



PRHS

Family Newsletter

October 2021

News and Updates

Does the HS phone number come up as SPAM on your phone?

We are aware of the problem but unfortunately this can only be fixed by you contacting your phone service provider and letting them know. We aren't trying to SPAM you :)

Learning Plan for Quarantined Students

Any time a student must quarantine because they are a close contact, PRHS teachers will be sure to send students work through Google Classroom. This is updated regularly and students should be able to keep up with missed work. Students can email teachers for help on any assignments.

LUNCH AND APPLICATIONS

Why are we asking all families to complete the Meal Application Form if meals are no charge?

The family income data provided by the application informs key funding for school resources. This includes school meal reimbursements, funding for Title I programs, funding and resources for afterschool programs, State subsidy, funding for special education, teacher loan forgiveness.

How can I complete the Meal Benefit Application? The COMPLETELY CONFIDENTIAL application is available to print, complete and return to your school or you can complete the online form at www.SchoolLunchApp.com. If you have difficulty accessing either of these methods, the form can also be sent home with a student...just contact your school's office to make the request. If you have any questions please contact Ellen Dore, RSU 16 Food Service Director, edore@rsu16.org, 207-998-5400 ext 107.

VANDALISM AT PRHS

The year has started with a rash of vandalism, partially motivated by Tik Tok videos promoting acts such as destroying school property, theft, and creating unsanitary conditions in bathrooms. Unfortunately, this is a national trend. We respond swiftly each time an event occurs, but we need families' help to restore a sense of respect for the school community to all students. Please discuss the vandalism with your children and encourage them to report any unsafe or illegal behavior at school to an adult as soon as they witness it. We appreciate your support.

HOMECOMING EVENTS

Bonfire: Wednesday, 10/6, 6-8 pm. For PRHS students only. No guests permitted. Students must bring their school ID.
Dance: Thursday, 10/7, 7-10 pm. Guest forms must be returned by Wednesday, 10/6. Students must bring their school ID.
Game: Friday, 10/8, 7 pm.

AFTERNOON STUDENT PICKUP

In order to streamline the process of afternoon pickup in the student lot for everyone, please find a parking spot and stay there until your child finds you. Once you have your child, please follow the flow of traffic to the back of the lot. **Do not park along the grass in the front of the lot. Other cars have trouble moving past the line that forms there.**

From the Counselors' Corner...

This school year is certainly off and running FAST! The counselors are working hard to catch up with seniors; help students settle into classes, schedules, and 5 days a week, as well as address the continued issues around the pandemic.

PSATs will be held on **Wednesday, October 13** here at PRHS. This was offered as an option for all juniors and sophomores. Any students who did not sign up originally can still be added to the waitlist in the Guidance Office.

All **3rd year students** (juniors) will be taking the **NWEAs** this fall in their English and Science classes. We will not be disrupting the school day schedule, nor will this impact LRTC. The dates for testing are **October 21 and October 22**, with make up testing to follow. NWEAs will also be held in the spring for this group as well. This is the required state testing and a PRHS graduation requirement.

COLLEGE VISITS - We have welcomed in person visits at PRHS for college representatives willing to travel to us. The [calendar](#) of those colleges is linked and students can sign up from that page. This is a great opportunity for a student to put themselves in front of a college of interest and get questions answered. We also encourage all students and families to see what the options are to visit campuses in person. This is a very important part of choosing a college. These visits are open to all students in grades 9-12 - it is never too early to start!

SENIORS - get your Senior Appointments done so that you can have more help as you start working on those post-PRHS plans. Email your counselor or Mrs. Carter to get those set up.

To SAT or not? *This is a great question for our seniors. Most colleges have gone test optional for THIS ADMISSIONS CYCLE (meaning that this can change next year); however, any student needs to check with each individual college to see if any testing is required. SATs are good for up to 5 years, so any student really has to weigh out their future plans and also consider scholarships, NCAA, and other programs that may need SATs.

**PRHS will not be hosting any SATs for the 2021-2022 school year.*

FINANCIAL AID - **October 1** is the date that both the FAFSA and CSS Profile become available. We now have our own personalized [PRHS Financial Aid video](#) for senior parents (thank you to PRHS parent Jessica Whittier!) that you can watch over and over. [FAME](#) has a wealth of resources, including [Virtual FAFSA Help Sessions](#) this month. Please reach out to your student's school counselor if you have any questions.

SENIOR FAMILIES who want MORE help with the FAFSA will be able to sign up for personal help sessions on **November 16** via zoom with Jessica Whittier from FAME. Watch your email for more information about how to sign up!

ON THE SPOT ADMISSIONS is available for seniors with the following colleges:

University of Southern Maine - November 12 8:00 AM- 2:00 PM

University of Maine - November 18 8:00 AM - 2:00 PM

Central Maine Community College - December 17 9:00 AM - 2:00 PM

Sign up is in the Guidance Office. Seniors submit their application electronically at least 2 weeks prior to the event. Each senior has a 15 minute “appointment” with the representative from the college. The representative will have previewed the application, so that they can review the chances for admission and scholarships with the student.

This pandemic continues to take its toll on each and every one of us. We can see how it has impacted students who return to 5 days a week after 18 months of online and hybrid learning. We acknowledge that it has impacted our families and our students’ mental health in significant ways. We will continue to find resources and support for our students, their families, our teachers and advisors, and ourselves and share those, including in these newsletters. The Child Mind Institute has great family resources and we include 2 articles for this month:

[Signs of Depression during the Covid 19 pandemic](#)

[Supporting Teens during the Covid crisis](#)

Please do not hesitate to reach out to your student’s school counselor for help and resources at this 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

Co-Curricular activities are starting or have started up. For now, the following activities are running. Please see the staff member for details.

Club	Staff
Book Club-Book Squad	Julie Purdy
Art Club	Tom Chaisson
Science Club/Go Green	Michelle Smith
Fitness Room Fall	Mattingly Simaad
Musical Accomp/Pianist	Patrick Martin
Peer Mediation/Civil Rights	Corey McFadden
Student Events Team (SET)	Liz Howe
Math Team	Jess Elias Castillo
Newspaper	Ken Chutchian
SRB	Dan Novak
Instrumental Music Groups	Larry Williams
Speech and Debate	D'Arcy Robinson
Theatre-3 act	D'Arcy Robinson

Vocal Music Groups	Julia Edwards
Yearbook	Ben Poulin
Student Ambassador	Patrick Flynn

Special thank you to the volunteers that have helped out in concessions this fall. There is a QR code on the front of the concession stand to see what dates help is needed. Craig and Jill Beaucage have been quite visible in the concession stand. Thank you! We would love your help!

- Two quick reminders:
- NO pets on campus.
 - Turn in those physicals!

If you are planning ahead, Winter season begins November 22 for basketball, indoor track, boy’s Ice Hockey, and cheer. Expect games during winter vacation. If you are planning to play ice hockey, boy’s or girl’s, see Mr. King.

Game schedules can be found at <https://prhsathletics.rschoolteams.com/>. Sign up for the ‘Notify Me’ to get game cancelations and edits.



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.

Pooled testing does not provide individual results for each person in a pool. However, if a positive result is produced in a pooled test, all individuals of the positive pool will have a free follow up diagnostic test at school. At PRHS, the diagnostic follow-up test that will be used is the Abbott BinaxNow which is a rapid COVID-19 antigen test. All diagnostic test results are confidential and will be shared with only the individual and guardian. As required, we report all diagnostic test results to the Maine CDC.

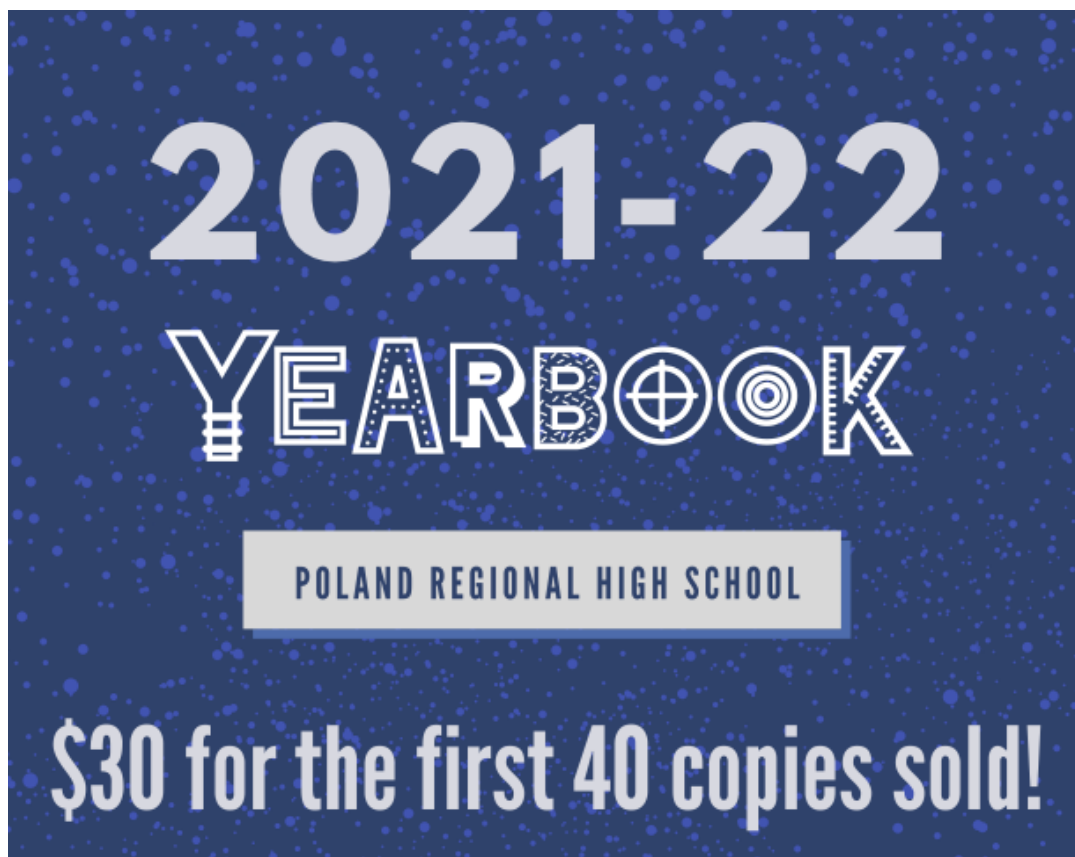


[OCTOBER LUNCH MENU LINK](#)

The new school store will be up and running very soon! Make sure to follow us on Instagram and Facebook for sales and updates.

Insta: PRHsknightsarmor

FB: Prhs Knight's Armor



[Go to this LINK to purchase a yearbook!](#)

SENIORS!

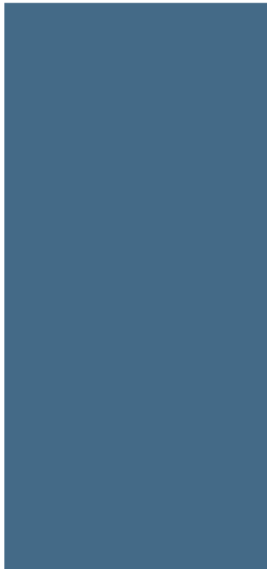


Senior Photo Specifications

- Pictures must be vertical
- Student needs to be the main focus

Baby photo specifications

- Photo must be before middle school (0-12)
- Must be vertical and have YOU as the main focus
- If hard copy can be scanned and returned



Due October 31st
Send pictures to
prhsyearbook@rsu16.org



PRHS
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998-5060 fax