



# PRHS

## Family Newsletter

February 2021

### News and Updates

**Thank you to all of our families for continuing to help us keep COVID out of our school!** It has been a huge relief to get through the holiday surge and avoid having to quarantine any staff or students and stay open for in person learning. We have only been able to do this because you are doing a great job reporting positive cases in your homes and keeping your student out when they are sick. **Keep up the good work!**

**Quarter 2 grades and transcripts** will be mailed home this week. If you have any questions or concerns about your student's grades, please contact the appropriate school counselor, Roundtable teacher, or an administrator. Bills will also be included in the mailing. Seniors must pay all bills before graduation.










**Student led conferences** will be coming in March. Please keep an eye out for information from your student's Roundtable teacher. Similar to the fall, these conferences are required for a student to earn credit in Roundtable and will be conducted virtually.

**The faculty and student government representatives are working on an alternative to our traditional Winter Carnival.** We are hoping to provide safe fun during the month of March.

Nominations are now being accepted for Teacher of the Year. If you would like to nominate a teacher please go to this link: <https://www.mainetoy.org/nominate>

### Calendar Reminder for this month

- ★ Cohort A days are in **Orange**
- ★ Cohort B days are in **Green**
- ★ All Wednesdays are half days
- ★ The 3rd week of Feb is Vacation week

February				
M	T	W	T	F
A1	A2	A3 	B4	B5
A8	A9	B10 	B11	B12
 				
A22	A23	A24 	B25	B26

## From the Counselors' Corner...

*We have hit the ground running on the first day of 2nd semester! Lots of changes as students start with all new schedules, as well some headed to LRTC for the first time this morning.*

**2nd SEMESTER** - Students should be sure to check their Quarter 3 and Quarter 4 schedules. Some students have requested to have an academic support in place of a class to give them time during the school day to work and get help with their work. Students can email their school counselor if they have any questions.

**NEXT YEAR** - We will be gearing up soon to start the course request process for next year's courses!

**SEMESTER 1 TRANSCRIPTS** will be mailed home to all families. Those transcripts will also be sent automatically to all the colleges our seniors have applied to so far (that we are aware of).

**PSATs** were held at PRHS on Tuesday, January 26 for interested juniors. Please note that the SATs will NOT be required for all 3rd year students per the state. Any questions about standardized testing? Contact your student's school counselor.

**LEWISTON REGIONAL TECHNICAL CENTER for 2021-2022** The process is starting now. We are figuring out how to showcase the excellent opportunities that LRTC presents, without our traditional February tour of their facilities. We will roll out the application process through sophomore and junior Roundtables. Here are some of the links we are using -

[LRTC Brochure](#) (this was mailed home to all 10th graders)

[LRTC homepage with introductory video](#)

[LRTC Open House- February 3](#) [Open House Intro Video](#) [Zoom links to individual program sessions](#)

[LRTC Online Application](#)

[Sample LRTC Cover Letter](#)

Students should work with their RT advisor and school counselor to go through this process. It is important that they let their counselor know that they are interested in LRTC and that they are applying. All of this information will be available on the Guidance office's [website](#). Any questions - contact your student's school counselor.

*There is so much this year to keep track of, as well as working to keep our own selves balanced and on track. Please reach out to the school counselors to help you help your students in any way. Our contact information is below. Stay healthy Knight Nation!*

### **Carrie Rhoads**

Students with last names

A-F

[crhoads@rsu16.org](mailto:crhoads@rsu16.org)

998-5400 x 125

### **Hillary Bush**

Students with last names

G-M

[hbush@rsu16.org](mailto:hbush@rsu16.org)

998-5400 x 101

### **Corey McFadden**

Students with last names

N-Z

[cmcfadden@rsu16.org](mailto:cmcfadden@rsu16.org)

998-5400 x 106

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## Co- and Extra- Curricular Update

Congratulations to Amy Fryda and Sophie Patenaude for being accepted into the Maine Music Educators Association All-State Chorus. Congratulations also to the students who participated in the first ever virtual drama performance for PRHS. Hats off to Ms. Robinson and Mr. Poulin for the effort to produce such an event.

Our winter athletes have begun practicing! It is great to see kids get back in the gym with their teammates. Coaches have been able to stay connected with them through Zoom, but we all know it is much better to be in person. Games will begin the week of February 8 and will run into the beginning of March. Schedules will be updated on Rschooltoday, <https://prhsathletics.rschoorteams.com/>, the new site for athletic schedules.

As a condition of returning to athletics, there will be no fans allowed at games. This is true at all venues. Players, coaches and all game personnel must wear masks at all times. I know this is challenging, but it allows us to play. All of our basketball games at home will be broadcast on the NFHSnetwork. Purchasing a ticket for the season will allow you to see our home games live as well as games that are played at other Pixellot venues like Gray New Gloucester. You can also watch them after the fact. Last basketball season we had 1,211 live views plus many more views after the live broadcast. To watch, go to NFHSNetwork.com, be sure to search Poland Regional High School. Indoor Track will be holding virtual meets and we are currently looking at the possibility of an in person meet that meets current guidelines. Our cheerleaders will compete in both the WMC Championship and the Regional competition, virtually. For the hockey lovers out there, we do have 11 boys on the Co-operative team, the Kings, and 2 girls on the Red Hornets. Their home games are broadcast on LiveBarn. To see the registration link and a discount promo code, go to <https://www.norwaysavingsbankarena.com/> for more information.

Welcome back Knight Nation.

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## Health Office Updates

We are pleased to announce that all of the full-time nurses in the district have received their first dose of the COVID-19 vaccine! As more immunization information becomes available in the coming months, we will get that information out to the staff and community.

### COVID-19 Close Contacts:

If you are a staff person or a student who is identified as a close contact of a confirmed positive case of COVID-19 at school, you will be notified by the school through a phone call or email and provided initial guidance on next steps, including quarantining and testing. Once you have received notification from the school, the Maine CDC's Sara Alert system will begin sending you follow up guidance via text messages.

Sara Alert is an automated system that uses daily text messages to help people who have been identified as close contacts to monitor for symptoms after exposure. All students and staff will be enrolled in Sara Alert if they are identified as having been in close contact with a COVID-19 positive person while at school.

There is nothing required of you to be automatically enrolled in this service. If, however, you would like to opt out of Sara Alert, please contact Lisa Storer RN at [lstorer@rsu16.org](mailto:lstorer@rsu16.org) or Pamela Tracy LPN at [ptracy@rsu16.org](mailto:ptracy@rsu16.org) by January 30, 2021. If you do opt out of the Sara Alert system, and are later identified as a close contact to a positive case, you will receive follow up phone calls to confirm you have opted to not receive the automated text messages from Maine CDC.

Additional assistance is provided to Maine residents who have been identified as a close contact of a COVID-19 positive person, and need support during quarantine. You may request this assistance by using this online form:

<https://www.maine.gov/dhhs/form/covid-19-referral-form>

Additional information about community care and social support is available here:

<https://www.maine.gov/dhhs/coronavirus-resources/support-for-isolation-quarantine>, or you can send an email to [dhhs.covid.socialsupport@Maine.gov](mailto:dhhs.covid.socialsupport@Maine.gov)--

### **Dental Cleanings, Sealants, Fluoride and Oral Hygiene Instruction**

Oral health is an important part of total health. Research is showing that when infection is present in the mouth it does affect other parts of the body. Heart disease, stroke, respiratory diseases, diabetes and pre-term births have shown a connection to certain bacterial infections in the mouth. Through education and prevention dental disease is preventable and curable, improving one's overall wellbeing.

A registered dental hygienist from T. F.I. (Tooth Fairies) will be providing dental cleanings, sealant placement, fluoride varnish, brushing instructions, temporary fillings and SDF (fluoride with silver ions that can stop the bacterial infection that causes cavities) at school. The purpose of this program is to decrease disease by providing preventive dental care and education to those who have difficulty accessing these services. Services provided are available to students who are not established with a dentist (going on a regular 6 months schedule). MaineCare will cover this service. If your child is not covered under MaineCare, the fee for this service is \$42.00 for children age 4-13 and \$52.00 for age 13 and older. Financial assistance is available if needed.

If you would like your child to participate, complete the Health History on the back of this page and return the completed form to school. If you have any questions please call T.F.I. at 754-1176.

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# February Lunch Menu



## Menu for PRHS & BWMS January 2021

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

*Breakfast is a Grab & Go as you come into school.  
Food Service staff will be there to help you!!!!*

*All Lunches will include Fruit,  
Veggie & Milk*

*Wednesday Grab & Go  
Wowbutter & Jelly  
Always A Choice*

### Monday Feb 1 Cohort A / Thursday Feb 4 Cohort B

Beef & Bean Burrito w/ Rice  
Or  
Turkey & Cheese Sub w/ Chips

### Tuesday Feb 2 Cohort A / Friday Feb 5 Cohort B

Red Hot Dogs w/ Tater Tots  
Or  
Chef Salad

### Wednesday Feb 3

Chicken Salad Sandwich w/ Chips

### Monday Feb 8 Cohort A / Thursday Feb 11 Cohort B

Chicken Patty w/ Wedges  
Or  
Chicken Salad Sandwich

### Tuesday Feb 9 National Pizza Day!!!

Cohort A / Friday Feb 12 Cohort B

Choice of

Cheese, Pepperoni, Meatball or Peppers & Onions  
Or

Chicken Bacon Ranch Sandwich



### Wednesday Feb 10

Pretzel Lunchable



### Monday Feb 22 Cohort A / Thursday Feb 25 Cohort B

Grilled Cheese sandwich w/ Tomato Soup  
Or

Pretzel Lunchable

### Tuesday Feb 23 Cohort A / Friday Feb 26 Cohort B

Nachos W/Meat & Cheese  
Or

Turkey BLT on Flatbread

### Wednesday Feb 24

Chef Salad



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