

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News



Dates to Remember

August 12	6pm	Parent/Player/Coach meeting – All Fall sports
August 13		Fall sports practices begin
August 29		First Day for incoming 9 th graders, at Agassiz Village
August 30		First Day for grades 10, 11, and 12. BLUE day.
August 30		First Day for LRTC
August 30		Athletics Team Picture Day
September 6	6-7:30pm	Open House
September 12		Picture Day
September 14		20 th Anniversary celebration at our first home football game to begin our celebration!

Contents

Principal	pg. 2
Assistant Principal	pg. 3
Counselor's Corner	pg. 4
Co-Curricular	pg. 5
Nurse Update	pg. 6
Announcements	pg. 7

Dear PRHS students and families,

We are excited for the start of the new school year. This year is our **20th Anniversary**. **Please join us on Friday, September 14 at our first home football game to begin our celebration!** We will be honoring the original members of the building committee and remaining faculty and staff members from 1999.

NEW TEACHER

We are excited to welcome Noah Collins as our new science teacher. Mr. Collins graduated this spring from St. Anselm college majoring in Physics and Secondary Education. He completed his student teaching at Pinkerton Academy in Derry, NH. He comes with excellent recommendations from both his cooperating teacher and his college professors. Mr. Collins will be teaching Physics and Chemistry and he will have a 9th grade Roundtable.

INCOMING 9TH GRADERS

Your first day of school is **Wednesday, August 29**. You will meet your Roundtable, get your schedule, run through a shortened class day, and then participate in a day of team building, games, and lunch (provided by the school) at Agassiz Village. You will not need school supplies on this day.

Wednesday, August 29 is a FULL day of school. No early release! The regular early release Wednesday schedule begins on September 5 and dismissal time will be 1:10 as usual.

SOPHOMORES, JUNIORS AND SENIORS

Your first day of school is **Thursday, August 30**. It is a **BLUE day** and a full day of school. You will start the day in your Roundtable so you can get your schedules. If you are going to **LRTC this year**, this will be your first day of school for those programs as well. The bus to LRTC leaves at 7:20 from the front circle of PRHS. Please check your schedule, or call us as at school, to see if this applies to you.

SCHEDULES ARE AVAILABLE ON INFINITE CAMPUS

For returning students and incoming 9th graders from Whittier, your user name and login for IC is still valid. If you have trouble logging in, please email infinitecampus@rsu16.org for assistance. If you are a new student with no IC account and no older siblings at PRHS, you will receive your IC login information during the first week of school in Roundtable. We can provide schedules for students with no IC accounts if you come into school, call or email us.

Please contact your student's school counselor if you want to make changes to your schedule before school starts. Mrs. Rhoads (last names A-F), Ms. Bush (last names G-M), and Mr. McFadden (last names N-Z) will be back at school beginning Friday, August 17.

OPEN HOUSE

Our annual open house will be **Wednesday, September 5 from 6-7:30**. This is a great time for parents to put faces to the names of your student's teachers!

MONTHLY NEWSLETTER

We will send out a newsletter every month throughout the school year to keep you up to date on events at school. We always mail a paper copy of the newsletter in August to make sure all of our new students and incoming 9th graders receive it. After this month, you will receive the newsletter electronically in an email. All newsletters will be posted on our website so you can review past editions. Please be sure to keep your email address updated. **If you do not have internet access and still need a paper version sent in the mail during the school year, please contact Sandy Moreau in the high school main office (998-5400, ext. 100 or smoreau@rsu16.org).**

All teacher email addresses and other information can be found at our school website, http://www.rsu16.org/PRHS/prhs_contacts.html.

Please do not hesitate to contact us if you have questions or concerns.

Cari Medd
cmedd@rsu16.org

998-5400 ext. 129

Welcome to the new school year! We hope you consider these suggestions for a successful school year:

1. Write down every assignment with a due date, the name of the course, and the name of the teacher who assigned it. Keep this on a device or in a notebook.
2. Identify people at home and at school who can help with particular assignments. Teachers stay late and come to school early and the Learning Center is open from 7:15-3:30 every day.
3. Make short-term goals to keep focused on current work (“I’ll do the math problems now and the map assignment after supper.”). Think about the benefit the work will have in the long run.
4. **Turn off all devices when in class to avoid distraction.** Texting in class is a sign that there’s a problem with the work, NOT that the text is so important.

--**Freshmen orientation** will be Wednesday, August 29. We will start at the high school. Buses will run a regular schedule, arriving at PRHS between 7:10 and 7:20. Freshmen will be at Agassiz Village from 9:30 to 1:30. Buses will leave PRHS at 2:10. All 9th grade students are expected to attend.

--We are continuing the **mentoring** program. Students interested in becoming mentors should come to the office beginning August 22 to pick up applications. Students who are returning mentors do NOT need to reapply. They will keep their mentees from last year.

--Students who will drive to school on the first day must obtain a **parking pass** by August 29. Parking passes will be available beginning August 20 and will be numbered or lettered. Students must park in the space that corresponds to the pass number or letter. ***This is the student’s reserved parking space—no other drivers will be permitted to park there.*** The cost is \$2 and students will need to present proof of insurance, current registration, and a driver's license. After August 29, drivers of cars without parking passes displayed on the rearview mirror or dashboard will be subject to discipline. Students who drive recklessly or inappropriately may have their driving privileges suspended. We may also contact law enforcement. Students MAY NOT park anywhere other than the space assigned to them in the student parking lot without permission from administration.

--The **student drop-off and pick-up** area is the middle circle between the bus lane and the teacher/guest lot. Please **do not** park or wait for children in the bus/emergency vehicle lane.

-- We encourage parents to work with the school staff to keep their children in school or to provide timely excuses for absences. Please call us at 998-5400 x124 within 24 hours of an absence, beforehand when possible. Please **notify us well in advance of planned absences** longer than three days and we will help your child collect homework. State truancy proceedings will begin when a student is absent unexcused for the tenth time or for the seventh day in a row. Before that, we will meet with parents to plan for regular attendance. ***Excessive excused absences also impact academic performance and will be addressed throughout the year.***

--Elections for the **Judiciary Board** and **Student Representative Board** (student government) will be held within the first two weeks of school. Please encourage your children to consider running.

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

Patrick Flynn, Assistant Principal

It's hard to believe that in a few weeks we'll be welcoming the Class of 2022 to PRHS! We are excited to meet the new freshmen and to welcome back our sophomores, juniors and seniors! Even though it is summer, there is still a lot going on in the guidance office...

DON'T FORGET TO DO YOUR SUMMER READING!

Summer work is required for English I, II, and Senior English, as well as many AP courses!

Counselors have been working hard to finalize students' schedules. **SCHEDULES will be available on Infinite Campus after August 3rd.** Students with questions or concerns about their schedules should contact their counselor (preferably via email) prior to the start of school.

STILL LOOKING FOR CLASSES FOR NEXT YEAR? We still have spots in many of our classes. We also have options with the state run **AP4ALL** program - <http://www.ap4all.org/> Many of these classes may have already filled up, so contact your counselor ASAP to sign up now! College classes are also still available, such as at USM, CMCC, or St. Joe's. We also have courses from UMFK to offer online. Still looking for something different? Remember we offer internships as well. Contact your counselor!!

SENIORS – September will be here before we know it! Take advantage of some down time this summer to **continue your research of college, military and work options** for after high school. It's also a great time to **visit college campuses** to see first-hand what they have to offer. You could even start drafting your college essay! We'll jump right in with senior meetings and senior appointments as soon as we return to school in September.

SENIORS! NEED TO SIGN UP FOR SATs FOR NEXT YEAR? Go ahead – registration is now open at the College Board website. Remember your username and password if you used the site last year to check your SAT scores online. The first set of SATs is August 25! The next test is October 7 with a registration deadline of September 7. *Remember if you are on free or reduced lunch you get the test for free but must sign up with your counselor*

For those of you who like to plan ahead – mark your calendars for the following events:
NEACAC College Fair – Tuesday, September 25 from 6:30-8:00 pm at USM - Gorham

Counselors will return to work full-time in late August. In the meantime, we'll be in and out of the office throughout the summer, but we will be checking email frequently.

Extra-Curricular

The Fall Parent Meeting for all student athletes and parents will take place Sunday August 12, at 6pm in the PRHS auditorium. Parents, athletes, and coaches must attend. Football equipment will also be handed out that evening.

PRHS practices begin **Monday August 13**. Please check the **Sun Journal Sports page** in August for times.

Athletes must have in order to participate on Monday:

- Current physical on file with the school, or bring a copy to MR. King
- Parents must register athletes on FamilyID, our online registration. Registration for summer activity does not cover the fall. If you registered this summer it will be an easy registration. Be sure to use your existing registration.

Important Dates

- August 12, football equipment pick-up
- August 12, Parent/Player/Coach Meeting 6PM
- August 13 practice begins for high school athletics
- August 30, Athletics Team Picture Day with Lifetouch (HS)
MS Athletics Picture Day will be September 12

Online Registration

Access online registration at www.familyid.com/rsu-16 If you are having difficulty, please contact the FamilyID help line at 888-800-5583 x1 or email support@familyid.com.

Our Fall HS Coaches

- Football staff-Spencer Emerson, Bob Chaisson, Ryan Bentley, Tim Matteson, Alfonso Belnavis
- Boys' Soccer staff- David Coyne, Manuel Kiambuwa
- Girls' Soccer staff-Tim Dolley, Shannon Briner, Kevin Gagne
- Field Hockey staff-Mara Balboni, **TBA**
- Cross Country staff-Sean Galipeau-Eldridge, Ray Lafreniere, Phil Brienza
- Fall Cheering- Michelle Coltart
- Golf- Gregg Rose

Openings

- At this time, we still have a few fall coaching openings:
JV Field Hockey, MS Boys soccer, MS Field Hockey

Co-Curricular

Parents, be sure to have a conversation with your kids about co-curricular credits. Each of our freshman, sophomore, and junior students must get 2 credits (Sr. students need 4) during high school to march at graduation. Athletics count toward these credits, but there are many other ways. Our students will have an opportunity to join one of many clubs or other activities throughout the year. There will be a chance to learn about many of these opportunities when school opens. If they have completed at least one year at PRHS, they should have a plan.

Go Knights!!

We will be sending home a packet from the Nurse's Office, which includes the Annual Health History Update, Standing Medical Orders, Medication Permission form, and the Tooth Fairies (dental hygienist) form. Please be sure to complete both sides of the two-sided forms. Your child should return these to the Nurses' Office or to their Roundtable Teacher. Prompt return of these papers allows us to better care for your child.

For the safety of all students, RSU #16 has a policy which states that students may not carry medications on their person. Students needing medication such as Tylenol (acetaminophen) may obtain this from the nurse once the permission form has been signed and returned by the parent/guardian. Exceptions to this include students who may carry their own rescue inhaler or EpiPen. Again, permissions for this must be signed by the parent/physician. Students on regular medication should take these at home whenever possible. Those who require prescription medication to be administered during the school day must have the medication brought in by a parent/guardian in person, in the original vial, with the name of the student, name of the medication, dosage and time to be given. Medication should never be sent in with the student, for many safety reasons.

Medical forms are available on the RSU #16 website under Parent Information: Medical & Health.

The days can still be warm into the first month of school. Please remind students to drink plenty of fluids to prevent dehydration, especially when being active. Encourage them to bring a water bottle and refill it periodically throughout the day. It also helps the learning process if students have had breakfast and a good night's sleep.

Call the Nurse's Office at 998-5400, extension 108 with any questions you may have.

CONGRATULATIONS TO OUR TOP AP SCHOLARS!

AP SCHOLARS - those students who scored a 3 or higher on 3 or more AP exams:

Morgan Brousseau '18

Holly Desjardins '19

Maia Ferguson '19

Emma Galipeau-Eldridge '18

Keatin Herrick '18

Zach Ray '18

Twilight Smart-Benson '19

Sam Stone '18

Holly Young '19

AP SCHOLARS with distinction - Granted to students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams.

Rachel Kuklinski '18

Update Contact Information:

Please be sure to notify us immediately if you have any changes in your contact information. This would include any changes in name, address, home telephone, work telephone, cell phone, and email addresses for all parents or guardians.

If you have given us your email address and you are not receiving the monthly newsletter, please check your spam filter and unblock or allow mass emails from Poland Regional High School.

Picture Day: September 12th

504 Management System

The 504 Management System is available for those who would like more information. In particular, there is a section for staff, parents and students that is available for review upon request.

Parents of students who are referred to Section 504 will receive a notice of parent/student rights, which is also available upon request and on the district's website under the Special Education link.



District 504 Coordinators

Central Office

Holly Day, Special Education Director
998.2727 x112
hday@rsu16.org

Elm Street School

Ryan Patrie, Principal
345.3381
rpatrie@rsu16.org

Minot Consolidated School

Kim Spencer, Principal
346.6471
kspencer@rsu16.org

Poland Community School

Kelly Marston, Assistant Principal
998.4915
kmarston@rsu16.org

Bruce M. Whittier Middle School

Bonnie Robbins, School Counselor
998.3462 x126
brobbins16@rsu16.org

Poland Regional High School

Hillary Bush, Director of Guidance
998.5400 x101
hbush@rsu16.org

Corey McFadden, School Counselor
998.5400 x106
cmcfadden16@rsu16.org

Carrie Rhoads, School Counselor
998.5400 x125
crhoads@rsu16.org



RSU 16 Special Education
3 Aggregate Road
Poland, ME 04274
998.2762
www.rsu16.org

Section 504

**An informational guide
for Section 504 of the
Rehabilitation Act of 1973**

504 Pamphlet Continued

What is Section 504?

Section 504 is part of the Federal Rehabilitation Act of 1973, which was enacted by Congress to combat discrimination against individuals with disabilities in services, programs and activities administered by any entity that receives federal funds, including public schools.

What if You Suspect a 504 Disability?

- Each building in the District has a designated Building Coordinator for Section 504. If you have questions about referral, eligibility, or services, contact your child's school and ask for a Building 504 Coordinator.
- Be ready to assist in documenting a disability.
- Provide any existing evaluations or information you may have.
- Attend the 504 meeting.
- Be an active partner in the process with the school.



How Does the Section 504 Process Work?

The District has established a set of procedures and forms that guide Section 504 processes to ensure that the school meets its Section 504 responsibilities to students. A summary of that process follows:

- Any parent, legal guardian or school staff member may initiate a referral of a student who is believed to be a child with a disability under Section 504. An adult student of eligible school age also may initiate such a referral for him/herself.
- A referral for Section 504 must be forwarded to the Building 504 Coordinator. This person shall ensure that the District's 504 Referral Form is properly completed, which will initiate the 504 referral process
- The building Section 504 Coordinator will convene a team meeting within a reasonable time to consider the information gathered with the person making the request. The Team will document their decision and provide notice of rights and responsibilities to parent/guardian. The team may need to further evaluate the student to determine appropriate placement. The Team also may decide to refer the child to the District's special education process, or to access any available pre-referral process that may be operating in the school building.
- At any point in the 504 process, school staff or the parent/guardian or adult student may initiate a referral to consider the student's eligibility for special education.

Who is Eligible for Section 504?

A student with a disability should be considered for eligibility under Section 504 if he/she:

- has a physical or mental impairment which substantially limits one or more ***major life activities**.
 - has a record of such impairment; or
 - is regarded as having such an impairment
- *Major life activities** (includes but are not limited to) caring for oneself, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working. Examples of "impairments" include (but are not limited to) severe allergies, cerebral palsy, diabetes, and epilepsy.

What is a 504 Plan?

Students who meet the eligibility guidelines will have a 504 plan developed for use in school. The Plan specifies the nature of the impairment, the major life activity affected by the impairment, accommodations necessary to provide access based on the students needs, and the person(s) responsible for implementing the accommodations.

Accommodations should be specific to the individual student and should not include accommodations typically provided to general education students.

Accommodations should be specific to the individual student's physical or mental impairment in terms of the substantial limitation to the major life activity. Accommodations must be documented in writing.



RSU 16
MECHANIC FALLS, MINOT, POLAND
1457 MAINE STREET
POLAND, MAINE 04274



2015-2016 Demographic Reporting Requirement

Reporting in accordance with new federal requirements necessitates the mandatory collection of ethnicity and race of all students. This change was made to better reflect the growing diversity across the country. In compliance, RSU16 is asking that the following questions be completed for all students.

Student Name: _____ Grade: _____

Is the individual Hispanic/Latino? (choose one) No ____ Yes ____

Is the individual from one or more of the following races?
(choose at least one):

Asian ____

Black or African American ____

Native Hawaiian or Other Pacific Islander ____

American Indian/Native Alaskan ____

White ____



RSU 16
MECHANIC FALLS, MINOT, POLAND
1457 MAINE STREET
POLAND, MAINE 04274

MILITARY-DEPENDENT CHILD IDENTIFIER

STUDENT NAME: _____

Are one or both of this student's parents on full-time duty status in the active uniformed service of the United States (including members of the National Guard and Reserve on active duty orders), or within one year of medical discharge or retirement from those uniformed services? Parent is not required to provide this information.

Please check yes or no below.

- YES
 NO





RSU 16

MECHANIC FALLS, MINOT, POLAND
1457 MAINE STREET
POLAND, MAINE 04274

ANNUAL NOTIFICATION OF FERPA GUIDANCE FOR PARENTS

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students."

- Parents or eligible students have the right to inspect and review the student's education records maintained by the school. Schools are not required to provide copies of records unless, for reasons such as great distance, it is impossible for parents or eligible students to review the records. Schools may charge a fee for copies.
- Parents or eligible students have the right to request that a school correct records which they believe to be inaccurate or misleading. If the school decides not to amend the record, the parent or eligible student then has the right to a formal hearing. After the hearing, if the school still decides not to amend the record, the parent or eligible student has the right to place a statement with the record setting forth his or her view about the contested information.
- Generally, schools must have written permission from the parent or eligible student in order to release any information from a student's education record. However, FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR § 99.31):
 - School officials with legitimate educational interest;
 - Other schools to which a student is transferring;
 - Specified officials for audit or evaluation purposes;
 - Appropriate parties in connection with financial aid to a student;
 - Organizations conducting certain studies for or on behalf of the school;
 - Accrediting organizations;
 - To comply with a judicial order or lawfully issued subpoena;
 - Appropriate officials in cases of health and safety emergencies; and
 - State and local authorities, within a juvenile justice system, pursuant to specific State law.

Schools may disclose, without consent, "directory" information such as a student's name, address, telephone number, date and place of birth, honors and awards, and dates of attendance. However, schools must tell parents and eligible students about directory information and allow parents and eligible students a reasonable amount of time to request that the school not disclose directory information about them. Schools must notify parents and eligible students annually of their rights under FERPA. The actual means of notification (special letter, inclusion in a PTA bulletin, student handbook, or newspaper article) is left to the discretion of each school.

For additional information, you may call 1-800-USA-LEARN (1-800-872-5327) (voice). Individuals who use TDD may use the [Federal Relay Service](#).

Or you may contact us at the following address:

Family Policy Compliance Office
U.S. Department of Education
400 Maryland Avenue, SW
Washington, D.C. 20202-8520



RSU 16

MECHANIC FALLS, MINOT, POLAND
1457 MAINE STREET
POLAND, MAINE 04274

MILITARY/COLLEGE RELEASE FORM

NOTICE TO PARENTS OF POLAND REGIONAL HIGH SCHOOL ON RELEASE OF INFORMATION TO MILITARY RECRUITERS AND COLLEGES

A federal law, the NO CHILD LEFT BEHIND ACT, requires secondary schools to provide student names, addresses and telephone numbers to both military recruiters and institutions of higher education, upon request. Parents and legal guardians of students, however, have the right to request that the schools NOT release such information without prior written parental consent.

The purpose of this notice is to inform you of the new law and to provide you the opportunity to request that information about your child NOT be released to either military recruiters or institutions of higher education. To PREVENT the release of information, you must inform us by filling out the form below. If you do not inform us otherwise, we will be required by federal law to disclose your child's name, address and telephone numbers to military recruiters and institutions of higher education that request this information.

Please return this form to the PRHS Guidance Office as soon as possible. Please contact the Guidance Office if you need further information.

PARENT/GUARDIAN REQUEST:

As parent/guardian please do NOT release my child's name address or telephone number to the following institutions without my consent.

Please List Children: _____

Do NOT send my child's information to the following CHECKED institutions.

- Military Recruiters
- Institutions of Higher Education

STUDENTS 18 YEARS OF AGE OR OLDER:

As a student of Poland Regional High School, I _____ do NOT want my name, address or telephone number released to the following CHECKED institutions.

- Military Recruiters
- Institutions of Higher Education

Student Signature: _____ Date: _____

School Verification of Age: _____