

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

## The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

2/6	LRTC trip
3/24	Pitchers & Catchers
3/30	Spring Sports begin
4/14	SAT's for 3 <sup>rd</sup> year students
4/15	Science MEA testing
4/30 & 5/1	Celebration of Learning
5/7-9	Spring Play

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Greetings PRHS families!

- **We have used 3 of our 8 snow days in the district calendar.** Our last day of school is currently June 11th. Our last day of school if we use all 8 days would be June 18th.
- **Friday, January 24 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 2020-2021 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 2020-2021 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 during the week of March 16**, you will be able to sign off on your child's course selections for next year.
- **Winter Carnival** will be held on Friday, February 14 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.
- **Celebration of Learning is April 30 and May 1.** Mark your calendars if you child is a sophomore or senior!

Cari Medd  
Principal  
[cmedd@rsu16.org](mailto:cmedd@rsu16.org)  
998-5400 x 129

Spring is around the corner and the school community is getting ready for student-led conferences and the Gran Turismo. Prom is just a few months away! With first semester grades in the books, we also have a better idea which students will be invited to Credit Recovery or summer school. 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.

**No-Dance Rules:** We have our two biggest dances of the year in the spring semester: 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:

*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 Prom must be enrolled in high school, 10<sup>th</sup> grade or above, or out of school but no older than 20. Guest forms are available in the Guidance Office. **Administration reserves the right to deny any guest request or any 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. Students who do not pass standards during first semester can assume that they will be attending summer school to make up the work, unless their teacher gives them the opportunity to make up missed standards in second semester. Summer school will for four weeks, three days a week, starting the week after July 4<sup>th</sup>. If you have questions, please contact your child’s school counselor or me.

**Junior Privileges:** Juniors who passed six classes and Roundtable in first semester and who have an academic support first or last block are eligible for Junior Privileges second semester. Juniors who are interested should talk with Ms. Ray in the main office. Parents are required to grant permission before privileges are awarded. Juniors, like seniors, will lose privileges if they do not maintain their grades during second semester or if they accumulate tardies or unexcused absences.

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

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

- ❖ We were successful in getting the sophomore class to CMCC for the **Androscoggin Career Fair**. They heard from a variety of presenters and can now hopefully use the information in their Sophomore Exhibition.
- ❖ 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 2021-2024.
- ❖ **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! New this year with PSATs was mini workshop around goalsetting with Ms. Medd, Mr. Flynn, Ms. Bush, Mrs. Rhoads, and Mr. McFadden in junior history classes. Parents/guardians will see the goals in student led conferences this spring.
- ❖ **3rd YEAR STUDENTS!** New for you only! **SATs are April 14, 2020**. 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 15** 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 24. Following this will be a **trip to LRTC for interested students to visit the programs on Feb. 6**. 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 14.
- ❖ Plans are on for the **March 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 **38 PRHS alumni here for Alumni Day 2020**, from the class of 2003 to last year's class of 2019. 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 Poland Fire Chief, Tommy Printup '03, for coming, as well as Max Levine '05, 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

## Co-Curricular

**Speech and Debate-** Congratulations to the PRHS Speech and Debate team who placed 2nd overall this weekend at the State Championship Tournament out of 26 schools. We appreciate another plaque to be hung. Well done!

Earning individual awards were

Dramatic Interpretation: Hannah Dufault 1st place (State Champion)

Duo Interpretation: Emilienne Bouchard and Hunter Oehme (Honorable Mention)

Amy Fryda and Sophie Patenaude (2nd Place)

Hannah Dufault and Adara Moore (1st place and state Champions)

Humor Interpretation: Veronica Harnden (Honorable Mention)

Abigail Hart (1st place and State Champion)

Oral Interpretation of Literature: Abigail Hart (5th place)

Sophie Patenaude (1st place and State Champion)

Oratorical Declamation: Hunter Oehme (5th place)

Poetry Program Interpretation: Amy Fryda (3rd Place)

The National Qualifier will be on February 15th. Good luck!

**Math Team** continues its' season in preparation for the State Math Meet in Augusta that will be held in April (7).

**Drama-**The one Act Play Festival will be Friday March 6 and the competition is on Saturday March 7.

-The PRHS production of **School of Rock** will take place May 7, 8, & 9. We officially welcome Ms. Fryda to the staff.

### Spring Sports Dates:

**March 24-**Baseball/Softball Pitchers/Catchers week begins March 23.

**March 30-**first day for all track, girls' lacrosse and all baseball and softball candidates

Keep in mind that there will be practices and games during April Vacation. All athletes will need to be registered on Family ID and have a current physical on file.

Among the virtues of high school athletics are not only the opportunity to compete for a state championship, but also the opportunity for student athletes to learn about commitment, hard work, and to develop character. We hope that while being part of a team, that each of our student athletes feel that they have been able to improve in one, if not all, of these areas.

**Booster Club-**As I talk with parents from other schools, I hear that we are not alone struggling to find volunteers to help with Boosters and concessions. We are nearing the end of the winter season which signals the end of most concession sales, the primary revenue for Boosters. ...So volunteers are less needed for now. There will be a few spring opportunities for helping. Please contact Sue Brienza, Beth Davis, or Mr. King if you are willing to help out. PLEASE think about helping out next fall. By all means, if you have other ideas for booster projects, please reach out. Thank you to all of those that have helped out this year.

**Cold Vs. Flu:**

Here in Maine, the flu is now widespread throughout the state. We are seeing many students every day with cold and flu symptoms at PRHS. The symptoms for a common cold and the flu are similar, but each is caused by a different virus. The common cold can be caused by a number of viruses; however, the flu is caused by the influenza virus. Usually, flu symptoms are more severe than the common cold and tend to last longer. A cold tends to last 7 to 10 days and the flu usually lasts 1 to 2 weeks. Cold symptoms tend to be stuffy nose, sneezing, sore throat, and mild to moderate coughing. Whereas the flu, tends to have symptoms of severe aches and pains, fatigue and weakness lasting up to 2-3 weeks, headaches, fever of 100 degrees or greater, extreme exhaustion from the start of illness, and coughing that can be severe.

Please notify the school office if your child is ill and will not be attending school. When you call the school office please state the child's symptoms and whether or not there is a fever of 100 degrees or above. Students who become ill at school will be dismissed only to the specific people listed as the emergency contact, unless the school is instructed by the guardian to make other arrangements. Students who become ill at school should see the school nurse. If a student notifies a guardian about feeling ill via text or cell phone during school hours, the student will not be dismissed by the school Principal. The phone call home to notify parents of dismissal will be made from the main office or nurses office. Following this procedure allows us to track common illnesses. Students who have a fever and/or a sore throat or cough should stay home until they are fever-free for 24 hours (without the use of anti-fever medicine). The Maine CDC has four steps to help reduce the spread of the flu. These four steps include washing your hands, covering your cough, getting a flu vaccine, and staying home when you're sick.

Lisa Storer RN  
Pam Tracy LPN

## **Project Grad update:**

The Thermometers are on the rise. 2020 Donation letters are being sent home again through round table. The round table that raises the most amount will receive an ice cream or pizza party. Remember to ask you senior!

**9th Annual CLYNK for Schools Recycling Challenge.** January 21 to March 20, 2020. This is an easy way for you to help raise funds for the end of year event. See attached flyer.

**Dodgeball Tourney 2020** will be Saturday, February 29. Sign up deadline is @/7/2020. See attached flyer for details.

**Comedy Show & Silent Auction** will be March 12<sup>th</sup>. Please see attached flyer.

Blood Drive  
PRHS Auditorium  
Thursday, February 13, 2020  
1:00 pm to 6:00 pm

See enclosed flyer for more details.

# PRHS PROJECT GRADUATION CLASS OF 2020

## 9th Annual CLYNK for Schools Recycling Challenge January 21st – March 20, 2020

We encourage our schools to raise funds and recycling awareness by CLYNKing redeemable bottles and cans year-round at participating Hannaford Supermarkets. And during our annual Recycling Challenge, January 21 – March 20, 2020, schools will get even more change—or better yet, funds in the form of a check. For every \$1 raised in the Challenge period, schools will get an added .50 cent match, plus the opportunity to compete for other cash prizes! Last year's winners raised an average of \$1,500 for their school.

Families, you can also give some change by signing up for CLYNK and [donating to your school through your personal online CLYNK account](#). Your influence will impact schools and the community through positive recycling momentum.

So, where do you start?

Pre stickered bags will be available at all Project Graduation functions and at monthly meetings. Or you can reach out to us on Facebook, PRHS Project Grad 2020, or you can email [Michele\\_boles@yahoo.com](mailto:Michele_boles@yahoo.com).

**Happy Clynking!!**





American  
Red Cross

ANNA  
blood donor



HOPE begins with you.

## **Blood Drive**

# **Poland Regional High School**

Auditorium  
1457 Maine St Route 26  
Poland, ME 04274

**Thursday, February 13, 2020**  
**1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) to schedule an appointment.

**Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](https://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.**



Scan to schedule  
an appointment.

[redcrossblood.org](https://redcrossblood.org) | 1-800-RED CROSS | Download the Blood Donor App



# DODGEBALL TOURNEY 2020

Come Join in the  
**FUN!!**

All Proceeds benefit Project Grad 2020

**Saturday, February 29**

**12 pm- 4 pm**

**@ PRHS, 1457 Maine Street Poland, Maine**

**Teams must sign up in advance/ Sign up before 2/7/20  
to avoid a late fee!**

**\$5 per player-**

6 players per team max\* Rules apply\*

*Team sign-ups available in PRHS office*

*or email [Minotcallahan@aol.com](mailto:Minotcallahan@aol.com)*

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

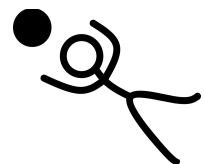
**Students, Parents, Teacher and Community Members Welcome!**

*Come watch the fun for a small donation!*

*Concessions!!- 50/50 Raffle!!- T- shirt Sale!!-*

*Prizes for Winning Teams!!*

**Dippin' and Dodgin'! Duckin' and Divin'!**





# 2020 PROJECT GRADUATION



March 12, 2020: Doors open at 5:30; show starts at 7PM

## COMEDY SHOW & SILENT AUCTION

### FEATURING



*Colby Bradshaw*



*Kathe Farris*



*A J Haypenny*

**COME JOIN US AT PRHS FOR A NIGHT OUT WITH YOUR FRIENDS AND FAMILY!! THERE WILL BE FOOD TO PURCHASE, SILENT AUCTIONS TO BID ON AND GUARANTEED FUN AND LAUGHTER!! ALL PROCEEDS WILL BENEFIT PROJECT GRAD 2020!! COME EARLY TO EAT AND BROWSE THE AUCTIONS!! TICKETS ARE \$15 IN ADVANCE, \$20 AT THE DOOR AND STUDENTS ARE JUST \$10!! DON'T MISS THIS FUN AND EXCITING EVENING OUT!!!**

*Tickets Available at the Mechanic Falls and Minot Town Offices, PRHS, Poland Community School, Elm Street School, Poland Recreation Office, & Minot Country Store. You may also buy tickets from any committee member. Please contact Derek Thebarga with questions at 346-1618.*

**\$\$ CASH & CHECKS ACCEPTED – MADE PAYABLE TO PRHS \$\$**



# February

## Menus for 2020 RSU 16 PRAIS/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, February 3**

Tomato Soup w/Grilled Cheese  
Deep Dish Pizza  
Mini Corn Dogs

#### **Tuesday February 4**

Chicken Alfredo w/Pasta  
BBQ Rib Sandwich  
Chicken Nuggets

#### **Wednesday February 5**

Nachos w/Meat & Cheese  
Pretzel w/ Cheese  
Quesadillas

#### **Thursday February 6**

Popcorn Chicken Bowl  
Bosco Sticks  
French Bread Pizza

#### **Friday February 7**

Pizza Choices  
Hot Dog  
Fish Sticks

#### **Monday February 10**

Italian Wedding Soup w/Garlic Bread  
Pretzel w/ Cheese Dip  
Chicken Patty Sandwich

#### **Tuesday February 11**

Hot Turkey & Gravy Sandwich  
Deep Dish Pizza  
Mini Corn Dogs

#### **Wednesday February 12**

Nachos w/Meat & Cheese  
Chicken Nuggets  
Chicken Quesadillas

### Featured Specials of the Day

#### **Thursday February 13**

American Chop Suey  
Hamburger/Cheeseburger  
BBQ Rib Sandwich

#### **Friday February 14**

#### **HAPPY VALENTINE'S DAY**

Pizza Choices  
Hot Dog  
Fish Sticks

### February 17- February 21 School Vacation !!

#### **Monday, February 24**

Meatball Sub  
Chicken Patty  
BBQ Rib Sandwich

#### **Tuesday, February 25**

Chicken & Waffles  
Deep Dish Pizza  
Fish Sticks

#### **Wednesday, February 26**

Nachos w/Meat & Cheese  
Pretzel w/ Cheese  
Quesadillas

#### **Thursday February 27**

Mac & Cheese  
Bosco Sticks  
Mini Corn Dogs

#### **Friday February 28**

Pizza Choices  
Hot Dog  
Chicken Nuggets



## **JMG started this fall at PRHS, and has been a great success!**

Students from 10th-12th grade have been learning about leadership, career development, social awareness and community service. Between guest speaks, business tours, the Winter Coat Drive and more, students are gaining a new perspective on a variety of career opportunities, learning about the community, and developing new skills for school and the workforce. JMG is a year long (1 credit) elective class that prepares students for successful careers after graduation by helping them overcome academic, financial, and social barriers. It empowers students, providing them with a toolbox of skills, knowledge, and best practices that they can use throughout their lives to achieve self-sufficiency, pursue their aspirations, and attain success. Each JMG student leaves the classroom with pride, direction, and a clearer sense of what they want out of life and how they are going to achieve it.

JMG's connection to Maine businesses is an important part of achieving successful results on behalf of our students. By visiting our classrooms, hosting job shadows and internships, and volunteering at student enrichment activities, JMG's business partners help to expose students to Maine's diverse network of employers and career opportunities.

For more information on JMG, go to [www.jmg.org](http://www.jmg.org). If you or your student is interested in taking JMG next fall, contact the JMG Specialist, Elizabeth DeGrandpre at [edegrandpre@rsu16.org](mailto:edegrandpre@rsu16.org) or reach out your School Counselor.

