

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

## The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

<b>Thursday</b>	<b>April 4</b>	<b>6pm</b>	<b>Financial Aid and Junior Parent Night</b>
<b>Tuesday</b>	<b>April 9</b>		<b>SAT testing</b>
<b>Wednesday</b>	<b>April 10</b>		<b>Science test for Juniors</b>
	<b>April 15-19</b>		<b>vacation week</b>
	<b>May 2-3</b>		<b>Celebration of Learning</b>
<b>Saturday</b>	<b>May 4</b>		<b>Prom</b>
	<b>May 6 – 16</b>		<b>AP testing</b>
<b>Friday</b>	<b>May 24<sup>th</sup></b>		<b>District budget meeting</b>

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Greetings PRHS families;

As we head into the busiest season for school, we would like to call your attention to some important information and schedule changes.

**Tuesday, April 9**

All **Juniors** will take the SAT on Tuesday, April 9. This test is both required by the state of Maine and RSU16 graduation requirement, so attendance is mandatory. The test will take the entire day. Students must arrive to school ON TIME and we will be providing breakfast for all students. Students who are late for the start of school or are absent will be required to sit for the test on the make-up date of April 24. Some students will complete the test before 2:10 and will be allowed to leave school before the final bell. All other students will have a regular day of school and will have all of their classes.

**Wednesday, April 10**

- **Juniors** will be taking the mandatory science test from 7:40-10:50. During this time: **Freshmen** will be in Roundtables working on career exploration activities to prepare for next year's sophomore exhibition; **Sophomores** will be preparing for Sophomore exhibition; **Seniors** have the opportunity to work on their Senior Celebration either at home or in school. **Seniors** must arrive at school by 10:20.
- Students will have all of their classes after lunch.

**Financial Aid Night and Junior Parent Night**

- Our guidance department is hosting an important event on Thursday, April 4. Junior families are invited to learn more about the financial aid process for college and the college admissions process for their soon-to-be seniors.

**Quarter Grades will close on Friday, April 12, will be posted in Infinite Campus on Wednesday, April 24 and mailed home April 26.**

Please don't hesitate to call us with questions or concerns.

Cari Medd, Principal

With the Gran Turismo and the winter sports season behind us, we at PRHS feel that spring cannot be much farther down the road. We hope that your family finds a reason soon to shrug off winter as well!

**Attendance:** Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. If you miss that deadline, please contact us as soon as you can. We are most interested in setting the record straight and excusing absences when they qualify. In order to make sure we report accurate information to the state, we may on occasion request a doctor’s note to verify an appointment or an illness.

Our school goal this year is an average of 94%. A good spring will get us to our goal! Thank you for all you do to promote your children’s education by getting them ready for school every day.

**Prom:** Prom is May 4. The student handbook provides the following set of rules for attending Prom:

1. Only 11<sup>th</sup> and 12<sup>th</sup> grade enrolled students may purchase tickets. **TICKETS MUST BE PURCHASED BEFORE THE DANCE.** No tickets will be sold at the door. Enrolled PRHS students in 9<sup>th</sup> or 10<sup>th</sup> grade may attend Prom only if invited by an 11<sup>th</sup> or 12<sup>th</sup> grade PRHS student.
2. Guests may be invited but must be approved by the Assistant Principal no later than the Wednesday before the dance (May 1). “Guests” are defined as students who attend other schools, homeschooled students, or individuals who are no longer in school (17-20 years old).
4. Administration will keep a list of students who are ineligible to attend prom. PRHS students may be ineligible for Prom if they have had any of the following:
  - multiple out-of-school suspensions or suspension for a capital offense since the start of 2<sup>nd</sup> sem.
  - any unserved disciplinary consequences assigned during second semester
5. Administration reserves the right to deny attendance to a school dance for any student if the student’s attendance will create or exacerbate a dangerous situation, whether or not the student is otherwise eligible to attend.

**Spring Reminders:** With spring come skateboards and more exuberant student driving.

1. Students may not ride **skateboards** on school property. Students are required to pick the boards up once they enter the school’s driveway and walk them to my office.
2. Students who **drive to school** must register their cars in the main office. The student will be assigned a numbered space and must park in it. Students are not permitted to park in the teacher lot. Driving irresponsibly or recklessly will result in the suspension of driving privileges. Our new School Resource Deputy, Jim Jacques, will continue checking for registrations and addressing parking and driving issues.

**Junior Privileges:** Juniors who have achieved academic and Habits of Work success may be eligible for junior privileges. Students must have a first or last block academic support and will be held to the regular eligibility policy used for athletics and competitive co-curriculars. This policy can be found at the [PRHS website](#) in the Student Handbook.

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

Patrick Flynn  
Assistant Principal

*The calendar says spring and that we are on our way to summer?*

**DATES TO REMEMBER...**

- ★ **School Day SATs** will be on **Tuesday, April 9th** for all 3<sup>rd</sup> year students. These will be scores that students can use for college admissions. **Wednesday, April 10th** is **Science Augmentation testing** for all 3<sup>rd</sup> year students. Lots of testing so we need all juniors here for both of those days.
- ★ **JUNIOR PARENT NIGHT** is **Thursday, April 4 at 6 PM in the PRHS Auditorium**. Learn more about the college admissions and financial aid process. FAME will also be presenting that night.
- ★ **STARTING April 4– Mock Interviews** will be held in the Guidance Office. We have a variety of college representatives, as well as community members in various careers, coming in to help our juniors practice their interview skills. A huge shout out to Terri Cook of Mechanics Savings Bank for speaking to the whole junior class about interviewing. We provide materials and information for both the interviewers and interviewees, and all students receive a rubric with feedback after the interview. Juniors may also count their summer job interviews, or college interviews held on campus this spring. Poland Spring Inn will be one of our interviewers doing real interviews for summer jobs. Hannaford will be participating as well.
- ★ **LRTC decisions** will be mailed home during April vacation. Students will get a letter whether they got into their first or second choice or if they were waitlisted. Their schedules for 2019-2020 will be adjusted accordingly. LRTC Orientation will be this June for all admitted students. Students can still apply to LRTC through their counselor. Priority does go to students who met the March 1 deadline.
- ★ **AP EXAMS** start **May 6 and run through May 16**. PRHS will be offering exams in the following areas: *English Literature, Calculus AB, Statistics, Biology, Chemistry, World History, U.S. Government & Politics, US History, Computer Science Principles and English Language*. \$35.00 is the cost for each AP exam and some students have already paid their \$15.00 deposit – billing information can be found on your student's IC account. Students on free or reduced lunch only pay \$25.00 exam. We have told all students that if the cost is an issue, they need to see Ms. Bush.
- ★ **May 23 - COLLEGE FAIR** - NEACAC College Fair at the Augusta Civic Center 9:00-11:30 AM. Over 200 colleges and universities from around the country will be there. We will be taking the whole junior class. If you do not want your student to participate in this field trip, please contact the Guidance Office.
- ★ **MAY 17 – MAINE DAY at BATES**. This is an Open House at Bates College for **Maine families only**. We encourage all of our students considering competitive colleges to take advantage of this program, including the essay writing workshop. Register through Bates Admissions at 786-6000 by May 1. Many juniors may be nominated by the counselors and will be receiving an invitation for this program. We are also considering bringing a group of interested juniors – contact Mr. McFadden for more information.
- ★ **COLLEGE VISITS** – trips are running! We have small groups going to UNE (4/20), CMCC (4/23) and Thomas (4/24) this spring. Priority is juniors who have not gone on the Gran Turismo. Contact Guidance for more information.
- ★ **JUNIOR CLASS MEETINGS** with the Guidance Office started a few weeks ago. We meet weekly with the whole class to take about the college search process, college admissions, financial aid and scholarships.
- ★ **JUNIOR APPOINTMENTS** will be starting in Guidance. Each student will meet with his/her counselor to go over course selections for next year, graduation requirements, and post-PRHS plans. It is an exciting time to be planning for senior year!
- ★ **SENIORS & SENIOR PARENTS/GUARDIANS**– It is FAFSA completion time! Time to do those financial aid forms! About 55% of the class of 2019 has already done their FAFSA – that is great news!! Don't forget to check the Scholarship list on the web site weekly now. More and more local scholarships are coming in! **Complete your FAFSA by May 1 to be eligible for a \$1500.00 Maine State Grant.**
- ★ **CONSIDER ENGINEERING** – this is one summer program that we strongly encourage students to check out. Held at UMaine, with 3 different sessions – July 14-17, July 21-24, July 28-31. This is free with potential scholarships for UMaine. Deadline to apply is May 1 but this program fills up fast with only 102 spots available!! Applications will be available in Guidance or at <https://mainepulpaper.org/consider-engineering/>. Ask Jordon Gregory '18 what a fabulous program this is!
- ★ **9<sup>th</sup> GRADE PROGRAMS** – Select 9<sup>th</sup> graders will be invited to participate in an Aspirations program at Bowdoin College on April 12. Other 9<sup>th</sup> grade girls will be invited to be part of the Totally Trades conference at CMCC in May.
- ★ **CONGRATULATIONS to Noah Chabot-Ackley** for winning the silver medal in Heating at the state Skills USA competition in Bangor! Way to go Noah!!

Winter is over! By the time this newsletter reaches you, our spring teams will be on the fields!

**Knights Pride Booster Club**-Our outdoor concession stand used to be run out of a 10' Thule trailer. The concession stand outdoors has helped to generate funds that go towards our programs and helps to create the atmosphere of high school athletic events. It is great to get a hot chocolate on a cool fall night or a burger and Gatorade at a fall soccer game. We have built the concession stand, we need volunteers! When you volunteer, you give money back to your program of choice, no matter what season. Please consider volunteering in concessions.

The Booster Club is in need of members to help manage the club. I am thankful for the group of officers this year. They have worked diligently to make things happen for us. Next fall we will have streaming for home football and soccer games thanks to this group. Marcy Kenison, this years' president is the mother of a senior and has done double duty as both Booster Club President and Chairperson for Project Graduation Committee. Thank you, Marcy.

Schedules for this springs' athletic activities can be found at **[Polandregionalathletics.org](http://Polandregionalathletics.org)**

Reminder-most of the schools we play at, including our own, have No Pet Policies. Please leave your pets home for games and practices.

### **Spring Coaches and Volunteers:**

#### **Baseball**

Coach Pray-Varsity  
Coach Webb-JV  
Coach G. Pray-Volunteer  
Coach Doyle-Volunteer  
Coach Collins-Volunteer

#### **Softball**

Coach Lyons-Varsity  
Coach Seeley-Varsity  
Coach Yorkey-JV  
Coach Henderson-Volunteer

#### **Outdoor Track**

Coach Kramer-Head  
Coach Walker-Head  
Coach Robbins-Assistant  
Coach Brienza-Assistant  
Coach Winslow-Volunteer

#### **Girls Lacrosse**

Coach Lafrance-Head  
Coach Cotiaux-Assistant

Good luck to our Mathletes competing at the Statewide **Math Meet** in Augusta this month!

I encourage you to get out to see our kids perform in the arts. We have talented kids doing great things. The recent **Choral** and **Band** concerts were a full house and a treat for all that attended! The recent performances of **Our Town** had great reviews around school. It is easy to miss some of these events, but please try to get out and support these groups, it is great entertainment.

Spring, 2019

Dear Parent/Guardian:

Poland Regional High School has been invited by the University of Michigan to participate in a nationwide survey of 10th graders, entitled *Monitoring the Future: a continuing study of American youth*. I am writing to ask your permission for your son or daughter to participate.

This annual survey, which is funded by the National Institutes of Health, has been tracking changes in the attitudes, opinions and behavior of American young people for the past 43 years. Its results are widely reported and are used by many organizations to develop better policies and programs that affect the nation's youth.

The 10th graders will be asked to complete a 40-minute questionnaire during regular school hours, which asks about school experiences, attitudes toward school and education, plans for the future, use of and attitudes about using alcohol and drugs, work experiences and preferences, and health and leisure activities. There are **no** questions about sexual behavior or abortion. Students are informed that their participation is voluntary and that they may skip any questions they wish. They usually find the questionnaire interesting and enjoy the opportunity to express their views. The enclosed brochure provides you with additional information about the study.

The questionnaires are anonymous—containing no names or other identifying information—and no school staff are involved in administering the questionnaires; review copies are available at the school. The school will receive a monetary contribution this year, as well as national reports from the study for each of the next three years.

We believe this study is important and worthwhile. If for any reason you do not wish your son/daughter to participate, please ask your son or daughter to return the attached slip to the main office by \_\_\_\_\_.

Thank you for your consideration.

Sincerely,

Cari Medd, Principal

The researchers conducting the study can be contacted at the University of Michigan's Survey Research Center at (800) 766-2864. If you have questions about your rights as a research participant, or wish to obtain information, ask questions or discuss any concerns about this study with someone other than the researcher(s), please contact the University of Michigan Health Sciences and Behavioral Sciences Institutional Review Board, 2800 Plymouth Rd., Building 520, Room 1169, Ann Arbor, MI 48109-2800, (734) 936-0933 [or toll free, (866) 936-0933], irbhsbs@umich.edu.

Study ID: HUM00131235 IRB: Health Sciences and Behavioral Sciences Date Approved: 6/15/2017

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**IF YOU DO NOT WISH YOUR SON/DAUGHTER TO PARTICIPATE IN THIS STUDY, PLEASE ASK HIM/HER TO RETURN THIS SLIP TO THE MAIN OFFICE BY \_\_\_\_\_.**

Student's Name \_\_\_\_\_

I prefer that my son/daughter **not** participate in \_\_\_\_\_  
the Monitoring the Future study. Parent or Guardian Signature Date



A number of students in your school will be asked to participate in an important nationwide study.

This flyer tells you about the study and answers questions you may have.



Survey Research Center  
The University of Michigan

## What Is the Study About?

The questions cover a wide range of issues such as education, the school environment, use of free time, future plans, work, alcohol, drugs, and government policies. We believe that young people's experiences and their feelings about how things are now and how they ought to be in the future are important. In a sense, your answers will be a kind of vote on these issues.

The "votes" of all of the study participants taken together will be an accurate indication of American students' thoughts and experiences. Next year and in the following years, other students will also be asked for their ideas on these subjects so that we can find out how things change from one year to the next.

## Why That Name for the Study?

We call it Monitoring the Future because we know that studying young people today will tell us a lot about what the whole nation will be like tomorrow.

## Do I Have a Choice?

You certainly do! Your participation in this study is completely voluntary and you may skip any question you do not want to answer. After you have finished reading about the study, we think you will agree that it is important and exciting and that you will want to be a part of it.

## Why Should I Participate?

A lot of people think they know all there is to know about young people, but their impressions are based on only a few people they know or on news headlines.

Your generation has a lot to tell the rest of the country about what you value, the problems that concern you, and some of the ways you would like things to change. More of you need to be heard. Many students say the questionnaire is interesting and that they enjoy filling it out.



## Will Anyone I Know See My Answers?

No, your individual answers are never seen by anyone in your school, or anyone else who knows you. No participating person, school or school district can be identified in any report of study results. We even have a special Grant of Confidentiality from the U.S. government which permits us to protect all of the information gathered in the study.

## How Are the Results Used?

We believe that a study like this is successful only if it makes a difference. Each year, educators, journalists and policy makers at all levels use the study results to help them better understand students' experiences and wishes. We present an annual report to the nation as a whole which is covered by television, radio, and many news organizations.

There are also special reports to many interested groups. For example, educators learn what students say about school and their feelings about further education. National leaders learn what issues are especially important to students now; community and business leaders learn about students' hopes and plans for the future.

## Why My School?

In order to represent all students throughout the United States accurately, about 140 schools have been selected by scientific random sampling methods at each of three grade levels—8th, 10th, and 12th grades. Your school happens to be one of those chosen.

## Who Is Doing This Study?

The University of Michigan's Survey Research Center is one of the world's largest and most respected social research organizations. It has been conducting nationwide surveys for more than 60 years. The study is funded by the National Institutes of Health.

# 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!!



Date: April 6, 2019

Dinner, Raffles, & Show

See flyer on next page

April 10, 2019

6:00 PM

Marcy's House

Dining for a Cause @ Ninety Nine Restaurants

Thursday, May 2nd, 2019 from 4:00 - 9:00 PM

See attached coupon for details!

**“\$20.19 Sponsor a Senior Fundraiser”**

**~ details on the next page~**

**Ongoing  
Fundraisers &  
Needs**

**Knights Pride  
Boosters**

**Bring bottles  
to “Dad’s  
Place” in  
Mechanic  
Falls**



# A FUN KNIGHT OUT WITH MAINELY IMPROV

**When:** April 6th, 2019

Spaghetti dinner 5:00-6:00 PM

Silent Auction & Raffles 6:00 - 7:00 PM

Improv show begins at 7:00 PM

**Where:** PRHS cafe & Auditorium

Spaghetti Dinner Cost: \$7.00/person

Improv Cost: Reserve Tickets \$10; @ the door \$12

Contact: PRHS Main Office @ 998-5400

Sponsors: PRHS Project Grad 2019 & senior class

# 2019 Project Graduation

## “\$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  
% PRHS Project Graduation  
1457 Maine Street  
Poland, Maine 04274

Student Name: \_\_\_\_\_

Parent/Grandparent, Family/Friend: \_\_\_\_\_

Donation \$: \_\_\_\_\_ Round Table Teacher \_\_\_\_\_

# DINING FOR A CAUSE

The Ninety Nine Restaurants  
Invites You to a  
Fundraiser to Benefit:

Date:

Time:

Location:

Present the voucher below at this fundraiser and the Ninety Nine Restaurants will donate 15%\* of your Guest check to the organization.

clip this voucher

## DINING FOR A CAUSE

BENEFITING:

DATE:

TIME:

LOCATION:



RESTAURANT & PUB

Coupons, discounts and promotions including "Kids Eat Free" will not be accepted during the fundraiser. Present this voucher to your server when seated as this is required for the organization to receive credit for the sale. \*Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.

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BENEFITING:

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LOCATION:



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# April 2019 Menus For 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

### Monday, April 1

American Chop Suey  
Bosco Sticks  
Mini Corn Dogs

### Tuesday, April 2

Meatball Sub  
Chicken Nuggets  
Egg & Sausage Wrap

### Wednesday, April 3

Nachos w/ Meat & Cheese  
Pretzels w/Cheese  
Quesadillas

### Thursday, April 4

Sweet & Sour Chicken  
Rice & Veg  
Deep Dish Pizza

### Friday, April 5

Pizza Choices  
Hot Dog w/Roll  
Fish Sticks

## Featured Specials of the Day

### Monday, April 8

Flat Bread Pizza  
Chicken Patty Sandwich  
Mini Corn Dogs

### Tuesday, April 9

Bacon Cheeseburger  
Chicken Nuggets  
Deep Dish Pizza

### Wednesday, April 10

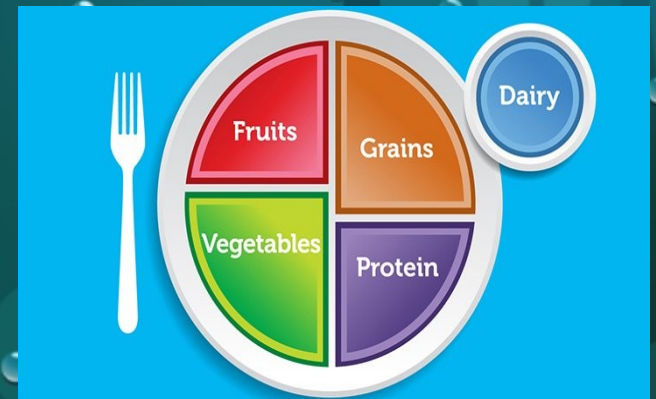
Nachos w/ Meat & Cheese  
Pretzels w/Cheese  
Quesadillas

### Thursday, April 11

Popcorn Chicken Bowl  
Hamburger/Cheeseburger  
BBQ Rib Sandwich

### Friday, April 12

Pizza Choices  
Hot Dog w/Roll  
Fish Sandwich



**Monday, April 15**

**VACATION WEEK**

**Friday, April 19**

## Featured Specials of the Day

**Monday, April 22**

Tomato Soup & Grilled  
Cheese  
Cheeseburger/Hamburger  
Mini Corn Dogs



**Tuesday, April 23**

Mac & Cheese  
Chicken Patty Sandwich  
BBQ Rib Sandwich

**Wednesday, April 24**

Nachos w/ Meat & Cheese  
Pretzels w/Cheese  
Quesadilla

**Thursday, April 25**

Buffalo or BBQ Chicken  
Potatoes & Veg  
Deep Dish Pizza  
Chicken Nuggets

**Friday, April 26**

Pizza Choices  
Hot Dog w/Roll  
Fish Sandwich

## Featured Specials of the Day

**Monday, April 29**

Chili w/Meat  
Corn Bread  
Bosco Sticks  
Mini Corn Dogs

**Tuesday, April 30**

Chicken Broccoli Alfredo  
Deep Dish Pizza  
Chicken Patty Sandwich

**Please see reverse for  
items available daily**

DearParents

Don't forget to use My School Bucks for all on-line food service payments. 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

You can:

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

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