
	<b>15</b>	<b>16</b>	<b>17</b> Delayed opening	<b>18</b>	<b>19</b> Tentative K-5 Teacher Workday
	<b>22</b>	<b>23</b>	<b>24</b> ERD	<b>25</b> Thanksgiving Recess	<b>26</b> Thanksgiving Recess
	<b>29</b>	<b>30</b>			

	M	T	W	TH	F
<b>December</b> 17 days			<b>1</b>	<b>2</b>	<b>3</b>
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>13</b>	<b>14</b>	<b>15</b> Delayed opening	<b>16</b>	<b>17</b>
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Holiday Recess
	<b>27</b> Holiday Recess	<b>28</b> Holiday Recess	<b>29</b> Holiday Recess	<b>30</b> Holiday Recess	<b>31</b> Holiday Recess

	M	T	W	TH	F
<b>January</b> 19 days HS/MS 20 days Elem	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<b>17</b> MLK Day	<b>18</b>	<b>19</b> Delayed opening	<b>20</b>	<b>21</b>
	<b>24</b>	<b>25</b> Tentative Secondary 6-12 Teacher Workday (after 90 days)	<b>26</b>	<b>27</b>	<b>28</b>
	<b>31</b>				

	M	T	W	TH	F
<b>February</b> 19 days		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>14</b>	<b>15</b>	<b>16</b> Delayed opening	<b>17</b>	<b>18</b>
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<b>28</b> Winter Recess				

	M	T	W	TH	F
<b>March</b> 18 days		<b>1</b> Winter Recess	<b>2</b> Winter Recess	<b>3</b> Winter Recess	<b>4</b> Winter Recess
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>14</b>	<b>15</b>	<b>16</b> Delayed Opening	<b>17</b>	<b>18</b> March Workday
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

	M	T	W	TH	F
<b>April</b> 16 days					<b>1</b>
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>18</b>	<b>19</b>	<b>20</b> Delayed opening	<b>21</b>	<b>22</b>
	<b>25</b> Spring Recess	<b>26</b> Spring Recess	<b>27</b> Spring Recess	<b>28</b> Spring Recess	<b>29</b> Spring Recess

	M	T	W	TH	F
<b>May</b> 21 days	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>16</b>	<b>17</b>	<b>18</b> Delayed opening	<b>19</b>	<b>20</b>
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>30</b> Memorial Day	<b>31</b>			

	M	T	W	TH	F
<b>June</b> 12 days			<b>1</b>	<b>2</b>	<b>3</b>
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Last day for students*	<b>17</b> Teacher WS Day*
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>

\*With no snow days

Board approved March 23, 2010

Updated May 25, 2010



**YORK SCHOOL DEPARTMENT  
2010-2011 CALENDAR**

Approved by School Committee: 5/5/10

**AUGUST 2010**

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	(31)			

T = 1 S = 0

**SEPTEMBER 2010**

M	T	W	T	F
	(1)	2	3	
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

T = 19 S = 18

**OCTOBER 2010**

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

T = 20 S = 20

**NOVEMBER 2010**

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	(23)	(24)	25	26
29	30			

T = 19 S = 17

**DECEMBER 2010**

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

T = 17 S = 17

**AUGUST 2010**

26	New Teacher Orientation
31	Teacher Inservice

**SEPTEMBER 2010**

1	Teacher Inservice
6	Labor Day
7	First Day - Students K-9
8	First Day - Students 10-12
30	Early Release

**OCTOBER 2010**

11	Columbus Day
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**NOVEMBER 2010**

11	Veterans Day Observed
23	Parent Conf.: <b>NOTE:</b> <b>Gr. 9-12 Attend</b>
24	Parent Conferences
25	Thanksgiving Recess
26	Thanksgiving Recess

**DECEMBER 2010**

24	Holiday Recess Begins
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**JANUARY 2011**

3	School Resumes
17	ML King, Jr. Day

**FEBRUARY 2011**

2	Early Release
21	Pres. Day/Winter Recess
28	School Resumes

**MARCH 2011**

11	Teacher Inservice
23	Early Release

**APRIL 2011**

1	Parent Conferences
18	Patriot's Day/Spr. Recess
25	School Resumes

**MAY 2011**

11	Early Release
30	Memorial Day

**JUNE 2011**

9	High School Graduation
---	------------------------

**JANUARY 2011**

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

T = 20 S = 20

**FEBRUARY 2011**

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28				

T = 15 S = 15

**MARCH 2011**

M	T	W	T	F
	1	2	3	4
7	8	9	10	(11)
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

T = 23 S = 22

**APRIL 2011**

M	T	W	T	F
				(1)
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

T = 16 S = 15

**MAY 2011**

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

T = 21 S = 21

**JUNE 2011**

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

T = 13 S = 13

Last Student Day (includes 5 snow days): 6/24  
 High School Graduation: 6/9  
 178 Student Days  
 184 Teacher Days