

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

| | | |
|-------------|--------|--|
| 2/7 | | visit to LRTC |
| 2/15 | | Winter Carnival |
| 2/15 | 7-11pm | Winter Carnival Dance |
| 2/18 – 2/22 | | Vacation Week – no school |
| 3/20-3/22 | | Gran Turismo – college visits |
| 3/26 | 6pm | Public informational meeting of Budget At Elm Street School |
| 4/24 | 6:30pm | District Budget meeting – PRHS Auditorium |

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Greetings PRHS families!

- **Technology and teens:** We continue to work with your students on cell phone habits and appropriate use. Many of us here have teenagers of our own so we know that you likely have occasional (or more frequent) battles around screen time in your homes. We offer this article, [**“Addicted to technology? How to stop panicking and create healthy solutions,”**](#) that has some very practical ideas for managing screen time. This will benefit your child in a number of ways and help all of us support the development of good habits with these powerful tools.
- **Friday, January 25 marked the beginning of semester 2.** Your student may have changed some classes and picked up some new teachers. Please log into Infinite Campus to see their new schedule or contact the main office or his/her Roundtable teacher to get information on possible changes. We continue to make some adjustments to classes and sections so some changes may still occur.
- We will be **mailing home a report card for this semester and updated transcripts.** This will be a transcript of all of your child’s grades during their high school career, this semester’s grades, and a current Grade Point Average. We will also be including a bill for any fees your child owes. Please call us if you are unclear about what the charges are or if you feel a mistake was made. To the **families of seniors**, please remember that all bills must be paid before graduation.
- **Course sign-ups for the 2019-2020 school year** will be occurring after February vacation. This is an important process that should inspire discussion at home. Courses that students select should help them achieve future goals and allow them to access their college of choice and/or other programs after high school. Students will be signing up for courses on Infinite Campus and you can see what they choose by logging in to your Campus parent portal. Our 2019-2020 Course of Studies will be available on the school’s website and sent to your child’s email. Please contact your child’s guidance counselor if you have questions about the course registration process. Please note that at **student led conferences in March**, you will be able to sign off on your child’s course selections for next year.
- **Winter Carnival** will be held on Friday, February 15 and the dance will be held that night from 7-10 pm. This is one of the highlights of the school year so please make sure your child attends school. Students may not attend the dance if they are not in school that day.

Cari Medd

Principal

cmedd@rsu16.org 998-5400 x 129

With the end of the first semester upon us, students and faculty are making a final push to finish strong. In January, we start thinking about Winter Carnival, the Gran Turismo, and other PRHS traditions. Students who did not pass core courses first semester may be referred to summer school to earn credit. Please see below for a description of summer school and the family’s responsibilities.

Attendance: Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. 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 began counting on January 2, and right now the juniors are in first and the freshmen are a close second. Every day matters!

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.**

Summer School: Summer school allows students to recover credit they missed during the school year. There is no fee for summer school. Students are referred to summer school by their teachers and notified in May or June. However, students who do not pass standards during first semester can assume that they will be attending summer school to make up the work. We are planning to run summer school for four weeks, three days a week, starting the week after July 4th. If you have questions, please contact your child’s school counselor or me.

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

Patrick Flynn
Assistant Principal

It never seems to slow down... we are off and running into the second semester! Spring must be soon!!

- ❖ We were NOT successful in getting the sophomore class to CMCC for the **Androscoggin Career Fair** due to a storm. Instead they will be working in Roundtables and using My Next Move, through O'Net, to do career searches and gain career insights for their Sophomore Exhibitions.
- ❖ We will automatically be sending **midyear grades** to all the colleges that any senior has applied to so far. Those should go out once grades are posted for the semester.
- ❖ Soon we will be starting the process to choose classes for next year for the classes of 2020-2023.
- ❖ **PSATs** are back! Student who can log into their College Board account can find their scores there. All juniors and sophomores should have set up College Board and Khan Academy accounts through their RTs. We do have paper versions of their scores available to pick up. All students have free access to Khan Academy for SAT prep now!
- ❖ **3rd YEAR STUDENTS!** New for you only! **SATs are April 9, 2019.** Yes, that is on a school day!! ALL 3rd year students are required by the state to take this test for **FREE!** It will count for college admissions. More information will be coming. **Science MEA testing** will be **April 10** as well!
- ❖ **10th and 11th GRADERS!** The application process for **Lewiston Regional Technical Center (LRTC)** has started! Rob Schmidt presented to the whole sophomore class on January 11. Following this will be a **trip to LRTC for interested students to visit the programs on Feb. 7.** Students should check in with their counselor now if they are interested in applying to LRTC for next year. Pick up an information packet on how to apply to LRTC, as well as a permission slip for the trip. Go to <http://lewiston.maine.cte.org> for more information on the individual programs. We would like to have all applications in by February 15.
- ❖ Plans are on for the **March 20--22 Gran Turismo to visit colleges** in the New England area with interested juniors (and maybe sophomores if there is room). We will take a charter bus to select colleges.
- ❖ Thank you for those of you who helped us get **40 PRHS alumni here for Alumni Day 2019**, from the class of 2003 to last year's class of 2018. They were placed in small groups to talk with Roundtables, grades 9-12. It was refreshing to hear their insights and experience post-PRHS, and reaffirming to hear that things like Senior Celebration and Sophomore Exhibition really helped them on the job and in college! We especially like having our alumni who are in the military and at work represented to talk about their experiences. A special thank you to the new Poland Fire Chief, Tom Printup '03, for coming to talk with our students!

PLEASE FEEL FREE TO CONTACT YOUR CHILD'S COUNSELOR WITH QUESTIONS OR TO SET UP AN APPOINTMENT TO GO OVER ANY OF THIS - 998-5400 ext. 102

Thank you to all of our kids for their great efforts on the ice, hardwood, mat and at the track. Kids do put in many hours of practice and it has been pleasing to see how hard they work. Every bit of encouragement helps, we look forward to seeing our kids in the playoffs. Good luck Knights! And Kings and Red Hornets!!

Students, continue to get that schoolwork done. Your education will carry you far and the semesters' end will be here soon.

Eligibility. Students and parents are reminded that in order to be eligible, high school students must be passing 6 credits plus Round Table. 'Saves' based on HOW grades work for progress cards. Semester grades are final so there are no saves. If ineligible at the semester, grades will be checked three weeks in.

Spring sports season begins in March. For those planning trips, here is some important information: Pitchers and catchers for baseball and softball week will begin March 18, all other practices Baseball, Softball, girls' Lacrosse & Outdoor Track begin March 25. There will be practices and games during April vacation for our high school programs.

WMC Citizenship. Congratulations to Jacob Bernard and Elizabeth Tibbetts! They will be recognized at a banquet February 27, for their efforts in athletics, academics, citizenship and leadership. Congratulations! We are proud.

Football. PRHS Welcomes back (or to stay) Coach Spencer Emerson to coach our football team. Coach Emerson is excited to be coaching our kids and encourages our kids to prepare for the upcoming season. Poland has committed to playing 11-man football this fall.

Soccer-PRHS Welcomes Katrina Seeley as our next Varsity Girls' Soccer Coach. Coach Seeley can't wait to get started.

Coach openings. We are currently looking for the following coaches at the high school:

- Outdoor Track
- JV Field Hockey
- JV Girls Soccer

Now that we have the holidays behind us, we would like to take a few moments to thank some individuals and organizations that really went above and beyond to help our students. Poland Baptist Church was phenomenal with their donations of food and pantry items. Pink Feather and Pioneer Plastics both pitched it as well, with donations of food and gift bags during the holidays. We also were overwhelmed with the support we received from the Vineyard Church in Mechanic Falls, who never fail to have our back when it comes to supporting our kids. We also would like to tip our hats to several staff members of RSU 16 that took time out of their day, and money out of their own pocket to make sure that our students had Holidays that brought them joy, and that they had the resources needed to make it through our cold Maine Winters. We're truly indebted to all of you and thank you from the bottom of our hearts.

Announcements

Project Grad - Ongoing Fundraisers & Needs:

- Sign up and volunteer at school events —“Knights Pride Boosters” — need is year-long!
- Bring bottles to “Dad’s Place” in Mechanic Falls
- We are in need of ideas! Are you able to host a quick fundraiser for something you do already ... contact a committee member

“\$20.19 Sponsor a Senior Fundraiser”

Project Graduation is a fun, safe, chemical free event that has been around since the early '80's. Perhaps you attended your project graduation event, and have fond memories of that time; more than likely, it was also the last time with all your classmates. Our goal is to provide a way for our seniors to get together one last time and celebrate their accomplishments, and to make similar memories.

The 2019 Project Grad Committee is running a “**Roundtable Contest**” for the senior class! We are asking for you and your senior to have friends, family members, or anyone you would like to ask to **write a check for \$20.19**. Checks should be made payable to **Project Grad 2019**.

The senior roundtable that raises the most dollars will win a Pizza Party!! We are encouraging seniors to participate to help their Project Grad night to be successful. Simply fill out the form and send both a check and the form to the address below. We are looking for a donation of \$20.19, but if you wish to donate more that would be greatly appreciated. If every family contributes just once, this fundraiser will raise \$2,140.14. Any donations would be helpful.

100% of your donation will go towards the entertainment and grand prizes for our seniors.

Mail check to: Poland Regional High School, %RHS Project Graduation 1457 Maine Street, Poland, ME 04274

| |
|--|
| Student Name: _____ |
| Parent/Grandparent, Family/Friend: _____ |
| Donation \$: _____ Round Table Teacher _____ |

CLASS OF 2019

Project Graduation Newsletter

FUNDRAISING GOAL: SENIOR CLASS
GRADUATION CELEBRATION!! GRADUATION
DATE: JUNE 8TH, 2019

PG19 COMMITTEE MEMBERS:

Co-Chairs: Marcy Kenison (754-7202) & Michelle Pinkham (650-3330)



Next Meeting
Date

Upcoming Events!!

Mainely Improv
On the Spot Comedy

Where: PRHS auditorium

When: April 6, 2019 - 7:00PM

Make a night of it! Come early ... Tell your friends!

The senior class is hosting a spaghetti dinner from 5:00-6:00 PM.

A raffle and silent auction will follow from 6:00-7:00 with the drawings chosen during the Mainely Improv's intermission.

{auction donations welcome!}

Clink, Clank, Clunk

Join the Clynk Competition from 1/14/19 - 3/29/19 and compete against other Maine schools.

Ask a committee member for a Clynk bag & barcode - ask for more than one and give one to a friend.

Fill the bag, attach the barcode, and drop at a local Hannaford.



February 13,
2019

6:00 PM

PRHS Cafe

Please attend
OUR next
meeting

Ideas Welcome!

Stay Informed
via FaceBook

Join "PRHS
Project Grad
Class of
2019"



Upcoming RSU 16 Adult Education Community Classes!

Chalk Painting

Bring a small piece of wooden furniture to this 2-night class, and give it the vintage, cottage, antique or modern look you desire. A supply list will be provided upon registration. \$25. *Mondays, March 4 and 11, 6-8pm.*

Computer Classes - From computer basics to Microsoft applications and Google, we have a variety of computer classes designed to meet your personal and workforce needs. Please call for details or visit our website for our wide range of options. Drop-in lab hours are also available!

Customer Service & Retail Fundamentals – Give your resume a competitive edge with employers by improving your customer service skills! During the month of March, we will be holding an intensive Customer Service and Retail Training, which will give you the opportunity to earn nationally recognized retail credentials as well as a WorkReady certificate and digital literacy skills. Please email rose@rsu16.org or call 207-345-3217 for more information.

Essential Oils – Detox Your Home! Learn about the impact of household toxins on our bodies and get tips for detoxing your home with essential oils to build a healthier environment for you, your family and your pets! Leave with at least two DIY items and recipes that you can put to use right away!
Thursday, February 28, 6-8pm. \$16.

Finish High School!

If you never finished High School, let's talk about how to get that done! We have flexible options to help you complete. Call or visit our website for more details.

Food Restrictions and Dietary Needs - Learn some fun recipes and substitutions to accommodate vegan, dairy and gluten restrictions! Enjoy some snacks and get some meal prep ideas. *Thursday, February 28, 6-7:30 pm. \$14.*


Job Exploration - Are you looking for new or different employment? We have access to assessments for exploring interests, skills and work styles. Call us to schedule an appointment with our Career and College Advisor!

Lip and Hand Balm - Pamper your skin by learning how to make lip balm and solid hand balm using oils, flavors or scents and optional color. Fall participants walked away from this class with lots of take-home items! *Thursday, March 7, 6-8pm. \$25.*

Drop in on our **Tai Chi** sessions on *Tuesdays through 5/28 from 3:45pm – 4:45pm. Only \$5 per class!* Or try **Yoga** on *Mondays through 5/20 from 6:15-7:30pm for \$8 per class!* Please bring a mat, water and a blanket. (Elm Street School Gymnasium).

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!

Most 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.



FEBRUARY
MENUS FOR 2019
RSU 16 PRHS/BWMS

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

Friday February 1

Pizza Choices
 Hot Dog
 BBQ Rib Sandwich

Monday, February 4

Meatball Sub
 Chicken Patty Sandwich
 Mini Corn Dogs

Tuesday February 5

Stuffed Shells
 Deep Dish Pizza
 Chicken Fries

Wednesday February 6

Nachos w/Meat & Cheese
 Pretzel w/ Cheese
 Quesadillas

Thursday February 7

Turkey Dinner w/ All the fixings
 BBQ Rib Sandwich
 Chicken Nuggets

Friday February 8

Pizza Choices
 Hot Dog
 Fish Sticks

Monday February 11

BBQ Pulled Pork Sub
 Bosco Sticks
 Grilled Chicken Sandwich

Tuesday February 12

Flatbread Pizza
 Cheese/Hamburgers
 Mini Corn Dogs

Wednesday February 13

Nachos w/Meat & Cheese
 Pretzel & Cheese
 Chicken Quesadillas

Featured Specials of the Day

Thursday February 14 HAPPY VALENTINE'S DAY

Popcorn Chicken Bowl
 Calzone
 BBQ Rib Sandwich

Friday February 15

Pizza Choices
 Hot Dog
 Chicken Nuggets

February 18– February 22 School Vacation !!

Monday, February 25

Bacon Cheese Burger
 Chicken Patty
 Fish Sticks

Tuesday, February 26

Lasagna Roll ups
 Bosco Sticks
 Chicken Nuggets

Wednesday, February 27

Nachos w/Meat & Cheese
 Pretzel w/ Cheese
 Quesadillas

Thursday February 28

BBQ Chicken w/ mashed potato & veg
 Cheese/Hamburgers
 Mini Corn Dogs