

Poland Regional High School

1457 Maine Street
Poland, ME 04274
(207) 998-5400
www.rsu16.org

The Knightly News



Dates to Remember

December 7, 2016	7pm	HS Band and Chorus Concert	Contents
December 22, 2016 to January 2, 2017		Christmas break	Principal pg. 2
January 6, 2017	10 AM	PRHS ALUMNI DAY i	Assistant Principal pg. 3
January 17 – 20		Mid-terms	Counselor's Corner pg. 4
May 18 and 19		Celebration of Learning	Co-Curricular pg. 5

Dear PRHS students and families,

- ★ If your student is a **sophomore or senior**, he/she is beginning to work on the **Sophomore Exhibition or Senior Celebration**. These projects will be presented during our **Celebration of Learning days on May 18 and 19—please put these dates in your calendar**. The Sophomore Exhibition requires students to answer three questions: “Who am I?”, “How am I doing?” and “Where am I going?”. Students will research a career and share the work they have been doing in their digital portfolio. This is a part of our daily work on raising the aspirations of our students and preparing them for life after PRHS. The Senior Celebration allows students to pursue a topic of their choice/passion. We ask them to complete a rigorous research process and meet the high expectations we have for speaking and presenting. Both projects require ALL students to successfully complete a public speaking component. Sophomores must speak for at least 10 minutes and senior must speak for 15-20 minutes. Please ask your Sophomore or Senior about these important projects and encourage them to research areas they are really interested in. All parents and family members are strongly encouraged to attend the presentations.
- A new set of **Habits of Work Grades** will be posted on **Wednesday, December 14** and we will mail progress reports home by the end of that week. Please remember that these grades are used to determine **eligibility** for a performance or competition co-curricular and athletic team. Students must be passing the Habits of Work Grade, 6 classes AND Roundtable. Students failing the HOW grade may be eligible as long as they are passing the class. Students who are determined to be ineligible have two one-week periods to make work up before they lose their eligibility until January 30.
- Our last day of school before Winter Break is Wednesday, December 21. This is an early release day so students will be done with school at 1:10 on that day.
- If you didn't get a chance to see the preliminary drawing of the **proposed Middle School addition**, please check it out on the district website.

http://www.rsu16.org/_operations/BWMSAddition.html

All teacher email addresses and other information can be found at our district website, **RSU16.org**. Please do not hesitate to contact us if you have questions or concerns.

Cari Medd
cmedd@rsu16
998-5400 ext. 129

The school community is gearing up to finish the semester strong. Grades close for the first semester on January 20, the last day of mid-term exams. Students who do not pass core courses first semester will be referred to summer school to earn credit.

Attendance: Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. As they have for the last four years, students will compete for Winter Carnival points based on their class’s attendance rate in January and February (12 points for first, 9 points for second, 6 points for third). We will be calculating attendance beginning on January 3, 2017. With your help, we have improved our daily attendance rate each year since 2012. Thank you for promoting your children’s education by getting them ready for school every day.

No-Dance Rules: Next semester, we’ll have our two biggest dances of the year: Winter Carnival in February and Prom in May. Attending a dance is a privilege, so we require students to demonstrate adherence to our core values of character, citizenship, and community before we permit them to attend. 1. Students may not attend if they meet one of the following criteria:

Winter Carnival: multiple out-of-school suspensions or suspension for a capital offense since the start of second semester, more than 3 unexcused absences from school in second semester, or any unserved disciplinary consequences assigned during second semester

Prom: multiple out-of-school suspensions or suspension for a capital offense since the start of second semester or any unserved disciplinary consequences assigned during second semester

2. School administrators reserve the right to deny attendance to a school dance for any student if, in the opinion of the administration, the student’s attendance will create or exacerbate a dangerous situation, whether or not the student is otherwise eligible to attend.

3. Guests must be approved by the assistant principal no later than the Wednesday before the dance. **Homeschooled students may attend only as guests of enrolled students.** Guests at Winter Carnival must be currently enrolled in high school or of high school age and engaged in homeschooling. Guests at Prom must be enrolled in high school, 10th grade or above, or out of school but no older than 20.

Administration reserves the right to deny any guest request or any student’s request to attend a dance, regardless of whether the above rules apply.

iPad Restrictions: When students misuse iPads, we restrict their use to convince them to follow the school’s rules and focus on the educational purposes they serve. We define “misuse” as cyberbullying, using social media during school, downloading copyrighted material without permission, sexting, taking or storing inappropriate photographs, engaging in hate crimes, playing games during class, or any other use that interferes with the education of our students or causes harm. The first case of misuse results in restrictions for 2 weeks; the second case for one month; and the third may result in a referral to the Student Judiciary Board, restrictions for the entire year, and/or the loss of the iPad altogether. When students have their iPads restricted, they are encouraged to use the desktops in the Learning Center or library to complete their work. Parents may also ask for restrictions if they are concerned.

Cell Phones: The student handbook policy on cell phones in school provides for three levels of consequences if students use a phone without permission or phone use becomes distracting or disruptive. First offense: Teacher holds the phone until the end of the block. Second offense: Teacher brings the phone to the office and the student picks it up at the end of the day. Third offense. Parents/guardians pick up the phone at the end of the day.

Please contact me at pflynn@rsu16.org or 998-5400 x120 if you have questions or comments.

Happy New Year!

Patrick Flynn Assistant Principal

Grades are closing again and a new set will be posted soon, more and more college applications are being submitted every day, we head into the holidays and cold weather....

The **PSAT** scores are expected in **December**. We will set up sessions to go over the scores with both the sophomore and junior classes. Sophomores will receive their scores back in RT and juniors will meet with their counselor. Once the scores are returned, students have free access to many College Board features, like free SAT prep through Khan academy. Codes are available right on the test results page.

PRHS ALUMNI DAY is Friday, **January 6, 2017** at 10 AM. Send any alumni our way!

FREE COLLEGE COURSES for second semester? CMCC, USM, St. Joe's, or Kaplan? Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP!

The **ANDROSCOGGIN CAREER FAIR** will be **January 10, 2017** for all **sophomores**. Students are working on their requests for the two workshops that they will attend, hearing from local business people. We will leave PRHS at 8:15 AM and return in time for lunch. If you do not want your sophomore to attend this program, please contact the Guidance Office.

JUNIORS AND 3rd YEAR STUDENTS – more information will be coming about your opportunity to take the SATs this spring! We are waiting to get more specific information from the state. Please contact your student's school counselor with any questions.

2 more **ADMISSIONS-IN-A-DAY** programs will be held at PRHS. The University of Southern Maine will be here on December 6 meeting with interested seniors. Central Maine Community College still has room on December 8 to meet with seniors who plan on applying. Both colleges request that students submit their applications on line a week before the date. Seniors can work with their counselor to get signed up and submit their applications. We had lots of positive reports about the Admissions-in-a-Day program with the University of Maine earlier in November.

Remember, your school counselors are always available to meet with you and your students about any issues, such as post-secondary plans, financial aid, academics, mental health issues, etc.. Our contact information is below.

Contact your student's counselor with any questions or concerns

GUIDANCE WEB PAGE IS FOUND ON THE MAIN PAGE FOR THE HS:

<http://teacherweb.com/ME/PolandRegionalHighSchool/GuidanceDepartment/index.html>

Congratulations to our fall athletes that were chosen to receive the Coaches Award for our fall athletic teams. These athletes were selected for their demonstration of the three core values of Citizenship, Character and Community.

Coaches Awards:

Cheer-Kaile Leighton
Cross Country-Samantha Halmos & Gavin Myshrall
Field Hockey-Althea Hicks & Kourtney Major
Football-Quinn Callahan & Tristin Ledwell
Golf-Matt Ray
Soccer Boys-Alex Alden & Ben Pittman
Soccer Girls-Madison Simard & Olivia Vachon

League awards include:

Samantha Halmos-2nd Team Western Maine Conference Cross Country
Olivia Ouellette-2nd Team Western Maine Conference Cross Country
Austin Bouchard-Campbell Conference All-star Football
Higera Nawass-1st Team Western Maine Conference Field Hockey
Morgan Brousseau-2nd Team Western Maine Conference Field Hockey
Hwida Nawass-2nd Team Western Maine Conference Field Hockey
Tristan Sanborn-All Western Maine Conference Soccer
Katriana Pratt-All Western Maine Conference Soccer

-Winter athletic schedules open November 26 for the Red Hornets girls hockey program and the weekend of December 9 basketball and boys' hockey.

-Our teams including in their goals this fall to play with honor and dignity, to play the game the right way. Congratulations to both the Field Hockey program and the Boys' Soccer program for winning the MPA Sportsmanship Banners for Southern Maine. An excellent honor, Knight Nation is proud.

Speech and Debate

Saturdays are filling up with arguments that are well articulated. Speech and Debate season is here, and the PRHS debaters are looking to leave a strong impression. Good luck Knights. See Mrs. Robinson if you have interest.

Drama

The Poland Players took to the stage for The 25th Annual Putnam County Spelling Bee early in November. The cast sang their way through hilarious performances for three nights featuring courage, talent and energy. If you took advantage of the chance to see Max, Justin, Makayla, Rachel, Melissa, Sarah, Isaac and more then you were surely entertained.

Downhill Club

See Mr. Petherbridge immediately if you are interested in the downhill club. Sunday trips to Sunday River can be a fun way to spend time with classmates and earn credit enjoying the great outdoors of Maine.



It's a Win! Win!

**You order gift cards • We purchase + distribute gift cards
We get rebate from retailer • You give or use gift card
Everyone is HAPPY!**

You order gift cards – Fill out and submit order forms

You may submit your order to the following people:

Belinda Garon - duboisbelinda@aol.com

Chelsie Lohmann - dragonflyz100@yahoo.com

Michelle Emery - memery71@myfairpoint.net

Wendy Simard - simard5@live.com

Allie Pratt - apratt@megalink.net

Wendy Gilpatric - bigtree812@gmail.com

Order may be dropped off at PRHS, in the 2017 Project Graduation mailbox

*If this method is used, please give one of us a heads up, so that we have time to pick up and purchase your order before the deadline

We purchase the cards - Through the Scrip Program Company

We distribute them to you - We will drop off or coordinate pick up with you

We get rebate from retailer - The order form shows the percentage each retailer will rebate to PRHS 2017 Project Graduation. *THIS REBATE IS DONATED FROM THE PARTICIPATING RETAILERS, NOT YOUR PURCHASE.

You give or use gift card – stocking stuffers, gifts, shopping on line, weekly/monthly purchases (gas, groceries, home improvement....)

THANK YOU,

You have donated to PRHS 2017 Project Graduation!

Using money you were going to spend • no extra money from your pocket

PLACE ORDER BY DEC.3 - GET BY DEC.12

PLACE ORDER BY DEC. 11 – GET BY DEC. 21

PRHS Class of 2017 Project Graduation Gift Card Order Form

Name			Phone #		Order Date
Ordered from:	Total \$	Check #	Customer Email		

Poland Regional High School's Senior Class is selling GIFT CARDS to raise money for Project Graduation. This is an opportunity for you to buy gift cards at regular retail value and the retailer will give Project Graduation a rebate.

Clothing & Accessories	QTY	Total	Rebate	Electronics & Office	QTY	Total	Rebate
adidas \$25		\$	13%	Best Buy® \$25, \$100, \$250		\$	4%
aerie \$25		\$	10%	EB Games \$25		\$	3%
American Eagle Outfitters \$25		\$	10%	EBX \$25		\$	3%
Banana Republic \$25, \$100		\$	14%	GameStop \$25		\$	3%
Carter's \$25		\$	10%	Office Depot \$25, \$100		\$	5%
Children's Place \$25		\$	12%	Office Max \$25, \$100		\$	5%
Claire's \$10		\$	9%	Staples \$25, \$100		\$	5%
Columbia Sportswear \$50		\$	12%	Entertainment	QTY	Total	Rebate
Dressbarn \$25		\$	8%	Barnes & Noble \$10, \$25, \$100		\$	9%
Express \$25		\$	10%	Barnes & Noble College Bookstores		\$	9%
Famous Footwear \$25		\$	8%	\$10, \$25, \$100			
Foot Locker \$25		\$	9%	Disney \$25, \$100, \$1000		\$	2%
Gap \$25 \$100		\$	14-19%	NOOK by Barnes & Noble \$10, \$25, \$100		\$	9%
Gap Factory \$25, \$100		\$	14-19%				
Gymboree \$25		\$	13%	Sporting Goods	QTY	Total	Rebate
HomeGoods \$25, \$100		\$	7%	Cabela's \$25, \$100		\$	11%
Icing \$10		\$	9%	Dick's Sporting Goods \$25, \$100		\$	8%
Journeys \$25		\$	10%			\$	
Journeys Kidz \$25		\$	10%	Home Decor	QTY	Total	Rebate
Kids Foot Locker \$25		\$	9%	Bed Bath & Beyond \$25, \$100		\$	7%
L.L.Bean \$25, \$100		\$	16%	Christmas Tree Shops \$25, \$100		\$	7%
Lady Foot Locker \$25		\$	9%	Crate and Barrel \$25, \$100		\$	8%
Lands' End \$25, \$100		\$	16%	Pier 1 Imports \$25		\$	9%
Lands' End Kids \$25, \$100		\$	16%	Pottery Barn \$25, \$100		\$	8%
Lands' End School \$25 \$100		\$	16%	Pottery Barn Kids \$25, \$100		\$	8%
Lane Bryant \$25		\$	8%	Williams-Sonoma \$25, \$100		\$	8%
Limited \$25		\$	9%	Home Improvement	QTY	Total	Rebate
Marshalls \$25, \$100		\$	7%	Lowe's \$20, \$25, \$100 \$500, \$1000		\$	4%
Maurices \$20		\$	7%	The Home Depot \$25, \$100, \$500, \$1000		\$	4%
Men's Wearhouse \$25		\$	8%				
Old Navy \$25, \$100		\$	14-19%	Grocery	QTY	Total	Rebate
OshKosh \$25		\$	10%	Shaw's Supermarket \$25, \$100		\$	4%
Payless Shoes \$20		\$	13%	Whole Foods Market \$25, \$100		\$	3%
T.J. Maxx/Marshalls/HomeGoods \$25, \$100		\$	7%	Service	QTY	Total	Rebate
Talbots \$25		\$	13%	Regis Salons \$25		\$	8%
Under Armour \$25		\$	11%	Supercuts \$25		\$	8%
				Gas & Auto	QTY	Total	Rebate
				Advance Auto Parts \$25		\$	7%
Department Store	QTY	Total	Rebate	Autozone \$25		\$	8%
Bloomingdale's \$25, \$100		\$	12%	Circle K		\$	1.5%
Bon-Ton \$25, \$100		\$	8%	Exxon \$50, \$250		\$	1.5%
Goody's \$25		\$	8%	Gulf Oil \$25		\$	1.5%
jcpenny \$25, \$100		\$	5%	Jiffy Lube \$30		\$	8%
Kohl's \$25, \$100		\$	4%	Irving Oil \$50		\$	2%
Macy's \$25, \$100		\$	10%	Mobil \$50, \$250		\$	1.5%
Sears \$25, \$100, \$250		\$	4%	Pep Boys \$20		\$	4%
Sears Auto Service \$25, \$100, \$250		\$	4%	Shell \$25, \$50, \$100		\$	2.0%
Target \$25, \$50, \$100		\$	2.5%	Sunoco \$50, \$250		\$	1.5%
Walmart \$25, \$100, \$250		\$	2.5%	Texaco \$50, \$100, \$250		\$	1.5%

Dining - On The Go	QTY	Total	Rebate	Dining - Casual	QTY	Total	Rebate
Arby's \$10		\$	8%	99 Restaurants \$25		\$	13%
Burger King \$10		\$	4%	Applebee's \$25, \$50		\$	8%
Chipotle Mexican Grill \$10		\$	10%	Buffalo Wild Wings \$10, \$25		\$	8%
Cold Stone Creamery \$10		\$	8%	Chili's Grill & Bar \$25, \$50		\$	11%
D'Angelo Grilled Sandwiches \$10		\$	10%	Chuck E. Cheese \$10		\$	8%
Dairy Queen \$10		\$	3%	Cracker Barrel \$10, \$25		\$	9%
Domino's \$10		\$	8%	Denny's \$10		\$	7%
Dunkin' Donuts \$10, \$25		\$	3%	IHOP \$25		\$	8%
Krispy Crème \$10		\$	8%	LongHorn Steakhouse ® \$25		\$	9%
Little Caesar's Pizza \$20		\$	9%	Macaroni Grill \$25, \$50		\$	11%
Panera Bread \$10, \$25		\$	10%	Olive Garden @ \$25		\$	9%
Papa Gino's Pizzeria \$10		\$	8%	Outback Steakhouse \$25, \$50		\$	8%
Papa John's Pizza \$10		\$	8%	Panda Express \$25		\$	8%
Starbucks \$10, \$25		\$	7%	Pizzeria Uno \$25		\$	12%
SUBWAY® Restaurants \$10, \$50		\$	6%	Rainforest Cafe \$25, \$100		\$	9%
Taco Bell \$10		\$	5%	Red Lobster @ \$25		\$	9%
Wendy's \$10		\$	4%	Ruby Tuesday \$25		\$	8%
				Texas Roadhouse \$25		\$	8%
				TGI Fridays \$25		\$	9%
				Uno Pizzeria & Grill \$25		\$	12%
Specialty Retailer	QTY	Total	Rebate	Online & Catalog	QTY	Total	Rebate
AC Moore \$25		\$	5%	1-800-Baskets \$50		\$	12%
Babies"R"Us \$20, \$100		\$	3%	1-800-Flowers \$50		\$	12%
Bath & Body Works \$10, \$25		\$	13%	Amazon.com \$25, \$100		\$	3%
B.O.B \$25		\$	5%	Dell Computer \$100		\$	4%
Build-A-Bear Workshop \$25		\$	8%	Fruit Bouquets \$50		\$	12%
Container Store \$25, \$100		\$	9%	Golf Galaxy \$50		\$	4%
CVS/pharmacy \$25, \$100		\$	6%	Groupon.com \$25		\$	7%
Discover® Universal Gift Card \$50, \$100, \$250		\$	1.25%	Harry London Chocolates \$50		\$	12%
Fannie May Candies \$10		\$	25%	iTunes® \$15, \$25		\$	5%
GNC \$25		\$	8%	Nike \$25		\$	12%
Guitar Center \$25		\$	4%	Omaha Steaks \$25		\$	11%
Hallmark \$25		\$	4%	Oriental Trading \$25		\$	9%
Jo-Ann Fabric and Craft Stores \$25		\$	6%	Overstock.com \$25		\$	8%
Michaels \$25		\$	4%	Popcorn Factory \$50		\$	12%
PetSmart \$25		\$	4%	Restaurant.com \$20		\$	50%
Rite Aid \$25		\$	4%	Shutterfly \$25		\$	9%
Sally Beauty Supply \$25		\$	12%	Zappos.com \$25 \$100		\$	8%
Sephora \$20		\$	5%				
Sunglass Hut \$25		\$	12%	Discount Store	QTY	Total	Rebate
Tanger Outlets \$25		\$	8%	Bby Dpt at Burlington Coat \$25		\$	8%
Toys"R"Us \$20, \$100		\$	3%	Burlington Coat Factory \$25		\$	8%
Walgreens \$25, \$100		\$	6%	Kmart \$25, \$50		\$	4%
				Sam's Club \$25, \$100, \$250		\$	2.5%

Rebate % shown is the amount the retailer donates to Project Graduation.

Gift cards are available in the denominations listed for each retailer.

Please make checks payable to PRHS Project Graduation Class of 2017

Return this completed form along with payment to your Project Graduation committee member

and don't forget to make arrangements to get your gift cards when the order comes in!

Other retailers may be available-if you don't see one you want-please ask!

Questions? Email Belinda Garon at duboisbelinda@aol.com

Thank you for supporting PRHS's Class of 2017 Project Graduation!



Need time to shop for the Holidays, decorate, wrap presents, just a little me time during this hectic time of year?

Don't miss this BABYSITTING EVENT!

Put on by parents of seniors at PRHS. All proceeds go to 2017 Project Graduation Fund
Drop off the kids and let us entertain them

Crafts

Movies

Games

Snacks



Sunday Dec.11

Minot Consolidated School

12 P.M. – 5 P.M.

\$25 for first child and \$20 each additional child - Checks payable to Poland Regional High School, memo to Project Graduation

To reserve a spot for your child(ren) enclose this form with check, mail to Wendy Simard at Minot Consolidated School, 23 Shaw Hill Rd, Minot ME 04258. For questions, call Wendy at Minot School, 346-647 (ext. 211) or email to simard5@live.com
Information to be given at sign-up

Child's Information

Name: _____ Age: _____

Parents' names: _____

Emergency Contact (names and #s)

1) _____

2) _____

Allergies? _____

Who will be picking up your child? _____

Any medical or behavioral concerns? _____

KNIGHTS PRIDE BOOSTERS

We are a dedicated group of parents & community members who are interested in bringing a higher level of awareness to the booster club so we can help the Students of WMS and PRHS with any Co-curricular / Athletic club.



What an AMAZING Fall 2016 season we had! The concession stand was hopping as **volunteers worked 285 hours to earn money for 19 different middle school & high school co-curriculars!** Thank you to everyone who worked, donated food items, and made purchases!

The Winter 2017 schedule is up and there are PLENTY of opportunities to continue to earn money for the co-curricular of your choice! Use the information below and be sure to follow Knights Pride Boosters on Facebook!

Knights Pride Boosters shout outs to our Lady Knights Field Hockey & Knights Boys Soccer teams who were EACH AWARDED the MPA Class B South Sportsmanship Awards in their sports. Community, Character, and Citizenship....way to go, we are so proud of you!



Sign up for PRHS Boosters

@ <http://signup.com/go/1Gsztz>

We're using SignUp.com to organize our upcoming SignUps.

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <http://signup.com/go/1Gsztz>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

Call Sue @212-7710 or email minotcallahan@aol.com for help/ questions! Thank you!

