Dear Families,

On behalf of the Division of Student Affairs, I’d like to welcome you to Thomas. I’m pleased that your student has chosen to pursue their education on our campus and look forward to partnering with you on your students’ success.

At Thomas, we believe that education occurs both inside and outside the classroom. Our mission in Student Affairs is simple: “The Division of Student Affairs enhances the Thomas College mission by engaging students in diverse co-curricular programs, services and activities that encourage personal growth and development.” We follow a Wellness Model—recognizing that for students to be successful we need to be responsive to the whole person. To that end, the departments and services that fall under the umbrella of Student Affairs include Counseling Services, Dean of Students Office, Dining Center, Disability Services, Esports, Health Center, Leadership Development, Orientation Programs, Performing Arts, Recreation and Intramurals, Residential Life and Housing, Safety and Security, Student Accountability, Student Life/Activities, Student Senate, and the Vice President of Student Affairs Office. The staff in Student Affairs understand that our role is to respond, challenge, and help each student to reach their fullest potential. There is a strong collaboration between Academic Affairs, Student Success, and Student Affairs. Together we provide a well-rounded experience for your student.

As your student begins their journey at Thomas, I offer these few tips that you might want to share with your student—

1. Be open to the experience – be ready to meet new people and experience new things. Also, remember that relationships at home will change as students mature and become more independent.
2. It’s normal to be anxious, nervous, and excited.
3. Take advantage of and utilize the resources Thomas has to offer. It’s OK to ask for help.
4. Respect others and the Thomas community—being an adult comes with privileges and responsibilities.
5. Get involved on campus. Time goes by quickly. Make the most of the many opportunities available at Thomas.

Please don’t hesitate to contact me if you have any questions or concerns. I look forward to seeing you and your student at New Student Orientation on September 4th.

Sincerely,
Lisa Desautels-Poliquin
Vice President for Student Affairs
Recreation and Intramurals –
Jim Delorie, Assistant Dean for Student Engagement

With the summer now in full swing the Thomas Esports program is both looking back at a great 2020-2021 season, and looking forward at a promising 2021-2022. After finishing our season strong we got to immediately look forward to exciting new players, opportunities, and the groundbreaking of the new sports complex, our soon-to-be home.

To close our season numerous teams made ECAC playoffs runs including standout Top-32 finishes from both Smash Ultimate Red and Overwatch in our conference, which includes well over 100 schools. Incredible results for the two rosters as they were both under the leadership of first-time captains. Looking forward further the Fall is already looking incredibly promising! Rosters have filled out well with new recruits and our mainstay conference, the ECAC, is not only continuing to expand and bring in new opponents for us, but is adding Rainbow 6 Siege to their list of supported titles, giving our roster a competitive league with some of our favorite rivals.

Plenty more excitement to be had as we grow nearer to the Fall semester! To stay tuned follow @ThomasEsports on Twitter and twitch.tv!

Esports –
Martin Schelasin, Head Coach

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Free mini donuts before finals.

Recreation and Intramurals –
Jim Delorie, Assistant Dean for Student Engagement

The return of Get Out and Live this fall. For those who love to explore, raft, hike, or simply take in the beauty that Maine has to offer the Get Out and Live program, or GOAL, is for you. Many students have and many more have not had the experience to explore Maine and when we bring those students together great friendships can begin.

We will kick off the fall with a day trip to explore the amazing ocean front and rocky peaks of Acadia National Park. On this trip students will have the freedom to explore the island park using the explore bus system, which will be explained to those who need it on the bus ride to the park. Upon arrival students can head out for a hike, head to the beach, or explore Historic Bar Harbor, or even do it all in one day! In past years this has been a highlight trip to start the year and it should be again! A great way to end the trip is always meeting staff for some free ice cream in downtown Bar Harbor.

We will follow that up with rafting trips, ziplines, and scenic views from mountain tops. A new twist this year is the development of GOAL Club to increase student feedback, planning, and enjoyment. This will help students expand ownership of the program and add to our growing and vibrant campus life. When students arrive on campus this fall, they can visit the Alfond Athletic Center to join the club. If this program excites your student and the return to campus is too long a wait, please have them reach out by email to james.delorie@thomas.edu and we can begin discussions today about great new opportunities.

Spring Intramurals Champions!
Has your student completed all of their tasks in the **NEW STUDENT PORTAL** on MyThomas?

**Deadlines are looming—tasks need to be completed ASAP!** If your student is having trouble logging in, please have them reach out to the Service Desk (servicedesk@thomas.edu). General questions about the portal? Email Crystal Leavitt at crystal.leavitt@thomas.edu

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**Health Services** - Cheryl Daggett, APRN-CNP, Director of Health Services

Here we go! The beginning of an exciting new year!

We are ready to take care of your student here at the Health Center! Located in Grant Hall (also known as GPH), we see both residential and commuter students Monday through Friday. Our students are triaged for a visit through a phone call, telehealth, walk in, and by appointment. These are same day visits so we can respond to them as quickly as possible.

It is most important that we receive incoming student medical records as soon as possible. This includes a complete physical exam, full immunization record, and a medical questionnaire. Note that there has been a recent change in immunization exemption protocols. The Maine State Law LD798 will go into effect on September 1st, 2021 and allows only medical exemptions for immunizations.

We encourage you and your family to consider getting COVID-19 vaccinations as well as the flu vaccination this year. Have your student email me a copy of their COVID-19 vaccination card at healthctr@thomas.edu. Accurate and up to date information on vaccines can be found on the Maine CDC website. As you find information online, make sure the information is research and science based so as to accurately provide you with information.

It’s also time to go outside and take in the Vitamin D3 as just 15 minutes in that sun will help, whether you’re hiking, camping, fishing, biking, or engaging in another outdoor activity. It is also a good year to go to the beaches in Maine. The water is warmer than ever, you will get plenty of D3 from the sun, and you’ll avoid the path of ticks. When you are in the high-risk area for ticks check everything before you come back into the house. Wash your clothes, check your shoes, and check other sites like behind your ears, in your hair, on your waist, and behind your knees. It may take up to 24 hours for a tick to attach so have someone help you remove any that are found. In addition, it may take 7-30 days before symptoms appear, which may include a bullet like rash, fever, muscle pain, fatigue, and joint swelling. See your provider for support when these symptoms appear. You will feel better.

Still get outside and take in the fresh air as we meet these challenges together. Don’t hesitate to reach out and ask for help as it is all around, especially at Thomas College. If you have any questions, please call me at the Health Center (207-859-1401).

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**DON’T FORGET!** Student medical records should be submitted ASAP!

These include:
1) Medical Questionnaire (Health History Form, to be filled out by the student)
2) Physical Form (completed by the student’s physician; physical must have been completed in the last 12 months)
3) Immunization Records (typically acquired from the student’s physician)
4) **COVID-19 Vaccine Card** (if applicable—students can upload their information through MyThomas)

The forms above can be found on the New Student Portal in MyThomas. Completed forms should be mailed (Thomas College, Health Center, 180 W River Road, Waterville, ME, 04901) or faxed (207-859-1126) as soon as possible.
One of the many exciting changes that comes to any college campus each fall is the influx of a new class of students. This year’s first year class is unique in many respects, as they are entering Thomas at an exciting point of growth and transition, and during national and international unprecedented times. This year’s new class will be the residents of (predominantly) Hinman and Grant, Parks, and Heath (GPH) Residence areas. Regardless of where they will be living next year, they will find all aspects of the Thomas community both inside and out of their buildings.

Beyond all the features of each area, the most notable aspect of Hinman Hall and GPH is the way communities are built inside. In Hinman, each floor is separated into a male and female “pod,” in which only residents of each pod are granted ID access. Each pod tends to form its very own tight-knit community centered on the hard work of its Resident Assistant (RA) - an upper-class resident who has both applied for this leadership role within the residences and has completed a significant level of training for the position. History for this building shows that you can always find students studying in the lounges, socializing, doing impromptu movie and pizza nights in the evenings with their RA and new friends, or buried in a book or laptop studying for their next exam.

GPH has a different set up and structure, but the community is just as strong. We have upper-class residents who talk about their love for this complex and how much they miss the community that was built there as they move on to our upper-class areas. Each floor tends to bond as their own community within a community, and the common spaces on the first floor are often a bustle of activity with pool and ping pong tournaments, study groups, students chatting while waiting for late-night pizza deliveries, or quiet corners used for personal study time.

On a deeper level, GPH and Hinman Halls reflect Thomas’s mission, to be an environment to "prepare students for success in their personal and professional lives, as well for leadership and service in their community." To accomplish this, the RAs work hard to plan intentional programming and outreach to bring education, resources, and important information to students.

So here we are, excited about the new students about to arrive and breathe life back into our community and residence areas after the quiet of summer while at the same time, balancing the remains of COVID that we have all been learning to navigate over the last year and a half. How that will look next year in the residences is still being developed as policies and best practices change through the CDC; however, what we do know is that what will happen will be in the best interest, health, and safety of all involved. We will navigate this with our students as we work to build intentional communities and trust that your student will finish their year with memories and friends that will last a lifetime as they have each year prior.

Overall, there is a palpable excitement in our residential community that is impossible to overlook and wonderful to see each and every year. The hard work being put in by dedicated Residential Life and Student Affairs staff to help our students take advantage of their time here at Thomas is amazing to witness. As the year gets ready to get underway, we are excited to open our residences and build the environment where students are able to live well and receive that all-important education that compliments what they learn inside the classroom. Welcome to Thomas!

Did you know that the Office of Residential Life offers a **TLC program for your student**? We know that when your student is not feeling well and you are not right there to help care for them, the stress level can rise (for you and the student!). Our staff is here to help – if your student is not feeling well, let us know on our on-line form ([https://www.thomas.edu/tlc/](https://www.thomas.edu/tlc/)) and our Residential Life staff will bring your student a small care package within 24 business hours of receiving the form. It will include a chicken soup to cure what ails them, a beverage to help keep them hydrated, and, of course, a check in with TLC.

Please keep in mind that if your student is experiencing a medical emergency or needs immediate care at any time, they should contact the Health Center, their Resident Assistant, or Safety and Security immediately.
Dining on Campus, Food & Fun Everyday!

Dining services would like to thank everyone for a successful spring semester! Everyone’s commitment to following the ever-changing safety guidelines allowed us to stay open and continue serving our guests. We were even able to host several events, such as Student Appreciation Day, Late Night Munchies and a Dietitian’s table raffling a bicycle during Wellness Week.

The Thomas Dining team would also like to wish everyone an enjoyable summer and let you know we are hard at work planning for an exciting fall semester. Our locations and offerings are getting a refresh to bring new menu items, fun events and engaging programming while still keeping the favorites you expect.

Stay informed by visiting the dining website and following @ThomasDining on social platforms.

Sincerely, Jody Pelotte, General Manager

Did you know that you can surprise students with a birthday cake, a pizza party package or a snack bundle while they’re on campus? Simply order online from our website and we will deliver it!

Sodexo is committed to offering quality, fresh, local and sustainable ingredients within our menus and we’re proud to support local vendors, making positive impacts on Maine’s economy. Through the Maine Course program, led by Director Maeve McInnis, Thomas Dining is able to track local purchases to measure success and find opportunities to increase percentages each year. Visit mainecourse.sodexo.myway.com to learn about our sustainable seafood and grain initiatives along with an exciting new partnership with Vertical Harvest Maine. For the fall, Maeve is hosting two campus events to celebrate our local vendors and sustainable seafood month. Stay tuned!

Meet the Campus Dietitian!

Chelsea Champagne
Ms. RD, LDN
Chelsea.Champagne @Sodexo.com
Advocate for your needs and have a safe campus dining experience!

Do you have a food allergy or other dietary need? Our team is trained in allergen and food safety protocols and can help you dine safely. Prior to arriving to campus, we recommend that students contact our Dietitian to disclose your needs and create a personalized plan.

Then, here are some helpful tips:
- Introduce yourself to the team for daily support
- View menus online or on the Bite app to plan meals ahead of time
- Check menus posted at each station. The top 8 allergens will be identified with icons
- Still concerned? Ask the server for a recipe or list of ingredients

Take a virtual dining tour to see all that Thomas Dining has to offer.

Visit the dining website

Eat Smart. Get a Meal Plan.

Meal plans make dining on campus convenient and more affordable. Whether you live on campus, are a commuter student, Faculty or Staff, we offer a variety of meal plan options to meet your needs. Use meal swipes at The Dining Center and Board Bucks in The Dog Pound and Jeanie’s Café. Visit our website for more details and to purchase.

Show your Terrier pride & shop for Terrier gear. Located in Seann Commons, new merchandise is arriving in the fall.

thomas.sodexo.myway.com
Greetings,

On behalf of the staff within the Department of Safety & Security, I would like to welcome you and your student to Thomas College. We are excited for your student’s arrival and are busy preparing to ensure that their experience here is not only a safe one, but an enjoyable one.

Our mission is to build trust in the community through transparent actions and positive engagement, and we will leverage technology, community policing, and employee development to build relationships that encourage community-oriented behaviors. These goals are carried out with the identified foundational values of integrity, compassion, and fairness.

Our department provides a myriad of services, among them are campus patrol & physical security, enforcing campus policies, investigating suspicious activity, providing initial response to campus emergencies (Medical, Fire, and Life Safety), monitoring the campus parking program (Registration & Enforcement), safety escorts, room lockouts, lost & found, providing motor vehicle jumpstarts, campus emergency planning & compliance, and most importantly, crime prevention, crime awareness, & safety education (Programming).

During the past year we have enjoyed a period of growth, adding a new Director and several new staff members, which has allowed us the opportunity to put new energy into various initiatives that will assist the department in increasing community engagement.

We have strived to meet students where they are, especially as it relates to technology and information, so you can find us on both Facebook and Instagram. Our hope is to share with you important department information & announcements, personal safety information, campus news, and photographs or videos of campus life and the work we do on a day-to-day basis. We ask that you give us a “like” or a follow at Thomas College Safety & Security.

We also have a Community Resource Officer Program in partnership with our colleagues in Residence Life. This program assigns officers to our residence hall areas and is intended to meet four primary goals: to support resident assistants; be a member of the residence hall community; provide crime awareness, crime prevention and safety education; and to assist resident assistants with programming requirements.

We are honored to serve this community and look forward to our continued growth. If you have questions or concerns, please feel free to contact us at 207-859-1399 or at securitystaff@thomas.edu.

Sincerely,

Christopher M. Santiago, Director of Safety & Security
Ask any Thomas student and they will tell you: Thomas clubs and groups bring vibrancy to campus life! When we resumed in-person learning for the 2020-2021 academic year, student activities resumed in a mostly in-person format. Although they looked and felt a bit different, we were able to host hundreds of activities throughout the year, including many from our active clubs and groups on campus. While a national pandemic can certainly take a toll on student leadership, student interest in getting involved, and finding ways to continue traditions and events, I am proud of the Thomas community for looking out for each other, successfully completing an in-person academic year, and for making the most of a difficult year. While facing the myriad of challenges that the pandemic brought, some of our clubs struggled through the year, while many rose to the challenge, adapted, and thrived.

As we look to the fall, many of our clubs and groups have not yet filled their leadership positions for the upcoming year or have postponed officer elections to fall 2021. For students that are interested in leading on campus, there are many opportunities available to them, as clubs that have open leadership positions are participating in a new program called Fast Track to Leadership. The program aims to entice clubs and groups to fill leadership positions, while promoting leadership opportunities to all students and supporting new leaders with leadership training. Participating clubs can earn “stars” throughout the summer and fall semester for attending workshops, attending early semester meetings, new leaders attending leadership workshops, and more! Stars can be redeemed for prizes at the end of the fall semester that include food at a meeting, social media shout outs, recognition at the annual Leadership Dessert, and a student activity event of their choice tailored just for their group! As the semester gets underway in the fall a listing of all participating clubs and groups will be promoted to campus, and all participating clubs will be identified at the annual Terrier Fair by signage and logos. To see what positions are available and how the election process works, interested students should contact the individual club(s) directly. Info on how to do this will be provided in the fall. A strong year starts with a strong foundation of student leaders. Is your student up for the challenge?

REMINDER: Students should submit a headshot for their student ID through the New Student Portal!

As you are preparing to send your child to Thomas this fall, I want to give you a few things to consider.

Anxiety is the most common struggle reported among college students. Help your student to remember that there are a variety of supports available to them at Thomas and encourage them to reach out sooner than later. Personal counseling is available on campus for all full-time day students.

Help your student remember the basics of self-care—most importantly to establish a pretty regular sleep pattern. Sleep deprivation seems to run rampant among college students and can have a significant impact on your student’s health and wellness.

Counseling Services looks forward to collaborating with you as needed to ensure that your student has access to supports to assist them to be successful at Thomas. Should you have questions or concerns, please do not hesitate to reach out at (207) 859-1245 or at counselor@thomas.edu. Counseling Services welcomes you and your student to Thomas!
We had a BLAST meeting so many of your students at New Student Day, and we can’t wait to see them back on campus this fall!