

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

Dec 5	7pm	Band and Chorus Concert
Dec 21 – 25		Holiday Spirit Week
Dec 26 – Jan 2		Holiday Break
January 4		Alumni Day
January 8		Androscoggin Career Fair
January 18		Semester grades close

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,

- ★ As the Holidays approach, we recognize that this time of year is mixed with both joy and stress for many of our students. The four weeks between Thanksgiving and Christmas often pose tremendous challenges for us as educators as we try to meet the needs of our students. To do this, we will be employing a series of activities to bring street release. First, our weekly visits from therapy dog Kai will increase in frequency, allowing kids to “check in” with her more often. Second, on December 11 we are taking a school wide “Brain Break,” dedicating a block out of our schedule to release energy with games and physical exercise or quiet activity and conversation. Finally, we will end school with our annual “Holiday Spirit Week” and pep rally with games and fun. We hope we strike a balance between academics and fun and school spirit.
- ★ Last month we thought we had hired a drug and alcohol counselor. Unfortunately, the person we hired changed his mind and did not take the job. We are in a second round of interviews so we hope to have a counselor in place by vacation.
- ★ If your student is a **sophomore or senior**, they are beginning to work on the **Sophomore Exhibition or Senior Celebration**. These projects will be presented during our **Celebration of Learning days on May 2 and 4-please put these dates in your calendar**. All parents and family members are strongly encouraged to attend the presentations.
 - The Sophomore Exhibition requires students to answer three questions: “Who am I?”, “How am I doing?” and “Where am I going?”. Students will research a career and share the work they have been doing in their digital portfolio. This is a part of our daily work on raising the aspirations of our students and preparing them for life after PRHS.
 - The Senior Celebration allows students to pursue a topic of their choice/passion. We ask them to complete a rigorous research process and meet the high expectations we have for speaking and presenting. Both projects require ALL students to successfully complete a public speaking component. Sophomores must speak for at least 10 minutes and senior must speak for 15-20 minutes.
- A new set of **Habits of Work Grades** will be posted on **Wednesday, December 12** and we will mail progress reports home by the end of that week. Please remember that these grades are used to determine **eligibility** for a performance or competition co-curricular and athletic team.

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

Cari Medd

cmedd@rsu16

998-5400 ext. 129

The school community is gearing up to finish the semester strong. Grades close for the first semester on January 18, the last day of mid-term exams. Students who do not pass core courses first semester will be referred to summer school or credit recovery to earn credit. This year, the tentative dates for summer school are July 9-August 1 (Tuesday-Thursday). More information on summer school to come in a later newsletter.

Attendance: Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. Students will compete for Winter Carnival points based on their class’s attendance rate in January and February (12 points for first, 9 points for second, 6 points for third). We will be calculating attendance beginning on January 2. With your help, we have improved our daily attendance rate each year since 2012. Thank you for promoting your children’s education by getting them ready for school every day.

No-Dance Rules: Next semester, we’ll have our two biggest dances of the year: 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 a high school or of high school age and engaged in homeschooling, 10th grade or above, or out of school and no older than 20. **Administration reserves the right to deny any guest or student’s request to attend a dance, regardless of whether the above rules apply.**

Cell Phones: The student handbook policy on cell phones in school provides for three levels of consequences if students use a phone without permission or phone use becomes distracting or disruptive. This year, our school practice has been bolstered by [district policy](#). First offense: Teacher holds the phone until the end of the block. Second offense: Teacher brings the phone to the office and the student picks it up at the end of the day. Third offense. Parents/guardians pick up the phone at the end of the day. Please help us support your child’s engagement at school by encouraging appropriate phone use.

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

Happy New Year!

Patrick Flynn
Assistant Principal

Grades are closing again and a new set will be posted soon, more and more college applications are being submitted every day, we head into the holidays and cold weather....

The **PSAT scores** are expected in **December**. We will set up sessions to go over the scores with both the sophomore and junior classes. Sophomores will receive their scores back in RT and juniors will meet with their counselor. Once the scores are returned, students have free access to many College Board features, like free SAT prep through Khan academy. Codes are available right on the test results page.

PRHS ALUMNI DAY is Friday, **January 4, 2019** at 10 AM. Send any alumni our way!

FREE COLLEGE COURSES for second semester? CMCC, USM, Husson, St. Joe's, UMFK, UMA? Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP! Most college classes start mid-January. Cost vary – CMCC and Husson are now tuition and fee FREE! All colleges have online options as well. SEE YOUR COUNSELOR!

The **ANDROSCOGGIN CAREER FAIR** will be **January 8, 2019** for all **sophomores**. Students have worked on 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.

JUNIORS AND 3rd YEAR STUDENTS – more information will be coming about your opportunity to take the SATs on April 9, 2019! We are waiting to get more specific information from the state. Please contact your student's school counselor with any questions.

Seniors are starting to hear back from colleges. We had a successful round of acceptances when we hosted **Admissions in a Day** programs with the University of Maine, University of Maine at Farmington, and the University of Southern Maine. Central Maine Community College will be here on Monday, November 26 to do the first round of applications and talk about early college options; we will host them often throughout the winter. Thomas College has been rescheduled to Wednesday, November 28.

Please remember that we have **3 outside counselors** who come to PRHS to provide clinical counseling services to our students. All referrals for those counselors go through any member of the school counselor or school social work staff. The counselors will take Mainecare, some take private insurance, and some bill directly (including with a sliding scale). This has been a great option for families who cannot get their students to regular counseling appointments in Lewiston or Auburn. Please contact your student's school counselor for more information.

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, mental health issues, etc... Our contact information is below.

Contact your student's counselor with any questions or concerns

Congratulations to our fall athletes that were chosen to receive the Coaches Award for our fall athletic teams. These athletes were selected for their demonstration of the three core values of Citizenship, Character and Community. Our teams included in their goals this fall to play with honor and dignity, to play the game the right way. Knight Nation is proud of you.

Coaches Awards:

Cheer-Kylie Thibodeau

Cross Country-Jacob Gagnon, Mia Turkington

Field Hockey-Brianna Doucette

Football-Gawain Tibbetts, Collin Carrier

Golf-Max Arel

Soccer Boys'-Mitchell Bean, Brayden Gurney

Soccer Girls'-Alyssa Gagne, Annie McGlaufflin

All-Academic: Colby Bell, Jacob Bernard, Brianna Doucette, Hwida Nawass, Sydney Pinkham, Magnus Sibley, Elizabeth Tibbetts

Congratulations to the 2018 Field Hockey Program for receiving the Class B South Sportsmanship Banner. We are proud!

Winter Coaches and teams include:

Boys' Basketball-Tyler Tracy, Steve Ray, Eddie Ray, Tom Labrie

Girls' Basketball-Tim Dolley, Jake Webb

Indoor Track-Rick Kramer, TBA

Cheer- Tammy Swett

Boys' Hockey-The Kings-Joe Hutchinson, Greg Vaillancourt, Ryan Gosselin, Brian Doucette, Tyler Hutchinson, Jaime Boucher

Girls' Ice Hockey-The Red Hornets-Dana Berube, Kris Bennett, Larry Morin, Anne McIntire

FamilyID:

Thank you all for getting your student athletes registered on FamilyID.com. It seems to be working much better than the systems used the last two years. Some of the advantages include being able check your child's physical date on your registration, and a simple 'click' to add your child to an additional sport. Please do not create a new registration for your child once you have already done so.

Sportsmanship Statement reminder:

Athletes will:

- Be a good teammate, supporting others and giving their best effort.
- Display respect for teammates, opponents, coaches and officials. Accept the decisions of officials.
- Communicate with their coach.
- Be a role model for others including the student body, and young people in our community.
- Take care of their school facilities, uniforms and equipment.
- Behave with dignity and self-control.

Parents will:

- Show positive support to teams and players for outstanding performances.
- Encourage your child to communicate concerns with the coach and ask questions for clarity.
- Refrain from angry and abusive response to any player, official, coach or other attendee.
- Behave with dignity and self-control.

Co-Curricular

Student Leadership at Hyde School:

SRB traveled to Bath to attend Leadership Training hosted by Hyde School. Kim Block spoke to us about her campaign of "Pause-itivity". She reminded students to pause before posting; to consider who the audience we are sending messages to, to consider if the message will have benefit.

Speech and Debate:

Saturdays are filling up with arguments that are well articulated. Speech and Debate season is here, and the PRHS debaters are looking to leave a strong impression. Good luck Knights. See Mrs. Robinson if you have interest.

District II

Congratulations to the following District II Choral students:

MS- Emma Daigneault, Cadence Peters, Brady Martin , Gracie Pray

HS- Annie McGlaulin, Megan Lachance, Emma Kilton, Sophie Patenaude, Kat Darling, Amy Fryda, Bryant Morgan, Alex Emery, Josh Elliott, Ben Daigneault, Colby Adams

MMEA District II Honors Band:

HS- River Stickney and Colin Marquis-Boutin

MS- Emma Moreau, Kiley Drake, Norah MacMahon, Olivia Gobel, Dustin Morin

Downhill Club:

See Mr. Petherbridge immediately if you are interested in the downhill club. Sunday trips to Sunday River can be a fun way to spend time with classmates and earn credit enjoying the great outdoors of Maine.

The nursing office wanted to extend a huge thank you to Pat D'amboise's mother Catherine for her generous donation of hand knitted hats. Students all over the RSU are benefiting from her kind and charitable offer and thank her from the bottom of our hearts!

We would also like to thank The Vineyard Church. Through their efforts, we've managed to continue to offer nutrition through our backpack program Mannafed, for those in the community who deal with food insecurity. The Vineyard Church also supplies the food pantry in several of our schools. Their efforts go above and beyond to help our students, which allows the students to better access their education! If anyone out there is looking to volunteer their time or donate funds, we would always suggest that this organization be something you consider.

Melanie Judd
Pam Tracy

mjudd@rsu16.org
ptracy@rsu1.org

207-998-5400 x127
207-998-5400 x127

Booster Club Announcement

Many INDOOR concession stand sign-ups are available for basketball and Speech and Debate this Fall/Winter season. Flexible time slots to set up/close, take orders, serve and prepare food are available. And, crock pot items and baked goods are needed. A portion of the profits made based on your time donated help support your favorite co-curricular while feeding those athletes, debaters, and their supporters. When you sign up for one of our food items needed, you get 1-hour credit toward your co-curricular as well!

Remember to sign in and out on the Volunteer Log Sheet with your name, time/food item, and Co-Curricular you would like your share of the profits to benefit. For Safe Passage parents, make sure you add your child's name to log!

Signing up is easy through signup.com!

Go to Knights Pride Boosters Facebook Page for the sign-up link or email the volunteer coordinator at: sebrienza@gmail.com and the link can be emailed to you.

New RSU 16 website coming on November 30th!



Poland Regional High School
Poland Knights

1457 Maine Street, Poland, ME 04274
Phone 207-998-5400 Fax 207-998-5060

PRHS BWMS PCS ESS MCS Central Office Adult Ed

Search site...



We are excited to be launching our new website at rsu16.org, sometime during the day on November 30th. Above is a snap shot of what to expect on our new school site. Our goal is to improve communications and to give parents and community members a better view into our schools and what is happening. Get to know the staff better and stay informed. We welcome feedback on ways to make this a great communication tool for you!

PROJECT GRAD NEWS

Fundraiser #1



2019 Project Graduation
Custom Fire Pit raffle
Tickets 1@\$5 or 3@\$10

Tickets available at Knights
sporting events, via Project
Grad members or contact
Chelsie at
Dragonflyz100@yahoo.com

Drawing December 15, 2018

PIC•COLLAGE

**Still time to
purchase raffle
tickets!**

**Find us at school
events & the
upcoming craft
fair in Minot
(Dec. 8th)**

**Drawing date is
approaching
fast!**

Fundraiser #2



**2019 PROJECT GRADUATION
FIREWOOD RAFFLE**



2 cord of dry firewood, cut,
split, and delivered locally (If
necessary).

Only \$20.00 per ticket!

Stay warm during winter! Get
them while you can!

Contact Lisa Benson for
information at (207)212-2341



Another fantastic fundraiser!

Only a maximum of 100 tickets will be sold. Local delivery can be provided, if needed.

Drawing will be held on 12/15/18 regardless of ticket amount sold.

Find us at the Minot Craft Fair December 8th, or other local school events!

December, 2018

(all year) Fundraiser #3



\$20.19 SPONSOR

A SENIOR

FUNDRAISER

FAMILY & FRIENDS WRITE A CHECK FOR \$20.19

**SEND WITH STUDENT OR MAIL THE CHECK TO
PRHS**

MAILING ADDRESS:

1457 MAINE STREET POLAND, ME 04274

% PRHS PROJECT GRAD

STUDENT'S NAME: _____

CONTRIBUTOR'S NAME: _____

ROUNDTABLE TEACHER: _____

DONATION AMOUNT: \$ _____

PRESENTED BY THE CLASS OF 2019...



MOVIE MONEY BONANZA

FLAGSHIP CINEMAS
FUNDRAISING

AS MUCH AS \$200 worth of SAVINGS for only \$25

Booklets Include the Following Vouchers:

- 2 FREE MOVIE TICKETS**
Two Movie Tickets Absolutely Free!
- 4 BUY 1, GET 1 FREE MOVIE TICKETS**
Buy One Ticket and Receive One Ticket of Equal or Lesser Value Absolutely Free!
- 5 \$5.00 COMBO #5**
Two 32oz. Fountain Drinks & Bucket of Popcorn
- 8 FREE 85oz. POPCORN**
Purchase any size Fountain Drink and receive an 85oz. Popcorn Free!
- 8 FREE 32oz. FOUNTAIN DRINK**
Purchase any size Popcorn and get a 32oz. Fountain Drink Free.
- 5 FREE TWIZZLERS**
Free Twizzlers with Purchase of Combo #1

Vouchers Not Valid with any other offer or promotion. Expires 4-30-20.

To purchase coupon booklet(s), please contact a participating member of the senior class OR Mrs. Howe at lhowe@rsu16.org

Thank you for your support!

GET YOURS BEFORE THEY'RE SOLD OUT!



2018 MENUS FOR
PRHS/BWMS

AVAILABLE DAILY

Fresh Fruit & Salad Bar

Apples, Bananas, Oranges, & more

Fresh Veggies

Milk & Juices

This Institution is an Equal Opportunity Provider

Menus are Subject to Change

Monday, December 3

Mac & Cheese

Mini Corn Dogs

Deep Dish Pizza

Tuesday, December 4

Bacon Cheeseburger

Chicken Patty Sandwich

Fish Sticks

Wednesday, December 5

Nachos w/Meat & Cheese

Chicken Quesadilla

Pretzels w/Cheese

Thursday, December 6

Popcorn Chicken Bowl

Bosco Sticks

BBQ Rib Sandwich

Friday, December 7

Pizza Choices

Hot Dog w/Roll

Fish Sticks

Monday, December 10

Tomato Soup w/Grilled Cheese

Bosco Sticks

BBQ Rib Sandwich

Tuesday, December 11

BBQ Pulled Pork on Flatbread

French Bread Pizza

Chicken Nuggets

Wednesday, December 12

Nachos w/Meat & Cheese

Quesadilla

Pretzel Sticks

Thursday, December 13

Pasta w/Meatballs Garlic Bread

Deep Dish Pizza

Chicken Patty Sandwich

Friday, December 14

Pizza Choices

Hot Dog w/Roll

Mini Corn Dogs

Monday, December 17

Fish Stick Basket w/ Spiral Fries

Cheese/Hamburgers

Bosco Sticks

Tuesday, December 18

American Chop Suey

Chicken Sandwich

Mini Corn Dogs

Wednesday, December 19

Nachos w/Meat & Cheese

Chicken Quesadilla

Pretzels w/Cheese

Thursday, December 20

Open Face Hot Turkey Sandwich

Bosco Stick

BBQ Rib Sandwich

Friday, December 21

Pizza Choices

Hot Dog w/Roll

Fish Sticks