



# PRHS

## Family Newsletter

March 2022

### News and Updates

#### Snow Days and Remote Learning

We have now used all of our four traditional snow days. If we have any more school cancellations due to weather we will have school as a remote learning day. Teachers have been talking with students about the expectations. Any remote learning days are **required school days**. Please follow [this link](#) to the expectations for remote learning.

#### Student Led Conferences

Conferences will take place during the week of March 12-17. Your student and their Roundtable teacher will be reaching out to you to schedule a time that will work for all of you. Please remember that a spring conference is required for all students in grades 9-11. Senior conferences will only be scheduled for individual students if necessary. At this conference, you will be able to review the courses your student has selected for next year.

#### It's time to check your student's grades

Please review Infinite Campus of Habits of Work grades that were posted by teachers this week. It's a really good time to check JumpRope as well to make sure you are aware of your student's current academic progress. The quarter ends on March 24.

#### Calendar Reminder-March

| March |    |   |    |    |
|-------|----|---|----|----|
| M     | T  | W | T  | F  |
|       | 1  | ☾ | 3  | 4  |
| 7     | 8  | ☾ | 10 | 11 |
| 14    | 15 | ☾ | 17 | ★  |
| 21    | 22 | ☾ | 24 | 25 |
| 28    | 29 | ☾ | 31 |    |

## From the Counselors' Corner...

*Spring is around the corner, we just know it! Course registration time always means we start thinking about and preparing for next year....*

**Junior Parent Night - March 16 - 6:00 PM -PRHS Auditorium** - This will be an overview for junior parents of the college admissions and financial aid processes. Come ready with questions!

**Poland Spring Resort** will be at PRHS to do **interviews for summer jobs on Thursday, March 31**. Applications will be available in Guidance. More will be coming with sign up information.

**Air Force Junior Reserve Officer Training Corps** - This week we had the **Air Force JROTC at Lewiston HS** here during both lunches to talk with any interested students. This has been a very different opportunity that we have had some students access for many years now. Most students going to JROTC take the LRTC bus to Lewiston HS. Any students interested in this program should start by making an appointment to talk about it more with their school counselor.

**Lewiston Regional Technical Center** - While we have passed the priority deadline for applying to LRTC, **students can still apply for next year**. We had over 50 students submit applications in all programs. We will have a field trip going next week on March 9. Permission slips are available in the Guidance office and need to be returned there by the end of the day on March 9.

**Early College** - This is a great option for students looking to challenge themselves more or to take classes that we don't offer. Each student in grades 10-12, as well as 2nd semester 9th graders, can access tuition and fee free college classes (provided they meet the prerequisites). Any student can contact their school counselor to talk more about options at both the University of Maine system and the ME Community College system, as well as Husson and St. Joseph's, for early college classes. More information [here](#) on our website.

**Senior Parents!** FAFSA completion is really important at this time of year. Don't miss out on money for your student, even if you don't think you will qualify for financial aid. The FAFSA is key to your student accessing the [Maine State Grant](#) (\$2500.00 for free) or federal loans. Start your [FAFSA](#) now!

**Course registration for next year has started!** Counselors have been meeting with individual Roundtables to help students fill out their registration forms and to get their selections into Infinite Campus. **Parents/guardians will see those course requests at student led conferences** and can make any changes then. Students are asked to indicate if they are applying to LRTC, interested in JMG (Jobs for ME Graduates) or interested in an early college class. Any students who want to map out their 4 year plan can contact their counselor for an appointment.

**Visiting a college campus this spring?** [Here](#) are some tips for families. Remember to check the website for availability on any campus. Many campuses are now open to prospective students, with proof of vaccination.

**MENTAL HEALTH CONNECTIONS** - Just supplying you with more information from the Child Mind Institute on how to support your teens. Remember your child's school counselor is always there to help.

[What are the symptoms of depression in teens?](#)

[What to do if you think your teen is depressed](#)

***Please do not hesitate to reach out to your student's school counselor for help and resources at any time. Our contact information is listed below.***

**Carrie Rhoads**

Students with last names

A-F

[crhoads@rsu16.org](mailto:crhoads@rsu16.org)

998-5400 x 125

**Hillary Bush**

Students with last names

G-M

[hbush@rsu16.org](mailto:hbush@rsu16.org)

998-5400 x 101

**Corey McFadden**

Students with last names

N-Z

[cmcfadden@rsu16.org](mailto:cmcfadden@rsu16.org)

998-5400 x 106

**Co- and Extra- Curricular Update**

- ❖ Registration is open for **spring athletics** on FamilyID.com, spring practices begin March 21 for Baseball and Softball, March 28 for all others.
  - We offer baseball, softball, and outdoor track & field at Poland Regional. This year we are officially part of the GNG/Poland cooperative boys and girls teams in lacrosse. The coop marks the return of the 26er's. Practices and games will be at GNG. GNG is the home field, so for lacrosse events, students will need to be able to get to GNG. Our students with drivers licenses will be able to drive to GNG with parent permission. There will be a small fee to help cover the cost, (\$50).
  
- ❖ Congratulations to our **Indoor Track Team**. Both teams brought home the Maine Principals Association Sportsmanship banners. Well Done. Here are some results from the State Championship meet held President's Day at USM.

|                  |              |          |           |         |
|------------------|--------------|----------|-----------|---------|
| Nolan Garey      | 55M Hurdles  | 8.24     | 1st Place | PR      |
| Jake Twigg       | 1 Mile       | 4.49.46  | 2nd Place |         |
| Lagan O'Driscoll | 4X200M Relay | 1.40.11  | 4th Place | Team PR |
| Nick Garey       | 4X200M Relay |          |           |         |
| Cadyn Langlois   | 4X200M Relay |          |           |         |
| Nolan Garey      | 4X200M Relay |          |           |         |
| Nick Garey       | 200M         | 24.22    | 7th Place | PR      |
| Dom Antonelli    | 800M         | 2.05.24  | 3rd Place |         |
| Dom Antonelli    | 2 Mile       | 10.44.39 | 4th Place |         |

- ❖ Congratulations to our **Competition Cheer squad**. They are the Western Maine Conference Champions!
- ❖ I am excited to announce that the **One act Play Festival** will take place in person this year. Our team of 25 kids will head to Winthrop on March 25.
- ❖ Save the date! Our **musical** will take place April 28, 29 & 30. Come see “The Zombie Prom” and support the good work of our staff and kids.

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## Health Office Updates

We encourage all students to either get vaccinated or participate in Pooled Testing to avoid being quarantined!

To get started, please fill out the consent form with your permission to perform a COVID-19 pooled test for your student at Poland Regional High School. This process should take no more than 5 minutes to complete using a computer or a smartphone.

1. First, [click here](https://testcenter.concentricbyginkgo.com/minor-consent) (<https://testcenter.concentricbyginkgo.com/minor-consent>).
2. Then, enter this access code: **U4HX9Y**
3. Finally, enter your child’s information, and you’re done!

Note: If you need to provide consent for more than one child, please complete the process once for each child.

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## Announcements

[LUNCH MENU LINK](#)

## PROJECT GRADUATION NEWS

- **SAVE THE DATE!** March 15, 2022 - Project Grad Fundraising Event at **Applebee’s Auburn!**  
4-9 PM TAKEOUT ONLY.
- Save the Date: **Bottle Drive**, March 26 & 27, 10-12, PRHS Student Parking lot  
Come drop off your bottles!
- **Yard Sale/Corn Hole Raffle**, May 14  
Time: TBA  
Poland Community School  
Accepting donations for items to sell now!  
Contact Pam August at 240-1739
- **Flamingo Flocking** will be back this spring when the ground thaws!
- Anyone interested in donating money of gift cards, please contact Bonnie Robbins at [brobbins@rsu16.org](mailto:brobbins@rsu16.org)
- **Attention all Senior Parents!**  
We need all hands on deck for Project Graduation. We need all senior parents to volunteer!  
June 3, after Graduation, 8pm-1:30am.  
Please contact Bonnie Robbins at [brobbins@rsu16.org](mailto:brobbins@rsu16.org) if you are able to come help. We can not hold this for our kids if we do not have enough people there to help!



*Dining to*  
**DONATE**

**APPLEBEE'S WILL DONATE 15%  
OF YOUR CHECK TO:**

**PRHS PROJECT GRADUATION 2022**

**Date: 3/15/2022**  
**Time: 4pm-9pm**

**APPLEBEE'S UNIT**  
**599 Center St**  
**Auburn, ME 04210**

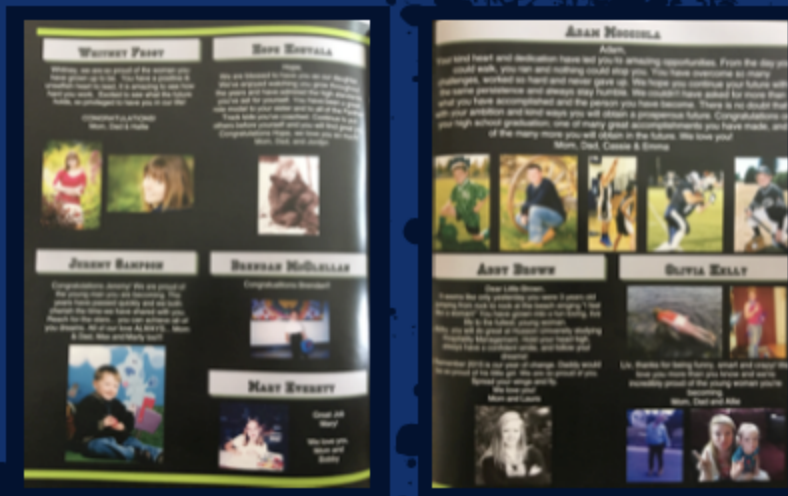
**Present this flyer to your server at time of order**

Valid on dine-in and To Go orders, not valid on delivery. Valid at location listed above on scheduled date only. 15% donation excludes tax and gratuity.

# ATTENTION PARENTS

2022 PRHS YEARBOOK

**WANT TO CON-GRAD-ULATE YOUR SENIOR  
AND SUPPORT THE PRHS YEARBOOK?  
PURCHASE A RECOGNITION AD**



**HARD COPIES OF PHOTOS ARE PREFERRED, THEY WILL BE SCANNED AND RETURNED**

## PRICING INFO

**1/2 PAGE – \$100 – 5 OR 6 PICTURES & MULTI. PARAGRAPH**

**1/4 PAGE – \$50 – 3 OR 4 PICTURES & PARAGRAPH**

**1/8 PAGE – \$25 – 1 OR 2 PICTURES & SENTENCE**

**SUBMISSIONS AND PAYMENT DUE TO MR. POULIN**

**(BPOULIN@RSU16.ORG)**

**BY APRIL 1ST, 2022**

**CHECKS PAYABLE TO PRHS**

PRHS  
1457 Maine Street  
Poland, ME 04274  
998-5400 phone  
998-5060 fax