

Poland Regional High School

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The Knightly News



Dates to Remember

- October 30 Grades Close for Quarter One
- October 8 Flu Shot Clinic Cohort B
- October 13 Flu Shot Clinic Cohort A
- NO REMOTE WEDNESDAY for the next 2 weeks
 - October 7 in person learning Cohort B
 - October 14 in person learning Cohort A
 - Both days are full days of school, no early release
- October 9, no school, workshop day

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Greetings PRHS Friends and Families,

Your kids are just incredible! They are “Super Hero Students in The Age of a Pandemic” and they have absolutely risen to the challenge. They have done everything they have been asked to do and have proven all those naysayers out there wrong---Yes, we can make in-person school work. Yes, teenagers will wear masks. Yes, teenagers can adapt to new and strange times. Yes, teenagers want to be in school and will follow the rules to be able to do that.

We hope our community as a whole, those outside of the school and those without school age children, will do their part to keep the spread of the Corona Virus in check. We can't stay in school if the entire community doesn't help us do that.

We will have a **Flu Shot Clinic** to help keep our students healthy. A big thank you to Hannaford for partnering with us to help make this happen. This is not required but strongly encouraged. If you already have gotten one for your student, thank you!

Cohort A: Tuesday, October 13

Cohort B: Thursday, October 8

Progress Reports were sent out last Friday. A reminder that to pass a class, students must pass all academic standards. The HOW standard indicates to you how your student is doing when it comes to habits of work. Passing that standard isn't required for students to pass the class, but can indicate why a student may not be doing well.

Quarter 1 ends on October 30. Because we are only running Blue Days this semester, this means that students will receive .5 credits for each class they pass on that date. This would normally happen in January so our timeline is definitely moving fast. Please keep talking with your student about their academic progress.

Thank you for all of your support!

Cari Medd
Principals

cmedd@rsu16.org
998-5400 ext 129

Notes from the Assistant Principal

Here at the start of autumn, the school year has ripened and we are moving quickly toward the end of the first quarter, October 30. This is a good time for a few reminders.

Attendance: It is especially important for families to notify the school of absences. You will be asked for a reason for your child’s absence. Because there are only two days of in-school instruction for most students, please encourage your child to attend school on their in-person cohort days. Please call your child’s absence or tardy in to the main office (998-5400 x124) beforehand or on the same day. This helps in several ways:

- we don’t assign a consequence to a student for being late or missing a day
- we don’t pursue truancy when it isn’t warranted
- students receive work from their teachers faster
- students get extensions on some work assigned the day of the absence

There is no substitute for time in the classroom, so please contact us if you struggle with getting your child to come to school. Please encourage your child to attend school every day and call us if you need support.

Student Judiciary Board, Student Ambassadors, and the Mentoring Program: We are proud of the work students do in all three of these co-curriculars. We hope to start them up as soon as possible and in ways that make sense, are safe, and support the school community. I will be inviting students to express interest through email and announcements.

Student Parking Lot: Most students who currently drive have secured their parking spots by registering their cars with the main office. Once your child decides to drive to school, the first step is to bring in a current driver’s license, insurance card, and vehicle registration. Registration costs \$2. Vehicles that do not display a PRHS parking permit are not allowed on campus and will be reported.

Recognition & Gratitude: Your children have made the transition to the 20-21 school year an extraordinarily positive experience. So many words have been spoken about how strange, difficult, unsettling, and demanding the world is right now. I won’t say more about that, but instead I want to recognize the strength and compassion PRHS students have shown each other and the entire school community. Thank you for supporting the school’s mission and for the many, many kind words and well wishes you have shared over the last month. Be safe and be healthy!

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

Patrick Flynn
Assistant Principal

This is a new world at PRHS with hybrid; cohorts A, B, C & D; masks on and social distancing. We have a whole new look with arrows, floor marks, and extra tables to let us keep 6 feet away. It is not easy but we are making it happen.

Lots to cover in this edition that is all **NEW** information for this year:

1. We welcome **Amanda Carson**, our intern, this semester. Amanda is a graduate student from USM in the School Counseling program. She has already jumped right in, working with students in cohort A. Amanda is also coordinating all our virtual visits with colleges.
2. **PSATs have been moved to January 2021**. At this point we are not sure if we will be able to offer it to all sophomores and juniors and how it will work. This will still be a National Merit Scholar Qualifying Test for Juniors. More information to come!
3. It is really important for students to keep track of their schedule changes from quarter to quarter. We are in **1st quarter now** and will move to 2nd quarter on November 2. Some students have requested to replace an elective class with an academic support for 2nd quarter; students may check with their school counselor to find out options for 2nd, 3rd, and 4th quarters.
4. **Grades will be posted at the end of each quarter and credits will be granted as well.** This is really important to remember. Grades and credits will happen four times this year, instead of just two.
5. We are working hard to produce **videos for seniors and their families**, as well as those looking for more information about colleges, college admissions, military options, financial aid, and careers. You can find it all [here](#). The very important **Senior Checklist** is your best spot to find all information for college admissions, SATs/ACTs, and financial aid.
6. We do still have **colleges "visiting" PRHS** in a virtual fashion. Those are set for Wednesdays after classes. Amanda, our intern, will be hosting all of those on zoom ([here](#) is the PRHS calendar). We are also able to access Lewiston HS's [calendar](#) of virtual college visits. Any student in Androscoggin county can use Lewiston's [calendar](#). As well, LHS will be hosting 3 upcoming virtual college fairs, found on their [calendar](#).
7. Our [website](#) is constantly changing and updating to make information easily accessible for students and families. We are finding that this is a necessity in these times. Every week we are producing videos to explain things and adding links to helpful resources. If you cannot find something, please email your child's school counselor.
8. Any questions, any issues, any concerns, please contact your student's school counselor.

Co-Curricular

At PRHS we are working hard to carry on and provide the best experience possible for our students. There has been a lot of energy and planning to re-enter the building this fall. As a result, we have been a little slower to get CC activities going. Some things that are happening:

Speech and Debate-will be virtual. If your child is interested see Mrs. Robinson

Newspaper-Is running, see Mr. Chutchian if you are interested

Student Ambassadors-See Mr. Flynn

All State Auditions-See Mr. Williams or email Mrs. Edwards

Fitness Room-Mr. Tracey has been taking kids for outdoor workouts, the more the merrier

Math Team-Will offer virtual meets, see Mrs. Castillo

Art Club-Second Semester

Class Officers/SRB- is up and operating

Most of our advisors have said they wish to offer something for our kids. As time unfolds, we will hear more.

Athletics

We are pleased that we have been able to practice and even play a few games to date. It is a different year, and we are working to make it a good year. Although we are not allowing fans at our games, you can watch our soccer and field hockey games at NFHSnetwork.com. Please purchase a membership, \$10.99 monthly, to watch our home games on the network, live. Some of our opponents are allowing limited home fans but no visitors. Many schools are not allowing any fans at this time. Our kids have done a great job adjusting to a new set of rules around sanitization and masking. We appreciate their cooperation.

Booster Clubs

Poland Regional supports the model of one booster club for our activities. The Knights Pride Booster Club are the people responsible for our cameras, concession stand and our press boxes. They were also a great help to get our lights back in 2010. There are several reasons for one booster club and I acknowledge there are also reasons for multiple. Our decision for one booster club helps us to be aware of fundraising in the community with our district name, and it helps us to monitor compliance with other requirements set forth by the state. If you have fundraising ideas, or energy and desire, I urge you to contact Phil Brienza, president of the Knights Pride Booster Club.

Tech Tip – by Ms. Chaisson

Parents: To make sure your child's device is in the best shape for Google Meet or Zoom sessions, please restart it each morning and only have the Chrome tabs open they need for the class they are in.

Safe Passage – by Mr. Crosby

We regret to announce that the 2020 Annual Safe Passage Variety Show fundraiser will be postponed until November 2021. We appreciate all of the support over the years and will make 2021 the greatest show every.

YEARBOOKS

LAST YEAR - 2020 YEARBOOK INFORMATION

- Unfortunately, the yearbooks from last year are *still* in production at the factory and we don't yet have a delivery date.
- As soon as one is provided for us we will get in touch with all who ordered a book and ensure that they find their way home. Thanks for your patience!

THIS YEAR - 2021 YEARBOOK INFORMATION

- **GENERAL INFO**
 - Rest assured that there will be a yearbook this year but it will likely look a little different.
 - Yearbooks are not yet available for purchase yet but will be in the coming weeks.
 - The cost is yet to be determined.
- **SENIORS**
 - Senior Pictures can be submitted via email to bpoulin@rsu16.org.
 - In addition to the traditional senior picture we are requesting a photo of your graduating senior as a toddler/child (anything before middle school). This picture will accompany the senior picture in the yearbook. Please email images of the photographs to bpoulin@rsu16.org. If possible a scanned image is preferred. If you do not have access to a scanner a picture of the photograph on a white background (such as a sheet of paper) will also work.
 - The deadline for submission of both the senior and child photo is **NOVEMBER 20th**.
- **QUESTIONS/ASSISTANCE**
 - If you have any questions or need any assistance please contact Ben Poulin - Yearbook Advisor at bpoulin@rsu16.org.

By Mr. Poulin

Health Communication Letter

<u>Most common symptoms of Covid-19 (1 or more)</u>	<u>Less common symptoms of Covid-19 (2 or more)</u>
<ul style="list-style-type: none">• Cough• Shortness of breath or difficulty breathing• Fever (100.4F/38C or higher)• Chills• Sore throat• New loss of taste or smell	<ul style="list-style-type: none">• Muscle pain• Nausea/vomiting/diarrhea• Stomach pain• Fatigue• New Headache• Rash• Swelling or redness of hands/feet• Red eyes/eye drainage• Congestion/runny nose <p>Students should remain home for 24 hours to observe for improvement of 1 of the less common symptoms in bold type listed above. If a student is not improving after 24 hours, contact the student's primary care provider.</p>

Student may return to school under the following conditions:

If COVID-19 test is negative and no known COVID-19 exposure:

- Student must stay home until the result is confirmed to be negative; return to school with test results AND a doctor's note when symptoms improve and fever free for 24 hours without the aid of medication.
- COVID-19 tests must be a polymerase chain reaction (PCR) nasal swab test or rapid antigen test.

If student was seen by their provider, no COVID-19 test swab was ordered, alternative diagnosis

- A doctor's note AND symptoms have improved AND are fever free for 24 hours without the aid of medication.

If COVID-19 positive:

- Must notify the school nurse immediately and follow the CDC guidelines before returning to school.
- A Letter of Clearance "Recovered" must be provided from the CDC. (Caregivers should request a school note from the Maine CDC).
- **AND** a doctor's note allowing the student to return to school.

If student not tested for COVID-19 and no alternative diagnosis (patient/family declined, unable to obtain a test)

1. 10 days have passed since the onset of symptoms **AND**
2. 24 hours have passed with no fever w/o the use of fever reducing medication; **AND**
3. Improvement of symptoms

Siblings of Family Members Awaiting COVID-19 Testing Results:

Students will be expected to participate in school work while awaiting test results of symptomatic family members in the same household. Students will be able to return to in-person learning once the family member is identified as having a negative result and the student remains symptom free.