

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News



Dates to Remember

Nov 1-2	7 pm	Fall Play	Contents	
Nov 3	2 pm	Fall Play	Principal	pg. 2
Nov 4 – Nov 8		Student Led Conferences	Assistant Principal	pg. 3
Nov 6	4-6:30 pm	Flu Clinic in Nurse's office	Counselor's Corner	pg. 4
Nov 9	5-7 pm	Spaghetti Dinner	Co-Curricular	pg. 5
Nov 11		Veteran's day – no school	Nurse Update	pg. 6
Nov 18		Fall Sports begin	Announcements	pg. 7
Nov 27-29		no school – Thanksgiving break		

November 2019

Greetings PRHS families and students,

Student Led Conferences

You should be hearing from your student's Roundtable teacher to set up a fall conference. All students must complete a fall conference and all students except seniors must complete a spring conference. Your student will be leading the conference, discussing their progress towards graduation and sharing their portfolio. Conferences will take place during the week of November 4 with evening hours on Wednesday, November 6.

Progress Report Grades

Quarter grades and HOW grades will be posted on Wednesday, October 30.

Winter Sports

Winter sports seasons will begin **November 18**. Eligibility will be determined based on grades that are posted October 30. For a reminder of the eligibility policy, please follow [this LINK](#), or go to the last page of this newsletter, to review [Family Guide to Eligibility](#).

School Calendar Reminder

There is **no school** on Monday, November 11 for the Veteran's day holiday, and Wednesday through Friday, November 27-29 for the Thanksgiving holiday.

Fall Play

We invite you all to come to PRHS to see *Murder on the Orient Express*, our fall play. Shows are Nov. 1-2, 2019 at 7:00 PM with a matinee on Nov. 3rd at 2:00 PM.

Don't hesitate to call or email if you have questions or concerns.

Cari Medd, Principal
998-5400 x 129
cmedd@rsu16.org

Now that we've reached the end of the first quarter, my column this month consists of some reminders. Please read the following information carefully, discuss it with your child, and contact me if you have questions or concerns.

Student Parking Lot: Parking on campus is a privilege. To receive the privilege, students must follow school rules.

Reserved Parking Spaces: We have increased safety in the student parking lot the last four years by assigning numbered spaces to students. We now ticket and fine drivers who violate school rules and assign other consequences as appropriate. Fines are \$20 for each infraction. Students may not park on school grounds until they have paid the fine. Fines remaining unpaid after two weeks double to \$40. All fines must be paid before a student is permitted to drive on campus.

Registration: If your child is driving but has NOT yet registered the vehicle THIS YEAR, please encourage her or him to register immediately in the main office. To register, students must bring a current driver's license, current state registration, and current insurance card to the main office. The cost is \$2 to cover the tag. The tag must be displayed in the vehicle's windshield. Students pay for parking once for as long as they drive on campus, but must register every year to keep documentation current. **Students will be ticketed, fined, and prohibited from parking on campus until they register and pay the fine.**

Lost and Found: Send students to the office as soon as they report they lost something!

This is the time of year we collect a lot of coats, hats, gloves, and boots/shoes for lost and found. Our goal is to reunite these items with their owners, but unless there's a name written on them, this is very hard to do. Please send your child to us as soon as they report they lost something so we have the best chance of returning it. All items are removed after two weeks and donated to charity.

Locks and Lockers: Students who request an academic locker will be assigned one.

There are enough academic lockers (as opposed to gym or music lockers) in the high school for every student. Students who wish to use an academic locker reserve it through their Roundtable teacher. Every locker must be locked: students who request a locker but do not use the lock assigned to them will lose the locker. Leaving lockers unlocked is unsafe and encourages misuse, including theft and pranking. Missing locks are billed to families at \$5 for a replacement lock.

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

Patrick Flynn
Assistant Principal

School is really upon us now. The first set of grades will be posted and seniors are working hard on applications. It is time to think about second semester and what great opportunities that might bring...

We all survived the PSATS! All 10th and 11th graders took the PSATs on October 16. Thank you to Poland Spring for supplying water and to Gathering Winds Farm for fresh apples for all our test takers! The **PSAT** scores are expected in December. We will set up sessions to create College Board accounts with all students and to go over the scores with both the sophomore and junior classes. Students will get an email to access their scores online. Once the scores are returned, students have access to many College Board features. Khan Academy has partnered with the College Board for all of the free SAT prep. Khan Academy will also be used in English, social studies and math classes.

PRHS ALUMNI DAY is Friday, **January 3, 2020** at 10 AM. Send any alumni our way!

FREE COLLEGE COURSES for second semester? CMCC, USM, UMaine, Husson, St. Joe's, or UMFK? CMCC will waive fees for any early college classes next semester! ***You only pay for books!!*** Same deal at Husson University for online classes. Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP!

The **ANDROSCOGGIN CAREER FAIR** will be **January 7, 2020** for all **sophomores**. Students will be doing an online inventory and making 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. The Career Fair is hosted by Central Maine Community College in Auburn. If you do not want your sophomore to attend this program, please contact the Guidance Office.

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

AP FEES – we still have a new structure for AP fees which means there is a reduced cost for **ALL** AP students! We were still chosen to be part of a fee pilot program through College Board, as well as having funding now through our RSU # 16 school budget. Each AP student will be getting more information in class; each family that has a student in an AP class will receive a letter mailed home. Please contact Ms. Bush if you have any questions.

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, etc. Please let us know what we can do to help your families and your children. 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.

Coaches Awards:

Cheer-Maryssa Cavallero

Cross Country-Nevaeh Longchamps, Cole Cushman

Field Hockey-Olivia Bell

Football-Brady Downing, Eli Alexander

Golf-Chris Tiner

Soccer Boys-Mitchell Bean, Trevor Robbins

Soccer Girls-Ragyn Harvey, Alyssa Hart

Winter Athletics

Practice begins November 4 for the Cooperative Girls' Ice Hockey Red Hornets

Practice Begins November 18 for Boys' and Girls' Basketball, Boys' Ice Hockey, & Cheer

Practice will begin November 25 for Indoor Track

Winter Coaches and teams include:

Boys' Basketball-Tyler Tracy, Steve Ray

Girls' Basketball-Tim Dolley, Jake Webb,

Indoor Track-Rick Kramer, Nancy Walker, Mike O'Leary

Cheer- Tammy Swett

Boys' Hockey-The Kings-Joe Hutchinson, 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. Please do not create a new registration for your child once you have already done so. If you are having trouble remembering passwords, please call the help number on the website.

Please also note that students and parents signed in the registration process, the Co-Curricular handbook with rules and expectations around attendance, behavior, and substance use. Also note that everyone has agreed to our Sportsmanship Statement in the registration process. As a 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.

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.

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.

Drama

Our Musical will be in the Spring this year. Thank you to those putting in time for our Fall play, *Murder on the Orient Express* which will be November 1 & 2.

Flu Clinic

We will be having a flu clinic in the nurse's office on November 6th from 4pm to 6:30pm. Hannaford pharmacy will be administering the flu vaccines on that day. As a reminder, all insurance plans are accepted for the flu vaccine, including Mainecare. The only stipulation with Mainecare is that the child must be 12yo and older. If the child is younger than 12, then Mainecare will only cover the flu vaccine in a prescriber's office. Lastly, if there is no insurance and a parent/child still wants to get a flu vaccine, the cost is \$42.00. Please call the nurse's office to schedule an appointment or email lstorer@rsu16.org.

Announcements

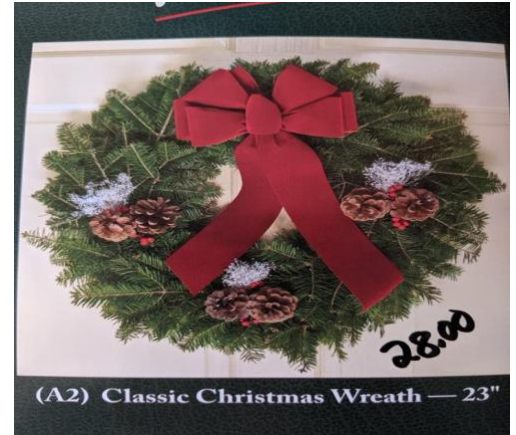
Class of 2020
Project Grad Current Fundraisers:

Holiday Wreaths for Sale!!!

Deadline to order is November 11th!
Wreaths will be picked up November 23rd.
Many more to choose from!!!
Email: creativescrapbooking06@yahoo.com
to order/ FMI

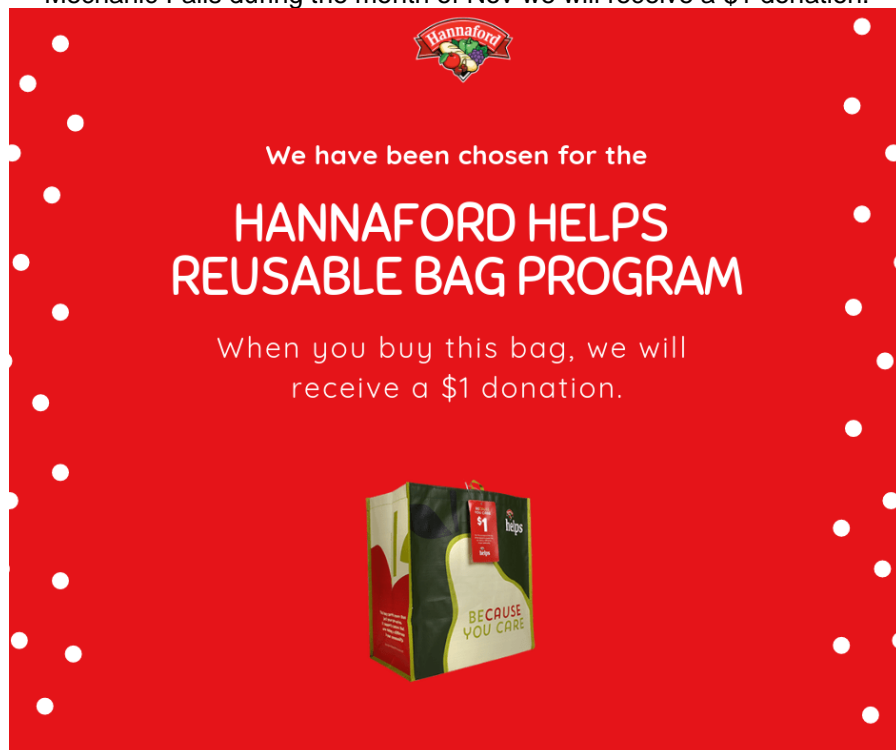
Mime Designs Sign/Pallet Workshop
Date: Sunday, November 3rd
Location: Poland Community School
Start Time: 4pm

Hi! here's the link to sign up on the website: <https://www.mimedesigns.com/product-page/poland-regional-hs-project-grad-2020-11-3-19-4pm>
Choose your design and buy your tickets!!!



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Have you heard the news? RSU 16 Summer Feeding Program has been selected as the beneficiary of the Hannaford Helps Reusable Bag Program! Each time the \$2.50 reusable Community Bag is purchased at the Hannaford in Mechanic Falls during the month of Nov we will receive a \$1 donation.



We have been chosen for the

HANNAFORD HELPS REUSABLE BAG PROGRAM

When you buy this bag, we will
receive a \$1 donation.

BECAUSE YOU CARE

\$1 helps



COME SUPPORT PRHS PROJECT GRAD

🎓 2020 🎓

SPAGHETTI DINNER

SATURDAY NOVEMBER 9, 2019

TYRIAN LODGE 5pm-7pm

474 S.MAIN STREET MECHANIC FALLS, ME

COST \$5.00

SENIOR CITIZENS AND CHILDREN UNDER 3 - \$3.00

Dessert too!

Join us!! •Lottery Raffle Tickets Available to
Purchase•

ALL PROCEEDS WILL BENEFIT PRHS CLASS OF 2020
PROJECT GRADUATION.
THANK YOU TO THE TYRIAN LODGE FOR THE VENUE!
MATCHING GRANT AVAILABLE



PRHS GUIDE TO ELIGIBILITY

What is eligibility?

The purpose of the eligibility policy is to ensure that all students who participate in sports and some co-curricular activities make adequate academic progress during the school year. Athletics are part of our educational program and are designed to increase both student connection with our school and academic achievement.

All schools that participate in Maine Principal Association activities are required to create and follow an eligibility policy. Failure to ensure all athletes are eligible for athletic contests can result in forfeited games and other punitive measures.

What's the idea behind the eligibility policy?

Our eligibility policy for athletics and some co-curricular activities incorporates Habits of Work (HOW) grades to encourage students to attend to these important habits. The policy rewards students for effort, attendance and participation, even if they are struggling with content skills and knowledge.

How is eligibility determined?

To be eligible, students must be enrolled and actively engaged in a required number of courses: the equivalent of 6 classes and Roundtable. **NOTE:** Two- and three-credit classes (e.g., Math 2/3, LRTC programs) count as 2 or 3 classes. HOW grades are posted four times throughout each semester; academic grades are posted quarterly throughout the year. With these frequent reports -- and access to grades through JumpRope -- you and your child will have a clear understanding of both HOW grades and academic achievement. A student is deemed eligible according to the following timeline during each semester:

HOW check 1 (at approximately 6 weeks)

Tier 1: meeting HOW standard (2.5 or higher) in at least 6 classes and passing Roundtable. If not eligible then...

Tier 2: meeting all academic standards in a class (passing overall grade) can save each class in which the HOW is lower than 2.5

Quarter Grade (approx. 9 weeks)

Tier 1: meeting all academic standards (passing overall grade) in at least 6 courses and Roundtable. If not eligible then...

Tier 2: meeting HOW standard can save each class in which the course grade is lower than 2.5

HOW Check 2 (approx. 14 weeks)

Tier 1: meeting HOW standard (2.5 or higher) in at least 6 classes and passing Roundtable. If not eligible then...

Tier 2: meeting all academic standards in a class (passing overall grade) can save each class in which the HOW is lower than 2.5

Semester Grade (in January and June)

Tier 1: meeting all academic standards (passing overall grade) in at least 6 courses and Roundtable. If not eligible then...

Tier 2: meeting HOW standard can save each class in which the course grade is lower than 2.5

Quick Guide to Grades

Overall academic grade

A passing grade in a course is an overall grade of 2.5 or higher and at least a 2.5 in every standard. Example:



Habits of Work grade

	1 - Does not meet	2 - Partially meets	3 - Meets	4 - Exceeds
Timeliness	Student rarely demonstrates this habit	Student occasionally demonstrates this habit	Student frequently meets deadlines and takes responsibility for missed work	Student consistently demonstrates this habit
Readiness	Student rarely demonstrates this habit	Student occasionally demonstrates this habit	Student frequently completes homework, is prepared for class, and uses class time effectively	Student consistently demonstrates this habit
Participation	Student rarely demonstrates this habit	Student occasionally demonstrates this habit	Student frequently attends class and is an active and a collaborative learner	Student consistently demonstrates this habit

Want to learn more? Check out our “PRHS Family Grading Guide” and “PRHS Habits of Work Guide” in the Parent section of our website <https://www.rsu16.org/prhs/>

If you have questions about eligibility, feel free to contact:

Cari Medd, Principal
cmedd@rsu16.org

Patrick Flynn, Assistant Principal
pflynn@rsu16.org

Don King, Co-Curricular Director
dking@rsu16.org

Menus for November 2019

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

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, November 1

Pizza Choices
Hot Dogs
Fish Sticks

Monday, November 4

Roasted Veggies w/ Chicken over Rice
Hamburger/Cheeseburger
Chicken Nuggets

Tuesday, November 5

Baked Potato Bar w/Toppings
Deep Dish Pizza
Mini Corn Dogs

Wednesday, November 6

Nachos w/ Meat & Cheese
Chicken Patty Sandwich
Pretzels w/ Cheese

Thursday, November 7

Chicken Alfredo w/Pasta
Quesadilla
Calzone

Friday, November 8

Pizza Choices
Hot Dog w/ Roll
BBQ Rib Sandwich

Welcome to
mySchoolBucks.com™

Helping parents care for children™



**Please See Reverse for
Items Available Daily**

What's in Season for November?



Winter Squashes



Cranberries



Brussels Sprouts

Apples	Citrus	Pomegranates
Avocados	Grapes	Potatoes
Bananas	Greens	Pumpkins
Beets	Kiwi	Rutabagas
Bok Choy	Leeks	Strawberries (FL)
Broccoli	Lemons/Limes	Sweet Onions
Cabbage	Mango	Sweet Potatoes
Carrots	Mushrooms	Turnips
Cauliflower	Parsnips	
Celery	Pears	

Visit ProduceforKids.com for more info & recipes!

Featured Specials of the Day

Monday, November 11



Veterans Day

NO SCHOOL

Tuesday November 12

English Muffin Pizza
Pretzels w/Cheese

Chicken Patty sandwich

Wednesday, November 13

Nachos w/ Meat & Cheese
Quesadilla
Fish Sticks

Thursday, November 14

Pulled Pork Tater Tot Bowl
Bosco Sticks
BBQ Rib Sandwich

Friday, November 15

Pizza Choices
Hot Dog
Mini Corn Dog

Monday, November 18

Meatball Sub
Chicken Patty Sandwich
Calzones

Featured Specials of the Day

Tuesday, November 19

Popcorn Chicken Bowl
Bosco Sticks
BBQ Rib Sandwich

Wednesday, November 20

Nachos w/ Meat & Cheese
Quesadilla
Pretzel w/ Cheese

Thursday, November 21

Turkey Dinner w/ All the Fixings
Deep Dish Pizza
Fish Sticks

Friday November 22

Pizza Choices
Hot Dog w/ Roll
Manager's Choice

Monday, November 25

Tomato Soup w/ Grilled Herb & Cheese
Bosco Sticks
BBQ Rib Sandwich

Tuesday, November 26

Pizza Choices
Hot Dog w/ Roll
Chicken Tenders

Nov 27, 28 29

No School





RSU 16

MECHANIC FALLS • MINOT • POLAND

www.rsu16.org

Kenneth J. Healey, Superintendent
Amy Hediger, Assistant Superintendent/Curriculum Director
Stacie Field, Business Manager
Craig Worth, Director of Operations

October 2019

Dear RSU 16 Parent(s)/Guardian(s):

This is a letter to acquaint you with our "school closing" announcement procedure.

- 1) If the weather becomes bad enough and there is a possibility that we may **close school**, you will be notified via **an automated calling system** to all contact numbers we have in your child's file. We also urge you to listen to the following TV and radio stations:

WMTW (CHANNEL 8 TV)""WCSH (CHANNEL 6 TV)""WGME (CHANNEL 13 TV)""WMME (92 MOOSE)

We will try to contact the TV and radio stations by 5:30 a.m., but cannot guarantee the announcement will be aired by then.

- 2) It is necessary that the school office, in the building where your child attends, is notified of the alternative childcare arrangements that you have made for your child(ren) **before snow season**. Buildings will be closed to all activities when school is canceled. When school is canceled, there will be no practices for any extra-curricular activity.
- 3) In certain circumstances, we may simply delay school to allow the town crews to plow, sand and salt the roads to make them safe. When this happens, all morning buses will run late (usually one hour). School will still close at the regular time.
 - **If school is delayed in the morning on a WEDNESDAY, there will be NO EARLY RELEASE. Students stay until regular release times.**
 - **If school is delayed on any morning, there will be NO morning PreK.**
- 4) Once school has started, I will make every effort to limit the necessity to call for an **early dismissal**. If that should happen, however, you will be notified via an automated calling system and all announcements will be made on the radio and TV stations listed above. If early dismissal is necessary, the decision will be made by **11:00 a.m.**
- 5) As parents, you always have the final decision. If you feel it is too dangerous for your child(ren), please keep him/her home. We do ask that you call the school and let them know. You may not always agree with my decision to cancel or postpone our schools' starting time after a storm. Unfortunately, there is no exact science to these decisions and it is simply a best guess on my part at 5:00 a.m., after consulting with our transportation director, road commissioners and area superintendents. Because there are some unusually hilly and sharp turning roads in RSU 16, there may also be a few occasions when I will cancel or delay school when others around us may not do the same. I will err on the side of caution when transporting our precious children.

I would like to thank you in advance for your patience and understanding.

Respectfully,

Kenneth J. Healey

Central Office, 3 Aggregate Road, Poland, ME 04274
207-998-2727 Fax 207-998-2753