



PRHS

Family Newsletter

December 2021

News and Updates

Calendar Reminder

December is a short month of school. Before we know it, we'll be into our December break. The last day of school before vacation is Wednesday, December 22. We return to school on Tuesday, January 4.

Celebration of Learning

If your student is a sophomore or senior, they are beginning to work on the **Sophomore Exhibition or Senior Celebration**. These projects will be presented during our **Celebration of Learning days on April 28 & 29 -please put these dates in your calendar**. All parents and family members are strongly encouraged to attend the presentations. The Sophomore Exhibition requires students to answer three questions: "Who am I?", "How am I doing?" and "Where am I going?". Students will research a career and share the work they have been doing in their digital portfolio. This is a part of our daily work on raising the aspirations of our students and preparing them for life after PRHS. The Senior Celebration allows students to pursue a topic of their choice/passion. We ask them to complete a rigorous research process and meet the high expectations we have for speaking and presenting. Both projects require ALL students to successfully complete a public speaking component. Sophomores must speak for at least 10 minutes and senior must speak for 15-20 minutes.

Progress Report Grades

A new set of Habits of Work Grades will be posted on Wednesday, December 8. Please remember that these grades are used to determine eligibility for a performance or competition co-curricular and athletic team. We will mail these HOW grades and updated Jumprope academic grades that same week.

From the Counselors' Corner...

- **Over 30 seniors were accepted** initially into the University of Maine and the University of Southern Maine before Thanksgiving through our Admissions-in-a-Day programs. Many of those students also learned that they would receive scholarship money, ranging from \$1000 to \$8000. Thank you to Nik Ray of UMaine and John Tabor of USM for working with our students. A great way to start the holiday season!
- We still have one more **Admit-in-a-Day program with Central ME Community College on December 17**. Interested students can sign up with Mrs. Carter in the Guidance Office.
- Still need to do Financial Aid? FAME is still offering **Virtual FAFSA Help Sessions in December**. [Register here](#)
- **Still not sure where to start for FAFSA?** Our [Guidance webpage](#) is a great place to start, with many links to FAME's resources.

- **AP exams** were ordered for all students currently enrolled in our AP courses. The bills are posted in Infinite Campus (\$40.00 per exam). Payment is due before the day of the AP exam in May. Payments may be made online through Infinite Campus, or by check (made out to PRHS) or cash. Check and cash payments go to Mrs. Carter in the Guidance Office. All of this information was given to students via their AP teachers and is in Google Classroom. If there are any questions or issues with payments, please contact Ms. Bush at hbush@rsu16.org or 998-5400 ext.101
- There will be **NO** 2022 Alumni Day at PRHS. There will also be **NO** 2022 Career Fair for all sophomores. College visits are also on hold indefinitely. We cannot wait to get over the pandemic!
- **PSATs** will be available soon for those juniors and sophomores who choose to take them in October. PSAT/NMSQT scores will be available to students December 6–7. The exact date depends on where the student is accessing their score from. View the [schedule](#) for releasing scores to students.
- 'Tis the season for **Lewiston Regional Technical Center!** We will have LRTC here on **January 13** to present to ALL sophomores (and any interested juniors) about their programs and the application process. This will happen during RT. For any students who plan on applying to LRTC we are hoping to be able to offer our traditional trip to visit their programs in Lewiston in early February. The application process will start after the January presentation; all students will get information at the presentation and through their RTs. First round of applications will be due February 18. Please contact Ms. Bush if you have any questions.
- We also know that the holidays are a tough time of year for many students and families. [The Child Mind Institute](#) has a wealth of information and resources for families. Here are some articles we found:
 - [The Holidays During the Pandemic](#)
 - [How to take the Stress out of the Holidays](#)
 - [Self Care in the Time of Coronavirus](#)[Here](#) is an article from the Mental Health First Aid on stress during the holidays.

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

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998-5400 x 125

Hillary Bush

Students with last names
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Corey McFadden

Students with last names
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998-5400 x 106

Co- and Extra- Curricular Update

Drama-Our Fall production of The Ghost Train will be December 3 & 4. Audience is welcome, masked.

Downhill Club-We still hope that there will be a downhill club this winter. We are working with Sunday River to get information regarding the club.

Math Team-The Math Team is seeking additional members. They have practice after school on Mondays and meets on Wednesdays. Meets are virtual at this time.

Speech and Debate-Speech and Debate season has begun. See Mrs. Robinson with interest.

Steel Drums- will begin on Monday December 6 with Mr. Williams after school.

Acapella- has begun. If students have interest in Acapella or Chamber Choir, please see Ms. Edwards.

At our Winter Parent/Player/Coach Meeting, we discussed **winter athletics**. Most of the schools in our league will require masks 100% of the time. That should be our expectation. Poland Regional High School will follow the guidelines set forth by the host schools. That may be no spectators, limited spectators, or full spectators--Whatever the host school requires, I ask for your full cooperation, regardless of your opinion on the matter. We are all working hard to provide opportunities for our student athletes.

- **Indoor track** at USM will be revisited after the holiday, but for now there will be no spectators allowed while athletes are competing.
- **Some ice hockey arenas** (Bowdoin, UNE, USM) are requiring athletes to be vaccinated, or produce a negative PCR test. Some will allow pool testing and some will not. It is very much a location to location set of guidelines.

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](#)

Quebec Trip

Madame Chase will be leading a trip through Jumpstreet **Tours to Québec City April 19 -22, 2022** (during April break).

There are a couple of spots still available. Any level of French is fine!

The cost is between \$679 and \$779 depending on the number of students who sign up.

Here is the itinerary:

https://drive.google.com/file/d/1_2JfWr-K7ORFil1Bd6Zks7VMyzBklLm/view?usp=sharing

Here is the link to sign up on the Jumpstreet portal:

<https://portal.jumpstreet.com/log-in>

Here is info about how to use the portal:

<https://drive.google.com/file/d/1UFF9ajYUmUnVbDIgaZvVRY78RhbWKLXw/view?usp=sharing>

Please contact Madame Chase with any questions: dchase@rsu16.org

Craft/Vendor Fair

Please join us for the Class of 2023 and 2025 **Craft and Vendor Fair**. We have over 30 vendors just in time to finish your holiday shopping!





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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