

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

Friday, October 5	Workshop day – no school	Contents	
Monday, October 9	Columbus Day – no school	Principal	pg. 2
Wednesday, October 10	PSAT test day for sophomores and juniors	Assistant Principal	pg. 3
Friday, October 19	Junior Community Service Day	Counselor's Corner	pg. 4
October 31 st	Yearbook deadline for Senior Portrait, childhood photos and Parent Recognition Messages	Co-Curricular	pg. 5
		Nurse Update	pg. 6
		Announcements	pg. 7

Greetings PRHS families and students,

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

- ★ We have **61** students enrolled at LRTC
- ★ We have **32** students enrolled in college classes first semester **9** students are enrolled in an AP4ALL course (online AP course offered through the state)
- ★ Our current enrollment is **465** (480, 482, 484 for the last 3 years)

Programming to Support 9th Graders

Following in the middle school's steps, we are implementing a program called BARR (Building Assets Reducing Risks) with our 9th grade teacher teams and students. This program asks us to implement 8 different strategies to build relationships with our 9th graders and use real-time data to support all students to be successful social, academically and emotionally. Our hope is that this will help us to better support students at both ends of the academic spectrum and intervene quickly when we see a student in need.

School Calendar Notes

- Friday, October 5 is a workshop day, and Monday, October 9 is a holiday.
- Wednesday, October 10 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! **Seniors** should arrive at school for an 8 am start.
- Friday, October 19 is **Junior** Community Service Day. All juniors will be transported by the school to local non-profits to engage in meaningful community service. This day helps juniors get a start on their 15-hour community service requirement.

Grades and Reminders

- **Habits of Work (HOW)** grades will be posted and available for students and parents on Wednesday, October 3.
- **Parents of seniors**, progress report grades DO get reported to colleges during the application process.

Lockdown Drill

Last week we had a lockdown drill throughout the middle school and high school building. Prior to this drill, Mr. Vincent and I met with all teachers and all students to explain the procedures and expectations to them. During the drill, your students did an excellent job following directions and listening to their teachers. We thought we would share some of the important expectations with you so you can talk with your student about them and reinforcement the importance of them:

- When a lockdown is called over the intercom, students are expected to go to the nearest classroom if they are not in their own classroom.
- Teachers will go out in the hall and pull in any students who are out of class.
- Students are expected to move to a safe corner of the classroom (as determined by the teacher) and remain silent.
- Students are expected to remain in the classroom and ignore bells and fire alarms until the Lockdown is ended by intercom announcement or an administrator keys into the room.
- Whittier students may not have cell phones at any time between 7:15 and 2:07. High school students are expected to show their teacher that their cell phone has been turned off.
- High school students' cell phones are expected to remain off for several reasons: to avoid sending out inaccurate information, to avoid causing unnecessary panic, and to avoid impeding communication from the school to law enforcement. This expectation is common in Lockdown procedures in other schools and is recommended by law enforcement.

Please do not hesitate to contact us if you have questions or concerns and please let us know if your student is experiencing unusual stress as a result of any drill.

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

Cari Medd, Principal

998-5400 x 129 cmedd@rsu16.org

Here at the start of autumn, the school year has ripened and we are moving quickly toward the end of the first quarter, October 26. This is a good time for a few reminders.

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

- we don’t assign a consequence to a student for being late or missing a day
- we don’t pursue truancy when it isn’t warranted
- 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.

Vaping Warning: “Vaping” refers to using e-cigarettes. Students and staff are not permitted to possess e-cigarettes or e-cigarette paraphernalia (i.e. cartridges, “pens,” or delivery devices) on school grounds (see <http://www.rsu16.org/schoolboard/SchoolBoardPolicies/A.html> for the district policy titled “Tobacco Use & Possession”). Maine law prohibits purchase or possession by individuals less than 18 years old. We have reports that students are bringing vaping paraphernalia to school and vaping on school grounds. Students who vape or possess vape materials are subject to suspension. While we have addressed the issue directly with several students, we ask that parents and guardians speak with their children about the dangers of vaping, such as nicotine addiction, cancer, and law enforcement action. Parents and the community will receive a more detailed email soon concerning vaping.

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

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 **Wednesday, October 10 at 6:00 PM**. Learn everything your senior is learning about college admissions and financial aid.

FINANCIAL AID /FAFSA HELP is **Thursday, October 11 at 6 PM** at **Oxford Hills Comprehensive HS** OR **Friday, November 2 at 6:00 PM** at **the Auburn Public Library**. These are the only local financial aid events hosted by the Finance Authority of Maine (FAME).

GUIDANCE LATE NIGHTS will be **October 17 (2-8 PM)**, **November 8 (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 10**. Scores will be returned in **December**. 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. CMCC will be in the Guidance Office during 2nd lunch on November 26 to meet with any students interested in taking a 2nd semester early college class with them.

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 College Board website, or your handy PRHS Senior Checklist.

MORE FOR SENIORS! UMaine Admit-in-a-Day is **Oct. 30**. USM Admit-in-a-Day is **November 14**. UMF Admit-in-a-Day is **November 15**. Have your application submitted electronically two weeks before the date and sign up to meet with a counselor on that date to get more information about your admission. Application fees are waived on this date!

COLLEGE VISITS – We still have some visiting to do! We will be visiting **UMaine -Farmington** on **October 16** and **Southern Maine Community College** on **October 30**. 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 8, 2019** for all sophomores in the county. Students will be 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 4, 2019** from **10-11:30**. Please help us spread the word! All are welcome!!

Winter Athletics

- As the fall season winds down, please remember to get those uniforms turned in.
- Practices begin November 19 for athletics (Girls Ice Hockey 11/5). 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 were excellent this fall, as we move indoors, please We work hard to promote a positive culture at PRHS. Remember:
- Family ID Registration will open October 15. Please register your child early.

“Don’t be that guy.”

Winter coaches:

Hockey (Boy’s) Coach Joe Hutchinson
 Hockey JV Coach Greg Vaillancourt
 Hockey (Girl’s) Coach Dana Berube
 Indoor Track Coach Rick Kramer
 Indoor Track Dan Roy

Boys’ Basketball Coach Tyler Tracey
 Boys’ Basketball JV Coach Stevie Ray
 Girls’ Basketball Coach Tim Dolley
 Girls’ Basketball JV Coach Jake Webb
 Cheering TBA

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.

The nursing office wanted to share this allergy awareness information from the FDA with our staff, our students and their families. We try to remain Allergen Aware in RSU 16 and would encourage everyone to be mindful when it comes to what we bring into our schools. As always, please don't hesitate to contact us with any questions or concerns!

While more than 160 foods can cause allergic reactions in people with food allergies, the law identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived.

The eight foods identified by the law are:

- Milk
- Eggs
- Fish
- Crustacean shellfish (e.g., crab, lobster, shrimp)
- Tree nuts (e.g., almonds, walnuts, pecans)
- Peanuts
- Wheat
- Soybeans

Following ingestion of a food allergen, a person with food allergies can experience a severe, life-threatening allergic reaction called anaphylaxis. This can lead to:

- constricted airways in the lungs
- severe lowering of blood pressure and shock (“anaphylactic shock”)
- suffocation by swelling of the throat

Prompt administration of epinephrine by autoinjector (e.g., Epi-pen) during early symptoms of anaphylaxis may help prevent these serious consequences.

Symptoms of food allergies typically appear from within a few minutes to 2 hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness

Persons may still be allergic to — and have serious reactions to — foods other than the eight foods identified by the law. So, always be sure to read the food label ingredient list carefully to avoid the food allergens in question.

Music needs your used instruments!

The beginning band program in our three elementary schools need instruments for beginners. If you have a flute, clarinet, saxophone, trumpet or trombone in your house that isn't being used. Consider donating it to your school band. Contact Mr. Williams at lwilliams@rsu16.org or 998-5400 x304

Send new or used water bottles our way!

The nursing office is always looking for water bottles, and are happy to take as many as you have to offer, in any condition that you find them in. So long as they'll hold water, we want them!

SEVEN QUESTIONS EVERY PARENT WANTS TO ASK A COLLEGE*

- ★ How safe is your campus?
- ★ How do I make all of this affordable?
- ★ What is the alcohol policy?
- ★ What is student life like on the weekends?
 - ★ How often are students off campus?
 - ★ Are the dorms co-ed?
- ★ Can a student have a car on campus?

**Courtesy of Ohio Wesleyan University*

Yearbooks On Sale NOW!

VISIT ybpay.lifetouch.com and use code #12966619

\$45 until January 1st

\$70 after



RSU 16 Adult Education Community Classes!

Babysitter Certification - Mia Comis, NREMT & AHA Instructor, will teach students ages 12+ about developmental stages, bottle-feeding, diaper changing, safety, and age appropriate activities for babysitting. Includes Pediatric First Aid, CPR and AED use for the adult child and infant. *Saturday, 12/1, 10:30am – 4:30pm. Registration: \$75.*

Bow Hunter Safety – Mike Mayo from IFW will cover handling, accessories, safety, laws, ethics & responsibilities. Students must complete the online portion (<https://www.bowhunter-ed.com/maine/>) and bring the voucher and a survival kit to the skills and exam day on *Saturday, 10/27, 9am-4pm. \$12.*

Chalk Painting - Bring a small piece of wooden furniture to this class where Nathalie Roy will help you to create the vintage, cottage, antique or modern look you desire. *Mondays, 10/22 and 10/29, 6-8pm. Registration: \$24.*

Computer Classes - From computer basics to Microsoft applications such as Word, Excel and Google, we have a variety of computer classes offered by Christine O'Donnell, designed to meet your personal and workforce needs. Call for details.

Essential Oils - Join Certified Holistic Wellness Coach, Cheryl Horton, for a fun morning of healthy living as we learn about and create natural solutions for everyday products using essential oils. Create three products to take home with you! *Saturday, 10/20, 9:30-noon. Registration: \$13, includes materials and supplies.*

Intro to Self-Employment – Karleen Andrews from New Ventures Maine will help you to decide if self-employment is right for you. This class covers entrepreneurship, pros and cons, ways to manage risk, elements of a business plan, important financial pieces and steps needed for start-up. *Thursday, 10/25, 6-8 pm. Free, but you must sign up in advance.*

Notary Public - In this two-session class, Suzette Moulton will guide you through the process of how to become a Notary. Leave ready to be certified by your town clerk! *Mondays, 10/22 and 29, 6-7:30pm. \$24, includes handbook & materials.*

Selling Your Home – Join Tammy Dumais from Keller Williams as she shares tips on the ins and outs of putting your house on the market. *Tuesday, 11/6, 6-7:30pm. Registration: \$7.*

Snowmobile Safety - Learn how to properly operate and maintain a snowmobile. Laws and responsibilities, map and compass, environmental/landowner ethics, personal safety, first aid and survival skills will be covered. For ages 10 and up. An adult must stay with youth under 16. *Saturday, 11/17, 9am-4pm. Registration: \$12.*

Staying Home Alone with Judy Emch, Red Cross Trainer - This popular favorite teaches 8-11 year olds the fundamentals of staying home alone for short periods of time, using puzzles, games and activities. *Saturday, 11/4, 1-5 pm. \$30.*

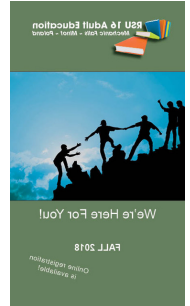
Tai Chi with Chris O'Donnell - Practicing the gentle movements of Tai Chi can calm the mind, strengthen the body, and improve balance. *Tuesdays through 12/11. 3:45pm – 4:45pm. Drop-ins are welcome, \$5! (Elm Street School Gym)*

TechHire Maine – Call us for more information about this great opportunity for qualifying High School Graduates who have an interest in computers and want to work in middle or high skill, tech-based jobs!

Yoga - This gentle flow class facilitated by Robyn Born uses a sequence of poses to refine the posture of the body, mind and heart. Poses can be modified for different levels of fitness and experience. Please bring a mat, water and a blanket. *Mondays through 12/3. 6:15-7:30pm. Drop-ins are welcome, \$8! (Elm Street School Gym)*

Classes are held at 129 Elm Street. Registration may be completed online at mechanicfalls.maineadulted.org, by mail at PO Box 129 Mechanic Falls 04256, in person at 129 Elm Street, or by calling 345-3217.

We can also help you find a new career, prepare for College, or finish high school!



October 2018

Dear RSU 16 Parent(s)/Guardian(s):

This is a letter to acquaint you with our "school closing" announcement procedure.

- 1) If the weather becomes bad enough and there is a possibility that we may **close school**, you will be notified via **an automated calling system** to all contact numbers we have in your child's file. We also urge you to listen to the following TV and radio stations:

WMTW (CHANNEL 8 TV)''''WCSH (CHANNEL 6 TV)''''WGME (CHANNEL 13 TV)''''WMME (92 MOOSE)

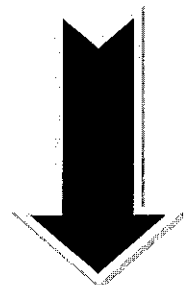
We will try to contact the TV and radio stations by 5:30 a.m., but cannot guarantee the announcement will be aired by then. **Please see reverse side to be automatically contacted via a text message from NEWS CENTER 6.**

- 2) It is necessary that the school office, in the building where your child attends, is notified of the alternative childcare arrangements that you have made for your child(ren) **before snow season**. Buildings will be closed to all activities when school is canceled. When school is canceled, there will be no practices for any extra-curricular activity.
- 3) In certain circumstances, we may simply **delay school** to allow the town crews to plow, sand and salt the roads to make them safe. When this happens, all morning buses will run late (usually one hour). School will still close at the regular time.
 - **If school is delayed in the morning on a WEDNESDAY, there will be NO EARLY RELEASE. Students stay until regular release times.**
 - **If school is delayed on any morning, there will be NO morning PreK.**
- 4) Once school has started, I will make every effort to limit the necessity to call for an **early dismissal**. If that should happen, however, you will be notified via an automated calling system and all announcements will be made on the radio and TV stations listed above. If early dismissal is necessary, the decision will be made by 11:00 a.m.
- 5) As parents, you always have the final decision. If you feel it is too dangerous for your child(ren), please keep him/her home. We do ask that you call the school and let them know. You may not always agree with my decision to cancel or postpone our schools' starting time after a storm. Unfortunately, there is no exact science to these decisions and it is simply a best guess on my part at 5:00 a.m. after consulting with our transportation director, road commissioners and area superintendents. Because there are some unusually hilly and sharp turning roads in RSU 16, there may also be a few occasions when I will cancel or delay school when others around us may not do the same. I will err on the side of caution when transporting our precious children.

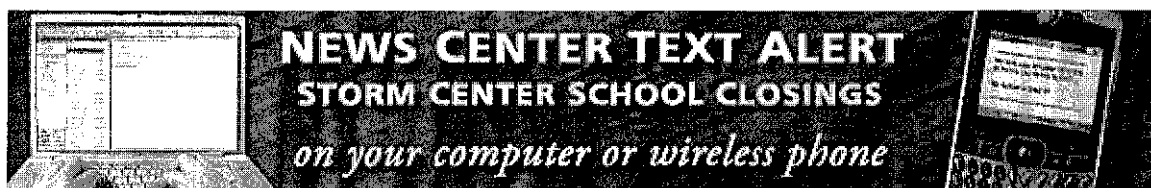
I would like to thank you in advance for your patience and understanding.

Respectfully,

Kenneth J. Healey
Kenneth J. Healey



NEWS CENTER TEXT ALERT



Now you can find out if your school is closed or delayed wherever you are! Get text messages or e-mails on your mobile phone, PDA, or computer with news, weather and more from WCSH6.com.

Sign-up is fast and easy!

Go to the website: <http://www.wcsh6.com/about/text-alerts>.

Just enter your contact information and select the information categories you want to receive. An authorization code will be sent to you as a text or e-mail message. Enter the code online to complete the process. Simple!
If you have a problem, or don't see your school in our list, email us at alert@wcsh6.com.

Is there a fee?

WCSH6 does not charge for this service. However, message & data rates may apply from your mobile provider. Check with your mobile provider for charges and plans.

When will I get the alerts?

You will receive alerts as soon as they are issued.



2018
PRHS/BWMS
RSU 16

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

Available Daily

SANDWICH BAR

Sandwiches Made to Order

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 1

Chicken Noodle Soup w/Crackers
Chicken Patty Sandwich
Flatbread Pizza

Tuesday, October 2

Fish Stick Basket w/Spiral Fries
Cheese/Hamburger
Mini Corn Dogs

Wednesday, October 3

Nachos w/ Cheese & Meat
Quesadilla
Pretzel w/Cheese Dipping Sauce

Thursday, October 4

Pizza Choices
Hot Dogs
BBQ Rib Sandwich

Friday, October 5

No School
In-Service Day



World Smile Day



Featured Specials of the Day

Monday, October 8

~~Columbus Day~~

Tuesday, October 9

Chicken Fries Basket w/ Spiral Fries
Bosco Sticks
Mini Corn Dogs

Wednesday, October 10

Nachos w/ Cheese & Meat
Quesadilla
Pretzel w/Cheese Dipping Sauce

Thursday, October 11

Chicken Chop Suey w/ Rice
Cheese/Hamburgers
Deep Dish Pizza

Friday, October 12

Pizza Choices
Hot Dogs
Fish Nuggets

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



Featured Specials of the Day

Monday, October 15

Meat Chili
French Bread Pizza
Chicken Nuggets

Tuesday, October 16

Popcorn Chicken Bowl
Deep Dish Pizza
Mini Corn Dog

Wednesday, October 17

Nachos w/Meat & Cheese
Quesadilla
Pretzels w/ Cheese

Thursday, October 18

Mac & Cheese
Chicken Patty
Tuna Burger

Friday, October 19

Pizza Choices
Hot Dogs
BBQ Rib Sandwich

Featured Specials of the Day

Monday, October 22

Corn Chowder
French Bread Pizza
Grilled Chicken Sandwich

Tuesday, October 23

Chicken Fajitas on a White Wrap
Cheese/Hamburger
Chicken Tenders

Wednesday, October 24

Nachos w/Meat & Cheese
Quesadilla
Pretzel w/ Cheese

Thursday, October 25

Popcorn Chicken Bowl
Bosco Sticks
BBQ Rib Sandwich

Friday, October 26

Pizza Choices
Hot Dog
Mini Corn Dogs

Monday, October 29

Homemade Chicken Vegetable Soup
Bosco Sticks
Chicken Nuggets

Tuesday, October 30

Bacon Cheeseburger
Chicken Patty Sandwich
Mini Corn Dogs

Wednesday, October 31

Nachos w/Meat & Cheese
Quesadilla
Pretzels w/ Cheese



PRHS Family Grading Guide

What is a proficiency-based diploma?

To earn a Poland Regional High School diploma, a student must demonstrate proficiency in the **Graduation Standards** established by RSU 16. **Standards** are descriptions of what students are expected to know and be able to do at a specific stage of their education. PRHS defines **proficiency** as achieving a score of 2.5 or higher on the standards. In addition, to get a diploma at PRHS a student must meet any other graduation requirements set forth by the RSU 16 school board. These include earning 24 credits by meeting the standards a range of courses as outlined in the Course of Studies. **In practice, this means that for a student to earn credit for a course, a student must meet every standard in the course.**

What does it mean to “meet the standards” in a class?

Courses have 5-8 standards. Students are given several assessments to meet every standard in every class. Assessment grades are averaged to come up with the overall standard grade. (Teachers may choose to weight assessments differently.) A standard grade of 2.5 or higher is considered passing. Students do not have to pass every assessment to meet a standard, and homework is not counted toward the standard grade. Homework will be documented in the Habits of Work (HOW) standard. HOW grades will be used, in part, to determine eligibility for co-curricular activities. Each assessment will be assigned a grade according to the scale below.

Proficient	4	Exceeds the standard
	3.5	Exceeds the standard
	3	Meets the standard
	2.5	Meets the standard
Not Proficient	2	Partially meets the standard
	1	Does not meet the standard

How can I keep up-to-date on my child’s grades and make sure he/she is passing?

The most convenient way to know how your child is doing is to download the app for our online grade book, **JumpRope**. Your **JumpRope** account displays all of your child’s courses, standards, assignments and grades. (It also lists missing work!) The following page shows how to make sense of what you see on **JumpRope** and understand your child’s progress in his/her classes.

What does it take to pass a course and earn credit?

A student passes a course and earns credit by meeting each and every standard of that course with a 2.5 or higher. For the purpose of earning credit, HOW is not calculated in the course grade.

How is an overall course grade calculated?

Standard grades are averaged to determine the overall course grade. Our online grade book, **JumpRope**, calculates a “weighted average,” giving more weight to standards with more assessments. The rubric below describes the levels of achievement for course grades.

DS (Score range 3.7 - 4.0)	Distinguished: Student consistently exceeds the standards of the course. This means that student’s work includes complexity, sophistication, originality, depth, synthesis and/or application that clearly exceeds what would be expected to meet the standards in a range of assessments.
AD (Score range 3.2 - 3.6)	Advanced: Student has differing levels of success on course standards, but clearly demonstrates an inclination toward “distinguished” work on several standards in a range of assessments.
CO (Score range 2.5 - 3.1)	Competent: Student meets all the standards of the course. This means that student’s work shows fundamental knowledge and skills.
NC (Score range 1.0 - 2.4)	No credit: Student fails to meet one or more standards of the course.

Example Course and Standard Grades from JumpRope

NOT MEETING ALL STANDARDS = NOT PASSING COURSE

This example grade report shows the *course standards* for Math 4 and the student's *course standard grades*. The student is meeting three standards and is not meeting two — he has lower than 2.5 in them. Because he is not meeting all of the standards, he is currently not passing the course.



MEETING ALL STANDARDS = PASSING COURSE

This example grade report shows the course standards and course standard grades for another student in the same class. Because he is meeting all of the standards, he is passing the course.



If you have questions about grading and reporting, feel free to contact your child's teacher(s) or an administrator.

*Cari Medd, Principal
cmedd@rsu16.org*

*Patrick Flynn, Assistant Principal
pflynn@rsu16.org*

PRHS Guide to Eligibility

What Is Eligibility?

The purpose of the eligibility policy is to ensure that all students who participate in sports, and some co-curricular activities, make adequate academic progress during the school year. Athletics are part of our educational program and are designed to increase both student connection with our school and academic achievement.

All schools that participate in Maine Principal Association activities are required to create and follow an eligibility policy. Failure to ensure all athletes are eligible for athletic contests can result in forfeited games and other punitive measures.

How Has The Eligibility Policy Changed?

Ensuring that our students build strong Habits of Work is so important that we are now making them count like never before. Our **eligibility policy** for athletics and some co-curricular activities now incorporates HOW grades to encourage students to attend to these important habits. The new policy rewards students for effort, attendance and participation, even if they are struggling with content skills and knowledge.

What Grades Will Be Used To Determine Eligibility?

Regular posting of progress reports will change this year. In the past, we have posted academic grades three times each semester: two progress report grades and a final grade. This year, academic grades will be posted quarterly, and HOW grades will be posted multiple times throughout the year. In addition to your daily access to JumpRope, you and your child will have a clearer understanding of both academic achievement as well as Habits of Work. To be eligible, students must be enrolled and actively engaged in the required number of courses (the equivalent of 6 classes and Roundtable). **NOTE:** Double and triple classes count as two (2) or three (3) classes (ex. Math 2-3, LRTC programs). A student is deemed eligible according to the following timeline during each semester:

Habits of Work (HOW) check 1 (at approximately six weeks)

Tier 1: meeting HOW standard (2.5 or higher) in at least six (6) classes and passing Roundtable. If not eligible then...

Tier 2: meeting all academic standards in a class (passing overall grade) can save each HOW NC

Quarter Grade (approx. 9 weeks)

Tier 1: meeting all academic standards (passing overall grade) in at least six (6) courses and Roundtable. If not eligible then...

Tier 2: meeting HOW standard can save two NC course grades

HOW Check 2 (approx. 14 weeks)

Tier 1: meeting HOW standard (2.5 or higher) in at least six (6) classes and passing Roundtable.

If not eligible then...

Tier 2: meeting all academic standards in a class (passing overall grade) can save each HOW NC






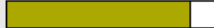
Semester Grade (January/June)

Tier 1: meeting all academic standards (passing overall grade) in at least six (6) courses and Roundtable. If not eligible then...

Tier 2: meeting HOW standard can save two NC course grades

Quick Guide To Grades

OVERALL ACADEMIC GRADE A passing grade in a course is an overall grade of CO- (2.5) or higher and at least a 2.5 in every standard. Example:

Math 4		(CO+)
Overall Academic Mastery (100% of total)		3.1
ALGEBRA		2.6
FUNCTIONS		3.0
GEOMETRY		3.5
PROBLEM SOLVING		4.0
STATISTICS & PROBABILITY		3.4

HABITS OF WORK GRADE

Habits of Work	3 Meets	4 Exceeds
Timeliness	Student frequently meets deadlines and takes responsibility for missed work	Student consistently demonstrates habit
Readiness	Student frequently completes homework, is prepared for class, and uses class time effectively	Student consistently demonstrates habit
Participation	Student frequently attends class and is an active and a collaborative learner	Student consistently demonstrates habit

Want to learn more? Check out our “PRHS Family Grading Guide” and “PRHS HOW Grading Guide” on our website: <http://www.rsu16.org/PRHS/PRHS.html>

If you have questions about eligibility, feel free to contact:

Cari Medd, Principal
cmedd@rsu16.org

Patrick Flynn, Assistant Principal
pflynn@rsu16.org

Don King, Co-Curricular Director
dking@rsu16.org

Help schoolkids reach their goals.

Shop today for a better tomorrow.



helps

Schools



shop

Look for the shelf tag on the back on more than 1,500 products to earn money for your school!



check out

Get 3 school dollars for every 4 participating products you purchase.



submit

Deposit your school dollars in the collection tower in-store.

Choose from over 1,500 participating products to make your shopping list – and help earn money for your school.



Produce

HannaFord Baby Arugula
HannaFord Baby Kale
HannaFord Baby Romaine
HannaFord Baby Spinach
HannaFord 50/50 Salad Mix
HannaFord Spring Mix

Frozen

Cascadian Farm® French Fries
Cascadian Farm® Organic Berries
Cascadian Farm® Organic Vegetables
Cracker Barrel Macaroni & Cheese Dinner
Eggo® Pancakes
Eggo® Toaster Stricks
Eggo® Waffles
Farmwise® Veggie Chicken®
Farmwise® Veggie Fries®
Farmwise® Veggie Tots®
Grown in Idaho® Fries
Grown in Idaho® Hash Browns
Kahiki® Dinner Entrees
Kraft Macaroni & Cheese Dinner Entrees
Mama Rosie's® Pasta Dinners
O, That's Good!® Pizza
Ore-Ida® Hash Browns
Ore-Ida® Potatoes
Ore-Ida® Tater Tots®
Quorn™ Meatless Beef
Quorn™ Meatless Chicken
Screamin' Sicilian™ Pizza
Totino's® Pizza Rolls
Tyson® Any'tizers®
Tyson® Chicken
Urban Pie™ Pizza
Wyman's® Berries

Breakfast

Annie's® Organic Cereal
Cascadian Farm® Organic Cereal
Cascadian Farm® Organic Granola
General Mills Cereals
Made Good® Organic Granola
Post® Honey Bunches of Oats®
Purely Elizabeth® Gluten Free Granola
Purely Elizabeth® Granola Cup
Purely Elizabeth® Oatmeal Cup
Purely Elizabeth® Oats

Coffee

Eight O'Clock® Ground Coffee
Eight O'Clock® K-Cup® Pods
Eight O'Clock® Whole Bean Coffee
Green Mountain Ground Coffee
Green Mountain K-Cup® Pods
Green Mountain Whole Bean Coffee
Lavazza Coffee
Newman's Own® K-Cup® Pods
Newman's Own® Whole Bean Coffee
Starbucks® Ground Coffee
Starbucks® K-Cup® Pods
Starbucks® Whole Bean Coffee

Lunch

Annie's® Homegrown Macaroni & Cheese
Annie's® Organic Soup
Bagel Bites® Mini Bagels
Barney Butter® Almond Butter
Pepperidge Farm® Farmhouse® Bread
Progresso™ Organic Soup
Safe Catch® Tuna Pouches
Santa Cruz Organic® Peanut Butter
SKIPPY® Peanut Butter

Dinner

Cucina Antica® Pasta Sauce
Dreamfields Pasta
Green Valley® Organics Canned Vegetables
Idahoan® Potatoes
Minute® Rice
Muir Glen® Organic Canned Tomatoes
Organico Bello® Pasta Sauce
Progresso™ Bread Crumbs
RiceSelect™ Rice, Quinoa and Couscous
Success® Boil-in-Bag Rice
The Good Table™ Seasoning Mix
Uncle Ben's® Rice

Baking/Dessert

Annie's® Homegrown Baking Mix
Annie's® Homegrown Cookies
Betty Crocker™ Brownie Mix
Betty Crocker™ Oat Bars Mix
Domino® Sugar
Duncan Hines® Perfect® Size for 1 Mix
Pillsbury™ Grands!™ Biscuits
Pillsbury™ Ready to Bake!™ Cookies

Condiments

Annie's® Organic BBQ Sauce
Annie's® Organic Dressing
Annie's® Organic Ketchup
Annie's® Organic Mustard
Annie's® Organic Worcestershire Sauce
Jardine's® Gluten Free Salsa
Jardine's® Salsa
Jardine's® Taco Sauce
Heinz Ketchup
Heinz Simply Heinz® Ketchup
Musco Pearls Olives To Go!®
Zucchi Olive Oil

Beverages

Powerade®
Simply Nutritious® Morning Blend® Juice
Stur® Drink Mix

Snacks

Annie's® Organic Grahams & Crackers
Annie's® Organic Popcorn
BEAR® Yo Yo's® Fruit Rolls
BuddyFruits® Pouches & Tubes
Cascadian Farm® Organic Granola Bars
Chex™ Mix
Fiber One™ 90 Calorie Bars
Food Should Taste Good™ Tortilla Chips
Frito-Lay® Multi Packs
Frito-Lay® Simply
General Mills Fruit Snacks
Goodness Knows® Snack Squares
LARABAR® Bars
LARABAR® Bites
Nature Valley® Bars
Pepperidge Farm® Goldfish®
Power Crunch® Protein Bars
Quaker® Chewy Granola Bars
Santa Cruz Organic® Apple Sauce
Utz® Snack Packs

Dairy

Dannon® Danimals®
Frigo® Cheese Heads® String Cheese
Go-Gurt® Yogurt
Horizon® Organic Cheese
Horizon® Organic Good & Go! Packs
Horizon® Organic Milk Multipacks

Noosa® Yoghurt
Stonyfield® Organic Kids Yogurt

Household

Air Wick® Scented Oils
Charmin® Bath Tissue
Dawn® Dish Detergent
Finish® Dishwasher Detergent
Hefty® Party Cups
Hefty® Storage Bags
Hefty® Trash Bags
Mrs. Meyer's® Air Fresheners
Mrs. Meyer's® Fabric Softeners
Mrs. Meyer's® Household Cleaners
Mrs. Meyer's® Laundry Detergent
Pledge® Household Cleaners
Reynolds Wrap®
Scrubbing Bubbles® Aerosol
Seventh Generation® Baby Diapers
Seventh Generation® Dish Detergent
Shout® Fabric Care
Tide® Laundry Detergent
Windex® Glass Cleaner
Ziploc® Storage Bags

Health & Beauty

Mrs. Meyer's® Body Wash
Nature Made® Vitamins
Tom's of Maine® Baby Lotion
Tom's of Maine® Baby Shampoo
Tom's of Maine® Beauty Bar
Tom's of Maine® Body Wash
Tom's of Maine® Deodorant
Tom's of Maine® Oral Care



Visit hannaford.com/helpsschools to learn more.