



PRHS

Family Newsletter

January/February 2022

News and Updates

Snow Days and Remote Learning

At the time of this newsletter, we have used TWO of our FOUR snow days. Once we use all four of our snow days any weather cancellations to school will become a REMOTE learning day and a required school day for students and staff. We will begin to prepare your student for this so when it happens they know what their responsibilities are. Follow [this link](#) to review what the remote learning plan will look like.

Calendar Reminder

January					February				
M	T	W	T	F	M	T	W	T	F
	4		6	B		1		3	B
10	B		B	14	7	B		B	11
17	18		20	B	B	15		17	B
24	B		B	28					
B					28				

End of Semester Coming!

Semester 1 will end on Friday, January 21. Grades will close on that day and we hope to have them mailed to you within a week. Please be sure to contact your student’s teachers if you have any concerns about their work completion or potential to not earn credit in a course.

Cell Phone Use in School

Teachers are reporting a concerning trend of inappropriate student cell phone use in classes. Whether phones are being used to distract others, avoid classwork, or disrupt the learning process by posting on social media, teachers are struggling to help your student stay on task. We want to take this opportunity to review our procedures here if a student is using their phone inappropriately in school:

Students who fail to follow cell phone use rules in class may:

- have to give their phone to the teacher for the remainder of the block;
- have their phone held in the main office for the remainder of the day;
- be required to have a parent pick up the phone; be required to leave their phone in the main office every day.

Students in the office for disciplinary reasons may not use their phone and must turn it over to office staff.

While we respect that cell phones are personal property, and we have no desire to review cell phone contents, [school board policy](#) is very clear that devices may not be used to disrupt the educational process and the school has the authority to act when they do. Please discuss with your student and emphasize appropriate cell phone use and respect for the rules so that learning can happen for all students.

Cyberbullying and cell phones

This year, there has been an increase in cyberbullying at PRHS. The bullying has taken several forms, including anonymous social media accounts soliciting rumors and hateful comments about students and school staff; videos taken without permission and posted to social media with hateful comments; and group chats used to tear down individual students.

When school staff hear about cyberbullying, we meet with the targeted individuals to support them, investigate immediately, and deliver appropriate consequences. Specifically, students found responsible for cyberbullying will lose access to their phones in school.

Because we cannot address incidents we don't hear about, we ask that students and parents/caregivers contact us when they observe or become aware of cyberbullying. PRHS is built on the core values of character, citizenship, and community –bullying of any kind has no place here.

Teacher of the Year

Do you know a teacher that has made a great impact on your student's life? Want to nominate them for Maine State Teacher of the Year? Go to [this LINK](#) and complete the nomination form.

From the Counselors' Corner...

We are about to turn the corner in another crazy year to the second semester. That means we are at the halfway point and we are starting our conversations and planning now about next year.

January 21 is the date for the close of the first semester. Grades will be posted the following week .

January 24 is the date for the start of second semester.

January 28 is the end of add/drop for the second semester. All course changes for 2nd semester must be completed by 2:30 PM on this date.

These are all important dates for all students to be aware of. It is important for students to check their 2nd semester schedules NOW so that they can email their counselor for any course changes ahead of time. Students need to be aware that these grades that will be posted also have credit with them and will go on their transcripts.

For 9th graders, this is the start of your high school transcript! You are now accumulating credit towards that 24 credits to graduate. Every one of the classes you took and passed this fall will count towards graduation.

For 12th graders, these first semester grades will automatically be sent to each of the colleges that you have applied to that the Guidance Office is aware of. If you have applied on your own, you need to let us know so that we can send the transcripts. Seniors who took early college classes also need to get those transcripts to their counselors ASAP.

SENIORS - it is NOT too late to apply to college or to do your FAFSA! Contact your counselor to meet for next steps in either process. Remember that all seniors must apply for some sort of post-secondary education or training (but they do not have to submit it) as a graduation requirement. Let your counselor know when you do get accepted to your colleges! We love to celebrate with you!!

Scholarship season has begun! [Here](#) is the link to our scholarship page on the Guidance website. This list will continue to be updated throughout the spring, so check it often. Many of these are our local scholarships, which students have a better chance of getting.

LEWISTON REGIONAL TECHNICAL CENTER - LRTC will be at PRHS on Thursday, January 13 to present to all sophomores and any interested juniors. This is the kick off to our LRTC application process. All students will hear more about ALL the programs at LRTC, then can decide if they want to pursue the application process. **At this point our potential field trip to LRTC in February is on hold.** We will post the slideshow for the application process on our [website](#). First priority deadline for applications is **Feb 18, 2022**, right before vacation. Students can contact their counselor or Ms Bush with any questions.

Child Mind Institute has a wealth of information and resources for families, particularly in dealing with the ever changing uncertainty of Covid. [This article](#) is a very relevant one on dealing with Omicron.

No question that this year continues to be hard for everyone, especially our students. With so much continued uncertainty surrounding all of us, we are seeing an increase in anxiety, both at school and at home, for many of our students. We will continue to provide you with resources to help support your child and yourself.

Maine's Statewide Crisis Line: (888) 568-1112 (call or text)

Maine Teen Text Line: Text 207-515-TEXT (Not a Crisis Line- 12pm-10pm, peer supported)

Maine 211: <https://211maine.org/>

Maine Warmline 1-866-771-9276 or 1-866-771-WARM (not a crisis, just to talk)

NAMI Maine hotline -800-464-5767, press 1

National Suicide Prevention Lifeline: 1-800-273-8255 (or online chat here)

National Crisis Text Line: Text HOME to 741741

Trevor Project LGBTQ Crisis Line: 1-866-488-7386 (online chat here or text TREVOR to 1-202-304-1200)

Please do not hesitate to reach out to your student's school counselor for help and resources at any time. Our contact information is listed below.

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

Cheer-The Western Maine Conference Cheer Championships will be held Monday January 17 with a snow date of January 22. The event will be held at the Augusta Civic Center. Spectators will be allowed but must be masked. The Regionals will be January 29. Good luck team!

Basketball-The basketball tournament is less than a month away. There will be an open tournament this season. Prelim games will be Feb. 15 and 16 to determine teams that will play in the tournament at the Portland Expo crowning a Class B South champion on Feb 26. The state championship will be played in Bangor on March 4 at the Cross Center.

Ice Hockey-The Ice Hockey tournament begins with Class B prelim games on Feb. 26. Class B Regional finals will be March 9 at Troubh Ice Arena. The state championship will be March 12 at the Cross Insurance Arena in Portland.

Indoor Track will continue the no spectator rule during the regular season. We are awaiting guidance from the MPA with details about the State Championship. The meet will be at UMaine on Feb. 19 at 11am.

Masking-The athletic department wishes to say thank you to the many people that have been understanding with our current masking and snack practices in our gyms. Our fans have been very cooperative!

Fandom-Please remember that fans are present to provide emotional support for our teams and players. Remind your kids that when supporting our teams they represent our entire communities. Negative remarks that taunt, target, or deride opposing players do not build our athlete's emotional support and are not part of high school sports. School administrations work to enforce this across the state and can use parental help reinforcing this message with students.

Spring Sports- pitchers and catchers week March 21. All others begin March 28. We have Outdoor Track, Baseball, Softball, Girls and Boys Lacrosse (coop with GNG).

Good luck to Emma Moreau as she heads to Orono Jan. 13 with Mrs Edwards for All-State Jazz. and to our students going to District II Jan. 29 for District II Music.

Health Office Updates

We encourage all students to either get vaccinated or participate in Pooled Testing to avoid being quarantined! To get started, please fill out the consent form with your permission to perform a COVID-19 pooled test for your student at Poland Regional High School. This process should take no more than 5 minutes to complete using a computer or a smartphone.

1. First, [click here](https://testcenter.concentricbyginkgo.com/minor-consent) (<https://testcenter.concentricbyginkgo.com/minor-consent>).
2. Then, enter this access code: **U4HX9Y**

3. Finally, enter your child's information, and you're done!

Note: If you need to provide consent for more than one child, please complete the process once for each child.

Announcements

[LUNCH MENU LINK](#)



Enrichment & Support Schedule: Making Connections– Parents Supporting Parents! November-December 2021

Have Parenting Questions? Need Parenting Support? You are NOT Alone! Please join either Jennifer Leonard or Alyson Holland as they facilitate classes and groups with other supportive parents! All Classes offered at no cost!

Join From the
Comfort of
Your Own
Home!

Register By
calling
Danielle

(207) 402-1621

Or email
parentwork-
shops@
community-
concepts.org

Follow us on
Facebook

Advocates for
Children a Pro-
gram of Com-
munity Con-
cepts OR Oxford
County CAN
Council visit
our website
for updates
and other
events!

[https://
www.ccmaine.org
/children-](https://www.ccmaine.org/children-)

1-2-3 Magic!

A simple technique to get kids to STOP doing what you don't want them to do and to START what you want them to do. This program is for parents with children ages 2-12

- OR
- 1. Wed/ Thurs- Dec. 1, 8 & 16 (7:30pm-9pm) With Jennifer
- OR
- 2. Tuesday's, Dec. 7, 14 & 21 (9:30am-11am) With Jennifer
- OR
- 3. Wednesday's 12/1, 8, 15 (7:30pm-9:00pm) With Alyson



Tues/ Wed/ Thurs- Nov. 30 and Dec. 7, 9, 14, 21 & 22 (2-3:30pm) and 12/16 (2:30-4pm) With Jennifer



- 1. Thursday's 12/2, 9, 16 & 23 (7:30-9pm) With Alyson
- OR
- 2. Mon/ Wed/ Thurs- Dec. 9 & 16 (1-2:30pm) and Dec. 13 & 20 (2-3:30pm) and Dec. 22 (12-1:30pm) With Jennifer



In this workshop you can expect to learn more about parenting styles and risks of today's society. Discuss

raising responsible children who are able to resist negative peer pressure. Parents will learn effective discipline and communication techniques and learn how to encourage developmental skills. We all want our children to thrive!

Dec. 1, 8, 10, 16, 17 & 22 (9:30-11am) With Jennifer

Nurturing Parenting Program

Get together with parents and discuss a variety of parenting topics

Dec. 1, 3, 6, 8, 10, 13, 15, 20 (12-1:30pm) and 17th (1pm-2:30pm), & 22nd (4-5:30pm) With Jennifer



All Classes are via Zoom Give us a Call To Register!



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Poland, ME 04274
998-5400 phone
998-5060 fax