



# PRHS

## Family Newsletter

**November 2021**

### News and Updates

#### Student Led Conferences are Coming!

Student led conferences will be held during the week of November 8. You should be hearing from your student's Roundtable advisor to set up a conference. Conferences can be done either in person or virtually. A note to remember, every student must participate in a Student Led Conference as part of the requirements for passing Roundtable. Passing 4 years of Roundtable is a graduation requirement. We can't wait to see you! Please remember that masks will be required for any in person conferences so if you do not wish to wear one, ask for a virtual conference. Thank you for your cooperation!

#### Quarter Grades

Quarter Grades will be available by Friday, November 5. You can log into Infinite Campus to review your student's grades.

#### Vaping

We continue to see lots of vaping here at school. We encourage all parents to be on the outlook for vaping paraphernalia at home. We are seeing students who are very much addicted to the nicotine that is in a vape pen and are struggling to stop. We encourage you to ask more questions if you find a vape pen at home and your student says they are "holding it for a friend." Any student in possession of a vape pen, regardless of who it belongs to, will be suspended from school.

#### Health Screener

Students will be sent home with any kind of symptoms and you will likely be told that your child needs a COVID test or doctor's note to return to school. Yes, we know this is frustrating. Everything related to COVID is frustrating, right?! Please don't take your frustration out on the enurese. They are just following the guidelines they are required to follow.

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### From the Counselors' Corner...

**SENIORS! Personalized FAFSA Help with Jessica Whittier of FAME on November 16.** Both in person and virtual options will be available on this date for PRHS families. Watch your email for more information to come on how to sign up!

**SENIORS - 2 more weeks of college application help!** We will offer after school sessions, from 1:30-4:00 PM, on Wednesday, November 3 and Wednesday, November 10 for any senior to drop in for extra help on Common App, school specific applications, essays, FAFSA, scholarships and more! We had about a dozen seniors stop in last Wednesday and they were pretty productive in getting through the Common App together. If you cannot make those times, just email your counselor to set up an appointment.

**UNIVERSITY OF MAINE & UNIVERSITY OF SOUTHERN MAINE** will both be here in November for “On the Spot” Admissions Days for seniors. All slots for UM are now filled but let us know if you still want to hear about your chances for admission and scholarships. There are a few slots available for USM. Sign up with Mrs Carter in Guidance.

**CENTRAL MAINE COMMUNITY COLLEGE** will also be offering an “On the Spot” Admissions program in December. Still slots available then. See Mrs. Carter for the sign ups for any of these colleges.

**JUNIORS** have been taking NWEA tests in their English and science classes. Remember that NWEAs are the state test, which is a requirement for graduation. Testing will continue through mid November.

**EARLY COLLEGE CLASSES** are available to any interested students. Please contact your counselor to get the link to the portal for the University of Maine System Colleges and ME Community Colleges to search for potential courses. This is a great chance to challenge yourself and pick up some credits before you get to college. Many courses are now online and tuition is free. This is the time to register for a spring semester class starting in January!

**AP EXAMS** will be held May 2-13, 2022. At this point, we are planning on in person, paper and pencil/pen exams (old fashioned!) **The cost for each exam will be \$40.00.** Thank you to RSU #16 for helping to subsidize the cost for all students. Payments can be made through Infinite Campus, or by check (made out to PRHS) or cash to Mrs. Carter in Guidance.

**ANY PARENTS** looking for more information about college, financial aid and scholarships should access our [PRHS Guidance webpage](#) for more information.

***Please do not hesitate to reach out to your student’s school counselor for help and resources at this 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

Thank you to all that helped to make this a successful fall. I stated in August that one of my goals **this fall** was to play all of our games. We did a great job and although there were a couple of games canceled due to COVID issues, none of them were on our end. Parents, thank you for your cooperation and understanding as we work to control those things which are within our control.

**Winter sports are right around the corner.** Practices begin November 22. Please register with your child at FamilyID.com (organization is RSU 16). Also, be sure the Dr.s clearance is current. Without it, athletes may not practice or try out.

It is important as we head to winter that everyone understands that being part of a varsity program is a commitment. Much like work, students are expected to be dependable, on time, a team player and enthusiastic.

As we move to winter athletics, there are many questions. Athletics are moving back indoors and we have protocols to work with. Masking is mandatory in school. Stay tuned. There will be an evening zoom meeting for parents of winter athletes on **November 10 at 6pm.**

Please click the link below to join the webinar: <https://us06web.zoom.us/j/82181055286>

Or One tap mobile :

US: +13126266799,,82181055286# or +12678310333,,82181055286#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 312 626 6799 or +1 267 831 0333 or +1 301 715 8592 or +1 253 215 8782 or +1 346 248 7799 or +1 206 337 9723 or +1 213 338 8477

Webinar ID: 821 8105 5286

### **Congratulations to the following fall senior athletes that earned All-Academic status:**

Cross Country-Willa Galipeau Eldridge, Trinity Sands, Emma Turkington, Riley Day

Football-Hunter Gibson, Izzy Martin

Girls' Soccer-Gabby Bolduc, Emma Gagne, Kaliie Paradis, Emma Williams

Boys' Soccer- James Worden, Bradley Gwarjanski, Mitchell Bean, Trevor Robbins, Lucas Kelly

### **And congratulations to these great teammates that earned the Coaches Award demonstrating Character, Citizenship and Community:**

Cheer-Anna Shanning

Cross Country-Jake Twigg, Trinity Sands

Field Hockey-Abby Bsullak

Football-Izzy Martin, Emma-D Martin

Golf-Nick Garey

Boys' Soccer-Aden Swett, Brycin Vachon

Girls' Soccer-Ema Higgins, Emma Gagne

### **In the musical world, Congratulations to:**

**All State Jazz Choir**

Emma Moreau

**District II Honors Band**

Dustin Morin, French horn

### **District II Honors Mixed Choir**

Audrey Fryda, alto  
Alex Emery, bass  
Nolan Garey, bass  
Lucas Frechette, bass

### **District II Honors Treble Choir**

Emma Moreau, alto  
Rylee Smith, alto  
Payson Picard, soprano

...and special thanks to Emma Macmahon, Emma Moreau and Alex Emery for their performances of the National Anthem prior to sporting events.

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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.

Pooled testing does not provide individual results for each person in a pool. However, if a positive result is produced in a pooled test, all individuals of the positive pool will have a free follow up diagnostic test at school. At PRHS, the diagnostic follow-up test that will be used is the Abbott BinaxNow which is a rapid COVID-19 antigen test. All diagnostic test results are confidential and will be shared with only the individual and guardian. As required, we report all diagnostic test results to the Maine CDC.

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### **[NOVEMBER LUNCH MENU LINK](#)**

### **ATTENTION SENIORS**

Senior and Baby/Kid photos are due on October 31st. If you have yet to submit, but plan to, please reach out to Mr. Poulin at [bpoulin@rsu16.org](mailto:bpoulin@rsu16.org). If submissions are not received student ID photos will be used in place of senior pictures.

### **YEARBOOKS**

Yearbooks are on sale until **November 23rd for \$50**. Following this sale, yearbooks will be sold for \$70 until they sell out. Books can be purchased through [www.yearbookforever.com](http://www.yearbookforever.com).

# **PRHS Project Grad George's Pizza Fundraiser**

**Wednesday**

**11/10/21**

**4:00 to 7:00 PM**



**A percentage of all sales will be donated to PRHS Project Grad 2022. Tell your family and friends it's a great night for take-out! No code or coupon needed. You just need to order within the designated times.**

**George's Pizza**

**563 Center St.**

**Auburn, ME 04120**

**(207) 782-7141**

**[www.georgespizza.com](http://www.georgespizza.com)**



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