

# Poland Regional High School

1457 Maine Street  
Poland, ME 04274  
(207) 998-5400  
[www.rsu16.org](http://www.rsu16.org)

## The Knightly News



## Dates to Remember

<b>Feb 4</b>	<i>Speech and Debate Tournament</i>
<b>Feb 10</b>	<i>Indoor Track WMC Championships at USM</i>
<b>Feb 17</b>	<i>Winter Carnival</i>
<b>March 5</b>	<i>Proj. Grad. Bracelet event at Minot Consolidated School</i>
<b>March 15-17</b>	<i>Gran Turismo</i>
<b>March 20</b>	<i>Pitchers and Catchers</i>
<b>March 27</b>	<i>Spring Sports begin</i>

### Contents

Principal	pg. 2
Assistant Principal	pg. 3
Counselor's Corner	pg. 4
Co-Curricular	pg. 5

Greetings PRHS families!

- ★ **Tuesday, January 24 marked the beginning of semester 2.** Your student may have changed some classes and picked up some new teachers. Please log into Infinite Campus to see their new schedule or contact the main office or his/her Roundtable teacher to get information on possible changes.
- **The first grade report for second semester will happen on Wednesday, March 8** and this will be a Habits of Work Grade.
- We will be **mailing home reports cards**. This report card will be a transcript of all of your child's grades during their high school career, this semester's grades, and a current Grade Point Average. If your child earned a NC (No Credit) in any course, please consult Infinite Campus to read the teacher comments. Included in this mailing will be any bills your child owes. Please call us if you are unclear about what the charges are or if you feel a mistake was made. To the **families of seniors**, please remember that all bills must be paid before graduation.
- **Course sign ups for the 2016-2017 school year** will be occurring after February vacation. This is an important process that should inspire discussion at home. Courses that students select should help them achieve future goals and allow them to access their college of choice and/or other programs after high school. Students will be signing up for courses on Infinite Campus and you can see what they choose by logging in to your Campus parent portal. Our 2017-2018 Course of Studies will be on you student's iPad by the end of this week and will be available on the school's website. Please contact your child's guidance counselor if you have questions about the course registration process. Please note that at **student led conferences in March**, you will be able to sign off on your child's course selections for next year.
- **Winter Carnival** will be held on Friday, February 17 and the dance will be held that night from 7-10 pm. This is one of the highlights of the school year so please make sure your child attends school. Students may not attend the dance if they are not in school that day.

Cari Medd

Principal

[cmedd@rsu16.org](mailto:cmedd@rsu16.org) 998-5400 x 129

The school community has finished the semester and is moving on to the celebrations, traditions, and big events of spring. Students who did not pass core courses first semester may be referred to summer school to earn credit. Please see below for a description of summer school and the family’s responsibilities.

**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 began counting on January 3, and right now the juniors are in first and the freshmen are a close second. Every day matters!

**No-Dance Rules:** We have our two biggest dances of the year in the spring semester: 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, 10<sup>th</sup> 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.**

**Summer School:** Summer school allows students to recover credit they missed during the school year. There is no fee for summer school. Students are referred to summer school by their teachers and notified in May or June. However, students who do not pass standards during first semester can assume that they will be attending summer school to make up the work. We are planning to run summer school for four weeks, three days a week, starting the week after July 4<sup>th</sup>. If you have questions, please contact your child’s school counselor or me.

**Closed Campus:** A reminder that once students arrive on campus, they are required to remain on campus unless dismissed by a parent/guardian who has notified the office.

Please contact me at [pflynn@rsu16.org](mailto:pflynn@rsu16.org) or 998-5400 x120 if you have questions or comments.

Patrick Flynn  
Assistant Principal

It never seems to slow down... we are off and running into the second semester! Spring must be soon!!

- ❖ We were successful in getting the sophomore class to CMCC for the **Androscoggin Career Fair**. They sat in on workshops for two different careers of their choosing and got great insights for their Sophomore Exhibitions.
- ❖ We will automatically be sending **midyear grades** to all the colleges that any senior has applied to so far. Those should go out once grades are posted for the semester.
- ❖ **Second semester schedules** are posted on Infinite Campus. Students will need to make sure that they have a full schedule. There was a brief add/drop period for second semester classes until January 27.
- ❖ **PSATs** are back! Students who can log into their College Board account can find their scores there. All juniors and sophomores should have set up College Board and Khan Academy accounts through their RTs. We do have paper versions of their scores available to pick up. All students have free access to Khan Academy for SAT prep now!
- ❖ **3<sup>rd</sup> YEAR STUDENTS!** New for you only! **SATs are April 5, 2017**. Yes, that is on a school day!! ALL 3<sup>rd</sup> year students are required by the state to take this test for **FREE!** It will count for college admissions. More information will be coming.
- ❖ **10<sup>th</sup> and 11<sup>th</sup> GRADERS!** The application process for **Lewiston Regional Technical Center (LRTC)** will be starting! Rob Schmidt presented to the whole sophomore class on January 26. Following this will be a **trip to LRTC for interested students to visit the programs on Feb. 2**. Students should check in with their counselor now if they are interested in applying to LRTC for next year. Pick up an information packet on how to apply to LRTC, as well as a permission slip for the trip. Go to <http://lewiston.maine.cte.org> for more information on the individual programs.
- ❖ Plans are on for the **March 15--17 Gran Turismo to visit colleges** in the New England area with interested juniors (and maybe sophomores if there is room). We will take a charter bus to select colleges.
- ❖ Thank you for those of you who helped us get **40 PRHS alumni here for Alumni Day 2017**, from the class of 2010 to last year's class of 2016. They were placed in small groups to talk with Roundtables, grades 9-12. It was refreshing to hear their insights and experience post-PRHS, and reaffirming to hear that things like Senior Celebration and Sophomore Exhibition really helped them on the job and in college! We especially like having our alumni who are in the military and at work represented to talk about their experiences.

PLEASE FEEL FREE TO CONTACT YOUR CHILD'S COUNSELOR WITH QUESTIONS OR TO SET UP AN APPOINTMENT TO GO OVER ANY OF THIS - 998-5400 ext. 102

**Carrie Rhoads** (students with last names A-F) Ext. 125 [crhoads@rsu16.org](mailto:crhoads@rsu16.org)  
**Hillary Bush** (students with last names G-M) Ext. 101 [hbush@rsu16.org](mailto:hbush@rsu16.org)  
**Corey McFadden** (students with last names N-Z) Ext. 106 [cmcfadden16@rsu16.org](mailto:cmcfadden16@rsu16.org)

ALSO CHECK THE GUIDANCE WEB PAGE FOR MORE INFORMATION, INCLUDING SCHOLARSHIPS, FINANCIAL AID, SAT/ACT INFORMATION, READING LISTS, & MORE! It can be found off the main PRHS web page or at <http://teacherweb.com/ME/PolandRegionalHighSchool/GuidanceDepartment/index.html>

Thank you to all of our kids for their great efforts on the ice, hardwood, mat and at the track. Kids do put in many hours of practice and it has been pleasing to see how hard they work. Every bit of encouragement helps, we look forward to seeing our kids in the playoffs. Good luck Knights! And Patriotic Knights!!

I wish to thank the local businesses that continue to support our PRHS programs. You are part of the team here at PRHS.

**Winter Sports**-Tournament time is rapidly approaching. Good luck to Coach Sarah Watson and our PRHS Knights Cheer squad. They are competing at Regionals on January 28.

Basketball is here and we have had several home games already. Fans have been supportive and our kids are working hard. At press time, our boys are putting an effort to gain momentum to qualify for a prelim, while our girls are looking to finish the regular season strong. Layoffs begin the week of February 13 and continue into February break.

The Red Hornets Girls Hockey Team have four of our Knights participating. Maddy Simard (Sr), Brianna Doucette (So), Taylor Cailler (So) and Madison Cote (So) have been a big part of the team's success. With 5 games to go, the team is 9-3-1. Great job!

The boy's ice hockey team has decided to call themselves the 'Kings'. They are improved and have a 4-3-1 record at press time. Trent Vaillancourt is a great PRHS representative on the team.

Unified Basketball will play 8 games this year. Home games are:

February 6	HM vs. Oxford Hills
February 14	HM vs. Edward Little
March 7	HM Freeport

Indoor Track will be competing at the WMC Championships on Friday February 10 at USM, and then those that qualify at the State Championship on Saturday February 18 at Bates College.

**Spring sports** season begins March 27. For those planning trips, here is some important information: Pitchers and catchers for baseball and softball week will begin March 20, all other practices Baseball, Softball, & Outdoor Track begin March 28. There will be practices and games during April vacation for our high school programs.

**Attendance**- Players and parents are reminded that students must be in school in order to be eligible for practice and games. Athletes are reminded that they are student-athletes, and that they are students first. Students must be in school before the end of first block to be eligible to participate unless other arrangements have been made for doctors' appointments. Students must be in school for the entire day as well unless for an appointment.

## Co-Curricular

The Community Service Learning Club has been making their presence known at the veteran's home in South Paris. Mr. Crosby and his kids made special trips at Thanksgiving and just before Christmas to spend some time with some deserving folks. They have also been helping with the shopping and packing for the Back Pack Program.

We hope you had a chance to attend the Holiday Concert. Our band and chorus performed and entertained an auditorium full of enthusiastic supporters!

Both the Speech and Debate, and Math Teams are in the middle of their seasons. Our kids are enjoying traveling (and hosting) other schools to match skills. If you have never been, our Speech and Debate team hosts a meet at PRHS on February 4.

# 2017 PROJECT GRADUATION COMMITTEE UPDATES

## ATTENTION SENIOR PARENTS WE NEED YOU!

Every year the parent's of the senior class are responsible to host a great night of fun and entertainment for the graduates on Graduation Night.

[This year our event is on Saturday June 10<sup>th</sup>!](#)

All parents / guardians of the Class of 2017 are invited to be a part of this team. You can help at one event or many! We have already had a Yard Sale, Flamingo Flocking, Pasta Fundraiser, Bake Sale, Gift Card Fundraiser, Fire Pit Raffle, and Lobster Raffle to name a few. To date we have raised \$7900 toward our goal of \$16000. But we still have work to do!

To volunteer for upcoming events please reach out to Chelsie Lohmann, Michelle Emery, Wendy Simard, Tammy Gary, Allie Pratt, Jill Ainaire, Wendy Gilpatric, Belinda Garon or Joan Walton.

## UPCOMING EVENTS

*BUTLER HILL BEADS BRACELET  
EVENT - MARCH 5<sup>TH</sup>*

*KNIGHT AT THE IMPROV – MARCH 24<sup>TH</sup>*

*SCRAPBOOKING EVENT – TBD*

We are asking for donations for an upcoming auction/raffle event. Items wanted are gift cards, craft items, gift baskets, or service certificates. Or did you receive something for the holidays you just don't know what to do with, consider donating it to our auction/raffle event. Every little bit helps!

**\*\*\* We will be sending out another gift card order on February 15<sup>th</sup>. Please turn your orders into Belinda Garon or the PRHS front office. \*\***

The \$20.17 Check Campaign Contest will come to an end on March 17<sup>th</sup>. The roundtable that raises the most money will earn themselves a prize!

Current Standings:

1<sup>st</sup> Place – Mrs. Broyer

2<sup>nd</sup> Place – Mr. Williams

3<sup>rd</sup> Place – Mrs. Hodgkins, and Mrs. Williamson(TIE)

Please turn into the school with the student's name and roundtable.

## ONGOING BOTTLE DRIVE

**DAD'S PLACE IN  
MECHANIC FALLS**

**Just let the clerk know you  
would like to donate your  
return to PRHS Project  
Graduation!**

## WE WOULD LIKE TO THANK THE FOLLOWING BUSINESSES AND INDIVIDUALS FOR THEIR

Double R Crane Services

Cote Crane

Downeast Machine

Rainbow Federal Credit Union

Main Land Development Consultants

Mark Lohmann

For meetings, events, and more information please check out our PRIVATE Facebook page at: PRHS Project Graduation 2017

**DID YOU KNOW:** The average fundraised cost for each senior is about \$225 for the night's event.

# PROJECT GRAD FUNDRAISER PRHS 2017

MAKE-AND-TAKE A BRACELET WITH BUTLER HILL BEADS



SUNDAY, MARCH 5TH

MINOT CONSOLIDATED SCHOOL

2-4 OR 4:30 TO 6:30

\$25.00 PER PERSON

BAKE SALE

To reserve a spot, fill out the following form and send either cash or check to:

Tammy Gary  
Minot Consolidated School  
23 Shaw Hill Road  
Minot, ME 04258

\*Make checks payable to  
Poland Regional High School  
(memo: project grad)

\*For more information, call  
Tammy Gary at (207)344-4878

-----  
Name: \_\_\_\_\_

Time: \_\_\_\_\_ 2-4 or \_\_\_\_\_ 4:30 to 6:30      Amount Paid: \_\_\_\_\_

Number of people attending: \_\_\_\_\_

*Are you afraid to use your credit card for in- store or online purchases due to identity theft?*

*Do you have a home improvement project coming up?*

*Are you ready to buy that new TV for the family room?*

*Does your college student need gas cards?*

*Are you planning on taking a Disney vacation?*

*Do you frequent Dunkin Donuts, Subway or Starbucks?*

If you answered yes to any of these please consider purchasing gift cards from Project Graduation. When making these purchases you could help Project Graduation by purchasing gift cards from us and we would receive a rebate from purchases you would normally make anyway.

For instance if you have a \$300 home improvement project and purchase cards from us for Lowe's or Home Depot, project graduation would receive \$12 in rebates. Or if you plan on purchasing that new TV at Best Buy and purchase \$250 in gift cards we would receive \$10.

We have a long list of gift cards to choose from and each one has a different rebate. There are Clothing stores, Electronics, Sporting Goods, Home Improvement, Gas, and Restaurants.

*The next order will be sent out on February 15<sup>th</sup> and returned about February 27<sup>th</sup>.* To place an order simply fill out the order form and send to Poland Regional High School along with payment. If you have any questions please email Belinda Garon at [duboisbelinda@aol.com](mailto:duboisbelinda@aol.com)





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

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](mailto:duboisbelinda@aol.com)

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



# Poland Regional High School

1457 Maine Street, Poland, Maine 04274

ph:207.998.5400 fax:207.998.5060

**Cari Medd**  
Principal  
cmedd@rsu16.org

**Patrick Flynn**  
Assistant Principal  
pflynn@rsu16.org

**Don King**  
Dir. of Co-Curricular Activities  
dking@rsu16.org

1-11-2017

Dear Parent:

In February, the **9-12** grade students in our school will be taking part in an **anonymous** survey. An anonymous survey is when the students do not give us their names. About 96,000 Maine students have been asked to take the survey. The survey will take about one class period. Below are the answers to some questions you may have about this survey.

**What questions are asked on the survey?**

The survey asks questions about health and health related behaviors. Some of the topics included are:

Asthma                      What the student eats                      Physical activity                      Smoking                      Drinking  
Other drugs                      Preventing sunburn                      Disabilities                      Fighting and bullying  
Sex (grades 7-12 only)                      Depression and suicide (grades 7-12 only)                      Gambling (grades 7-12 only)

It also asks about factors at school, in their community, in their family and among their friends which may support or threaten a student's healthy choices. These questions include topics such as:

Whether a student is likely to get caught if they are using tobacco or drugs  
Whether their friends use drugs  
Whether they take part in clubs or community service  
What support and rules they have at school and at home

**Where does the survey come from?**

The survey is the joint effort of the Maine Department of Health and Human Services (DHHS) and the Maine Department of Education (DOE). This survey will be used to learn more about all Maine students. The results may be used to get funding, to help decide what programs to offer, or to judge how well current efforts are working.

**Why should my child take this survey?**

The results of the survey will help state programs, community groups and schools better serve your child.

**How can I be sure that the survey will not harm my child?**

**Your child is free to do the survey or not.**

Some students may find some questions to be sensitive.

Any student can skip any question that he or she doesn't want to answer.

If your child feels upset during or after the survey, school staff will be available to talk and provide resources.

**The survey is designed to protect your child's privacy.**

**What if I have more questions about the survey?**

If you would like to see the survey, you may call the school office to set a meeting time before the survey date, or visit the MIYHS website: [www.maine.gov/MIYHS](http://www.maine.gov/MIYHS).

If you have questions about this survey, you may also call Reid Plimpton (MCDC) at 207-287-5084 or Nick Kamenos (DHHS-OCQI) at 207-626-8688 or Jean Zimmerman (DOE) at 207-624-6687.

If you have questions about your rights or your child's rights as part of this survey, you may call the USM Human Protections Administrator at (207) 228-8434 and/or email [usmorio@maine.edu](mailto:usmorio@maine.edu). The Institutional Review Board (IRB) at the University of Southern Maine has approved the use of this survey. The IRB is responsible for protecting the rights and welfare of survey participants.

If you do not wish your child to take the survey, please contact the school office. If we do not hear from you, your consent to your child's participation is assumed. Your child may also decide not to take the survey on the day it is conducted.

Sincerely,

Cari Medd  
Principal

**Tina Meserve**  
Superintendent  
tmeserve@rsu16.org  
207.998.2727

# KNIGHTS PRIDE BOOSTERS

*knightsprideboostersprhs@gmail.com*

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.



**Next meetings**  
**February 1st,**  
**March 2nd, April**  
**6th, May 4th &**  
**June 7th 2017**  
**@6:30pm in the**  
**Cafe!**



HUGE Knights Nation shout out to the Community Service Club! They have routinely been helping to organize & fill 68 backpacks for the Mannafed Backpack program housed @ Elm St. This amazing program, run by Rose Frost, helps to bridge a hunger gap in our RSU and benefits students at EACH of our schools. This is just part of the group that most recently participated. While there were several "core" members, there were almost as many who said they'd just come help out the day Sr Crosby asked for additional helpers. Character, Citizenship & Community....THANK YOU community service! (yes...this co-curricular is eligible to earn \$\$ through boosters, too!)



## **WARNING!!**

Time is running out to volunteer with Boosters to earn money for the co-curricular of your choice in 2016-17! Sign up online at <http://signup.com/go/1Gsztz>, or contact Sue Callahan @212-7710 or [minotcallahan@aol.com](mailto:minotcallahan@aol.com) TODAY!



## **ATTENTION ALL SENIORS & PARENTS!**

Don't forget about the 2nd Annual Knights Pride Boosters Scholarship. We will be awarding a \$500 scholarship to a graduating male & female from the class of 2017. FMI visit the Boosters website and/or see guidance!

**Deadline for submission is April 29th.**

# MENUS FOR FEBRUARY 2017

GROUNDHOG DAY  
FEBRUARY 2ND

RSU 16 BWMS &  
PRHS



This institution is an equal opportunity provider.  
Menus are subject to change.

*Available Daily*

**Deli Sandwiches**  
Ham or Salami Italians  
Egg Salad  
Chicken Salad  
Turkey Italians

**Fresh Fruit & Salad Bar**  
Apples, Bananas,  
Kiwi, Oranges, & more  
Pasta Salad  
Fresh Veggies

**Yogurt Parfaits**  
Vanilla Yogurt, Blueberries,  
Strawberries & Granola

**Your Favorite Spud**  
Spiral, Wedge, Tot, or Fries

**Milk & Juices**

## Featured Specials of the Day

### Wednesday, February 1

Orange French Toast/Sausage  
Bosco Sticks  
WG Pretzel w/ Cheese  
Roasted Broccoli

### Thursday, February 2

Meat Ball Sub  
Corn Dogs  
Hamburger/Cheese Burger  
Carrots

### Friday, February 3

Pepperoni Pizza  
Hot Dogs  
Fish Sandwich  
Baked Beans

**happy birthday**

What a difference a decade makes.

Ten years ago this winter, Apple debuted its new "iPhone." Previous portable phones had mostly been just that – pocket telephones with some basic (and cumbersome) text messaging capability.

Suddenly, anyone with an iPhone (or any of the other smartphones to follow) had an entire computer in their pocket. The world would never be the same.

How would your life be different today without smartphones?

## HAPPY FACE= HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

## Featured Specials of the Day

### Monday, February 6

Chili/ Corn Muffin Tops  
Chicken Nuggets  
Quesadilla  
Southwestern Corn

### Tuesday, February 7

Cheese Burger Sliders  
Chicken Patty Sandwich  
French Bread Pizza  
Green Beans

### Wednesday, February 8

Shepherds Pie w/ Roll  
Bosco Sticks  
Fish Nuggets  
Broccoli

### Thursday, February 9

Buffalo Chicken Wraps  
Quesadilla  
Corn Dogs  
Black Beans

### Friday, February 10

Meat Lovers Pizza  
Hot Dog  
Chicken Tenders  
Sweet Potato Fries

# eatfit

wanna stay fit?  
gotta eat right!

**t**he 10 items listed here are among the many delicious foods that are also good for heart health. You should try to make room for them often on your plate!

Almonds  
Asparagus  
Oatmeal  
Walnuts  
Spinach  
Salmon  
Blueberries  
Strawberries  
Black Beans  
Cantaloupe

## Featured Specials of the Day

### Monday, February 13

Chicken Caesar Wrap  
Cheese/ Hamburger  
Bosco Sticks  
Corn

### Tuesday, February 14

Fish Sticks & Fries  
French Bread Pizza  
Carrots

### Wednesday, February 15

American Chop Suey  
Grilled Chicken Patty  
WG Pretzel W/ Cheese  
Green Beans

### Thursday, February 16

Bacon Cheese Burgers  
Chicken Tenders  
French Bread Pizza  
Broccoli

### Friday, February 17

Veggie Pizza  
Hot Dog  
BBQ Rib Sandwich  
Baked Beans

## Featured Specials of the Day



### Tuesday, February 21

No School  
Vacation

### Wednesday, February 22

No School  
Vacation

### Thursday, February 23

No School  
Vacation.

### Friday, February 24

No School  
Vacation

### Monday, February 27

Chicken Noodle Soup/ Grilled Cheese  
Bosco Sticks  
Corn Dogs  
Carrots

### Tuesday, February 28

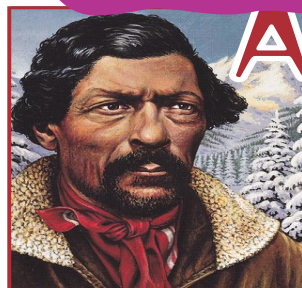
Nachos w/ Meat & Cheese  
Quesadilla  
WG Pretzel w/ Cheese  
Black Beans

Please See Reverse for Items Available Daily

**THE ESHIMA OHASHI  
BRIDGE IN JAPAN  
IS SO STEEP THAT  
IT IS KNOWN AS THE  
ROLLER COASTER  
BRIDGE!**



**STRANGE  
BUT TRUE!**



## A CHIEF OF ALL CHIEFS

Jim Beckwourth was born a slave in Virginia around 1800. He became a legendary mountain man, fur trader, hunter, and explorer in the untamed Western U.S. during the 1820's and 30's. Beckwourth discovered a mountain pass near Lake Tahoe that still bears his name. He spent much of his adult life in the West living with Apaches, Sacs, and other Native Americans, who gave him the name Dark Sky. Beckwourth led the Crows in battle against the Blackfeet and was named "A Chief of All Chiefs" by the Crow Nation. Later, he established trading posts that became the towns of Pueblo, Colorado and Beckwourth, California. Beckwourth died in a Crow village in Montana in 1866.

**AFRICAN AMERICAN HISTORY MONTH**

Want to learn more? Start by going to [Blackpast.org](http://Blackpast.org) or doing a search for Jim Beckwourth.