

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News



Dates to Remember

Wed, 3/11	6-7:30pm	8 th grade parent night
Wed, 3/11		HOW grades posted
Week of March 16		Student led conferences
March 19-20		Gran Turismo college tour
April 14		SAT's

Contents

Principal	pg. 2
Assistant Principal	pg. 3
Counselor's Corner	pg. 4
Co-Curricular	pg. 5
Announcements	pg. 6

Greetings PRHS families and friends!

- **Habits of Work progress report grades will be posted on Infinite Campus after March 11.** Please check on your child's progress and call us if you have questions or concerns. The parent portal for Infinite Campus can be found at <https://maine.infinitecampus.org/campus/portal/rsu16.jsp>
- **Eligibility for spring sports** will be determined by the HOW grades posted on March 11. Remember that a student must be passing HOW with a 2.5 or higher grade in 6 classes AND pass Roundtable to be eligible.
- **Student led conferences for 9th, 10th and 11th grade students will take place during the week of March 16.** Please keep your eyes out for an invitation or an email from your child's Roundtable advisor. During the conference, your child will review your his/her progress on their academic work this year and course selections for next year. This is an important time to review your child's plans for life after high school and to ensure that they are choosing courses that will help them achieve their goals. You can review our course offerings by looking at the Course of Studies on our website <https://www.rsu16.org/prhs/files/Documents/PRHSCourseofStudies.pdf>.
- **Attention parents of incoming 9th graders!** We will be holding our open house on Wednesday, March 11 from 6-7:30. This night will include a brief presentation that covers high school programs and will conclude with a tour of the high school. It is a great opportunity to meet the administrators, your child's school counselor and hear about our programs.
- **Attention Parents of juniors and any other 3rd year students:** The state test for all juniors in the state of Maine is the SAT. The mandatory SAT will be on **Tuesday, April 14 during the school day.** Participating in this test is a graduation requirement for all juniors and 3rd year students. You will get more updates about the day as we get closer and we will be meeting with the junior class to inform them as well. Please don't hesitate to contact us if you have questions.
- As we begin to prepare for the graduation of the Class of 2020, we would like to congratulate these seniors for their accomplishments: Logan Lajoie, Valedictorian and Principal Award honoree; Colin Marquis-Boutin, Salutatorian.

Please let us know if you have questions or concerns.

Cari Medd

Principal

cmedd@rsu16.org

998-5400 ext 129

We’ve just finished a rather fractured February—the weather, the vacation, the rescheduling required by both—and are moving quickly into spring. Winter Carnival was amazing, even with the snow day. The seniors won, but all classes earning respect for their commitment, creativity, and sportsmanship. Unified basketball has once again extended the winter sports season with some fantastic play from our athletes and partners.

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 when 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.

Winter Carnival Attendance Contest Results:

1st Place (12 points): 10th grade, 91.95%

2nd Place (9 points): 11th grade, 91.83%

3rd Place (6 points): 9th grade, 91.54%

No points: 12th grade, 90.61%

Thank you for all you do to promote your children’s education by getting them ready for school every day.

No-Dance Rules: A reminder that for Prom in May, students may NOT attend if they have been assigned 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 Prom must be enrolled in a high school or of high school age and engaged in homeschooling, 10th 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.**

Gran Turismo: We are planning an overnight college visit trip to Massachusetts for March 19-20. We will share details with students and families soon, including estimated cost per student and itinerary.

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

Patrick Flynn
Assistant Principal

Course selections are started. LRTC applications are almost all in; decisions will come at the end of April. Spring feels like it might come soon!

DATES TO REMEMBER...

- **MEAs** are here this spring for all 3rd year students! The Maine Educational Assessment for 3rd year students will be the SATs held here at PRHS on April 14, 2020. This will be a set of scores that students can use for college admissions. Science testing will be held on April 15 as well. More information will come about the testing for 3rd year students.
- **STARTING April 2 – 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. 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. * Please note that mock interviews will NOT be available during the Celebration of Learning Days in May
- **LRTC APPLICATIONS** Round #1 applications were due before vacation; however, students can still apply to LRTC by March 1*. Applications are online at www.jewiston.maine.cte.org/admissions/. We encourage students to complete a cover letter and to get a letter of recommendation to complement their application. Final decisions for LRTC for 2020-2021 will be made in April. Students should contact their counselor to let them know that they have applied. **Students may still apply to LRTC after March 1; they should contact their counselor about the process after that date.
- **AP EXAMS** start **May 4 and run through May 15**. PRHS will be offering exams in the following areas: *English Literature, Calculus AB & BC, Statistics, Biology, World History, U.S. Government & Politics, Computer Science Principles, US History, and English Language*. Due to a pilot program with College Board, as well as budgeted funds, \$40.00 is the cost for each AP exam and students will need to pay their \$40.00 deposit before April 1 – billing information can be found on your student's IC account. **Any student on free or reduced lunch will have a fee of \$40.00.*** We have told all students that if the cost is an issue, they need to see Ms. Bush.
- **May 21 - 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.
- **COLLEGE VISITS** – trips are running! We have small groups going to various colleges in Maine this spring. Priority is juniors who have not gone on the Gran Turismo. Contact Guidance for more information. We encourage any students interested in Bates or more competitive colleges to attend Maine Day at Bates on May 22.
- **JUNIOR CLASS MEETINGS** with the Guidance Office start in a few weeks. We will meet weekly with the whole class to take about the college search process, college admissions, financial aid and scholarships. Notes from each weekly presentation will be available for anyone to view on the Guidance webpage.
- **JUNIOR APPOINTMENTS** will start 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 **EAESA** completion time! Time to do those financial aid forms! 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 \$1000.00 Maine State Grant.
- **CONSIDER ENGINEERING** – this is one summer program that we strongly encourage juniors to check out. Held at UMaine, with 3 different sessions – July 12-15, July 19-22, July 26-29. This is free with potential scholarships for UMaine. Deadline to apply is April 15 but this program fills up fast with only 100 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!
- We will put more information about summer programs and opportunities in the PRHS schoolwide announcements that are emailed out to all students daily. Contact your student's counselor for more information.
- Please be aware that we are all working together to keep all our students safe. When a student uses their Chromebook to search items like "How to kill myself" or "Cutting" an alert is sent to our technology office. The student is unaware of this as Google, or the search engine, will give them entries for supports such as the National Suicide Prevention Line. The alert goes from our technology department to the school counselor who will follow up with the student and parent. If this happens over vacation or after school, the counselor will call the parent to give them a heads up. The high school counselors and social workers go into all Health classes each semester to talk about suicide prevention and what happens when a student identifies that they want to hurt themselves. We talk about keeping ourselves and each other safe, as well as encouraging students to put the ME 24-hour CRISIS HOTLINE into their phones – 1-888-568-1112 – since you never know when you or a friend might need it.
- PLEASE FEEL FREE TO CONTACT YOUR CHILD'S COUNSELOR WITH QUESTIONS OR TO SET UP AN APPOINTMENT - 998-5400 ext. 102

CONGRATULATIONS!!The following LRTC students from PRHS will be heading to the Skills USA state competition in Bangor on March 19 and 20:

SAMUEL LEARNED '20 – Heavy Equipment Operation
LUCAS MOULTON '21 – Criminal Justice
ABIGAIL HART '21 - Early Childhood Education/PreSchool Teaching
JOSHUA CHESSEY '20 – Robo Rescue
ADARA MOORE '21– Photography

Co-Curricular

Speech and Debate-

At the National Qualifier on February 15th the speech team did very well. At their final state tournament the team won the National Speech and Debate Assoc. award for the best speech team in the state of Maine. The following students qualified for the NCFL National Tournament in Chicago:

For Dramatic Interpretation:

Abby Hart

Veronica Harnden

Alternate: Emilienne Bouchard

Duo Interpretation

Hannah Dufault and Adara Moore

Amy Fryda and Sophie Patenaude

Oral Interpretation of Literature Alternate: Hunter Oehme

Congratulations to all the competitors!

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

Nor'easter Club-

Congratulations to the team for winning the Sportsmanship Award! For their honors, they have won an overnight trip to the Darling Marine Lab in Walpole, Massachusetts.

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 23-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. If you have any interest in giving a few hours of help in the concession stand, or participating with the board please contact Sue Brienza or Don King. Ideas are welcome.

Football-Much debate around football has taken place with the inaugural year of 8-man taking place last fall. Several schools have moved to 8-man and it has furthered the adjustment of who plays at what level. Currently PRHS is waiting to hear if we will be reclassified into the Class D ranks.

SCHOOL BREAKFAST OUT OF THIS WORLD!



Join the cafe, as we celebrate
National School Breakfast Week!

March 2nd - 6th, 2020

LEARN. TRY. SAVOR.
SCHOOL NUTRITION
Only Kids
WHERE STUDENTS COME FIRST
This institution is an equal opportunity provider.

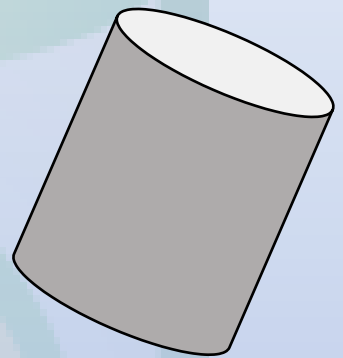
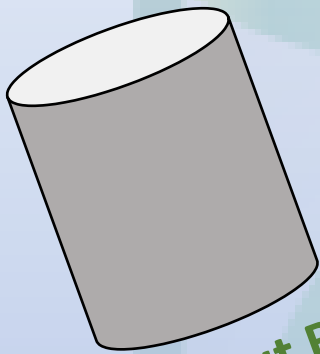
**TUESDAY MARCH 3RD IS FREE
BREAKFAST FOR ALL
STUDENTS**

**COME DOWN TO THE CAFÉ
AND ENJOY BREAKFAST ON
US!!**

FOOD DRIVE

Support the Poland Community Food Bank!

March 2 – March 31



Peanut Butter

Soup

Canned Tomatoes

Spaghetti Sauce

Cereal

Beans

Pasta

Canned Meat

Canned Vegetables

Canned Fruit

ROUNDTABLE WITH THE MOST ITEMS DONATED WINS AN ICE CREAM PARTY

Donate cans of food to support Rachael Thebarga's Senior Celebration!

March

2020 RSU 16 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

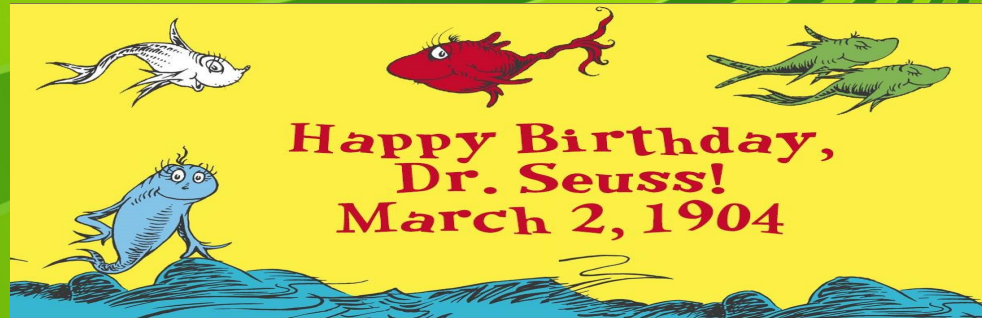
Yogurt Parfaits

Vanilla Yogurt, Blueberries,
Strawberries & Granola

Your Favorite Spud

Spiral, Wedge, Tot, or Fries

Milk & Juices



Featured Specials of the Day

Monday, March 2

Grilled Cheese Day
Cheeseburgers/Hamburgers
Mini Corn Dog

Tuesday, March 3

Mac & Cheese
Chicken Patty Sandwich
BBQ Rib Sandwich

Wednesday, March 4

Nachos w/Meat & Cheese
Pretzels w/ Cheese Dip
Quesadillas

Thursday, March 5

Egg Scramble w/ Tater Tots
Chicken Nuggets
Deep Dish Pizza

Friday, March 6

Pizza Choices
Hot Dog w/Roll
Fish Sticks

Featured Specials of the Day

Monday, March 9

Corn Chowder w/Biscuit
Bosco Sticks
BBQ Rib Sandwich

Tuesday, March 10

Popcorn Chicken Bowl
Pretzel w/Cheese
Mini Corn Dogs

Wednesday, March 11

Nachos w/Meat & Cheese
Chicken Nuggets
Quesadillas

Thursday, March 12

Chicken Fries w/ Waffles
Cheeseburger/Hamburger
Fish Sticks

Friday, March 13

Pizza Choices
Hot Dog w/ Roll
Pretzels w/Cheese

Please see reverse for items available daily

Featured Specials of the Day

Monday, March 16

- English Muffin Pizza
- Chicken Patty Sandwich
- BBQ Rib Sandwich

Tuesday, March 17



- Chicken Alfredo w/ Pasta
- Quesadilla
- Bosco Sticks

Wednesday, March 18

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

Thursday, March 19

- Pizza Choices
- Hot Dog w/Roll
- Pretzel w/ Cheese

Friday, March 20

NO SCHOOL

Featured Specials of the Day

Monday, March 23

- Tomato Soup & Grilled Cheese
- Bosco Sticks
- Chicken Nuggets

Tuesday, March 24

- Bacon Cheeseburgers
- Deep Dish Pizza
- Pretzel w/Cheese

Wednesday, March 25

- Nachos w/Meat & Cheese
- Pretzel w/Cheese Dip
- Mini Corn Dogs

Thursday, March 26

- American Chop Suey
- Chicken Patty Sandwich
- Mini Corn Dogs

Friday, March 27

- Pizza Choices
- Hot Dog w/Roll
- BBQ Rib Sandwich

Monday, March 30

- Ham or Turkey Italians w/ Chips
- Cheeseburger/Hamburger
- Fish Sticks

Tuesday, March 31

- Popcorn Chicken Bowl
- Deep Dish Pizza
- Mini Corn Dogs

RSU 16

Online Free & Reduced Applications

Dear Parent/Guardian,

RSU 16 is pleased to announce the availability of applying for Free and Reduced Price Meals online! The process is SAFE, SECURE, PRIVATE, and AVAILABLE anytime, anywhere!

Safe & Secure

We use the highest level of data encryption available, meaning that your information is always safe and guarded.

Private & Available

Apply online in the comfort and privacy of your own home. The online service is available 24/7 anytime, anywhere there is an Internet connection!

Fast

Your data is transmitted to the Nutrition Office the same day you apply, allowing for quicker processing so you can receive benefits faster.

Go Green

No more paper applications to complete and return to the school office! Applying online is so convenient and good for the environment as well!

- Visit www.schoolunchapp.com
- Select your State (*Maine*) and then your School District (*RSU 16*)
- Follow the easy to use, step-by-step screens to enter student and household information
- Click "Apply" to submit your application for meal benefits!

It's That Easy!

Online Application Entry is available now



2020 Hannaford Helps Schools Program



Hannaford Helps Schools has been raising funds for local schools since 1999!

Basic Program Info

When: March 1 - May 16, 2020

How do I help? Buy 4 participating products and earn 3 School Dollars

Where: Your local Hannaford store or on hannaford.com/helpsschools

How does Hannaford Helps Schools work?

For every 4 qualifying Hannaford Helps Schools items you buy, you will receive a "3 School Dollars" printout at the register. This means that:

- 4 products purchased = 3 School Dollars
- 8 products purchased = 6 School Dollars
- 12 products purchased = 9 School Dollars
- 16 products purchased = 12 School Dollars

Note: All products must be purchased in a single transaction. Products will be identified with the helps schools tags in stores.

If you earn School Dollars, you can deposit them in the slot marked for your preferred school in the collection tower at the front of the store. You may also turn them in at your local school, which will, turn them in to Hannaford at program end.

In addition to a payout check for School Dollars earned, the school with the highest number of School Dollars earned per store receives an additional \$1,000 donation from Hannaford! This is an amazing opportunity to bring the community together to raise funds for school supplies, after-school programs, sports equipment upgrades and more!

Each school is only registered at **one Hannaford location**, so make sure you know which store your preferred school is registered with.



Look for these shelf tags on more than 1,500 participating products.



Look for this apple icon when you shop online.

Your Involvement

Be sure to spread the word about the program to friends and family, so they can be aware of the shelf tags in-store and the Helps Schools Apple icon online when they shop! PTA meetings, social media and everyday conversations are great ways to engage your community and raise money for your school.