

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

## The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

Date	Time	Event	<u>Contents</u>	
Jan 4	10:15-11:30	Alumni Day	Principal	pg. 2
Jan 8		Androscoggin Career Fair for Sophomores	Assistant Principal	pg. 3
Jan 11		LRTC presentation	Counselor's Corner	pg. 4
Jan 15-18		Mid Term week	Co-Curricular	pg. 5
Jan 18		Grades Close for first semester	Nurse Update	pg. 6
Jan 21		HOLIDAY – NO SCHOOL	Announcements	pg. 7
Jan 22		workshop day – no school		
Jan 23		Semester 2 begins		
Jan 25		add/drop ends		
May 2 & 3		Celebration of Learning		

January 2019

Dear PRHS students and families,

Happy New Year! We hope you had a restful and pleasant holiday vacation. The clock is ticking toward graduation as our seniors continue to plan for life after PRHS. Please note the following information:

- Friday, January 4, is Annual **Alumni Day** at PRHS. Please pass the word to any and all Alumni to return to PRHS and share their “Real Life” wisdom with current students.
- **Midterm exams** will take place between January 15-18. All classes will run as normal and all students must attend all classes and participate in all midterm exams and activities.
- The **first semester ends Friday, January 18**. Grades will be posted on Infinite Campus but we will also be mailing out updated **transcripts** with a **current Grade Point Average (GPA)**. Please review your child’s GPA carefully and call his/her guidance counselor if you have questions. The GPA is an important number when students begin to apply to colleges and scholarships.
- **Senior Families** will be receiving a letter soon regarding graduation activities, dates and expectations. Graduation day, Saturday, June 8<sup>th</sup>, will be upon us before we realize it so please be sure to let us know if you have questions.
- All **sophomores** will be attending a **career fair** on the Tuesday, January 8. This is an opportunity to visit a college campus (CMCC), learn about interesting career choices and understand the education needed to be successful. This fair will help sophomores with their Sophomore Exhibition presentations in May. Also, sophomores will have the opportunity to learn about **Lewiston Regional Technical Center (LRTC)** programs at a presentation at the beginning of second semester.
- Reminder to put **May 2 and 3** in your calendar for **Celebration of Learning**.

Please don’t hesitate to contact us with questions or concerns.

Cari Medd  
Principal  
998-5400 ext. 129  
[cmedd@rsu16.org](mailto:cmedd@rsu16.org)

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 to earn credit. This year, the tentative dates for summer school are July 9-August 1. 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. As they do every year, 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, 2019. 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, 10<sup>th</sup> 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. 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. The school committee enacted a policy earlier this year that formalizes and supports the high school’s procedure and gives teachers explicit permission to confiscate student personal devices, including phones.

Please contact me at [pflynn@rsu16.org](mailto:pflynn@rsu16.org) or 998-5400 x120 if you have questions or comments.

Happy New Year!

Patrick Flynn  
Assistant Principal

*The holiday season marks the middle of our college application processing season. Seniors have been working hard and the payoffs are starting to come in. Acceptances so far include: CMCC, UMaine at Farmington, University of Maine, University of Southern Maine, Franklin Pierce, Colby Sawyer and more!*

**FAFSA & SENIORS** – Financial aid packages are coming back **now** from colleges, so get your FAFSA in as soon as you can so that you don't miss out on any funding. The switch to the October 1 date for FAFSAs has meant that colleges can make financial aid packages so much sooner. Remember to only use the FAFSA websites that have .gov in them. The Financial Authority of Maine (FAME) is a super resource to get you started. Go to [www.famemaine.com](http://www.famemaine.com). Please contact your student's school counselor if you have questions.

*The **PSAT scores are back**. Many students have already accessed them online. All students will set up their College Board and Khan Academy accounts through RT. Students will have free access to many College Board features, including Big Future and Roadtrip Nation. Khan Academy has also partnered with the College Board for **FREE SAT prep** for all students!*

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

**FREE COLLEGE COURSES** for second semester? **Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP! USM, UMFK, UM, Husson, CMCC, St. Joe's, and more!**  
**Great way to get a head start on college and save some \$\$!**

The **ANDROSCOGGIN CAREER FAIR** will be **January 8, 2019** for all **sophomores**. Students have already made their requests for the two workshops that they will attend, hearing from local business people. We will leave PRHS at 8:15 AM and return in time for lunch. If you do not want your sophomore to attend this program, please contact the Guidance Office.

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

**Lewiston Regional Technical Center (LRTC)** will be presenting to all sophomores on **Friday, January 11 during 2<sup>nd</sup> lunch**. We will have an optional trip to visit up to 3 programs at LRTC on **February 6 or 7**. More information about the application process will be available next month.

We encourage all families who think that they might be eligible for **free and/or reduced lunch** to fill out the paperwork. This becomes quite important during senior year. Once a family is deemed eligible, we are automatically able to waive fees for SATs, ACTs, AP exams, and college admissions fees, among other things. It is not too late now. Please contact your student's counselor to get more information.

GUIDANCE WEB PAGE IS NOW UPDATED, including SCHOLARSHIPS!

## Athletics

It was great to see Some of our PRHS Knights recognized by the Sun Journal (December 16 edition) as the Best of the Region for Fall athletics:

Tyler Tucci-Football, 2<sup>nd</sup> Team Defense  
 Brianna Doucette & Hwida Nawass-Field Hockey, 2<sup>nd</sup> Team  
 Jake Twigg-Cross Country, 2<sup>nd</sup> Team  
 Olivia Ouellette-Cross Country, 1<sup>st</sup> Team  
 Leya Harvey-Soccer, 2<sup>nd</sup> Team

Boys' and Girls', Varsity and JV home games are now being **streamed live**. You, or a far-away family member, can view them by purchasing a pass on the NFHS network. Just follow these steps:

1. Go to NFHSnetwork.com
2. Enter Poland Regional High School in search box
3. Click "Follow" so you can stay up to date on all upcoming Knights broadcasted events
4. Click "Subscribe" for all subscription options for our school

Poland Regional is represented by 6 players on both the boys' and girls' ice hockey teams. The Red Hornets (EL/Leavitt/Poland) are off to a hot start, 6-0 at press time. The Kings (Leavitt/GNG/Oak Hill/Poland) are 1-1-1 at press time. Both teams play at the Norway Savings Bank Arena in Auburn.

Coach openings:

MS Indoor Track  
 MS Outdoor Track  
 HS Outdoor Track

MS Softball  
 Head Football  
 MS Boys' Soccer

MS Field Hockey  
 HS JV Field Hockey

Character

Citizenship

Culture

I was recently reminded of Coach John Woodens' list of team rules, he had only three:

1. Be on Time
2. Don't use profanity
3. Don't criticize your team mates

## Co-Curricular

Remember, kids must get co-curricular credit to march at graduation. We want them to experience Poland Regional High School's community outside the classroom. Please encourage them to get involved. Here are a few that might interest them.

**Math Team**-Ms. Elias-Castillo and Mr. Franklin have been busy with the math team. The mostly Junior group have a competitive attitude that has added equated to increased scoring at math meets. Keep up the good work!

**Knight Writer**-Mr. Chutchian is always looking for articles for the school newspaper. Any students interested in writing a piece, should contact Mr. Chutchian. The Knight Writer staff will be taking a field trip early second semester to the Sun Journal. Articles are published on the [www.rsu16.org](http://www.rsu16.org) web site.

**Yearbook**-Yearbooks are on sale. Better to order early as prices go up as the year progresses.

**Fishing Club**-If your child enjoys fishing, maybe they would like to participate with the Fishing Club. Mr. Tidd and Mr. Latham take a fall and spring fishing trip. They also tie flies in the winter. Who knew you could get co-curricular credit for fishing?

**Speech and Debate**-Mr. Robinson is always looking to add a few good debaters.

### **RSU 16 Needs Educational Technicians**

Are you interested in job where you can make a difference in a child's life? Would you like to work the same schedule that your children have in school? RSU 16 needs education technicians to work with students with special needs at all grade levels. If you have at least 60 credit hours of approved college education or continuing education units (CEUs) in any field you can qualify to be certified as an Educational Technician II. If you have 90 hours, you can qualify to be an Ed Tech III. You must be certified by the Department of Education and be cleared on a criminal history record check (fingerprinting). The application to apply for ed tech certification and the fingerprinting is <https://www.maine.gov/doe/cert> The application to apply for an ed tech position in RSU 16 is located at <https://www.rsu16.org>. Click the job opportunities and then the support staff application. For more information, contact the Special Education Office at 998-2762.



Dear Parents,

RSU 16 now offers MySchoolBucks, a convenient online service that allows you to securely pay for your student's meals online using your credit/debit card or electronic check.

You can:

- Set Up Automatic Recurring Payments
- Track & Review Meal History
- Create Low Balance Alerts
- Make Payments with the Mobile App
- And More...

Sign up now! Registering for your FREE account is easy, go to <https://www.MySchoolBucks.com>. Create a secure account and never worry again about sending cash or checks with your student(s) to school again!

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(855) 832-5226

Have a smartphone? Get the MySchoolBucks Mobile App:

iOS (iPhone) - <https://itunes.apple.com/us/app/myschoolbucks/id661878685?mt=8>

Android -

[https://play.google.com/store/apps/details?id=com.hss.msb&feature=search\\_result](https://play.google.com/store/apps/details?id=com.hss.msb&feature=search_result)

Any questions, please call or email  
Ellen Dore, Food Service Director  
207-998-5400 ext. 107  
[edore@rsu16.org](mailto:edore@rsu16.org)



**RSU 16  
PRHS & BWMS  
2019**

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

**Happy  
New Year**

*Welcome Back!  
We hope  
you enjoyed  
your break!*

### **Wednesday, January 2**

Nachos w/ Meat & Cheese  
Pretzel w/Cheese  
Quesadilla

### **Thursday, January 3**

Meatball Sub  
Chicken Patty Sandwich  
BBQ Rib Sandwich

### **Friday, January 4**

Pizza Choices  
Hot Dog  
Mini Corn Dogs

### **Monday, January 7**

Tomato Soup w/ Grilled Cheese  
Cheese/Hamburger  
BBQ Rib Sandwich

### **Tuesday, January 8**

Lasagna Roll up  
Chicken Patty Sandwich  
French Bread Pizza

### **Wednesday, January 9**

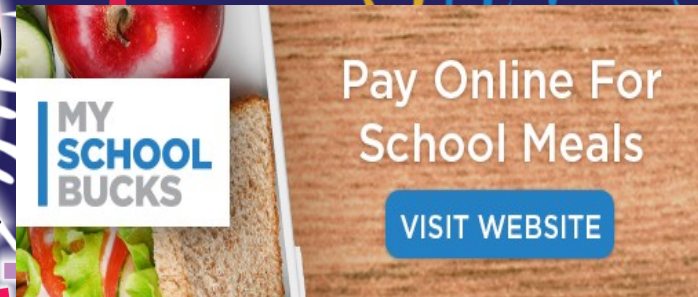
Nachos w/ Meat & Cheese  
Pretzel Stick w/Cheese  
Quesadilla

### **Thursday, January 10**

Chicken Chop Suey w/ Rice  
Bosco Sticks  
Mini Corn Dogs

### **Friday, January 11**

Pizza Choices  
Hot Dog  
Fish Sticks



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- And More...

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Any questions, please call or email  
Ellen Dore, Food Service Director  
207-998-5400 ext. 107  
edore@rsu16.org



**PLEASE SEE REVERSE FOR  
ITEMS AVAILABLE DAILY**

### Featured Specials of the Day

#### Monday, January 14

Stuffed Shells  
Deep Dish Pizza  
Chicken Nuggets

#### Tuesday, January 15

Bacon Cheese Burger  
Chicken Patty Sandwich  
Mini Corn Dogs

#### Wednesday, January 16

Nachos w/ Cheese & Meat  
Pretzel w/ Cheese  
Quesadilla

#### Thursday, January 17

Popcorn Chicken Bowl  
Cheese/Hamburger  
BBQ Rib sandwich

#### Friday, January 18

Pizza Choices  
Hot Dogs  
Fish Sticks

### Featured Specials of the Day

#### Monday, January 21



#### Tuesday, January 22

No School— In Service Day

#### Wednesday, January 23

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

#### Thursday, January 24

Mac & Cheese w/Roll  
Bosco Sticks  
Chicken Nuggets

#### Friday, January 25

Pizza Choices  
Hot Dogs  
Fish Sticks

#### Monday, January 28

Tomato Soup w/ Grilled Cheese  
Cheese/Hamburger  
BBQ Rib Sandwich

#### Tuesday, January 29

American Chop Suey  
Deep Dish Pizza  
Chicken Fries

#### Wednesday, January 30

Nachos w/ Cheese & Meat  
Pretzel w/ Cheese  
Quesadilla

#### Thursday, January 31

Lasagna Roll Ups  
Chicken Patty Sandwich  
Mini Corn Dogs

Carrots are **sweeter** in the winter.

Sugar acts as a natural anti-freeze and can lower the freezing point of water. Carrots increase their sugar content to defend against cold weather.



## APPLES

**A Fruit That Keeps the Doctors Away**

### MALIC ACID & TARTARIC ACID

for liver and digestive system disorder

### PECTIN

prevents protein within the intestine from going bad

### URSOLIC ACID

accelerates calorie burn and help in weight loss

### QUERCETIN

helps promote lung function

### TRITERPENOIDS

fight against breast, colon and liver cancers

### FLAVONOIDS & POLYPHENOLS

great antioxidant compounds

### APPLE CIDER VINEGAR

reduces belly fat & boost kidney function



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