



# PRHS Family Newsletter

June 2021

## News and Updates

- Guidance for schools for next fall is already starting to come in from the Department of Education and the Maine CDC. We will definitely be back 5 days a week. There will still be some rules and restrictions we need to follow. Please check for emails throughout the summer from the district and us for updates on what school will look like and how to get your student ready to return full time!
- Please note that quarantining for unvaccinated people, adults and students, will still be required when someone is identified as a close contact. If you plan to have your student vaccinated and just haven't gotten around to it, we encourage you to start this process. Please remember that from start to finish, full vaccination takes 5 weeks. If you have concerns about vaccination, we encourage you to contact your primary care provider to get more information.

## Calendar Reminder for the end of the year

- ★ Cohort A days are in **Orange**
- ★ Cohort B days are in **Green**
- ★ All Wednesdays are half days
- ★ Wednesday June 9 is a make-up day for only those students who are still trying to pass classes. You will be contacted by your child's teacher if they should attend.

June				
M	T	W	T	F
	A1	A2	B3	B4
A7	B8	9	10	11
14	15	16	17	18

## Summer School

We will be hosting students at the high school for summer school in July. Students invited to attend will be notified soon. Students will have the opportunity to earn credit for core courses (ELA, social studies, science, or math) they did not pass during the school year. We strongly

encourage invited students to attend! Completing work in summer school keeps students on the path to graduation with their class. **Students attend only as long as it takes to finish their work.**

Dates: July 6-8, 12-15, 19-22, and 26-29.

Time: 8 am-noon

We will be serving free breakfast and lunch. Bus transportation will be provided for families who request it. Please contact Patrick Flynn at 998-5400 x120 with questions.

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## **From the Counselors' Corner...**

*We sadly bid goodbye to the Class of 2021 and welcome to the Class of 2025! Time for more transitions to summer, work, college, and 5 days a week in the fall.*

**JUNIORS** - more information for Juniors and their families [here](#) on our website. You can also check out your favorite school counselors in some great videos on the senior site too. We encourage you to go out and visit colleges in person this summer (but check the website for the college first to see how they are handling tours and visits).

**EARLY COLLEGE CLASSES** are definitely an option for next fall for many students. Check out our [webpage](#) with information on early college classes. Contact your school counselor for more information.

**WHO NEEDS A JOB?** We have both a physical job board (in the Guidance Office ) and a [virtual](#) one on our webpage. We are trying to keep them both updated.

**AP EXAMS** have begun. We are learning all about the digital AP exams and have more AP exams happening next week. Scores will be available in July. Students should check their emails this summer as College Board will email when scores are available online.

**3rd year students - JUNIORS** - Thank you for taking your state assessments in the past few weeks. We appreciate your patience as we learned two new testing programs (NWEA and science). Participation in the state testing is a graduation requirement.

**AP classes for 2021-2022** - Students should expect to hear directly from their AP teacher for next year in the coming weeks. There may be a zoom session scheduled for students to learn more about expectations for the course and summer work. We will try to post all summer work on the Guidance website. If students need to pick up books for their AP summer work, those will be available in Guidance. If a student is unsure if they are registered for an AP class for next year, they should contact their school counselor

**NEXT YEAR'S SCHEDULES?** We expect to have those schedules available for **August 1** on Infinite Campus. We will mail home schedules for our incoming 9th graders. Any questions about schedules, contact the student's school counselor.

*This has been such a hard year for so many of our students. As we work to support them all, we will continue to share resources on mental health [here](#) on our webpage. We will be working this summer with the K12 school counselors and social workers to put together more resources for our families for the start of the 2021-2022 school year. Please do not hesitate to reach out to your student's school counselor to talk about what you are seeing with your student and what the available resources are.*

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Students with last names  
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## Co- and Extra- Curricular Update

Congratulations to Sophie Patenaude. She took 1st place in the Maine National Association of Teachers of Singing competition. She also took first place in the classical category. She also performed for the NAFME All-Eastern Treble Chorus which can be viewed at <https://www.youtube.com/watch?v=TP5CKuPvQMw>

Special thank you to our Prom Committee and its advisors. This year's prom was like no other, it was outdoors and included a bonfire. We can't thank the organizers enough for providing this opportunity!

Good luck Amy Fryda! Amy is competing for PRHS in the National Catholic Forensics League Speech tournament in the category of Oral Interpretation.

### Athletics

Any PRHS student interested in **cheerleading** this coming fall, please email your interest to Coach Walker at [nwalker@rsu16.org](mailto:nwalker@rsu16.org). Looking to have a summer program of conditioning, sideline cheers, routine development and a lot of fun!!

Summer is here and we are ramping up activities. High school summer We plan a normal round of activities which will include:

Summer Boys' Basketball-([ttracy@rsu16.org](mailto:ttracy@rsu16.org))      Summer Boys' Soccer-([dcoyne@rsu16.org](mailto:dcoyne@rsu16.org))  
Football-([polandknightsfootball@gmail.com](mailto:polandknightsfootball@gmail.com))      Field Hockey-([Mbalboni@rsu16.org](mailto:Mbalboni@rsu16.org))

Summer Girls' Basketball-([webjake2121@gmail.com](mailto:webjake2121@gmail.com))

Summer Girls' Soccer-([T6connors2014@gmail.com](mailto:T6connors2014@gmail.com))

**PRIME360 Athlete Development Camp returns. This camp has a fee to be paid to Prime360.** Please see Mr. King for a flier. If you are concerned about the fee but wish to participate, contact Mr. King.

Please contact the coaches directly if you wish to be included. To participate in summer activities and sign up, sit your parents and sign up at FamilyID.com under summer activities. You may also sign up for fall activities at that time. Please use your existing registration and login.

**Students that are fully vaccinated will not need to quarantine should they be a close contact.** **August 16** is the first day of fall high school practices. Being fully vaccinated by that date requires a first shot no later than **July 12** and a second shot no later than **August 2**.

### **Spring Photo Orders**

Spring team photographs of your child are ready for you to enjoy! Please go to <http://maine.portraitefx.com> and select the Order tab at the top, then select the Proof Order dropdown.

- Enter Passcode: PRHS-S21, or enter Passcode: Whittier-S21.
- Enter EITHER first name or last name of your child, then select your child.
- Choose the package you wish to purchase, and add to cart. Checkout to pay securely by credit/debit card.

Due to the timing of spring portraits under the pandemic, finished photographs will be mailed to your home at no additional charge. Questions? PortraitEFX looks forward to helping you at 657-6372 or at [maine@portraitefx.com](mailto:maine@portraitefx.com)

Any athletic questions, please email [dking@rsu16.org](mailto:dking@rsu16.org).

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## **Health Office Updates**

As we are heading into the final days of school, we would like to thank all of our amazing families that have been supportive during this school year in a pandemic. Thank you for helping to keep our schools as safe as possible to maximize our time together with your students in school. As a reminder, any students that have medications in the nurse's office, will need to have a parent/guardian pick up the medicine by June 9. Please call/email Pam Tracy LPN 998-5400 Ext. 127 [ptracy@rsu16.org](mailto:ptracy@rsu16.org) or Lisa Storer RN 998-5400 Ext. 108 [lstorer@rsu16.org](mailto:lstorer@rsu16.org) if you need an alternative time for pick up that is outside of the regular school hours.

**Immunizations: A new Maine law will take effect on September 1, 2021** that removes the philosophical and religious exemptions for students. If your student has a medical exemption on file, it is required to provide yearly medical documentation for this type of exemption. The medical documentation must be from a licensed physician, nurse practitioner, or physician assistant that in their professional judgment, immunization against one or more of the diseases may be medically inadvisable. Beginning September 1, 2021 no child will be permitted to attend

school without medical 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 student's primary care provider to set up a schedule to start receiving vaccines if your student is going to be able to attend the first day of school this fall. If your student is not currently up to date with immunizations, please notify the nurses office to discuss a plan for the fall.

**Covid-19 Vaccinations:** As we plan for being in-person five days a week in the fall, it is important to think about the COVID-19 vaccine. There are many safety measures in place to mitigate the risk of transmission of COVID-19 within our schools and vaccination is one more layer of protection to help keep our students safely in school for in-person learning. Currently, only the Pfizer vaccine is authorized for 12-17-year-olds. The Moderna, Pfizer, and Johnson & Johnson / Janssen vaccines are all authorized for individuals 18 and older. The State of Maine's [listing of vaccination sites](#) will indicate which sites are accepting appointments for youth. The Community Vaccination Line (1-888-445-4111) will also be available to provide information regarding vaccine and clinic availability throughout the summer. If you would like your student to start the COVID-19 immunizations before the end of the school year, we will be having several more clinics this year. Our final clinics this year will be on June 1, June 3, and June 8. Please call us if you would like your student to receive a COVID-19 vaccine before the end of the school year.

**Browntail caterpillars:** The browntail moth caterpillar has tiny poisonous hairs that cause dermatitis similar to poison ivy on sensitive individuals. People may develop dermatitis from direct contact with the caterpillar or indirectly from contact with airborne hairs. The greatest risk for exposure to the toxic hairs is between April and July. It is important to take precautions year-round in heavily infested areas. Why are they a problem? The browntail caterpillar has tiny (0.15 mm) hairs that on sensitive individuals cause a skin rash similar to poison ivy and/or trouble breathing. The microscopic hairs break off the caterpillars and are everywhere in browntail infested areas; on trees, lawns, gardens, decks, picnic tables and in the air. The hairs can remain toxic for up to THREE YEARS so although the problem is worse from May to July, they may cause a reaction at other times of year as well. Wind or activities such as mowing, leaf-blowing, etc., can stir up the hairs, leading to a reaction. The rash and trouble breathing can last anywhere from a few hours to several weeks. It is caused by both a chemical reaction to a toxin in the hairs and physical irritation from the barbed hairs. Contact your physician if a reaction is severe.

This CDC brochure helps to understand the human effects (rashes, respiratory effects).

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/shm/Browntail-Moth-FS.pdf>



*Browntail caterpillars outside their web.*

*Note the two orange dots on their back helps to identify them as Browntail caterpillars.*

We hope you and your family have safe, healthy, and joyous summer break! Thank you.

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Pamela Tracy LPN [ptracy@rsu16.org](mailto:ptracy@rsu16.org) 998-5400 Ext. 127

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## Other News

### **Quebec City trip during April vacation 2022!**

Please contact Madame Chase if you would like more information or would like to sign up! Preference given to students who are taking French (or will be taking French in the fall), but there may be room for others, too. [dchase@rsu16.org](mailto:dchase@rsu16.org)



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