

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

2/8/18	LRTC trip for interested students
2/16/18	Winter Carnival All day
2/24/18	Safe Passage fundraiser at Margaritas
3/14/18-3/16/18	Gran Turismo

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Greetings PRHS families!

- **We have officially used all 5 snow days in the district calendar.** Our last day of school is currently June 19th. Of course, it is still the middle of winter so more snow days could occur. Hoping this information helps you plan ahead.
- **Wednesday, 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. We continue to make some adjustments to classes and sections so some changes may still occur.
- We will be **mailing home a report card for this semester and updated transcripts.** This 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. We will also be including a bill for any fees 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 2018-2019 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 2018-2019 Course of Studies will be available on the school's website and send to your child's email. 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 16 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 998-5400 x 129

“Character, Community, Citizenship”

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 five years, students will compete for Winter Carnival points based on their class’s attendance rate in second semester (12 points for first, 9 points for second, 6 points for third). We began counting on January 24, 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, 10th grade or above, or out of school but no older than 20.

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

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 4th. If you have questions, please contact your child’s school counselor or me.

Junior Privileges: Juniors who pass all of their classes and Roundtable in first semester and who have an academic support first or last block are eligible for Junior Privileges second semester. Juniors who are interested should talk with Ms. Ray in the main office. Parents are required to grant permission before privileges are awarded.

Please contact me at 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 29. Soon we will be starting the process to choose classes for next year for the classes of 2019-2022.
- ❖ **PSATs** are back! Students 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!
- ❖ **3rd YEAR STUDENTS!** New for you only! **SATs are April 10, 2018.** Yes, that is on a school day!! ALL 3rd year students are required by the state to take this test for **FREE!** It will count for college admissions. More information will be coming. **Science MEA testing** will be **April 11** as well!
- ❖ **10th and 11th 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. 8.** 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 14--16 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 **20 PRHS alumni here for Alumni Day 2018,** from the class of 2010 to last year's class of 2017. 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

We in the nursing office wanted to share this article with you from our friends at Healthy Androscoggin.

“Did you know that indoor air can contain more pollutants than outdoor air? It's true, and because we keep our windows and doors shut during the winter our homes can experience a build up of dust, germs, gases and more. Getting outside during the winter can provide us with a boost of clean air to help us stay healthy. Studies have shown that by exposing ourselves to outdoor air, we strengthen our immune systems. Through exposure to bacteria and allergens, our bodies learn to recognize them and to respond by increasing the number of white blood cells that fight invaders.

Kids need 60 minutes of physical activity year round and snow provides an exciting way to burn energy. Winter gives kids a change of environment, which provides a perfect opportunity for kids to stretch their creative muscles. Kids can learn how to use old toys in new ways or shape snow into anything they can dream of. The ways in which outdoor environments change with the seasons can stimulate curiosity and expand a kid's imagination. There are so many fun activities to do when there is snow outside. Building snowmen, snow forts, skating, sledding, snowshoeing, skiing, finding animal tracks to name a few. A snowy day can also provide a peaceful setting for anyone looking to find quiet time to recharge.

Vitamin D is produced naturally in our bodies when we are exposed to sunlight. Vitamin D is essential for healthy bone development, muscle and nerve function, and for a strong immune system. Getting natural sunlight is also great way to combat the winter blues.” So, get out there for improved health!

Safe Passage Fundraiser:

Margaritas Night Feb 24th at Margaritas on Center Street in Auburn. 20% of all proceeds go to the PRHS Safe Passage Group. Please help us spread the word and get as many people out as possible. There will be items for sale and a 55/50 as well.

Email scrosby@rsu16 for more information. We are very close to our goal and would appreciate any help you could give, either attending Margaritas that night or helping us to get the word out!

**CLASS OF
2018**

PROJECT GRADUATION NEWSLETTER



PG18 Committee Members

Pam Grondin Chair Person (577-7601)

Doreen Seeley Secretary (740-6461)

Trish Andrews Treasurer (227-0779)

**MEETINGS ARE THE 1ST
WEDNESDAY OF EVERY
MONTH IN THE PRHS CAFÉ
& FOLLOW US ON FACE-
BOOK**

SPECIAL THANKS TO THE FOLLOWING
BUSINESSES FOR THEIR SUPPORT
OF PROJECT GRAD...

- * Poland Dunkin' Donuts
- * Kathryn Libby—Creative Memories Rep.

Current / Upcoming Fundraisers

- * **Local Business Fundraiser** - If you would like to be a Project Grad. Sponsor please contact any member of the committee. (ongoing)
- * **\$20.18 Sponsor a Senior Roundtable Contest**
- * **Gift Card Sales**—A percentage of each gift card goes to Project Grad.(See Full List on our Project Graduation-2018 Facebook Page)
- * **Comedy Show & Silent Auction—Thursday—March 29, 2018—PRHS** (more info coming soon)
- * **Firepit Raffle**—(see below)
- * **Bottle Drive—Dad's Place** (ongoing)

Project Grad. 2018 is raffling off this fabulous grilling fire pit!

*You not only win this pit , you will also get items for grilling such as grilling sauces, \$25 gift card to Bourques market, favorite treats for toasting and 2 blankets to keep you warm.

Raffle tickets are:

1 ticket for \$2, 5 tickets for \$4 and 10 tickets for \$10





Poland Regional High School

Class of 2018 Project Graduation

1457 Maine Street
Poland, Maine 04274
207-998-5400

January 3rd, 2018

Hello,

The Parents of the Poland Regional High School Class of 2018 are preparing for the upcoming "Project Graduation"- a chemical free post-graduation celebration. This year's Class of 2018 includes a total of 125 students who are anxiously waiting to celebrate their success and accomplishment of graduating High School.

Immediately after graduation, busses transport them to the facility and upon arrival, they are fed. From then on , a safe and fun-filled night of activities are planned including the most important part for the students, time with their friends to celebrate.

Because the students are not charged for the evening's events, the parents and volunteers of the senior class spend their time fundraising towards this years' goal of approximately \$15,000.00. The PRHS Project Graduation committee is hoping the community support and business donations will help to fund this final event of their high school career. We are in need of monetary and or donations for prizes, a silent auction event a comedian show to be held on March 22nd and raffles for the night of project graduation.

We are also having t-shirts made for the graduates and you can have your business name on it for a minimum of \$100.00

Your donation will help us reach our goal so we can provide a safe and memorable night for all involved. Please see the attached donation form and feel free to contact us with any questions.

Thank you for supporting Poland Regional High School's Class of 2018!

Sincerely

Doreen Seeley
207-740-6461

Trish Andrews
207-227-0779

Pam Grondin
207-577-7601



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 _____

Menus for February 2018

RSU 16
PRHS & BWMS

Happy Valentine's Day

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

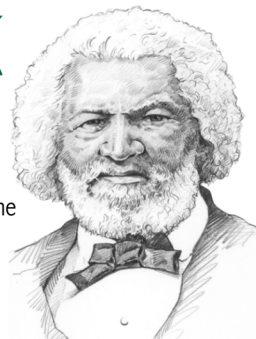
Your Favorite Spud

Spiral, Wedge, Tot, or Fries

Milk & Juices

FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



AFRICAN AMERICAN HISTORY MONTH

Want to know more? Search for "Frederick Douglass" on-line.

Featured Specials of the Day

Thursday, February 1

Nachos w/Meat & Cheese

Pretzel w/ Cheese

Quesadillas

Friday, February 2

Meatlovers or Cheese Pizza

Hot Dog

BBQ Rib Sandwich

Monday, February 5

Bacon Cheese Burger

Mini Corn Dogs

Grilled Chicken Patty

Tuesday, February 6

Pulled Pork on Ciabatta Bread

Chicken Nuggets

Deep Dish Pizza

Wednesday, February 7

Nachos w/Meat & Cheese

Pretzel & Cheese

Quesadillas

Thursday, February 8

Popcorn Chicken Bowl

Bosco Sticks

BBQ Rib Sandwich

Friday, February 9

Pepperoni or Cheese Pizza

Hot Dog

Fish Sticks

eat fit

wanna stay fit?
gotta eat right!

item: dark chocolate

verdict: mucho cocoa

tip: REAL dark chocolate – with at least a 60% cocoa content, NOT the processed, sweetened milk chocolate stuff that makes up most candy – is a surprisingly healthy snack, in moderation. Dark chocolate has iron, protein, and fiber, and it's been shown to improve heart health, reduce "bad" LDL cholesterol, improve "good" HDL cholesterol, and even help guard against sunburn! The bittersweet flavor of dark chocolate can be a bit of an acquired taste, but that also makes it great with fresh berries for a little added sweetness.



Based on 1 oz. of dark chocolate

MELTING AWAY.

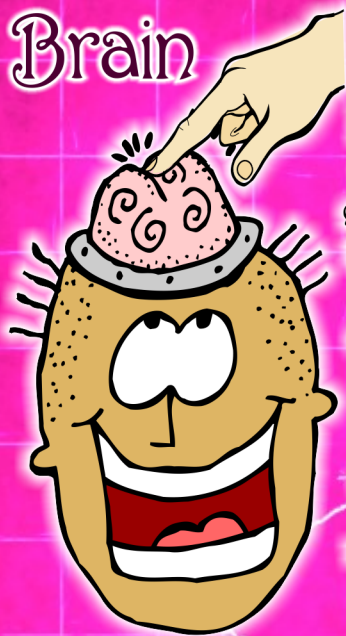
Dark chocolate may be a healthy snack, but you might not be able to enjoy it forever.

Scientists warn that the prime cocoa growing areas of the world (in a narrow belt around the equator) could be too warm to grow the crop by as soon as 2050.



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

Brain Ticklers



I am the beginning of everything, the end of everywhere, the commencement of eternity, the conclusion of both space and time. What am I?

(Hold the page upside down and read it in a mirror for the answer!)

The first "S"

Featured Specials of the Day

Monday, February 12

Hot Ham & Cheese Sandwich
Chicken Patty
Mini Corn Dogs

Tuesday, February 13

Nachos w/Meat & Cheese
Pretzel & Cheese
Quesadillas

Wednesday, February 14

HAPPY VALENTINE'S DAY

Mac & Cheese
Bosco Sticks
Tuna Burgers

Thursday, February 15

Baked Chicken, Mashed Potato & Gravy
Deep Dish Pizza
BBQ Rib Sandwich

Friday, February 16

Meatlovers or Cheese Pizza
Hot Dog
Fish Sandwich

THE **Top 10 Artists** **LIST**
for the last week of January 2018

- 1/Ed Sheeran
- 2/Imagine Dragons
- 3/Cardi B
- 4/Bruno Mars
- 5/Post Malone
- 6/Kendrick Lamar
- 7/Taylor Swift
- 8/Sam Smith
- 9/Eminem
- 10/Halsey

Source: Billboard

PORTRAITS OF SPECTACULAR Athletes



Winter Olympics
February 9-25
PyeongChang,
South Korea



Photo by Brett Wilhelm/ESPN

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the 2018 Winter Olympics!

CHLOE KIM

Please see reverse for items available daily

Featured Specials of the Day

Monday, February 19



NO SCHOOL TODAY



Tuesday, February 20

School Vacation

Wednesday, February 21

School Vacation

Thursday, February 22

School Vacation

Friday, February 23

School Vacation

Monday, February 26

Bacon Cheese Burger
Chicken Patty
Grilled Cheese Sandwich

Tuesday, February 27

Nachos w/Meat & Cheese
Pretzels w/Cheese
Quesadilla

Wednesday, February 28

Hot Ham & Cheese Sandwich
Cheese/Hamburger
Fish Sticks

-81 **BY THE NUMBERS**
THE COLDEST AIR TEMPERATURE (F) EVER RECORDED IN NORTH AMERICA AT SNAG, YUKON, IN FEBRUARY 1947