

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

**✓ MARK YOUR
CALENDARS!**

Dates to Remember

Workshop day
Columbus Day
FamilyID winter sports registration opens
PSAT day
Senior parent night
Junior Community Service Day
Guidance Late night
Financial Aid/FAFSA help

Friday, Oct 6 no school
Monday, October 9 no school
October 10
October 11 Gr 10 & 11 testing, gr 9 & 12 activities
October 11 6pm
October 19
October 25 2-6pm
October 30 6pm @ Auburn Public Library

Girl's Ice Hockey 1st practice November 7
First practice for all other HS sports November 20

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Greetings PRHS families and students,

We have had a great start to the school year! Here is some quick information about our school which we reported to the school board in September:

- ★ We have **61** (56 in 16-17, 51 in 15-16) students enrolled at LRTC
- ★ We have **30** (17 in 16-17, 20 in 15-16) students enrolled in college classes first semester
- ★ **2** students are enrolled in an AP4ALL course (online AP course offered through the state)
- ★ Last spring **86** (67 in 16-17, 77 in 15-16) students took 119 AP exams (71 in 16-17, 108 in 15-16). 51% (41% in 16-17, 38% in 15-16) of the students earned a 3 or better (3 is passing).
- ★ Our current enrollment is **484**.

Teacher Professional Development

The primary use of our professional development time on Wednesday afternoons and workshop days will be focused on assessment. Assessments are the tests, quizzes, projects and papers that your students complete throughout the year to demonstrate their new learning. As the district continues to write our K-12 curriculum, teachers will be writing, revising and reviewing every assessment students take to ensure that it is appropriate, rigorous and worthy of your child's time and energy. We are also working on our continued adoption of [Restorative Practices](#) to ensure that the school culture is as positive and productive as possible.

School Calendar Notes

- Friday, October 6 is a workshop day, and Monday, October 9 is a holiday.
- Wednesday, October 11 is PSAT test day for **sophomores** and **juniors**. **Freshman and seniors are expected to attend** school that day for their own class activities. This is a regular, FULL day of school!
- Thursday, October 19 is Junior Community Service Day.

Grades and Reminders

- **Habits of Work (HOW)** grades will be posted and available for students and parents on Wednesday, October 4.
- **Parents of seniors**, progress report grades DO get reported to colleges during the application process.
- Please visit the [parent section of our website](#) for information about grading practices at PRHS and eligibility.

Don't hesitate to call or email if you have questions or concerns.

Cari Medd, Principal

998-5400 x 129

cmedd@rsu16.org

“Character, Community, Citizenship”

Here at the start of autumn, the school year has ripened and we are moving quickly toward the end of the first quarter, October 27. This is a good time for a few reminders.

Attendance: Please remember to call your child’s absence or tardy in to the main office (998-5400 x124) beforehand or on the same day. This helps in several ways:

- avoid a consequence being late or missing a day
- avoid truancy
- students receive work from their teachers faster
- students get extensions on some work assigned the day of the absence

There is no substitute for time in the classroom, so please contact us if you struggle with getting your child to come to school. Our attendance rate this year is below the same time last year by half a percentage. Please encourage your child to attend school every day and call us if you need support.

Mentoring Program: The program has started again with both new and returning pairs of mentors/mentees. We are continuing our program from last year having high school students mentoring middle school and younger high school students. The goal for both programs is to ease the transition to high school and help our older students develop leadership skills. The result is a more welcoming and comfortable culture here at PRHS. If your child is a mentor or mentee, please contact me with questions or concerns about the program.

Digital Citizenship Curriculum: Students have already completed the first of four curriculum units, a quick primer on using email responsibly. We will be using materials from CommonSense Media again this year for the rest of the work. The second lesson, Cyberbullying, will be completed in October. The Legal Use unit will fit into the schedule where it makes the most curricular sense for each grade level. There is generally no homework associated with this curriculum, most of which will be done during Roundtable.

Student Parking Lot: Most students who currently drive have secured their parking spots by registering their cars with the main office. Once your child decides to drive to school, the first step is to bring in a current driver’s license, insurance card, and vehicle registration. Registration costs \$2. Vehicles that do not display a PRHS parking permit are not allowed on campus and will be reported.

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

Patrick Flynn
Assistant Principal

FROM THE COUNSELORS' CORNER...

Semester one is in full swing. Schedules and locker combinations have been memorized (finally!), the fall sports are wrapping up, and we are thinking of semester two already....

SENIOR PARENT NIGHT is **Tuesday, October 11 at 6:00 PM**. Learn everything your senior is learning about college admissions and financial aid.

FINANCIAL AID /FAFSA HELP is **Monday, October 30 at 6:00 PM at the Auburn Public Library**.

This is the only local financial aid event hosted by the Finance Authority of Maine (FAME).

GUIDANCE LATE NIGHTS will be October 25 (2-6 PM), November 9 (2-7 PM). We will be open late to help seniors with college applications, college essays, scholarship searches and more!

PSATs - All sophomores and juniors, as well as some freshman will take the **PSATs on October 11**. Scores will be returned to us in December or January. At that point we will meet with the whole class to do an overview; we then meet with juniors individually or in small groups, and sophomores get their scores back in RT.

FREE COLLEGE COURSES for second semester? CMCC, USM, St. Joseph's, Kaplan, Maine College of Art, UMaine? Any seniors or juniors interested in taking a college class next semester should meet with their counselor in October to sign up.

SENIORS had better be signed up for another set of SATs or ACTs at this point. See your counselor today! Or find deadlines on the Guidance web page.

MORE FOR SENIORS! UMaine Admit-in-a-Day is **November 7**. USM Admit-in-a-Day is **November 20**. Have your application submitted electronically by November 1 and sign up to meet with a counselor on that date to get more information about your admission.

COLLEGE FAIR – We will offer a bus to Lewiston HS on **September 28** in the morning to go to a College Fair. Permission slips in Guidance.

COLLEGE VISITS – We still have some visiting to do! We will be visiting UMaine (Orono) on October 18, Southern Maine Community College on October 13. Permission slips available in Guidance! Seats fill up fast!! There is a cost for lunch on both trips. Priority goes to seniors, but space may be available to interested juniors.

SOPHOMORES! The **ANDROSCOGGIN CAREER FAIR** will be **January 9, 2018** for all **sophomores** in the county. Students are making their requests for the two workshops that they will attend, hearing from local business people. We will be making selections through work in RT over the next few weeks. The day of the Career Fair, 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.

PRHS ALUMNI DAY will be **FRIDAY, JANUARY 5, 2018** from **10-11:30**. Please help us spread the word! All are welcome!!

GUIDANCE WEB PAGE IS FOUND ON THE MAIN PAGE FOR THE HS:
<http://teacherweb.com/ME/PolandRegionalHighSchool/GuidanceDepartment/index.html>

SEVEN QUESTIONS EVERY PARENT WANTS TO ASK A COLLEGE*

Co-Curricular

Many of our CC programs are starting up. There is a bulletin board near the auditorium that has several CC offerings and their advisors listed. Please encourage your child to check it out.

The Addams Family musical will be held November 1, 2, 3 & 4.

Athletics

Winter season, is right around the corner:

- October 10-FamilyID Winter athletic registration opens
- November 7-First practice for Girl's Ice Hockey
- November 20-First practice for all other high school sports

Please register early so that we can anticipate the number of athletes that wish to participate. In Girl's and Boy's Ice Hockey, there will be a player assessment. Early registration is necessary to set the assessment rate. Please be sure your child's physical is current. If you registered for a fall sport, you can see the date of the physical on file on your FamilyID page.

Our kids continue to work hard. High school athletics are more difficult than middle school and recreation sports. Coaches are demanding, but they are no more demanding here than coaches at other schools. It is an expectation that kids are present for practices and games each day, that they give their best effort in school and at sport. Despite all of this, sometimes our results on the scoreboard are not what we would like. This has prompted a few sideline conversations asking why we are playing some of the teams that we do.

This is a good time to let everyone know that we belong to the Western Maine Conference for athletics. We belong to that conference based on our size and our geography. We schedule primarily inside of our league. Although many of the WMC Athletic Administrators have advocated for out of conference scheduling, not all conferences are willing to do so in all sports. You may notice that we play outside of our conference in basketball for two games, but not in other sports. I, along with my fellow WMC colleagues, am working to change this but many other conferences are reluctant. Football and ice hockey are unique in that they do not follow our traditional conference structure. Ice Hockey does not have leagues due to the smaller number of schools participating and football is governed by the Campbell Conference. For all other sports, we are in the Western Maine Conference. We cannot pick different conferences for different sports. I am in hopes this may answer a few questions for you.

Café News

New Sandwich Bar

Come into the Café & visit our Sandwich Bar...always Fresh & Made to Order

In a Hurry ???

Our New Express Line in the Dining Room will have you enjoying Lunch in a Jiffy...We Offer a Variety of Lunch Items ..Including Meal Deal Options





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

Available Daily

Sandwich Bar

Sandwiches Made to Order

Grab & Go Express Line in the Dining Room

Salads, Hot Food, Drinks

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, October 2

Corn Chowder
Chicken Tenders
Cheese/Hamburger

Tuesday, October 3

Popcorn Chicken Bowl
Mini Corn Dogs
Pretzels w/Cheese

Wednesday, October 4

Nachos w/ Cheese & Meat
Quesadilla
Fish Sandwich

Thursday, October 5

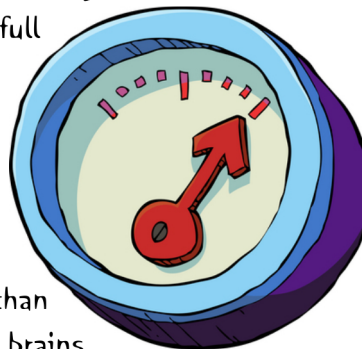
Meatlovers or Cheese Pizza
Hot Dogs
BBQ Rib Sandwich

Friday, October 6

No School
In-Service Day

NOT SO FAST.

Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



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



JOIN US FOR
**NATIONAL
SCHOOL
LUNCH
WEEK**
**OCTOBER
9-13,
2017**

Featured Specials of the Day

Monday, October

~~Columbus Day~~

Tuesday, October 10

Bacon Cheese Burger
Fish Sticks
Deep Dish Pizza

Wednesday, October 11

Sweet & Sour Chicken
Chicken Patty Sandwich
Mini Corn Dogs

Thursday, October 12

Nachos w/Meat & Cheese
Pretzels w/Cheese
Quesadillas

Friday, October 13

Meatlovers or Cheese Pizza
Hot Dogs
Fish Sandwich

16.6 BY THE NUMBERS
% OF PEOPLE DRESSING UP FOR
HALLOWEEN WHO PLAN TO WEAR
THE SAME COSTUME AS LAST YEAR

STRANGE BUT TRUE!

TREES THAT NATURALLY LOSE THEIR LEAVES ARE CALLED "DECIDUOUS," WHILE THOSE THAT NEVER LOSE THEIR LEAVES ARE "EVERGREEN." IN NORTH AMERICA, WE'RE USED TO DECIDUOUS TREES THAT LOSE THEIR LEAVES WHEN COLD WEATHER APPROACHES. **BUT THAT'S NOT TRUE EVERYWHERE.** SOME TREES, LIKE THE DESERT ACACIA TREE PICTURED HERE, LOSE THEIR LEAVES **BECAUSE IT'S TOO HOT, NOT TOO COLD!** WHEN DROUGHT AND HEAT



THREATEN THEIR SURVIVAL, THEY CAN **DROP THEIR LEAVES ENTIRELY TO CONSERVE WATER!**

Featured Specials of the Day

Monday, October 16

Chili w/Corn Muffin
Mini Corn Dogs
Bosco Sticks

Tuesday, October 17

American Chop Suey
Ravioli
Chicken Patty Sandwich
Deep Dish Pizza

Wednesday, October 18

Popcorn Chicken Bowl
Pretzels w/Cheese
Fish Nuggets

Thursday, October 19

Mac & Cheese
Cheese/Hamburger
Tuna Burger

Friday, October 20

Pepperoni Pizza
Hot Dogs
BBQ Rib Sandwich

NIGHT STALKER.



A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!

ANIMAL APPETITES

Featured Specials of the Day

Monday, October 23

Tomato Soup & Grilled Cheese
Deep Dish Pizza
Grilled Chicken Sandwich

Tuesday, October 24

Nachos w/Meat & Cheese
Quesadilla
Fish Sticks

Wednesday, October 25

Meatball Sub
Pretzel w/ Cheese
Mini Corn Dogs

Thursday, October 26

Bacon Cheeseburger
Chicken Patty Sandwich
BBQ Rib Sandwich

Friday, October 27

Meatlovers or Cheese Pizza
Hot Dog
Fish sandwich

Monday, October 30

Buffalo Chicken Wrap
Bosco Sticks
Pretzel w/Cheese

Tuesday, October 31

Sweet & Sour Chicken
Cheese/Hamburger
Fish Nuggets

eat fit

wanna stay fit?
gotta eat right!

item: chicken wings
verdict: won't fly



tip: Sure, it's fine to treat yourself to wings once in awhile, but look at these numbers – that's a third of your daily calories and sodium, and more than half your saturated fat in a small order. So that's dinner, not an appetizer! Share a small app, or make this your meal with a side of veggies.



Based on a small order (10) of Buffalo wings at a national chain.

Happy Halloween!



Yearbooks On Sale NOW!



Order Your Lifetouch Yearbook

Enter the Yearbook ID code found on your yearbook flyer.

Next

VISIT ybpay.lifetouch.com and use
code #12966618
\$50 until 11/25
\$70 after 11/25

**Coming Soon... to a Student Parking Lot
Near You... IT'S...**

Poland Regional High School CONSIGNMENT DAY!!



If you have items cluttering...

- * your garage**
- * your basement**
- * your attic**
- * your shed**
- * your LIFE!!!**

**...and want to profit from them, then
PRHS Consignment Day is for you!!!**

**Saturday, October 14th, 2017... Contact Mr. Latham at
dlatham@rsu16.org for more information!!**

2018 PROJECT GRADUATION COMMITTEE UPDATES

ATTENTION SENIOR PARENTS WE NEED YOU!!
Every year the parents of the Senior Class are responsible to host a great night of fun and entertainment for the graduates on graduation night.

PG 2018 COMMITTEE

Pam Grondin/Amy Hopkins
Co-Chairs
Doreen Seeley - Secretary
Trish Andrews - Treasurer

This year our event is on Sunday, June 10th!!

All parents/guardians of the Class of 2018 are invited to be a part of this team. You can help with one fundraiser or many!! The average funraised cost for each senior is about \$225 for the night's event!! To volunteer please reach out to Pam Grondin @ 577-7601 or follow us on Facebook - PRHS-Project Graduation - 2018 for more info. Our next meeting is Wednesday October 4th in the PRHS Library.

ONGOING BOTTLE
DRIVE @ DAD'S PLACE
REDEMPTION IN
MECHANIC FALLS
Just let the clerk know
you would like to donated
to PRHS Project
Graduation

UPCOMING EVENTS

- * SOFTBALL TOURNAMENT - OCTOBER 8TH
- *MARGARITA'S NIGHT - OCTOBER 14TH (20% OF FOOD PURCHASED DONATED TO PG2018)
- *PAINT NIGHT @ LEGEND'S - OCTOBER 22ND
- "YOU HAVE BEEN KNIGHTED" FUNDRAISER
(ONGOING)
- \$20.18 ROUNTABLE CONTEST (MORE INFO COMING)



Family Fun 1-Pitch Co-Ed Softball Tournament

When: Sunday October 8th

Where: Mechanic Falls Fields

Time: 8:00

Cost: \$200.00 per team

**Why: To help support 2018 Project Graduation
(must be 18 years or older to play)**

**Please contact Jeff or Rosanna Goss
345-3838**



LET'S MAKE SOME NOISE TOGETHER FOR A GREAT CAUSE!

NOCHE MEXICANA

Fundraiser

PARTNERSHIPS WITH A PURPOSE

Present this to your server to have
20% of your dinner bill donated to

TÍO JUAN'S
MARGARITAS
Mexican Restaurant

Paint Night

Date: 10/22/17

Time: 2:00PM

**COME JOIN US TO BENEFIT
THE POLAND REGIONAL
HIGH SCHOOL CLASS OF
2018 PROJECT GRADUATION
CELEBRATION**

*LEGEND'S
SPORTS BAR &
GRILL*

128 CENTER STREET
AUBURN, MAINE

\$35.00 PER PERSON

Reserve your spot with any Project
Grad committee member
(Cash or Check payable to Project
Graduation—2018)

You Have Been Knighted !!!!

Donate to Poland Regional Project Grad 2018 today to
have our Knight crew Knight your friends, family and
neighbors!

For "You Have been Knighted" request:

Please call Julie Herrick 333-7088

Minimum donation
\$20.00

*Deliveries are limited to
Mechanic Falls,
Minot and Poland

All proceeds to benefit
Project Grad 2018





Knight a Friend Order Form

Name of Friend "Victim" to be Knighted: _____

Friend's physical address: _____

Note: Knight banner are not allowed on public property or apartment complexes.

Is there a dog(s) at this address that we should be aware of??

Special Instructions:

Do you want your friend to know it was you who ordered the Knight banner?

Suggested donations amount to a friend \$20.00

Your name:

Your phone:

Other info:

Please make checks payable to: Poland Regional High School

Thank you for your support !

Poland Spring Preservation Society invites you to our first,

HALLOWEEN

ON THE HILL

October 6th at 5:30 to 8:30pm



\$10.00 per Car



The Poland Spring Preservation Society would like to invite you to our first annual
Halloween On The Hill!

The event will include an after hours tour of the Maine State Building from 1893
World's Fair in Chicago and our All Souls Chapel built in 1912!

We will have costume contests for all ages and a ghoulish snack and candy table
with plenty of photo opportunities.

Come say hello to our friendly ghost guides and historians who will tell you tales
of the past.

This will be a family friendly event for all ages!

For more information: contact@polanspringmuseums.org or 998-4142