



# PRHS Family Newsletter

October 2023

## Greetings from Mr. Anderson

Hello PRHS students and families!

The high school has had a very positive first six weeks of school in classrooms, on the sports fields and courses, and in extracurricular activities - September wrapped up with a tremendous State of the School Day. For this day the 9th and 12th grade classes went to Agassiz Village and the 10th and 11th grade students went to Camp Conner. The students and their faculty advisors were paired up across these grade levels participating in Roundtable activities that led into discussions focused on the students' ideas for making the high school a more positive community and supportive, engaging learning environment.

Additional work toward building school culture is happening through encouraging students to see school as a place to be involved. Student leaders and faculty advisors of high school clubs and activities held a co-curricular fair during lunch times to encourage students to participate [in afterschool groups](#).

**On October 19th and 20th** our second year students will be taking the Maine Through Year assessment, click here [for more information](#).

**On October 19th** The Steering Committee is offering [two community forums](#): 8 - 9:30a in the PRHS/WMS Library and 6 - 7:30p in the PRHS/WMS Cafeteria to discuss the 2-school reconfigured vs. 3-school elementary options.

If you have any questions about your student's learning at the high school, please contact the main office staff or me at 998-5400 x129 or [eanderson@rsu16.org](mailto:eanderson@rsu16.org).

Thank you,

*Mr. Anderson*

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### **Building Assets Reducing Risk**

BARR (Building Assets Reducing Risk) is an educational model that Poland Regional High School uses to identify and build on students' strengths. It creates positive, intentional relationships, and uses real-time student data to collaboratively make sure all students' needs and strengths are identified. BARR includes a social-emotional learning curriculum that covers topics such as Building a Connected Community, Goals, Leadership, Communication, Bullying, Diversity, Dreams, and Risky Behavior.

Each student has one of their academic teachers as their BARR contact and BARR contacts meet regularly to look at student data to increase academic achievement for all students. The BARR program extends beyond the purely academic focus allowing students to build meaningful connections and address various issues that impact their well-being.

## **School Portraits**

Nathan from Portraitefx of Maine said the parents can either call or email them if they have not received an order form to order pictures.

Phone: 207-657-6372

email: ntsukroff@portraitefx.com

**Portrait retake day will be 10/18/22 11:00am-1:00pm**

## **Yearbook Info**

**Senior Photos are due on December 8th, 2023.** Photos can be submitted online at the PRHS Yearbook Page and clicking on the Yearbook Snap option at the top. Please see the attached [Senior Photo Flyer](#) for more information. Visit [Yearbooksforever.com](http://Yearbooksforever.com) and search for Poland Regional High School or [use the link](#) to submit yours today.

The 2024 Poland Regional High School Yearbook is now available for pre-orders. Our special Fall Sale price of \$45 **ends on October 28th**. Order yours today by visiting the PRHS Yearbook Shop at [yearbooksforever.com](http://yearbooksforever.com) or [using the link](#).

## **Safe Passage Trip**

The next Safe Passage trip to Guatemala will be in February of 2025. We are working on putting a group together ASAP. Any student interested in traveling to Guatemala should email Sr Crosby as soon as possible to express interest or to get more information ([scrosby@rsu16.org](mailto:scrosby@rsu16.org))

## **Europe Trip 2025**

We're going to Europe in Spring 2025, and you're invited! We will be having an informational meeting **11/8/2023 in the PRHS Library at 6pm.**

We're excited to tell you more about the trip we're planning with EF Tours, our educational travel partner. Please [be sure to register](#) for this info session to be considered for this opportunity.:

When students travel, they expand their knowledge of the world around them, discover more about themselves, and grow more confident. These skills are critical for creating the global citizens of tomorrow, and we would love to have your student join us on this adventure.

In this info session, we'll talk about:

- How this opportunity will benefit your student
- What we'll see and do on our trip
- Everything that's included in this experience
- How your child can earn academic credit
- How we're keeping this safe and affordable
- How to enroll on this trip (before it fills up!) during EF's risk-free enrollment period



There are limited spots on this trip, so we would love to have you attend this meeting to learn more about this exciting opportunity!

Thanks,  
Kristin Ross, [kross@rsu16.org](mailto:kross@rsu16.org)

**Haunted Hallways!!! (Hosted by the Class of 2024)**

Haunted Hallways will be held here at PRHS on **Saturday, October 28th** from 6:00-9:00 p.m. Come join us for a spooky tour through the transformed hallways and classrooms of the high school. Prices t.b.d.

**Save the Date!**

The Classes of 2025 and 2027 are hosting a Craft/Vendor Fair **on Saturday, Nov. 14** from 9am-2pm. Admission is free and there will be food & drinks available for purchase. Any Crafters/Vendors interested in participating should contact Ms. Bell at [bbell@rsu16.org](mailto:bbell@rsu16.org) Please spread the word & come out to support our students and local small businesses!

**Project Graduation**

Please be on the lookout for more information soon about holiday wreaths going on sale from the Project Graduation committee.



**Holiday Craft/Vendor Fair  
& "Chance Auction"**  
@ Poland Regional High School  
Saturday, November 18<sup>th</sup>  
9 am to 2 pm  
Sponsored by PRHS Classes of 2025 and 2027



Come shop and support local businesses & students  
Interested vendors contact [bbell@rsu16.org](mailto:bbell@rsu16.org)

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

*It is amazing how quickly we "fall" into the school year and it is moving along quickly!*

**AP CLASSES?** Students in AP classes are expected to take their AP exams in May. Thanks to the district, we have been able to keep the cost of AP exams to \$40.00 per exam for all students. Ms. Bush will have to order exams with the College Board before **November 10; any student who drops an AP course after that date will still be responsible to pay for the exam.** Any questions about AP, please contact your student's school counselor.

**PSATs will be October 18** at PRHS. Pre-registered students will take the test that morning.

**LRTC (Lewiston Regional Technical Center)** is off to a great start this year. We are still working out the kinks for transportation now that we have added the EL campus. New programs for next year are: **Firefighting** and **Biotechnology**. ALL sophomores will learn about LRTC's offerings in January; interested juniors and sophomores will be able to visit LRTC's programs. Applications will be due the Friday before February break (Feb 16).

The [Senior Calendar](#) is your one-stop place for all information for seniors. Important dates:

**October 18 - Senior Parent Night (all about college admissions and financial aid) 6PM PRHS Auditorium**

October 25 - Visit to the University of Maine (Orono). Permission slips in Guidance

October 25 - Application help in the Guidance Office until 4 PM

November 6 - Husson University at PRHS for Admissions in a Day. Apply early and sign up to meet with the rep.

November 7- Visit to University of Maine at Farmington. Permission slips in Guidance

November 7- CMCC at PRHS for Admissions in a Day .Apply early and sign up to meet with the rep.

November 8 - University of Maine at PRHS for Admissions in a Day. Apply early and sign up to meet with the rep.

November 8 - Application help in the Guidance Office until 4 PM

**FREE COLLEGE** is here for the classes of **2024** and **2025**! The process is easy - apply to one of the Maine community colleges, do your FAFSA, enroll full time. The classes of 2020-2023 can still access the free college option as well!

Class of 2020-2021 - enroll no later than during the '23-'24 academic year

Class of 2022 - enroll no later than during the '24-'25 academic year

Class of 2023- enroll no later than during the '25-'26 academic year

**FAFSAs** - Hey Senior families! If you know that this stands for the [Free Application for Federal Student Aid](#) and you are all ready to go, you will have to wait until **December 1** for FAFSA filing. We will be sharing more information in future newsletters, as well as on our [website](#). [FAME](#) will also have more information and training around the new FAFSA.

**SENIOR PARENT NIGHT** will be **October 18 at 6 PM** in the Auditorium. Learn more about the process for college admissions and financial aid.

'Tis the season for Open Houses at colleges. You don't have to be a senior in high school to attend. Here are some popular ones:

**CMCC OPEN HOUSE** is Saturday, **Oct 14, 2023** from 9-12 AM. A great chance to check out the Auburn campus and see new programs and new buildings. More information [here](#)

**SMCC OPEN HOUSE** is Saturday, Oct 21, 2023 from 9-12 AM. More information [here](#)

**USM OPEN HOUSE** is Saturday, Oct 21 from 8AM- 12 PM. More information [here](#)

**UMaine OPEN HOUSE** is Saturday, Oct. 28 with free tickets to the football game. More information [here](#)

Second semester is coming fast! Any students who are interested in taking an **early college class** through the UMaine system or ME Community College system should contact their school counselor. All students are eligible for up to 12 credits per year for free through the state and our public colleges. School counselors will help students get started on this process.

**ANDROSCOGGIN CAREER FAIR** is January 4, 2024. ALL sophomores from around the county will attend. PRHS sophomores will be transported by RSU # 16 buses to Central Maine Community College. We will be there from about 9:30-11:15 AM. While there, they will attend 2 sessions on careers of their choosing. Students will get lunch once we get back to PRHS. Since we plan on taking the entire class of 2026, parents/guardians will need to let us know if they do NOT want their child to attend. This experience complements the sophomores work on the Where am I Going? section of their Sophomore Exhibition.

Any questions or concerns about your students? Start with their counselor and/or advisor. We are happy to help!

**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

# Co- and Extra- Curricular Update from Mr. King

## Register for Winter Sports

Please sit with your child to register at FamilyID.com for winter athletics Beginning October 1. If you have an existing account, please do not create a new account. Any troubles, call their help line, 1-781-205-2800. Remember to update your child's physical with a note from the doctor that has the date of the visit. Dr.'s notes can be uploaded to FamilyID, faxed to 998-5060 or emailed to [dking@rsu16.org](mailto:dking@rsu16.org). November 20 is the opening day for winter athletics.

## Coaching Openings

JV Boys' Basketball  
Indoor Track Assistant  
Outdoor Track Assistant  
Varsity Softball

## Donation

Our new Softball Scoreboard will be installed in September in plenty of time for spring. Thank you to Poland Spring Waters and Blue Triton Brand for your donation!

## Music Updates

Thank you to the sponsors of our new Neptune music service. Neptune provides copyright approved, screened music to be played at games. Thank you to the Dirt Store, Auburn-Lewiston Driver Rider Education, and Allegiance Trucks for their continued support of our athletics programs.

## Poland Players

The Poland Players-the PRHS co curricular drama activity is excited about the first offering of the year - *All Shook Up*. The show is a musical featuring the music of Elvis Presley with a storyline straight from Shakespeare's comedy Twelfth Night. The music is catchy and the story is a sitcom of mistaken identities. The show performance dates are **Nov. 2-4th at 7PM** and reservations can be made by contacting D'Arcy Robinson at [drobinson@rsu16.org](mailto:drobinson@rsu16.org).

## Speech and Debate

Speech and Debate has started their competitive season with a workshop and novice competition Saturday, Oct. 14th at Lincoln Academy. The students are busy preparing their arguments and performance pieces for the coming competition season and look forward to the Nutcracker Sweeps which will be held at PRHS on Dec. 9th. when they can share their talent with the local community. Interested students can still join the team! For more information please contact D'Arcy Robinson at [drobinson@rsu16.org](mailto:drobinson@rsu16.org).

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## Health Office Update

### Flu Clinic

Influenza is a contagious viral infection that can spread when people cough, sneeze, or talk. The flu season, in Maine, typically falls between October and May each year. The symptoms for a common cold and the flu are similar, but each is caused by a different virus. The common cold can be caused by a number of viruses;

however, the flu is caused by the influenza virus. Usually, flu symptoms are more severe than the common cold and tend to last longer. A cold tends to last 7 to 10 days and the flu usually lasts 1 to 2 weeks. Cold symptoms tend to be stuffy nose, sneezing, sore throat, and mild to moderate coughing. Whereas the flu tends to have symptoms of severe aches and pains, fatigue and weakness, headaches, fever of 100 degrees or greater, extreme exhaustion from the start of illness, and coughing that can be severe.

Students who become ill at school will be dismissed only to the specific people listed as the emergency contact, unless the school is instructed by the guardian to make other arrangements. Students who have a fever and/or a sore throat or cough should stay home until they are fever-free for 24 hours (without the use of anti-fever medicine). The Maine CDC has four steps to help reduce the spread of the flu. These four steps include washing your hands, covering your cough, getting a flu vaccine, and staying home when you're sick. PRHS/BWMS will be hosting a flu vaccine clinic for those interested in receiving it at school.

**On Monday November 6th 7 am-10 am**, we will have a students and staff flu shot clinic at PRHS/BWMS. These clinics will only offer flu shots. We will not offer the most recent covid booster or the RSV vaccine. Please see [this flyer for more information](#) and to sign up.

**Dental Clinic**

In the coming months, we will host, Healthy Smiles for ME, Inc., at PRHS to offer dental cleanings, sealants, fluoride and oral hygiene instruction services for students. Please complete the necessary paperwork found here [Healthy Smiles for ME, Inc.](#), and return to the nurses' office if interested in these services for your student. Also, we will host the Maine School Oral Health Program that will provide free oral health screening and apply fluoride varnish treatment to help strengthen teeth. Please complete, [Maine Oral Program Form](#), and return to the nurses office if interested.

Please reach out to us with any questions.  
Thank you.

Lisa Storer RN, BSN [lstorer@rsu16.org](mailto:lstorer@rsu16.org) 998-5400 Ext. 108  
Pamela Tracy LPN [ptracy@rsu16.org](mailto:ptracy@rsu16.org) 998-5400 Ext. 127



**Other News**

**Attendance**

We encourage parents to work with the school staff to keep their children in school or to provide timely excuses for absences. Please call 998-5400 x124 within 24 hours of an absence, beforehand when possible. Please review the [Planned Absence Guidelines](#) if your student will be absent from school for family vacations or other personal reasons.

**Monthly Newsletters**

We will send out a monthly digital newsletter via email throughout the school year to keep you up to date on events at school. If you do not have internet access and still need a paper version sent in the mail during the school year, please contact the high school main office (998-5400).



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