



PRHS

Family Newsletter

April 2021

News and Updates

We know it's hard, but don't let your guard down now. Please be sure to notify us when your child is going to travel outside of New England. Please don't allow your child to come to school feeling unwell in any way. Please do everything you can to help your child avoid riskier social options (indoor, larger groups, no masks). Believe us when we say that we get it! The kids are tired and so are all of the adults. Ending the year with tons of quarantined students, however, would just be really hard on everyone.

The Class of 2022 is excited to announce that **Prom is ON for this spring!** We have lots more planning to do, but we know that prom will be on May 15th from 6-10pm at the PRHS football field. Our theme is Masquerade or more appropriately for this year, (Mask)arade! Only PRHS students will be allowed and 9th and 10th graders may only attend as guests of an 11th or 12th grader. There will be a contract, the "Prom Promise," that all attendees and parents must sign.

Grades for Quarter 3 will be available in IC on Monday, April 2 and will be mailed out April 5. Quarter 4 has begun!

Agassiz Village is hosting **summer camps!** Agassiz serves kids ages 8-17, boys and girls. Costs are on a sliding scale, but most families pay about \$125 for their child to attend camp for a two week session which includes all iconic camp activities, lodging and meals every day.

Here are the sessions for this summer:

Session 1: July 5 - 16, 2021










Session 2: July 19 - 30, 2021

Session 3: August 2 - 13, 2021

Interested parents can register at <https://agassizvillage.campbrainregistration.com/> or find out more at www.agassizvillage.org.

Calendar Reminder for this month

- ★ Cohort A days are in **Orange**
- ★ Cohort B days are in **Green**
- ★ All Wednesdays are half days
- ★ April 19-23 is Vacation Week

April				
M	T	W	T	F
			B1	B2
A5	A6	A7 	B8	B9
A12	A13	B14 	B15	B16
 				
A26	A27	A28 	B29	B30

From the Counselors' Corner...

Mud season, warmer weather, sap flowing, ice out, birds around - must be spring in Maine! Quarter 4 has started this week, so we are on the downhill slide to the end of the school year.

JUNIOR FAMILIES QUESTION & ANSWER "NIGHT" will be Monday, April 12 at 6:00 PM with the high school counselors and Jessica Whittier from FAME. A comprehensive newsletter was sent (via email) to all junior families about senior year and the college admissions process, including financial aid information. This is the follow up Zoom meeting to answer any questions that PRHS junior families might have.

JUNIOR APPOINTMENTS have started. Each junior will spend at least 20 minutes with their school counselor this quarter to go over their graduation requirements, courses for next year, and post-PRHS plans. This is a RT requirement.

JUNIOR MEETINGS have changed in these covid times. The high school counselors have started weekly emails and videos for the Class of 2022 to give them important information and provide support as they consider careers, military or college. You can find the weekly updates [here](#) on the Junior page of the PRHS Guidance website. This means that parents can review the materials as well. These updates will continue into April. FAME has many free online [information sessions](#) still on how to pay for college.

COLLEGE FAIR - Typically we would take the entire junior class to the Augusta Civic Center in May for the in-person NEACAC College Fair. Options this spring instead are [virtual fairs](#) offered with live sessions on April 14 and May 16 through the New England Association of College Admissions Counseling. Students get registered. There are many other fairs offered that we will post [here](#) on the PRHS Guidance webpage.

SENIORS - get those FAFSAs done! Any seniors considering college for next year should submit their Free Application for Federal Student Aid (FAFSA) no later than May 1. There are still many supports for senior families on how to navigate the financial aid process provided by FAME (Finance Authority of Maine). FAME has many [videos](#) as well as their own [You Tube channel](#).

AP EXAMS will be in a different format (many are digital) and at later dates this year. Here is the schedule of dates and times that we will be hosting AP exams at PRHS -

DATE	TIME	EXAM	Format
Monday, May 24	8:00 AM	AP Calculus AB & BC	Paper
Tuesday, May 25	12:00 PM	AP Statistics	Paper
Wednesday, May 26	4:00 PM	AP Computer Science Principles	Digital
Wednesday, May 26	4:00 PM	AP Computer Science Principles	Digital
Thursday, May 27	12:00 PM	AP Biology	Digital
Tuesday, June 1	12:00 PM	AP English Literature	Digital
Wednesday, June 2	12:00 PM	AP US History	Digital
Thursday, June 3	12:00 PM	AP US Gov't & Politics	Digital
Thursday, June 3	12:00 PM	AP World History	Digital

All digital exams will be taken on the school-issued chromebooks. More information will be shared with AP students and families in the coming weeks.

[The PRHS Guidance Webpage](#) should be book marked by all PRHS families. There are sections for [Seniors](#) and [Juniors](#), as well as the [Incoming 9th grade class](#) (Welcome Class of 2025!). There is more information on [scholarships](#), colleges, [financial aid](#) and more. We have been adding and adapting to better meet the needs of our families during covid and beyond.

LEWISTON REGIONAL TECHNICAL CENTER - We had a slew of applications come in for the 2021-2022 LRTC year. Decisions will be made soon and letters will go out over April vacation week (via snail mail). Any interested students who still want to apply just need to email their school counselor. More information is also available [here](#) on the PRHS Guidance webpage.

Service Academy Night - April 13, 2021: This is a great virtual opportunity for any students and families to learn more about the process for applying to the US Service Academies, as well as ROTC, ME National Guard, ME Maritime, and military colleges. Check out this [flyer](#) for more info.

Seeds of Peace Camp - Aug. 1-18, 2021: This is an incredible experience for current 9th & 10th graders who are interested in developing their leadership skills and who are interested in exploring dialogue around diversity, inclusion, identity and different cultures. Check out their [website](#) for more info. If you are interested, see your counselor before completing the application.

“Consider Engineering” at the University of Maine is one of our favorite summer programs to refer current juniors to. This has been a great experience for so many PRHS graduates who wanted to learn more about the fields of engineering, as well as experiencing the UMaine campus. Find the brochure [here](#). More details and application [here](#). Deadline is April 15, 2021. Programs run July 11-14, July 18-21 or July 25-28, 2021.

Agassiz Summer Camp - more information in this newsletter

Carrie Rhoads

Students with last names

A-F

crhoads@rsu16.org

998-5400 x 125

Hillary Bush

Students with last names

G-M

hbush@rsu16.org

998-5400 x 101

Corey McFadden

Students with last names

N-Z

cmcfadden@rsu16.org

998-5400 x 106

Co- and Extra- Curricular Update

A great deal of appreciation needs to go out to our advisors and students that have worked to continue with our Co-Curricular activities. It was far from normal to compete virtually with the math team or perform virtually for drama, but kudos to all involved. We love your resiliency! Our musical groups have been doing what they can as well. We enjoy hearing the chorus in the lobby. The sound of their singing gives hope to traditional activities.

Our **Unified basketball team** prepared for a season that ended up having only one game. However, mentored by Ms. McNally and Ms. Lausier, they were consistently among the leaders in the Virtual Basketball skills Competition. Well done!

Our **photo opportunities in athletics will be different moving forward.** PortraitEFX of New Gloucester was very accommodating with our winter athletic team shots. Gone (hopefully) are the days of the paper order forms going home. They took photos of all of our winter athletes and posted them on their site. You may go on and order what you want without giving the coach or athletic director an envelope of money! I know we had a wrinkle, but Nathan tells me to tell the winter parents to search just the last name.

I am excited that we are participating in **Spring athletics** with a 16 game regular season. Baseball and softball as well as outdoor track will have a playoff experience this spring culminating with a State Championship!

Please encourage your kids to sustain the effort to fight COVID. We can not let our guard down if we hope to complete our seasons!

The **Knights Pride Booster Club** has done a lot of work to support our kids programs. Often people do not realize how money goes back into the programs. A year of no concessions and uncertainty has left the booster club rather inactive this year. With graduation on the horizon, we expect to be saying goodbye to some long standing members. **Special thanks to Martha Littlefield** who has continued with the Knights Pride Booster Club 8 years past her daughter's graduation. Martha has seen many changes in our facilities as well as the construction of an outdoor concession stand. Thank you! **The Brienza family** has been fully involved. Phil has been the one that has consistently asked, how can I help? From construction to concessions to coaching, the Brienza family has been fantastic! **Beth Davis** has been part of the booster group for some time, continuously organizing and helping with concessions along with Grace Sheloske.

Now is a great time to get involved. If you have interest or ideas, please contact dking@rsu16.org.

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Health Office Updates

COVID-19 Update:

Over the last 30 days, the rate of new cases for school staff or students is 30 per 10,000, about 25 percent lower than a new case rate of 41 per 10,000 for the general population. This continues to demonstrate that in-person learning in schools that follow public health precautions can be conducted safely, without increased transmission of COVID-19, and supports schools' adherence to the six requirements for returning to in-person instruction, regardless of their county's designation.

The Maine CDC expanded its vaccine eligibility guidelines last week to include Mainers age 50 and older. Here is the website for current [Maine Vaccination-sites](#) for eligible people to schedule a vaccine appointment. Also, this week, **the State of Maine created a website for Mainers age 16 and up to pre-register for the COVID-19 vaccine.** If you are eligible or awaiting eligibility for vaccination, you may pre-register at [VaccinateME.Maine.gov](https://www.vaccinateme.maine.gov) to be notified when appointments are available. When a vaccination appointment becomes available to you, you'll receive an email with a personal access code that allows you to look for available openings across a number of sites and schedule an appointment.

Please notify the school nurse if your child receives a COVID-19 vaccine as it is important to maintain up to date immunization records of all students. **Once your child is fully vaccinated (two weeks after 2nd dose of Moderna or Pfizer, and two weeks after Johnson & Johnson) with the COVID-19 vaccine, a quarantine period is not required if identified as a close contact as long as your child does not have symptoms.**

Despite an increase in Mainers who are fully vaccinated, we continue to see about 200 new COVID cases each day over the past week. Please continue to follow precautions when you are around others outside your household: cover your nose and mouth with a mask, practice social distancing, and wash hands regularly. It's been a long year, but the sooner we knock this virus down the sooner we can resume our normal lives.

New Immunization Law for the 2021/2022 School Year:

A new Maine law will take effect on September 1, 2021 that removes the philosophical and religious exemptions for students. The only exception to these changes is for students with an Individualized Education Program(IEP) and an exemption in place prior to September 1, 2021. If your child has a medical exemption on file, it is required to provide yearly medical documentation for this type of exemption. If your student is either non-immunized or immunizations are not up to date, letters were mailed home over the past couple of weeks.

Beginning September 1, 2021 no child will be permitted to attend school without medical or IEP exemption, evidence of immunization, or proof of immunity against disease. Students enrolled in grades PreK through 12 are to be immunized against diphtheria, tetanus, pertussis, measles, mumps, rubella, polio and varicella. Additionally, all students enrolled in grades 7-12 must be immunized against meningococcal disease. Since it takes time to complete the immunization series, this is the time to call your child's primary care provider to set up a schedule to start receiving vaccines if your child is going to be able to attend the first day of school this fall. We encourage you to reach out to your health care provider to develop a plan for vaccine administration, or discussion of medical exemption, so your child is compliant and ready to start school next fall.

Please call or email your school nurses if you have any questions about COVID-19 vaccinations and/or the new immunization law.

Lisa Storer RN, BSN lstorer@rsu16.org 998-5400 Ext. 108

Pamela Tracy LPN ptracy@rsu16.org 998-5400 Ext. 127

April Lunch News and Menu

April 2021 Menus For PRHS / BWMS

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

Available Daily

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

Wowbutter & Jelly
Always A Choice

Your Favorite Spud
Spiral, Wedge, Tot, or Fries

Monday, April 5 / Thursday April 8

Hamburger / Cheeseburger
Hot Dogs
Caesar Salad
Meatless Nacho
Blueberry Yogurt Parfait

Tuesday, April 6 / Friday April 9

Cheese Pizza
Pretzel w/ Cheese Dip
Quesadilla
Caesar Salad
Chicken Salad / Egg Salad

Wednesday, April 7

Ham & Cheese Italian
Or

BLT on Flatbread

Monday, April 12 / Thursday April 15

Vegetable Egg Roll w. Fried Rice
Mini Corn Dogs
Chicken Nuggets
Chef Salad
Pasta Salad w/ Pepperoni & Cheese
Turkey Italian

Spring Break April 19th—23rd

Tuesday, April 13 / Friday April 16

Brunch for Lunch
Egg/Sausage/Potato w/ Biscuit
Chicken Patty Sandwich
Fish Sticks
Chef Salad

Strawberry Yogurt Parfait
Buffalo Chicken Wrap

Wednesday, April 14

Chicken Salad Sandwich
Or

Turkey Lunchable

Monday, April 26 / Thursday April 29

Meatball Sub
Chicken Patty Sandwich
Hot Dog
Caesar Salad

Meatless Nacho
Pretzel Lunchable

Tuesday, April 27 / Friday April 30

Nachos w/ Meat & Cheese
Corn Dogs

Quesadilla
Caesar Salad

Egg Salad

BLT on Flatbread

Wednesday, April 28

Caesar Salad
Or

Ham Italian

REGISTRATION OPENS JANUARY 15, 2021

AFFORDABLE OVERNIGHT SUMMER CAMP!

Two weeks filled with swimming, boating, archery, arts & crafts, outdoor living, rock climbing, sports & fitness, drama, dance, ropes course and canoeing, all while learning leadership, social, and emotional



Summer 2021
July 5-16
July 19-30
August 2-13

Coed Programs Include:

- Traditional Overnight Camp: Ages 8-13
- Teen Advancement Program (TAP): Ages 14-17
- Leaders in Training (LIT): Ages 16-17

Rates as low as \$125 for two weeks

For more information, visit

AGASSIZVILLAGE.ORG

OR CALL 781-860-0200 EXT. 1005



Located on Thompson Lake in Maine, 40 minutes outside of Portland. Transportation provided from Boston.



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