

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

**✓ MARK YOUR
CALENDARS!**

Dates to Remember

Nov 2 – 4	7pm	The Addams Family Musical
Nov 5	2pm	The Addams Family Musical
Nov 6 – 13	7:30 am – 4 pm	Book Fair in the Library
Nov 9	11-7	Student Led Conferences
Nov 10		Veteran's Day observed – no school
Nov 15	6pm	Winter Sports Parent meeting
Nov 16	7pm	Variety Show
Nov 20		Winter Sports begin
Nov 22-26		Thanksgiving Break

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Greetings PRHS families and students,

Thanks to **Hannaford** for providing a flu shot clinic to our teachers. We want to stay healthy to make sure we can teach your students throughout flu season!

Looking for information about the Middle School addition proposal? Please follow [this link](#) to a presentation!

Student Led Conferences

You should be hearing from your student's Roundtable teacher to set up a fall conference. All students must complete a fall conference and all students except seniors must complete a spring conference. Your student will be leading the conference, discussing his/her progress towards graduation and sharing their portfolio. Conference day this year is **Thursday, November 9 from 11-7.**

Counselors will also be providing **college application support during conferences** so seniors please stop by!

Progress Report Grades

Quarter grades and HOW grades will be posted on Wednesday, November 1.

Junior Community Service Day

Our entire junior class went out into the community on Thursday, October 19 to provide service to area organizations in need. Students put in 5 hours of labor in tri-town and Lewiston Auburn area. Students worked at: Elm St. School, Poland Community School, the town of Mechanic Falls, Good Shepherd food bank, the town of Poland, and the Androscoggin Humane Society.

[“We need to talk about kids and smartphones”](#) is a great article that provides us all with information about how smartphone use may be effecting our kids. Please click on the title and follow the link.

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”

Now that we've reached the end of the first quarter, my column this month consists of some reminders. Please read the following information carefully, discuss it with your child, and contact me if you have questions or concerns.

Student Parking Lot: Parking on campus is a privilege. To receive the privilege, students must follow school rules.

Reserved Parking Spaces: We have increased safety in the student parking lot the last three years by assigning numbered spaces to students. A reserved space for every student parking has the following benefits:

- It assures students that they will have a space close to school to park every day.
- It encourages good driving habits because it is now easy to identify vehicles.
- It avoids conflict between students who previously argued over parking spaces.
- It helps staff maintain the parking lot more efficiently by concentrating vehicles in one end of the lot.
- It increases safety by allowing staff to identify vehicles who have not been cleared to be on campus.

Registration: If your child is driving but has NOT yet registered the vehicle, please encourage her or him to register immediately in the main office. To register, students must bring a current driver's license, current state registration, and current insurance card to the main office. The cost is \$2 to cover the tag. The tag must be displayed in the vehicle's windshield. Students pay for parking once for as long as they drive on campus, but must register every year to keep documentation current. **Students will be prohibited from parking on campus until they register.**

Digital Citizenship: What's posted online is automatically public and will be distributed.

Recent Posting Issues: We have had a number of incidents recently involving students who posted videos, pictures, or language online that resulted in wide distribution and very negative responses from the school community. The district is currently preparing a new digital citizenship curriculum K-12 that will address the posting issue along with many others. Please talk with your child about thinking through the decision to post before doing so.

Lost and Found: Send students to the office as soon as they report they lost something!

This is the time of year we collect a lot of coats, hats, gloves, and boots/shoes for lost and found. Our goal is to reunite these items with their owners, but unless there's a name written on them, this is very hard to do. Please send your child to us as soon as they report they lost something so we have the best chance of returning it. All items are removed after two weeks and donated to Goodwill.

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

Patrick Flynn, Assistant Principal

School is really upon us now. The first set of grades will be posted and seniors are working hard on applications. It is time to think about second semester and what great opportunities that might bring...

The **PSAT** scores are expected in **December**. We will set up sessions to create College Board accounts with all students and to go over the scores with both the sophomore and junior classes. Students will get an email to access their scores online. Once the scores are returned, students have access to many College Board features. Khan Academy has partnered with the College Board for all of the free SAT prep. Khan Academy will also be used in Humanities and math classes, as well as in our SAT prep after school co-curricular group.

PRHS ALUMNI DAY is Friday, **January 5, 2018** at 10 AM. Send any alumni our way!

FREE COLLEGE COURSES for second semester? CMCC, USM, St. Joe's, or UMFK? 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 9, 2018** for all **sophomores**. Students will be working with Choices and making 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.

COLLEGE VISITS – We had successful visits to the University of Maine, SMCC, and UMF. We will be hosting more visits in the spring for juniors. Also watch for the Gran Turismo, which will be visiting colleges out of state in March.

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, etc. Please let us know what we can do to help your families and your children. 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>

Winter Athletics

- Practices begin November 20 for athletics. I remind all of those interested that they will need a current physical on file and parents must register student athletes on the FamilyID.com web site. When prompted for the organization, enter RSU16.
- Unified Basketball will begin after the December break.
- Spectator and team behavior was excellent this fall, as we move indoors, please We work hard to promote a positive culture at PRHS. Remember:

“Don’t be that guy.”

Winter coaches:

Hockey (Boy’s) Coach Joe Hutchinson	Boys’ Basketball Coach Tyler Tracey
Hockey JV Coach Greg Vaillancourt	Boys’ Basketball JV Coach Stevie Ray
Hockey (Girl’s) Coach Dana Berube	Girls’ Basketball Coach Tim Dolley
Indoor Track Coach Rick Kramer	Girls’ Basketball JV Coach Jake Webb
Cheering Sarah Faulkingham	Indoor Track Dan Roy

Fall Athletics

- Congratulations to our Field Hockey program. They had a good season finishing as the #7 seed in the heal point system. These young ladies made it to the Regional Championship game at Thornton Academy. A great season.
- We do have some athletes that have been recognized as all conference players. Those will be listed next month since not everyone has been notified.

Co-Curricular

Downhill Club will begin in January: 4 trips to Sunday River for a day of ski or snowboarding. Students will ride on a school bus to the mountain. Mr. Petherbridge is the leader of the Downhill Club. Contact cpetherbridge@rsu16.org for more information.

Community Service Learning Club

The CSL club has continued their visits with our veterans. Monthly trips to the veteran’s home in Norway have allowed them to spend time with those that have served. They have also been helping with the Backpack program that helps those in our community that need help. –Thank you.

Speech and Debate

Pay close attention, the competition season is upon us. Competitive meets will begin in November for our team. See Ms. Robinson with questions.

Knights’ Pride Booster

The booster club meets the first Thursday of the month. All are welcome. The booster club is always looking for volunteers to help with concessions. When you help, money goes back to your designated activity.

Thank you to the club for funds to build a kick wall for soccer and purchase two cameras for the athletic coaches to use.

Nursing Notes: Daily we speak with students regarding complaints of headaches, dizziness and nausea. They often think it may be from something serious, and even that they need to go home. However, the most likely problem is a lack of hydration. According to NPR's Health Shots, "teenagers should consume about two to three quarts of water a day" and "even mild dehydration can affect...fatigue levels, mood and possibly their ability to learn." So, focus on water, but any fluids can contribute to this total, from soups, juicy fruits, herbal and decaffeinated teas, to popsicles and jello. So, drink up for better health and success in school!

In a collaborative move between Nursing and Food Services, we will now be offering a Share Table in the cafeteria. Share tables help reduce food waste and assist with getting food to students in times of need. Students and staff are welcome to place unwanted, unopened food on the Share Table in the cafeteria at the end of the lunch. The nursing staff will collect the leftovers to be used in the nursing office. Any intact packaged items such as crackers, fruit snacks, juices, or fruits with thick peelable skins are suggested items for placement on the table. If there are any questions or concerns regarding this, please don't hesitate to reach out to the nursing staff or food services, we're here to help!

Romeo and Juliet Go Goth: Poland Players Open 2017-18 Season with the Hilarious *The Addams Family Musical* Nov. 2-5, 2017 at the Dr. Wall Theater located in the Poland Regional High School at 1457 Maine St. Poland. Show times are at 7:00 PM Thursday-Saturday and 2:00 PM on Sunday. Admission is \$10.00 for adults and \$8.00 for seniors and students. Email drobinson@rsu16.org for reservations or more information.

Safe Passage 2018 Fundraisers information:

On April 7th, 14 students and 3 chaperones will be traveling to Guatemala City to work with the children and projects of Safe Passage.

We are less than half way to our fundraising goal with only about 7 months left before we travel. We are having several fundraisers this fall:

1. **Variety Show** - Nov 16 at 7PM. Tickets available in the office, from Mr. Crosby or any Safe Passage student starting 9/30. Come out and see our students rock the stage!
2. **Thanksgiving Pie Sale:** Pies will go on Sale starting in October.
3. **Cash Calendar:** Calendars are \$10 and offer 30 chances to win between \$10 and \$100 - there is a winner every day in December. Calendars will be available Nov 1.
4. **Fire Pit with PRHS logo and two beautiful benches:** The fire pit will be filled with goodies from chocolate bars to fire starters. **Raffle tickets** are 1 for \$5 and 3 for \$10.
5. **LL BEAN gift certificates:** 8 \$50 LL Bean gift certificates will be raffled this fall. Drawing will be Dec 15. Tickets are 2 for \$5 and 5 for \$10

For information on any of these fundraisers please email scrosby@rsu16.org.

Thank you for helping our students engage in this important, life altering experience working with the poorest of the poor in the Guatemalan dump community!



2018 PROJECT GRADUATION

“\$20.18 SPONSOR A SENIOR FUNDRAISER”

PROJECT GRADUATION is an all-night celebration of our Senior’s graduation. It’s a fun, safe, chemical free way for all seniors to get together one last time and celebrate their accomplishments.

The 2018 Project Grad Committee would like to do a “**Roundtable Contest**” for the senior class!! We are asking for you and your senior to have friends, family members, or anyone you would like to ask to write a check for \$20.18. Checks should be made payable to **Project Grad 2018**. The senior roundtable that raises the most dollars will win a Pizza Party!! We are encouraging seniors to participate to help their Project Grad night to be successful. Simply fill out the form and send both a check and the form to the below address. We are looking for a donation of “\$20.18”, but if you wish to donate more that would be greatly appreciated. If every family donates we will raise \$2,482.14 towards our Project Graduation Night. The average fundraised cost for each senior in the past has been about \$225.00. Any donation would be helpful.

100% of Your Donation Will Go Towards the Entertainment and Grand Prizes for Our Seniors

Mail Checks to:
Poland Regional High School
C/O PRHS Project Graduation
1457 Maine Street
Poland, Maine 04274

THANK YOU!!

Student Name _____
Parent/Grandparent/Friend _____
Donation\$ _____ Round Table Teacher _____

Whittier 5K

Come run with us! Whittier Middle School's 6th Annual Tri-Town Family 5K will take place on Sunday, November 12th at 10:00am on the Minot Community Trails. Join us for a FREE family-friendly event celebrating community and healthy activity. The morning will include music, snacks, raffle prizes, and a 1/4-mile fun run at 9:30 for the younger kids. Please register in advance by visiting tritownfamily5k.weebly.com. We hope to see you there - run, walk, or volunteer!

Please contact Principal Shawn Vincent at 998-3462 if you know a business that may be interested in sponsoring this event.



WHITTIER MIDDLE SCHOOL

SHAWN VINCENT - PRINCIPAL



JESSICA MADSEN - DEAN OF STUDENTS

Dear RSU 16 Families:

October 20, 2017

My name is Shawn Vincent, and I am the principal at Bruce M. Whittier Middle School. I grew up in Mechanic Falls and attended Elm Street School through ninth grade. At that time, Mechanic Falls freshmen stayed in town and then went to Edward Little as tenth graders. It was a great place to grow up. We walked to school, spent a lot of time outside, played sports, and I received a quality education. When I left Maine for college, I had no plans to work at Bruce M. Whittier Middle School; it didn't exist. However, I did know who Bruce Whittier was; he lived on the same street I did.

In 2004, I was hired as an English language arts teacher at Whittier Middle. PRHS and the middle school were only five years old at that point. In the thirteen years I have been at Whittier (and Poland Community School), I have seen many changes. The biggest and most important change I have experienced was in the fall of 2010 when middle school students from Mechanic Falls and Minot joined Poland students at Whittier for the first time.

I remember the superintendent at the time saying, "Whittier Middle School is going to be one of the best middle schools in the state." He actually said this often in the midst of a great deal of transition and uncertainty. As cost saving measures, middle school students were moved to Whittier and the district lost over twenty teaching positions. Many families in Mechanic Falls and Minot struggled with the idea of sending their children out of town for middle school. With my experience as a student years earlier, I completely understood their position, and I knew we would have to work hard as a staff to establish trust and build a new school community.

In 2017, I am very proud of what our school has become. We have a highly collaborative, creative, dedicated staff. A number of the teachers came from the other schools as part of the consolidation effort. They shared the understanding of what it would take for the "new middle school" to be successful, and have helped carry that same vision forward as new staff has joined the team.

Students from the three towns now meet each other as seventh graders and are able to build relationships and get comfortable with the building and surroundings before entering high school. There is a great culture at Whittier, focused on learning and growth. We do our best to stay connected with students' families and make them part of the middle school experience.

When the middle school consolidation took place, the high school surrendered some classroom and office space. We also added two modular buildings in 2010 and added a third last year. The space has allowed us to provide quality education to our students, but it also has some drawbacks.

We have a number of areas that need security upgrades. Our modular classrooms are not attached to our main building, and the students must travel outside to reach a number of classrooms, none of which are equipped with bathrooms. In the winter, cold air blows through the building as the doors open and close while students move from class to class. On rainy days, kids and staff get soaked as they go door to door. The modular classrooms were added as a temporary solution.

Wednesday, October 18th, we presented the proposed building project to permanently extend the middle school and renovate some office, classroom and entrance space - essentially putting the finishing touches on the middle school consolidation. The presentation is available on the district website.

If you have questions about the building, please give me a call or send an email. I am also happy to schedule a tour and walk you around and show you what changes would be made if the public votes to support the project. If you have questions about costs and the potential impact on local taxes, please contact John Hawley or Tina Meserve at 998-2727.

I am no longer a resident of the district, but I am invested in the security and welfare of our students. I am excited about the possibility of this project, but I know it will take a large financial commitment from the people of Poland, Minot, and Mechanic Falls. I encourage you to ask questions and, most importantly, get out and vote on November 7th. Thank you in advance for making your voices heard.

Sincerely,



Shawn Vincent
Principal

Menus for November 2017

Poland Regional High School
Bruce Whittier Middle School

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

NUTS.



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White-tailed deer live in most of the U.S., and if they're in your neck of the woods, you know that they'll eat just about anything! But they have one particular favorite food: **ACORNS**. These nuts from oak trees provide deer with a perfect package of protein, carbohydrates, calories, and fiber. Deer like them so much that acorns can make up 75% of everything they eat in fall and early winter!

ANIMAL APPETITES

Featured Specials of the Day

Wednesday, November 1

Pasta w/ Meat, Cheese or Marinara Sauce
Chicken Tenders
BBQ Rib Sandwich

Thursday, November 2

Nachos w/ Meat & Cheese
Quesadillas
Tuna Burgers

Friday, November 3

Chefs Choice Pizza
Hot Dogs
Fish Sandwich

Monday, November 6

Buffalo Chicken Wrap
Bosco Sticks
Chicken Patty Sandwich

Tuesday, November 7

Bacon Cheeseburger
Mini Corn Dogs
Deep Dish Pizza

Wednesday, November 8

Meatlovers or Cheese Pizza
Hot Dog
Pretzel w/ Cheese

Thursday, November 9

NO SCHOOL

Friday, November 10

 **VETERANS DAY -- NO SCHOOL**

74 BY THE NUMBERS
AMERICANS EAT FOR 74 MINUTES EACH DAY, UP TO 60 MINUTES LESS THAN THE AVERAGE EUROPEAN.

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's easier to do with a partner, and it's easier still with an entire family -- YOURS! Thanksgiving weekend is the perfect time to start. And let the little kids play, too!



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

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

eatfit wanna stay fit?
gotta eat right!

verdict: heed the horn

This time of year, you see a lot of images of what's called a

"cornucopia," a.k.a. a "horn of plenty."

Ever notice what it's

PLENTY full of?

Fruits and whole grains and nuts and veggies!

Just like your plate should be!



Please See Reverse for Items Available Daily

Featured Specials of the Day

Monday, November 20

- Chef's Choice
- Cheese/Hamburger
- Fish Sandwich

Tuesday, November 21

- Meatlovers or Cheese Pizza
- Hot Dog
- Pretzel w/Cheese

Thanksgiving

**ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!**

Featured Specials of the Day

Monday, November 13

- Popcorn Chicken Bowl
- Bosco Sticks
- Mini Corn Dogs

Tuesday, November 14

- Pasta w/Meat, Cheese or Marinara Sauce
- Pretzel w/ Cheese Sauce
- Chicken Tenders

Wednesday, November 15

- Turkey Dinner w/ All the Trimmings
- Grilled Chicken Sandwich
- Tuna Burger

Thursday, November 16

- Nachos w/ Meat & Cheese
- Quesadilla
- BBQ Rib Sandwich

Friday, November 17

- Pepperoni or Cheese Pizza
- Hot Dog
- Fish Sandwich

Monday, November 27

- Tomato Soup w/ Grilled Cheese
- Chicken Patty Sandwich
- Fish Sticks

Tuesday, November 28

- Bacon Cheeseburger
- Deep Dish Pizza
- BBQ Rib Sandwich

Wednesday, November 29

- Nachos w/ Meat & Cheese
- Quesadilla
- Pretzel w/ Cheese

Thursday, November 30

- Mac & Cheese
- Bosco Sticks
- Grilled Chicken Sandwich

**STRANGE
BUT TRUE!**

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS. BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK TREES COME FROM? DON'T WORRY -- **THE OAK TREES HAVE A PLAN!** MOST YEARS, THE TREES PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE **WHAT'S KNOWN AS A "MAST" YEAR.** WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS - FAR MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS CAN EAT, SO MORE ACORNS **HAVE A CHANCE TO BECOME SEEDLINGS AND MATURE OAKS!**



Name: _____

Cell: _____

Safe Passage Pie Fundraiser 2017

Pies: \$12 each or 2 for \$20 Cookies: \$7 a dozen or 2 for \$10

Apple Pie	This classic pie features fresh apples and a hint of cinnamon and sugar.	
Pumpkin Pie	This traditional pie is made with natural ingredients and a touch of cinnamon:	
Chocolate Cream Pie	Made with rich chocolate, whipped topping rosettes, and chocolate sprinkles with a sweet graham cracker crust.	
Banana Cream Pie	Classic banana cream pie is made with premium ingredients like real banana slices and dressed nicely with whipped cream rosettes and with a sweet graham cracker crust.	
Boston Cream Pie	A layer of yellow sponge complemented by rich vanilla pudding and topped with dark chocolate icing.	
Cranberry White Choc. Chip Cookies	For a twist on Thanksgiving, Cranberry cookies with white chocolate chips and a touch of orange zest!	
Molasses Cookies	Mmmmm...A melt in your mouth classic	
	Total pies ordered	
	Total cost	

*All pies are thaw and serve except the apple pie. The apple pie must be baked
 **All & cookie pie and cookie orders must be submitted by November 10th.

**Pies & cookies not picked up on Friday,
 November 17th, 2:15-6:00 pm in the
 PRHS lobby will be forfeited
 Thank you!**

A graphic for a fundraising event. At the top is a clapperboard with a black and yellow striped top bar. Below it is a yellow rectangular box with a black border containing the text "MOVIE MONEY BONANZA" in red. Underneath is the "FLAGSHIP CINEMAS" logo in blue and white, with "FUNDRAISING" written below it. In the foreground, there is a red and white striped popcorn bucket, a red Twizzlers candy package, and a red fountain drink with a white lid and a red straw. The background is dark with several spotlights shining down.

MOVIE MONEY BONANZA

FLAGSHIP CINEMAS
FUNDRAISING

OVER \$200 worth of **SAVINGS** for only **\$25**

Booklets Include the Following Vouchers:

2 FREE MOVIE TICKETS

Two Movie Tickets Absolutely Free!

10 BUY 1, GET 1 FREE MOVIE TICKETS

Buy One Ticket and Receive One Ticket of Equal or Lesser Value Absolutely Free!

1 FREE COMBO #5

Two Free 32oz. Fountain Drinks & Bucket of Popcorn

8 FREE 85oz. POPCORN

Purchase any size Fountain Drink and receive an 85oz. Popcorn Free!

7 FREE 32oz. FOUNTAIN DRINK

Purchase any size Popcorn and get a 32oz. Fountain Drink Free.

4 FREE TWIZZLERS

Free Twizzlers with Purchase of Combo #1

**Sponsored by
the PRHS Class of
2019**

To purchase your coupon book, ask a participating Junior or contact Liz Howe at lhowe@rsu16.org

Thank you for your support!