

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

June 2-3	Senior Class Trip
June 3	8 th grade step up day
June 4-6	Marching Practice
June 5	Senior Banquet
June 7	Senior Final Assembly
June 8	Graduation
June 13-18	Underclassmen finals
June 19	Student make-up day, Dismissal @ 11 am
July 9 – Aug 1	Summer School 8am -12pm

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Greetings PRHS Families and students;

Senior Week Activities

May 31 Last day for senior classes
June 2-3 Senior class trip
June 4-6 Marching practice
June 5 Senior Banquet
June 7 Senior Final Assembly
June 8 Graduation

Final Exam/End of year schedule for grades 9-11

All 9th, 10th and 11th grade students are required to attend all of their classes through Tuesday, June 18. Final exams will occur during the regular class schedule.

Wednesday, June 19th is a half day and is a day reserved for those students who need to make up work. There will not be scheduled classes on that day. Please be in touch with your child's teachers if you are concerned that your child may need to be in school on that day.

Underclass Chromebook Turn In

Chromebooks must be turned in to the IT department on the following days: 9th grade Friday, June 14; 10th grade Monday, June 17; 11th grade Tuesday, June 18.

8th Grade Step Up Day

We will welcome next year's freshman class on Monday, June 3rd. All 8th graders will participate in transition activities designed to put their minds at ease about their upcoming move into the high school. They will tour the building, learn about classes, co-curricular offerings, Roundtable, and meet some 9th grade teachers.

End of Year Report Cards and Schedules for 2019-2020

We will mail home a copy of your child's transcript at the end of the school year. The transcript will include your child's grades for all of his/her coursework during high school and it will include a current GPA. We will also mail home any bills he/she may owe.

Schedules for next year's classes will be available on Infinite Campus at the beginning of August.

Summer School

You will be receiving a letter if your child has failed a course that needs to be completed in summer school. Summer School is FREE for all students.

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

We have had a great year this year, we will miss our seniors and are excited to welcome the Class of 2022 to Knight Nation!

Cari Medd
Principal

With the end of the school year just a few weeks away, we celebrate accomplishments and look forward to the summer and fall. We appreciate the support of the families and the community this past year. Below are some reminders and suggestions for students and parents to consider over the summer.

Parking Passes: Please help us manage the student parking lot by reminding your children who drive to school to register their vehicle **before school starts** in August. We will reassign parking spaces in August on a first-come, first-served basis. We will be using a different color parking pass and **will not issue new passes to current parkers until the old pass is returned**. Students who park on campus without registering their vehicle are subject to having their driving privileges suspended. Please also remind your drivers to park **ONLY** in the spot assigned to them. If they see another car in their spot, they should give the office the license plate or parking permit number of the car parked in their space.

Mentoring Program: The program has become an important part of our culture. If your child is interested in becoming a mentor, please have them contact me directly and I can provide them with an application. Applications will be available during the summer at the high school and will be due by the second week of September.

8th Grade Step-up Day: We at the high school will welcome the new freshmen class on June 3rd. Students will attend brief sessions for each of their core classes and hear from students, administrators, and other staff. We look forward to meeting the class of 2023!

Summer School: Students who do not meet standards in their core classes (Humanities, Science, Math, or Roundtable) can make them up during summer school. In June, the school will communicate with those students (and their parents/guardians) recommended for summer school. There is no cost.

When: July 9-August 1, Tuesday-Thursday, 8 am-12 pm.

Transportation: If your child will need transportation to school, please complete the transportation form (part of the summer school packet you will receive in the mail) by the end of June. Bus stops will be determined and communicated to families the last week of June. Families whose children remain in summer school after the second week will be asked to reapply by calling transportation at 998-2738 no later than July 19. New routes, if necessary, will be posted on the district website on July 22.

Breakfast and lunch will be served at the high school again this summer. There is no charge for meals. Please contact me at pflynn@rsu16.org or 998-5400 x120 if you have questions or comments.

9th Grade Orientation: As we have for many years, we will dedicate the first official day of school (Wednesday, August 28) to team-building and Roundtable activities for the new freshmen. Students will arrive at school on the morning bus and begin with their Roundtable, then walk their schedules. We will board busses for Agassiz Village and spend the rest of the day there. Students will leave school on the regular afternoon bus. **All other students will begin the year on August 29.**

Please contact me with any questions or comments at 998-5400 x120 or pflynn@rsu16.org. Enjoy the summer!

Patrick Flynn
Assistant Principal

It is so soon that we bid adieu to the Class of 2019, and we look forward to meeting the Class of 2023! Some things to check out, even over the summer months...

SCHEDULES for 2019-2020? Students who have questions and/or concerns may meet with their counselor before the end of the school year. We will aim to have student schedules available on line the first week in August. Students are welcome to email their counselor over the summer with questions.

PARENTS! Summer is one of the most popular times for families to go on **college visits**. We encourage you to consider visiting a college or two while you are on family vacations. The more comfortable and familiar you all are with how college visits operate, the better consumers that you will be when it comes to the colleges that your student is really interested in. Remember that during the summer, colleges are in limited operation, meaning that they don't have the full student population there and classes may not be running. It is, however, a good chance to check out the surrounding area and see if the college is one you want to keep on the list and return to visit in the fall. We encourage all of our families, but particularly those of the rising seniors, to use this vacation as a chance to check out some post-secondary options. PRHS will continue to offer a range of college visits, especially some smaller visits to in-state colleges during the fall of senior year and spring of junior year.

SUMMER is also a good time for a job, volunteering experiences, camps, workshops or programs. We will try to post some in the daily announcements. Many have a June 1 deadline and there are scholarships available. These are the things that look good on your college applications!

COLLEGE FAIR – The next college fair in the region will be at the **USM Portland campus (Sullivan Gym) on September 24 from 6:30-8:30 PM.**

JUNIORS – did you get your SAT scores back? Think you might need to study? Remember that Khan Academy offers FREE SAT prep! Check it out online or go to your College Board account.

JUNIORS – get another head start by creating your Common App account online and get going on those college applications and essays. Go to commonapp.org to get started.

LRTC – students admitted for the 2019-2020 school year will have their LRTC Orientation on June 10 for 2 blocks. Any student who is still interested in LRTC should check with their counselor because spots may still open in many programs.

Interested seniors and juniors who want to take a college class next year need to talk with their counselor as soon as possible. There are a variety of courses offered at our local colleges: *USM, UMA, CMCC, Western Maine Community College (Oxford), Husson, UMFK, and St. Joseph's*. Space is still available in college classes. Some have fees and some do not.

Calling all AP students for next year – There will be mandatory meetings about the 2019-2020 AP classes on June 12 and 13 during both lunches. All students must check in with the AP teacher to get information about summer work. Summer work will also be available in the Guidance Office – books and any paperwork Remember you can still sign up for AP courses for next year! More information about these meetings in this newsletter

SUMMER WORK? You know you have it – we will post a comprehensive list of summer work for English I, II, and III, as well as Sr. English and all AP courses on our website.

SPEAKING OF SUMMER! While we will not be in every day, we will be around. **Best way to reach your counselor is to leave a voice mail or email message.** We will get back to you when we are back in the office.

Athletics

Great job goes out to our PRHS ladies that participated in Lacrosse on the 26er's! They have had a successful season and been great representatives for our school on the cooperative team with Gray New Gloucester.

Coaches are busy planning summer activities. Summer soccer, field hockey and basketball will have active programs that will begin after June 10. Incoming freshman are welcome and encouraged to participate. The hands-off period begins August 5. There will be a meeting for fall high school athletics on Sunday evening, August 18 at 6:00pm. Please plan to attend.

Practices begin August 19. Please make sure athletes are registered for both summer and fall athletics at www.FamilyID.com. The organization is RSU16. Please do not create a new profile if you already have one. The help number listed on their page is quite helpful.

Good luck to all teams down the stretch! At the time of this writing, both baseball and softball are in the hunt for a playoff spot and outdoor track is preparing to the WMC Championship meet at Lake Region.

We need some Help!

We currently have a shortage of coaches. If you have interest in coaching, please contact dking@rsu16.org for more information. The following positions are currently open:

Boys' JV Soccer
Girls' JV Soccer
JV Field Hockey
MS Girls' Soccer (2)
MS Boys' Soccer (1)
MS Field Hockey
MS Boys' Basketball
MS Girls' Basketball

Summer Information:

[Girls' High School Summer Soccer Information](#)

[Youth Basketball Summer Camp Information](#)

[Youth Soccer Camp Information](#)

Thank you to Dan Roy and Ray Lafreniere, long time track coaches at PRHS that stepped away this year. We thank you and we miss you!

While we're all glad summer is on it's way, [tick season](#) is already here. The little buggers have been living under snow and leaves throughout the winter and are now headed out looking for a meal. We'll likely have an abundance of ticks this spring due to the nice, deep blanket of insulating snow we had this winter. There are ways to help prevent getting ticks on you to begin with, and ways to treat tick bites as well, all to [help reduce your risk of Lyme disease](#). You can read some more FAQ about ticks [here](#). Already been bitten by a tick and wondering what you might have been exposed to? Ticks can be [submitted](#) to our cooperative extension office for testing with pretty quick results. Wondering what signs or symptoms to look for after a tick bite? Check out these [Lyme and co-infection rashes](#) from the CDC. Any more questions or concerns, just hit us up here in the nursing office!

Announcements

The PRHS class of 2022 would like to thank J.M. Morin Earthworks for their help in this year's "Spring Day" fundraiser. Jeff Morin has been helping classes at PRHS raise money for years with his high quality mulch and loam. Jeff not only allows us to sell his products for a profit, he also devotes a day of his staff delivering the products throughout the community. We can't thank Jeff and staff enough, and we urge everyone to use J.M. Morin Earthworks for all your landscaping and gardening needs. We would also like to thank all of you who donated bottles and got a car wash. We had a great day, and the fundraiser was a big success!

AP MEETINGS FOR 2019-2020

Wednesday, June 12

PRHS AUDITORIUM

1st lunch – AP English Lit, AP English Lang

2nd lunch - AP World History, AP US Government,
AP US History

Thursday, June 13

PRHS AUDITORIUM

1st lunch – AP Calculus AB, AP Statistics

2nd lunch – AP Biology, AP Computer Science
Principles

Open to anyone who signed up for AP or who is interested in AP! Come get more information about expectations, summer work, and AP exams. Meet the teachers and find out the summer technology option only available to AP students!

**** If you cannot attend the meeting, you MUST check in with the teacher of that course for a copy of the syllabus and information about summer work. You can still add an AP class to your schedule for next year.**

See your counselor if you have questions

Mr. Hayashida – AP Calculus AB
Ms. Bell – AP Statistics
Mr. Novak – AP US Govt & Politics
Ms. Sevigny – AP World History
Ms. Fryda – AP US History
Mr. Truman – AP English Language
Mr. Latham – AP English Literature
Ms. Lyons – AP Biology
Mr. Poulin – AP Comp. Science Prncpl.



**Poland Regional High School
Bruce Whittier Middle
School**

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

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

Featured Specials of the Day

Monday, June 3

Mac & Cheseese
Bosco Stricks
BBQ Rib Sandwich

Tuesday, June 4

Pulled Pork Nachos w/ Cheese & Beans
Deep Dish Pizza
Chicken Nuggets

Wednesday, June 5

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

Thursday, June 6

Bacon Cheeseburger
Chicken Patty Sandwich
Mini Corn Dogs

Friday, June 7

Pizza Choices
Hot Dog w/Roll
Fish Sandwich

Featured Specials of the Day

Monday, June 10

Chicken Fries w/Onion Rings
Deep Dish Pizza
BBQ Rib Sandwich

Tuesday, June 11

Pulled Pork Wrap
Hamburger/Cheeseburger
Chicken Patty Sandwich

Wednesday, June 12

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

Thursday, June 13

Popcorn Chicken Bowl
Bosco Stricks
Fish Nuggets

Friday, June 14

Pizza Choices
Hot Dog w/Roll
Mini Corn Dogs

Monday, June 17

Meatball Sub
Chicken Patty Sandwich
Pretzel w/Cheese

Tuesday, June 18

Pizza Choices
Hot Dog w/Roll
Mini Corn Dogs

Wednesday June 19

**Last Day/Half Day
Grab & Go Lunch**





Poland Lady Knights Summer Soccer 2019



Are you interested in playing soccer in high school? Are you looking to connect with your teammates before the season starts in the fall? Are you looking to touch up on your skills and have some fun? Then summer soccer is a great place for you!

We will begin on June 20th with a practice, play 5 games this summer and attend a 7 v. 7 soccer tournament that is overnight! We will also be hosting the 1st Knights Soccer Camp with the boys varsity team and Coach Coyne. I am expecting you to attend these sessions to assist with running stations and to help give back to our community and youth! You will also have the opportunity to train with Prime 360, for an additional cost, to focus on athletic movement training, (and yes I will be at those sessions!) Those sessions will be held Monday, Tuesday & Thursday from 7:30-8:30 am at the high school.

In order to participate in summer soccer you need to sign up on Family ID. We will also be charging a fee of **\$40** to help offset the cost of your summer game t-shirt and referees.

Summer Soccer Schedule

** All games are scheduled to begin at 6:00pm.*

** Please be at the field ready to play by 5:00pm.*

June 20th - Practice, 5:30-8:00pm

June 24th - Practice, 5:30-7:30pm

July 1st - Home vs Leavitt

July 8th - Home vs Oxford

July 10th - Home vs Maranacook

July 17th - Away @ Leavitt

July 24th - Away @ Oxford

July 26 & 27th - Mountain 7 v. 7 Tournament

** 1st annual Knight's Soccer Clinic **

5:30-8:00pm

Week 1: July 15th - 18th

Week 2: July 22nd - 25th

If you have any questions please email me at kseeley@rsu16.org



2019

KNIGHTS Soccer Clinic

Sponsored by Poland Parks & Recreation Department



When: 7/15/19 - 7/18/19

7/22/19 - 7/25/19

From: 5:30pm-8:00pm

****ages 3-6 5:30-7:00pm****

Location: Poland Regional High School

@ Route 11 Field

Areas of focus:
Dribbling, passing, movement on and off
the ball, defense, offense, goalkeeping,
working as a team and much more!!!

Girls & Boys Ages 3 thru 8th grade
Coached by Coach Coyne,
Coach Seeley and your PRHS
KNIGHTS!

Clinic Includes:
T-shirt & soccer ball
for all registered by
July 1, 2019

Contacts:

Coach Dave Coyne
207-415-1142 or
dcoyne@rsu16.org

Coach Kat Seeley
207-740-6112 or
kseeley@rsu16.org

Cost:

Grade 2 thru 8 Week 1	\$50.00
Grade 2 thru 8 Week 2	\$50.00
Grade 2 thru 8 both weeks	\$90.00
Ages 3-6 week 1	\$30.00
Ages 3-6 week 2	\$30.00
Ages 3-6 both weeks	\$50.00

Poland Recreation Department
207-998-4650

To Register:
www.polandrec.com

Sports Recycling: Need cleats or shin guards, come check out our free stuff!

2019 Knights Summer Basketball Clinics



Clinic Director:
Tyler Tracy-Boys Basketball Coach PRHS

Counselors:
-Current and former PRHS Basketball
Players.

Clinics Include:
-Games with local schools (depending on
numbers for each grade level)
-T-Shirts (need to attend at least 4 clinics)

Areas of Focus:
-Shooting -Passing -Ball Handling
-Teamwork -Post Play -Footwork
-Individual Defense -Team concepts

Location: Poland Regional HS

For boys and girls entering grades 1-8.

Time:
Grades 1-4: 8:30am-10:00am
Grades 5-8: 8:30am-11:30am

Tuition:
-Grades 1-4: \$40 for all three weeks or \$5 a
day.
-Grades 5-8: \$80 for all three weeks or \$10
a day.
*Contact Coach Tracy for sibling discount.

Dates:
-June 25, 26, 27
-July 1, 2, 3(Monday, Tuesday, Wednesday)
-July 9, 10, 11

Questions: Contact ttracy@rsu16.org

Registration Form

PLEASE PRINT:

CAMPER'S NAME: _____ '19-'20 GRADE: _____ GENDER: M F

PARENT'S NAME(S): _____

HOME ADDRESS: _____

HOME PHONE #: _____ CELL PHONE(S) #: _____

EMERGENCY CONTACT: _____ PHONE #: _____

Health Insurance Provider: _____ Group #: _____

I am fully aware of nature and the purpose of the activities of the Knights Summer Basketball Clinics program. I acknowledge and accept the potential risk of my child/ward associated with those activities. I agree to release, hold harmless, and keep indemnified the RSU #16 School Department, its coaches, and other representatives against any claims, actions, expenses, and demands in respect to death, injury, loss, or damage to my child/ward and his/her possessions and properties, however caused, arising in conjunction with participation in this program. This waiver is binding upon heirs, assigns, and myself. In the event of an emergency requiring medical attention, I hereby grant permission to a physician or other hospital/medical personnel designated by PRHS Camp Staff to attend to my child.

I, _____ (print legal name) having read and understood this document, freely consent to its provisions.

SIGNATURE: _____ DATE: _____

QUESTIONS: Email Coach Tracy at ttracy@rsu16.org

Camper Shirt Size: _____

Weeks Attending: Circle all that apply.

-June 25, 26, 27

-July 1, 2, 3 (Monday, Tuesday, Wednesday)

-July 9, 10, 11

-Registration due before June 18.

-Make checks payable to Poland Regional High School Basketball

-Drop off forms and payment at PRHS or mail to:

PRHS

C/O Tyler Tracy

1457 Maine Street

Poland, ME 04274