

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

# The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

1/7/20	Sophomore Career Fair
1/14-1/17/20	Midterm exams
1/17/20	Semester ends
4/30 & 5/1/20	Celebration of Learning

### Contents

Principal	pg. 2
Assistant Principal	pg. 3
Counselor's Corner	pg. 4
Co-Curricular	pg. 5

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:

- All **juniors** will spend time on **January 9 and 10 reviewing their PSAT scores** and setting goals for their April SAT. Please talk with your student about what they learned from the self-assessment setting process and what goals they have set for themselves.
- **Midterm exams** will take place between **January 14-17**. 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 17**. 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. Saturday, **June 6th** 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 7**. 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 **April 30 and May 1** 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)

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 begin counting on January 2!

**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. We will NOT consider forms submitted late, so PLEASE submit the forms as early as possible. ***Guest forms are currently available in the guidance office. Homeschooled students may attend only as guests of enrolled PRHS 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.**

**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 formally 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 run summer school for four weeks, three days a week, starting the week after July 4<sup>th</sup>. This year, summer school will meet July 7-July 30, Tuesday-Thursday, from 8:00-12:00. Please contact your child’s school counselor or me for more information.

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

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, Pomona, Northern VT University, UVM, Husson, 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! We will be doing some goalsetting around PSAT scores with students in January 2020.*

**PRHS ALUMNI DAY** is **January 3, 2020** 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 7, 2020** 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 8:30 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 various Maine colleges. 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 24 during 2nd lunch**. LRTC will return on January 31 to talk more with any interested students. We will have an optional trip to visit up to 3 programs at LRTC on **February 6**. 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!

We are very proud of our kids that make the All Academic team for the Western Maine Conference. These senior students are members of a varsity team, have a GPA that meets high standards and are good citizens in and out of school. Last month, the fall All-Academic students were listed.

Rachael Theborge is an All Academic Team member for Cross Country. Congratulations Rachael!

Booster News!!

The Knights Pride Booster still needs your help. One shift for the season from parents would make all the difference in the world. If everyone would do a shift, you will be paired with a veteran member and it does not need to be for the whole night. We have had three games this season that have not had volunteers.

When you work, money will go to your child's activity.

Contact Sue Brienza or Beth Davis for more information. You can see available shifts and sign up at

**[knightsprideboostersprhs@gmail.com](mailto:knightsprideboostersprhs@gmail.com)**

<https://signup.com/go/FWXaupR>

Thank you to the booster members! Your effort and support is appreciated. And thank you to the Tri-Town Football booster, a group that is working to support football at all levels in our community.

Unified Basketball will begin after the new year. You can sign up on FamilyID.com and please make sure to have a doctor's clearance. Coach Seeley, Coach Forbush and Coach Lausier are looking forward to the season.

Our soft deadline for ski club has come and gone. If your child is interested have them contact Mr. Petherbridge [cpetherbridge@rsu16.org](mailto:cpetherbridge@rsu16.org) asap.

It is never too late to join a Drama activity. See Mrs. Robinson if you are interested.



## WHAT IS KNIGHTS PRIDE BOOSTERS?

Knights Pride Boosters provides support to our students who participate in athletics, co-curriculars, and school related programs at Whittier Middle and PRHS. Money raised at the concession stands goes directly back to these school supported activities. In the past, K.P Boosters has helped purchase video camera equipment, kick wall for soccer, shoulder pads for football, and recently shirts/socks for our teams to wear during Cancer Awareness Week. We work with the school's Athletic Director to know where the need may be so we can help fill the financial gap.

At the Homecoming Bonfire – we provide free hot chocolate and popcorn to every student. We award a scholarship annually to a graduating senior. In the past, our contributions have helped offset costs of programs such as National History Day, Speech and Debate, Safe Passage, Project Grad, Band, Drama, and, of course, the athletic programs.

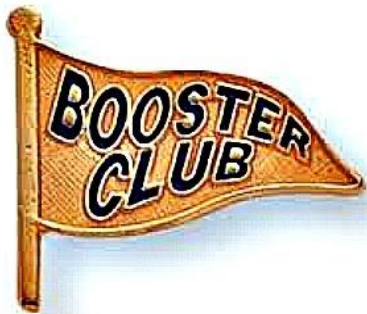
How it works: Sign up to work a shift, donate home made food, or pick up the pizza to sell during a game. When you provide one of these services, you designate where you want your share of the profits made at that activity to go. Example – work a shift during a H.S. basketball game – designate your share of the profits of that game to go to girl's middle school soccer.

Typically, Knights Pride Boosters meets the first Thursday of the month at 6:30 in the school café. You don't need to be a member to attend a meeting. We are always open to new fundraising ideas or suggestions on how we can help support our students outside the classroom. You don't need to attend a meeting to help support us as any level of involvement is appreciated.

Ideally, if you have a child that participates in athletics or any school sponsored activity, consider donating a couple of hours of time to help out at the concession stand. If every parent committed to working one shift a season, the boosters club is able to continue supporting activities.

Visit us on Facebook or follow the link below to sign up to volunteer.

<https://signup.com/go/FWXaupR>



# JANUARY

## RSU 16 PRHS & BWMS 2020

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

### ALWAYS AVAILABLE

#### **Sandwich Bar**

Sandwiches Made to Order

#### **Fresh Fruit & Salad Bar**

Apples, Bananas,  
Kiwi, Oranges, & more  
Pasta Salad

Fresh Veggies

#### **Yogurt Parfaits**

Vanilla Yogurt, Blueberries, Straw-  
berries & Granola

#### **Your Favorite Spud**

Spiral, Wedge, Tot, or Fries

#### **Milk & Juices**

### Featured Specials of the Day

#### **Thursday, January 2**

Meatball Sub  
Deep Dish Pizza  
BBQ Rib Sandwich

#### **Friday, January 3**

Pizza Choices  
Hot Dog  
Mini Corn Dogs

#### **Monday, January 6**

English Muffin Pizza  
Chicken Nuggets  
Pretzel w/Cheese

#### **Tuesday, January 7**

Fish Sticks w/Red Roasted Potatoes  
Veggie & Roll  
Chicken Patty Sandwich

Mini Corn Dogs

#### **Wednesday, January 8**

Nachos w/ Meat & Cheese  
Chicken Fries  
Quesadilla

#### **Thursday, January 9**

Popcorn Chicken Bowl  
Bosco Sticks  
Deep Dish Pizza

#### **Friday, January 10**

Pizza Choices  
Hot Dog  
BBQ Rib Sandwich



### Featured Specials of the Day

#### **Monday, January 13**

Pulled Pork Tater Bowl  
Chicken Patty  
Mini Corn Dogs

#### **Tuesday, January 14**

Bacon Cheese Burger  
Bosco Sticks  
BBQ Rib Sandwich

#### **Wednesday, January 15**

Nachos w/ Cheese & Meat  
Chicken Nuggets  
Quesadilla

#### **Thursday, January 16**

Chicken Alfredo  
Hamburger/Cheeseburger  
Nacho Wraps

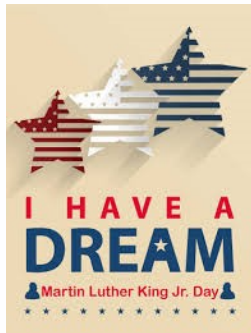
#### **Friday, January 17**

Pizza Choices  
Hot Dogs  
Pretzel w/ Cheese





*Featured Specials of the Day*



**Monday,  
January 20**

**No School**

**Tuesday, January 21**  
No School— In Service Day

**Wednesday, January 22**  
Nachos w/ Cheese & Meat  
Pretzel w/ Cheese  
Quesadilla

**Thursday, January 23**  
Pasta w/Meat, Cheese or Marinara Sauce  
Hamburger/Cheeseburger  
Mini Corn Dog

**Friday, January 24**  
Pizza Choices  
Hot Dogs  
BBQ Rib Sandwich



*Featured Specials of the Day*

**Monday, January 27**  
Tomato Soup w/ Grilled Cheese  
Bosco Sticks  
Chicken Nuggets

**Tuesday, January 28**  
Mac & Cheese  
Chicken Patty Sandwich

**Wednesday, January 29**  
Nachos w/ Cheese & Meat  
Pretzel w/ Cheese  
Quesadilla

**Thursday, January 30**  
Breakfast for Lunch  
Hamburger/Cheeseburger  
Mini Corn Dog

**Friday, January 31**  
Pizza Choices  
Hot Dogs  
Fish Sticks

