

Poland Regional High School

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Poland, ME 04274
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www.rsu16.org

The Knightly News



Dates to Remember

AP Exams	May 3 – May 11	See details on page 4
Celebration of Learning	May 18 and 19	See details on page 2
Project Grad 5K	May 13	10am at Minot Athletic Field
Baseball Golf tournament	May 13	12pm @ Fairlawn Golf Club
Prom	May 20	8-11pm
District Budget Meeting	May 23	6:30 pm PRHS auditorium
Band and Chorus concert	May 24	7 pm
NEACAC College Fair	May 25	entire Junior class
Budget vote in towns	June 13	
<i>No early dismissal</i>	<i>June 21</i>	<i>2:10 dismissal</i>
Last day of school	June 22	11am dismissal

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Greetings PRHS families,

Dress code reminder as the weather warms: Please note that our goal is to establish an atmosphere in which students present themselves as successful young men and women with tons of potential to succeed beyond the school walls. Dressing for success is our goal!

- ★ All underwear, including bra straps and underwear waistbands, and must be covered at all times
- ★ Tank top straps, for boys and girls, must be 1" wide
- ★ Shorts and skirts must fully cover rear ends
- ★ Midriffs and backs must be fully covered

Calendar for the rest of the school year:

- The official **last day of school is Thursday, June 22nd**. This day is an early release day for all students and a make up day only for high school students.
- Regular final exams will conclude on Wednesday, June 21st. This will be a regular day of school, NOT an early release.

School Budget Votes are coming up. The **district budget meeting** and vote on the 2016-2017 school budget will be on Tuesday, **May 23 at 6:30 in the PRHS auditorium**. The referendum on the RSU 16 budget will be at your town office **during the day on Tuesday, June 13**. Please make every effort to vote on that day. The district budget must be passed at both the district meeting and at the referendum in order to take effect.

Remember that **Celebration of Learning Days** are scheduled for **May 18 and 19**. If your child is a Sophomore or Senior, please plan to attend their presentation.

- All **9th graders** are required to attend one of those days to help grade sophomore presentations. On the other day, they are expected to participate in a job shadow off campus.
- All **10th graders** are expected to be in school for the entire day of their presentation. They do not need to come to school on the other day.
- All **11th graders** are required to attend school one of those days to help grade the presentations. On the other day, they are expected to participate in a job shadow off campus, a college visit, or finish their community service requirement.
- All **12th graders** are expected to be in school for their presentation only.
- Students enrolled at **LRTC are required to attend their classes at LRTC**. Their presentation will be scheduled so that this can happen.

Please be sure to contact us if you have questions or concerns.

Cari Medd
cmedd@rsu16.org
998-5400

It's time for prom, AP testing, Celebration of Learning, and the fastest six weeks of the school year. We at PRHS are doing our best to support students as they sprint to the finish, and we appreciate the time and energy you give your children at this busy time. Please contact us if you are concerned about your child's performance or stress level.

Attendance: Please remember to call your child's absence or tardy into the main office (998-5400 x124) beforehand or on the same day. If you miss that deadline, please contact us as soon as you can. We are most interested in setting the record straight and excusing absences when they qualify. In order to make sure we report accurate information to the state, we may on occasion request a doctor's note to verify an appointment or an illness.

Prom: Prom is May 20. The student handbook provides the following set of rules for attending Prom:

1. Only 11th and 12th grade enrolled students may purchase tickets. TICKETS MUST BE PURCHASED BEFORE THE DANCE. No tickets will be sold at the door. Enrolled PRHS students in 9th or 10th grade may attend Prom if invited by an 11th or 12th grade student.
2. Guests may be invited, but must be approved by the Assistant Principal no later than the Wednesday before the dance (May 17). “Guests” are defined as students who attend other schools, homeschooled students, or individuals who are no longer in school (9th grade-20 years old).
4. Administration will keep a list of students who are ineligible to attend prom. PRHS students may be ineligible for Prom if they have had any of the following:
 - multiple out-of-school suspensions or suspension for a capital offense since the start of 2nd sem.
 - any unserved disciplinary consequences assigned during second semester (including detentions for tardies)
5. Administration reserves the right to deny attendance to a school dance for any student if the student's attendance will create or exacerbate a dangerous situation, whether or not the student is otherwise eligible to attend.

Summer School: Students are referred for summer school when they have not met standards in core classes during the school year. Students who attend summer school do so until they have met the missing standards, which often does not require attendance for all four weeks.

--Classes covered: math, science, Humanities, and Spanish, sometimes Roundtable

--Dates: Tuesday-Thursday, July 11-Aug 3, 8:00 am-1:00 pm

--Transportation: provided by the district (still being determined)

--Food service: provided by the school (still being determined)

--Fee: NONE! Summer School is free for all students who are referred and attend

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

Patrick Flynn
Assistant Principal

Time just flies at this point in the year. Seniors are making final decisions about their post-PRHS plans and prepping for their Senior Celebrations. Juniors are really gearing up their college searches and polishing cover letters and resumes. Sophomores are prepping for Sophomore Exhibition and freshman are reflecting on surviving their first year in high school.

ACCEPTANCES ARE STILL COMING IN - Congratulations to the class 2017! Your admissions acceptances are impressive!

AP EXAMS start next week!

Wednesday, May 3 – AP English Literature

Thursday, May 4 – AP US Government & Politics

Friday, May 5 – AP US History (AM) & AP Computer Science Principles (PM)

Monday, May 8 – AP Biology

Tuesday, May 9 – AP Calculus AB

Wednesday, May 10 – AP English Language

Thursday, May 11 – AP Statistics (PM)

Meetings for students interested in AP courses for the 2017-2018 year will be held in June. These are mandatory meetings to get the syllabus, summer work, and summer books. See your counselor if you have any questions.

LRTC letters were mailed home during vacation! Students have been so patient through this long decision process! Congratulations to those who are accepted! It was another super competitive year in programs like Automotives, Sheet Metal and Exploring Health Professions. Orientation for students accepted to LRTC for 2017-2018 is **June 13, 2017**. Permission slips will be coming later in May. ***We may still have openings through the rest of the school year, so check the announcements for those postings! Let your counselor, Ms. Bush or Mr. Flynn know if you are still interested in LRTC for next year!***

JUNIORS – We will be taking the whole Junior class to the NEACAC College Fair at the Augusta Civic Center on Thursday, May 25. We will miss parts of the first two blocks of the day. Over 200 colleges and universities will be present, including all the colleges in Maine. No permission slips are required as we are taking the whole class; if you do not want your student to participate in this event, please contact the Guidance Office. For a list of colleges participating, please go to <http://www.neacac.org/spring-fair-schedule> <http://www.neacac.org/>

JUNIORS and 3rd year students– testing is done! Thank you for your patience with the SATs and Science Augmentation testing.

Over 90 **mock interviews** have happened and are happening this spring in the Guidance Office for juniors. Prepared with resumes and questions, our students are impressive! We are sending a big thank you to the representatives from the following organizations: USM, Husson, UMaine, Central Maine Medical Center, Mechanic Savings Bank, McDonald's and Poland Spring Resort! Many thanks to the PRHS parents who help us with these interviews as well!!

Athletics

Parents and athletes-although we will have another active summer for our athletes, the 'hands off' period will begin July 31. Our first practices will be on August 14. During the two-week period, there will be no practices or games, including workouts, for high school programs. This is a great time to plan family activities. Of course, athletes should show up on August 14 ready to go and in good shape.

We will return to our Sunday night Fall Parent/Athlete/Coach meeting at 6:00pm, August 13.

Please remember to have any updated physicals sent in to our school's nurse or athletic office. (They end up in the nurse's office)

I have heard your frustration loud and clear with the current on-line registration process. The current system has been frustrating for all involved. We will have a different system soon.

Athletes and parents of athletes considering college athletics should check out NCAA.org early in their high school experience. Colleges have eligibility policies as well. That site is listed on our BigTeams page along with many other pertinent documents (under the *Parents* tab).

Athletes should pay attention to announcements, as the end of the school year nears, there will be meetings for summer programming.

Congratulations to David Coyne, recently named Boys' Varsity Soccer Coach, and Shannon Briner, Girls' JV Soccer Coach.

Co-Curricular

Congratulations to our Poland Players for hosting another drama production. The hours that are involved in putting on any drama production is incredible. I hope you had an opportunity to get out and support the crew at their recent production of *Birds*.

Congrats to Sigrid Sibley. She will be performing at the all-State Vocal Festival.

Our Instrumental and Vocal Groups will be performing at Poland Spring on June 19 as part of the Poland Spring Concert Series.

The final high school concert for band and chorus will be May 24 at PRHS.

Chelsea Roy, Twilight Smart-Benson, Justin Gagnon and Max Smith-Taylor are gearing up for their trip to Louisville, Kentucky. They will be competing in the National Speech and Debate Tournament Memorial Day weekend.



Celebrate Screen-Free Week!

Screen-Free Week is an annual celebration when families, schools, and communities swap digital entertainment for the joys of life beyond the screen. Instead of watching TV, surfing the web, or playing with apps and video games, they read, play, think, create, get active, and spend more time with family and friends.

Remember, Screen-Free Week is about taking a break from digital entertainment. You can celebrate, and still use devices for work or school. But if screens of any kind interfere with family time (including meals), you may want to rethink how and when you're using them.

Project Graduation 5K

3rd Annual Cassidy's Run



Saturday, May 13th at Minot Athletic Fields.
Shaw Hill Rd. Minot

Start time: 10AM (onsite registration starts @8:30)

\$10 entry fee

Prizes for Top 3 finishers in Male & Female categories

Register by contacting

Chelsie Lohmann= Dragonflyz100@yahoo.com, 329-7853

Nancy Walker= 576-7176



J.M. Morin Earthworks Helps the Class of 2018

With the help of J.M. Morin Earthworks the Class of 2018 pulled off a very successful fundraiser at Poland Regional High School on April 29th. Jeff Morin, owner of Morin Earthworks, provided the junior class with high quality bark mulch at his cost. He also delivered the orders to the school, and even delivered special orders of mulch to homes, all during his busiest season. The class presold the mulch and the fundraiser all culminated in "Spring Day", where people picked up their orders, donated bottles to the class, and were even treated to a donation-based carwash.

The Class of 2018 thanks J.M. Morin Earthworks for being incredibly generous and helpful. Thanks to Jeff and his team the fundraiser was a big success. Please consider J.M. Morin Earthworks for all of your landscaping needs.



Poland Regional High School Knights Baseball
12th Annual Golf Tournament

Saturday, May 13, 2017

12:00pm check-in & 1:00pm start time
Fairlawn Golf Club, Poland, Maine

Shotgun start--Scramble

\$50 per player/\$200 for a team of 4
Includes greens fees, cart and dinner!

50/50 • Contests • Prizes • Banquet



Registration and payment must be received by May 4 Please!



If you don't have a full team of four, we will add you to other single players during registration.

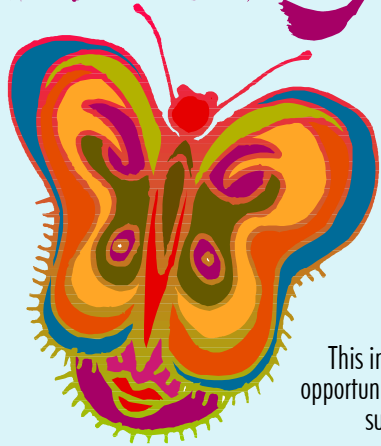
Player Name	Address	Phone Number/Email	Handicap
1.			
2.			
3.			
4.			

Please make checks payable to **PRHS Baseball** and mail completed registration form and payment to:
Knights Baseball Golf Tournament, c/o Sue Callahan 213 Verrill Road Minot, Maine 04258

For More Info Contact: Sue Callahan
212-7710/ minotcallahan@aol.com

Menus for May 2017

**PRHS &
BWMS
RSU 16**



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

Grab & Go

Chef, Caesar & Garden Salads

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

Monday, May 1

Beefy Nachos w/Cheese
Pretzels
Quesadilla

Tuesday, May 2

Steak Subs
Sautéed Onions & Peppers
BBQ Rib Sandwich
Chicken Patty

Wednesday, May 3

Mac & Cheese
Chicken Tenders
Tuna Burger

Thursday, May 4

Buffalo Chicken Wrap
Cheese/Hamburger w/Roll
Bosco Sticks

Friday, May 5

Cheese or Pepperoni Pizza
Hot Dog w/Roll
Fish Sandwich

Thanks, Mom!



Happy Mother's Day Sunday, May 14

SCHOOL LUNCH SUPERHERO DAY

MAY 5TH



**AND
SCHOOL
NUTRITION
EMPLOYEE
APPRECIATION
WEEK
MAY 1-5**

Featured Specials of the Day

Monday, May 8

BBQ Chicken
Potato Salad
Quesadilla
Fish Nuggets

Tuesday, May 9

Open Face Hot Turkey Sandwich
Bosco Sticks
Corn Dog

Wednesday, May 10

Sweet & Sour Chicken w/Rice
Deep Dish Pizza
Pretzel w/Cheese

Thursday, May 11

Steak Subs
Sautéed Onions & Peppers
Grilled Chicken Sandwich
Tuna Burger

Friday, May 12

Meatlovers or Cheese Pizza
Hot Dog w/Roll
BBQ Rib Sandwich

eat+fit

wanna stay fit? gotta eat right!



item: peanuts in the shell
verdict: snackalicious

tip: Unsalted peanuts in the shell are a healthy snack! They're loaded with monounsaturated fat – the fat that's good for you – as well

as lots of fiber and as much antioxidants as most fruits. Plus they fill you up quick, so snack away! As for peanut butter – that's good, too, but try to wean yourself off the kind with added salt and sugar and go for peanut butter with just one ingredient – peanuts!



Based on about 35 peanuts in the shell.

Featured Specials of the Day

Monday, May 15

Meatball Sub
Chicken Patty
Deep Dish Pizza

Tuesday, May 16

Beefy Nachos w/Cheese
Quesadilla
Pretzels w/Cheese

Wednesday, May 17

Pulled Pork Sandwich
Cheese/Hamburger
Corn Dog

Thursday, May 18

Popcorn Chicken Bowl w/Mashed & Corn
Bosco Sticks
BBQ Rib Sandwich

Friday, May 19

Buffalo Chicken or Cheese Pizza
Hot Dog w/Roll
Fish Nuggets

Don't be fooled by the apron.

There are special folks on the staff at our school whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure you stay healthy and ready to learn. And, amazingly, these members of our educational team perform all of these impressive feats while wearing an apron! Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to your educational success.

It's really a very simple recipe: research shows that when you eat well, you learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, and we hope you are, too. Please show them that you're proud of them by taking a moment to say "thanks" next time you see them. And don't be fooled by the aprons – these folks help work miracles for you every day!

School Meals

We serve education every day™

RSU 16 Nutrition Services

Featured Specials of the Day

Monday, May 22

(Real) Bacon Cheese Burger
Grilled Chicken Sandwich
Tuna Burger

Tuesday, May 23

BBQ Chicken
Deep Dish Pizza
Pretzel w/Cheese

Wednesday, May 24

Steak Sub
Sautéed Onions & Peppers
Bosco Sticks
Corn Dogs

Thursday, May 25

Pasta w/ Meat, Cheese or Marinara Sauce w/Roll
Chicken Patty Sandwich
Quesadilla

Friday, May 26

Meatlover or Cheese Pizza
Hot Dog w/Roll
Fish Sandwich

Monday, May 29

MEMORIAL DAY ☼ NO SCHOOL TODAY

Tuesday, May 30

Tomato Soup & Grilled Cheese
Chicken Patty Sandwich
Bosco Sticks

Wednesday, May 31

Shepherds Pie w/Roll
Deep Dish Pizza
Fish Patty

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BY THE NUMBERS
THE PERCENTAGE OF TEENS WHO REPORT THAT THEY DO NOT WATCH PROFESSIONAL SPORTS ON TV.