

# Poland Regional High School

1457 Maine Street  
Poland, ME 04274  
(207) 998-5400  
[www.rsu16.org](http://www.rsu16.org)

## The Knightly News



## October Dates to Remember

Workshop Day	Oct 7	No School
Columbus Day	Oct 10	No School
Senior Parent Night	Oct 12	6pm
PSATs	Oct 19	
Guidance Late Night	Oct 26	
Picture re-take	Oct 27	
Haunted Hallway	Oct 29	
Guidance Late Night	Nov 10	
SATs for SENIORS	Nov 5 (register by Oct 7)	
SATs for SENIORS	Dec 3 (register by Nov 3)	

<b>Contents</b>	
Principal	pg. 2
Assistant Principal	pg. 3
Counselor's Corner	pg. 4
Co-Curricular	pg. 5

Greetings PRHS families and students,

We have had a great start to the school year! Here is some quick information about our school:

- ★ We have **56** students enrolled at LRTC
- ★ We have **17** students enrolled in college classes first semester
- ★ **3** students are enrolled in an AP4ALL course (online AP course offered through the state)
- ★ Last spring **67** (77 last year) students took 71 (108 last year) AP exams. 41% (38% last year) of the students earned a 3 or better (3 is passing). This was our lowest AP participation in a very long time.
- ★ Our current enrollment is **480**: 9<sup>th</sup>-130, 10<sup>th</sup>-119, 11<sup>th</sup>-121, 12<sup>th</sup>-110.

#### School Calendar Notes

- Friday, October 7 is a teacher workshop day and no school for students.
- Wednesday, October 19 is PSAT test day for **sophomores** and **juniors**. **Freshmen** and **seniors are expected to attend** school that day for their own class activities.

#### Grades and Reminders

- **Habits of Work (HOW)** grades will be posted and available for students and parents on Wednesday, October 5.
- **Parents of seniors**, progress report grades DO get reported to colleges during the application process.

#### NEW Eligibility Policy Reminder

Each time grades are posted, we check eligibility for students participating in activities. PRHS students who participate, or are planning to participate, in any extra- or co-curricular activity (athletic activity, performance activity, or club) are subject to eligibility check. To be eligible students must have a passing HOW grade (3 or higher) in at least six (6) classes and passing Roundtable. Students who are not passing the HOW grade may gain eligibility by meeting all academic standards in a class (passing overall grade).

Students may earn their eligibility back in the first two weeks after grades close. After that, eligibility will be determined again at the next progress report period.

Don't hesitate to call or email if you have questions or concerns.

Cari Medd, Principal

998-5400 x 129

[cmedd@rsu16.org](mailto:cmedd@rsu16.org)

Here at the start of autumn, the school year has ripened and we are moving quickly toward Student-Led Conferences in October. This is a traditional benchmark for us, a time when students present their work to parents and Roundtable advisors and take stock of their progress. This is also a time for a few reminders.

**Attendance:** Please remember to call your child's absence or tardy in to the main office (998-5400 x124) beforehand or on the same day. This helps in several ways:

- we don't assign a consequence to a student for being late or missing a day
- we don't pursue truancy when it isn't warranted
- students receive work from their teachers faster
- students get extensions on some work assigned the day of the absence

There is no substitute for time in the classroom, so please contact us if you struggle with getting your child to come to school. Our attendance rate this year is below the same time last year by half a percentage. Please encourage your child to attend school every day and call us if you need support.

**Mentoring Program:** The program has started again with a record number of pairs of mentors/mentees (31!). We are continuing our program from last year having high school students mentoring middle school students. The goal for both programs is to ease the transition to high school and help our older students develop leadership skills. The result is a more welcoming and comfortable culture here at PRHS. If your child is a mentor or mentee, please contact me with questions or concerns about the program.

**Digital Citizenship Curriculum:** Students have already completed the first of four curriculum units, a quick primer on using email responsibly. We will be using materials from CommonSense Media again this year for the rest of the work. The second lesson, Cyberbullying, will be completed in October. The Legal Use unit will fit into the schedule where it makes the most curricular sense for each grade level. There is generally no homework associated with this curriculum, most of which will be done during Roundtable.

**Student Parking Lot:** Most students who currently drive have secured their parking spots by registering their cars with the main office. Once your child decides to drive to school, the first step is to bring in a current driver's license, insurance card, and vehicle registration. Registration costs \$2.

Please contact me at [pflynn@rsu16.org](mailto:pflynn@rsu16.org) or 998-5400 x120 if you have questions or comments.

Patrick Flynn  
Assistant Principal

*Semester one is in full swing! Schedules and locker combinations have been memorized (finally!), the weather is definitely colder and we are gearing up for a busy year!*

**SENIOR PARENT NIGHT - Wednesday, October 12 at 6pm.** Join the counselors for an overview of the college admissions process.

**GUIDANCE LATE NIGHTS** - the guidance office will be open until 7pm on **October 26 and November 10** to help seniors with college applications, college essays, scholarship searches and more!

**SATs for SENIORS** - Hurry! There are only 2 SAT administrations this fall. **November 5 (register by Oct. 7) and December 3 (register by Nov. 3)**. See your counselor with questions. Register at [www.collegeboard.org](http://www.collegeboard.org). Students who receive free/reduced lunch can have the registration fee waived.

**COLLEGE VISITS** - We have already toured the University of Maine at Orono and the University of Maine at Farmington this fall. We have one trip left to Thomas College on October 24. Sign up in guidance. Believe it or not, we are already having conversations about planning our annual Gran Turismo of Colleges scheduled for March! Stay tuned for more information in the coming months.

**IMPORTANT FINANCIAL AID INFORMATION** - the **FAFSA will be available on October 1** this year (if you have older children who applied for financial aid you may remember that was only available on January 1). Please work with your child to file the FAFSA as soon after October 1 as possible. You can find the FAFSA at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Each college will have its own filing deadline.

**NEED HELP FILING THE FAFSA?** Get in-person help completing the FAFSA on **October 13** at 6pm at either Lewiston Regional Technical Center or Oxford Hills Comprehensive High School. More info at <http://www.famemaine.com/education/topics/filing-the-fafsa/in-person-help-sessions/>

**PSATs** - All sophomores and juniors, as well as some freshmen, will take the PSATs on October 19. Scores will be available in December/January. This is great practice for the SATs and will allow students to access a personalized study plan for the SATs based on their PSAT performance.

**PRHS ALUMNI DAY** will be **Friday, January 6, 2017** from 10-11:30am. Please help us spread the word! All are welcome!

As always, please contact your child's school counselor with any questions or concerns!

**FOLLOW US ON TWITTER @PRHSGuidance**

## Co-Curricular

Several co-curricular activities are up and running. Students should listen to announcements and pay attention for lunchtime table information to learn more about activities. Students that are looking for activities may check the co-curricular bulletin board in the hallway near the theater.

Some options:

Art Club	Bates Girls Group	Book Squad
Choral Groups	Civil Rights	Community Service Learning
Science Club	Downhill Club	Fitness Room
Gaming Club	Graduation Committee	GSTA
Instrumental Groups	J-Board	Knitting Club
Maine St. Mentors	Math Team	Newspaper
Nor'Easter Bowl	Prom Committee	School Store
SET	Special Olympics	Speech & Debate
Student Ambassadors	Theater	World Language Club
WPRH	Writers Club	Yearbook

## Extra-Curricular

A reminder to Freshman that have practices after school, that on Wednesdays, Freshman are required to go to study-hall, unless they check in the main office for an excuse. All other students are to either attend study hall or leave the school grounds. Students may re-enter the building at 2:20. Thank you for your co-operation.

Unfortunately, there are times that game schedules must change. Schedules are updated at [www.schedulestar.com](http://www.schedulestar.com), or may be accessed at [www.polandregionalathletics.org](http://www.polandregionalathletics.org)

Thank you parents for your patience and cooperation with the new (and challenging) on-line registration. I am working with Schedulestar to improve the process.

### **2016-17 Pest Management Notification**

Regional School Unit 16 is required by law to notify school staff and the parents/guardians of students that the school district has an integrated pest management policy. If any pesticides are to be applied in our school buildings or on school grounds, notice will be given to staff and students in accordance with State regulation.

The Integrated Pest Management Policy (Policy Code ECB) can be found on the RSU 16 website in the "Policies" section and is also available upon request. Notice of pesticide treatment will be given five (5) days in advance, and if posting is required, signs will be posted two (2) days in advance and remain posted for forty-eight (48) hours after treatment.

RSU 16's Integrated Pest Managed Coordinator is Tony Bennett, Poland Regional High School, 1457 Maine Street, Poland, ME 04274

### **Haunted Hallway**

The senior class is doing a Haunted Hallway fundraiser. On Saturday October 29 from 6-10:15, come and be scared out of your wits, as you are lead through a maze of terror. Buy your ticket (\$5) and reserve your times by buying tickets from Ms. Bell or Ms. Krauss at PRHS. Time slots are limited. Games and snacks are also available. (not suitable for young children)

### **Hannaford Helps Schools**

Hannaford Super Market is having a fundraising project for schools. There are over 1,600 participating products. There are shelf tags on the shelves to identify participating products. At the check out, you get 3 school dollars for every 4 participating products you purchase. Deposit your school dollars in the collection tower in the store. PRHS is registered at the Hannaford in Gray.

# MENUS FOR OCTOBER 2016



RSU 16 PRHS & BWMS

This institution is an equal opportunity provider. Menus are subject to change.



## JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

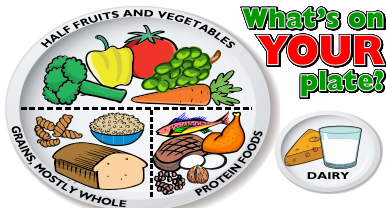
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

<b>Monday, October 3</b> Meatball Sub Or Bosco Sticks Or Chicken Nuggets  Spiral Fries  Green Beans Deli Sandwiches Fruit & Vegetable Bar	<b>Tuesday, October 4</b> Chicken Ceasar Wrap Or French Bread Pizza Or Chicken Patty Potato Wedges Carrots  Deli Sandwiches Fruit & Vegetable Bar	<b>Wednesday, October 5</b> Pasta w/ Alfredo Sauce Or Cheese/ Hamburger Or Corn Dog  Tater Tots Roasted Broccoli Deli Sandwiches Fruit & Vegetable Bar	<b>Thursday, October 6</b> Meatlovers or Cheese Pizza or Hot Dogs w/Roll Or Chicken Patty Potato Wedges Black Beans Deli Sandwiches Fruit & Vegetable Bar	<b>Friday, October 7</b>  <h3>No School</h3>
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**SCHOOL LUNCH SHOW YOUR SPIRIT!**

**JOIN US FOR NATIONAL SCHOOL LUNCH WEEK OCTOBER 10-14, 2016**

<b>Monday, October 10</b>  <h3>No School</h3> <b>Columbus Day</b>	<b>Tuesday, October 11</b> Corn Chowder Grilled Cheese Or French Bread Pizza Or Cheese/Hamburger Spiral Fries Peas Deli Sandwiches Fruit & Vegetable Bar	<b>Wednesday, October 12</b> Thai Noodle w/ Chicken Fried Rice Or Chicken Patty Or Corn Dog Potato Wedges Sliced Tomatoes Deli Sandwiches Fruit & Vegetable Bar	<b>Thursday, October 13</b> Mac & Cheese Or Bosco Sticks w/ Sauce Or Cheese/Hamburger Tater Tots Celery Sticks Deli Sandwiches Fruit & Vegetable Bar	<b>Friday, October 14</b> Pizza Day Cheese or Pepperoni Or Hot Dog w/ Roll Or Chicken Nuggets Potato Wedges Kidney Beans  Deli Sandwiches Fruit & Vegetable Bar
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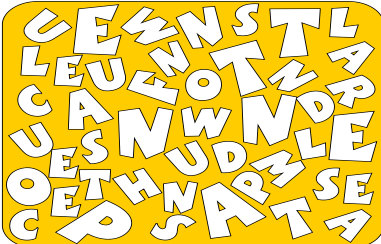


## What's on YOUR plate?

## What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

**Walnut Pecan Almond  
Chestnut Sunflower Seeds**



### ANSWER:

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

<b>Monday, October 17</b> Chili w/ Corn Muffins Or Bosco Sticks Or Chicken Patty Tater Tots  Black Beans  Deli Sandwiches Fruit & Vegetable Bar	<b>Tuesday, October 18</b> American Chop Suey Or Cheese/Hamburger Or Chicken Nuggets Spiral Fries  Broccoli  Deli Sandwiches Fruit & Vegetable Bar	<b>Wednesday, October 19</b> Nacho Chips w/ all the fixings Or BBQ Rib Sandwich Or Corn Dogs Tater Tots Corn  Deli Sandwiches Fruit & Vegetable Bar	<b>Thursday, October 20</b> Fish Sticks Oven Fries Or Cheese Quesidilla Or Chicken Nuggets  Cole Slaw  Deli Sandwiches Fruit & Vegetable Bar	<b>Friday, October 21</b> Cheese or Buffalo Chicken Pizza Or Hot Dog w/Roll Or BBQ Rib Sandwich Spiral Fries Carrots Deli Sandwiches Fruit & Vegetable Bar
<b>Monday, October 24</b> Buffalo Chicken Wrap Or Cheese/Hamburgers Or Cheese Quesidilla  Tater Tots Sliced Tomatoes Deli Sandwiches Fruit & Vegetable Bar	<b>Tuesday, October 25</b> Meatloaf w/ Mashed Potato Or Chicken Patty Or Hot Ham & Cheese  Potato Wedges Green Beans Deli Sandwiches Fruit & Vegetable Bar	<b>Wednesday, October 26</b> Pasta w/ Meat or Marinara Sauce Or Chicken Nuggets Or French Bread Pizza Spiral Fries Broccoli  Deli Sandwiches Fruit & Vegetable Bar	<b>Thursday, October 27</b> Sweet & Sour Chicken Or Bosco Sticks Or Cheese/Hamburger Potato Wedges Green Peas  Deli Sandwiches Fruit & Vegetable Bar	<b>Friday, October 28</b> Veggie or Cheese Pizza Or Hot Dog w/Roll Or Chicken Patty Spiral Fries Black Bean Salad  Deli Sandwiches Fruit & Vegetable Bar

<b>Monday, October 31</b> <b>Happy Halloween</b> Bacon Cheese Burger Or Corn Dog Or Chicken Burger Tater Tots Cole Slaw  Deli Sandwiches Fruit & Vegetable Bar
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## OUR NATION'S HISTORY

**NATIONAL PARK SERVICE**

This year, the United States National Park Service turns 100 years old. Two years later, Yellowstone became our first official national park when the Army turned management of the park over to the new National Park Service in October 1918. The poster to the right is an ad from the 1920's for railroad trips to Yellowstone to see the new park's amazing geysers and plentiful wildlife. In 2015, over 4 million people visited Yellowstone and, for the first time, visitors to all 400+ Park Service sites topped 300 million!

**YELLOWSTONE NATIONAL PARK**

**WITH LIBERTY & JUSTICE FOR ALL**



Bath & Body Works, Bed, Bath & Beyond, Buffalo Wild Wings, Panera, IHOP, Longhorn, Olive Garden, Payless, LLBean, Groupon, Kohl's, Overstock.com, Christmas Tree Shops, Shutterfly, Bon-Ton, Dick's Sporting Goods, American Eagle, Cabela's, Subway and **more**.....

## ***Need Gift Cards- use our Script Program?***

Your gift card purchase can help support

### **PRHS Project Graduation 2017**

It does not cost you anything extra- what you pay is what you get. Each retailer gives Project Graduation a percentage of the amount for every gift card sold. Please see the order form (available in the office, in the PRHS Newsletter, or from a Project Grad Committee Member) for hundreds of participating retailers. It's easy! Bring your completed order form along with your payment to any RSU16 office or a Project Graduation Committee member. Orders received by noon on Mon November 1st will be delivered by November 10th....just in time for Black Friday and Holiday Shopping! Keep watching for other order dates soon. Cards will be available for pick up at the high school on the evenings of Student Led Conferences or we can make other arrangements when placing your order.

If you have questions please contact:  
Belinda Garon at [duboisbelinda@aol.com](mailto:duboisbelinda@aol.com)

*Thank you for your support,  
Class of 2017 Project Graduation*

Applebee's, 99 Restaurants, Old Navy, T.J.Maxx, Famous Footwear, Bon-Ton, Nike, Children's Place, Pier 1 Imports, Wal-Mart, Dunkin Donuts, Starbucks, Sally Beauty Supply, Lowe's, Home Depot, Amazon, Barnes & Noble, Best Buy, CVS, iTunes, **just to name a few**





### PRHS Class of 2017 Project Graduation Gift Card Order Form

Name			Phone #		Order Date
Ordered from:	Total \$	Check #	Customer Email		

Poland Regional High School's Senior Class is selling GIFT CARDS to raise money for Project Graduation. This is an opportunity for you to buy gift cards at regular retail value and the retailer will give Project Graduation a rebate.

Clothing & Accessories	QTY	Total	Rebate	Electronics & Office	QTY	Total	Rebate
adidas \$25		\$	13%	Best Buy® \$25, \$100, \$250		\$	4%
aerie \$25		\$	10%	EB Games \$25		\$	3%
American Eagle Outfitters \$25		\$	10%	EBX \$25		\$	3%
Banana Republic \$25, \$100		\$	14%	GameStop \$25		\$	3%
Carter's \$25		\$	10%	Office Depot \$25, \$100		\$	5%
Children's Place \$25		\$	12%	Office Max \$25, \$100		\$	5%
Claire's \$10		\$	9%	Staples \$25, \$100		\$	5%
Columbia Sportswear \$50		\$	12%	<b>Entertainment</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>
Dressbarn \$25		\$	8%	Barnes & Noble \$10, \$25, \$100		\$	9%
Express \$25		\$	10%	Barnes & Noble College Bookstores		\$	9%
Famous Footwear \$25		\$	8%	\$10, \$25, \$100			
Foot Locker \$25		\$	9%	Disney \$25, \$100, \$1000		\$	2%
Gap \$25 \$100		\$	14-19%	NOOK by Barnes & Noble \$10, \$25, \$100		\$	9%
Gap Factory \$25, \$100		\$	14-19%				
Gymboree \$25		\$	13%	<b>Sporting Goods</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>
HomeGoods \$25, \$100		\$	7%	Cabela's \$25, \$100		\$	11%
Icing \$10		\$	9%	Dick's Sporting Goods \$25, \$100		\$	8%
Journeys \$25		\$	10%			\$	
Journeys Kidz \$25		\$	10%	<b>Home Decor</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>
Kids Foot Locker \$25		\$	9%	Bed Bath & Beyond \$25, \$100		\$	7%
L.L.Bean \$25, \$100		\$	16%	Christmas Tree Shops \$25, \$100		\$	7%
Lady Foot Locker \$25		\$	9%	Crate and Barrel \$25, \$100		\$	8%
Lands' End \$25, \$100		\$	16%	Pier 1 Imports \$25		\$	9%
Lands' End Kids \$25, \$100		\$	16%	Pottery Barn \$25, \$100		\$	8%
Lands' End School \$25 \$100		\$	16%	Pottery Barn Kids \$25, \$100		\$	8%
Lane Bryant \$25		\$	8%	Williams-Sonoma \$25, \$100		\$	8%
Limited \$25		\$	9%	<b>Home Improvement</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>
Marshalls \$25, \$100		\$	7%	Lowe's \$20, \$25, \$100 \$500, \$1000		\$	4%
Maurices \$20		\$	7%	The Home Depot \$25, \$100, \$500, \$1000		\$	4%
Men's Wearhouse \$25		\$	8%				
Old Navy \$25, \$100		\$	14-19%	<b>Grocery</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>
OshKosh \$25		\$	10%	Shaw's Supermarket \$25, \$100		\$	4%
Payless Shoes \$20		\$	13%	Whole Foods Market \$25, \$100		\$	3%
T.J. Maxx/Marshalls/HomeGoods \$25, \$100		\$	7%	<b>Service</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>
Talbots \$25		\$	13%	Regis Salons \$25		\$	8%
Under Armour \$25		\$	11%	Supercuts \$25		\$	8%
				<b>Gas &amp; Auto</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>
				Advance Auto Parts \$25		\$	7%
<b>Department Store</b>	<b>QTY</b>	<b>Total</b>	<b>Rebate</b>	Autozone \$25		\$	8%
Bloomingdale's \$25, \$100		\$	12%	Circle K		\$	1.5%
Bon-Ton \$25, \$100		\$	8%	Exxon \$50, \$250		\$	1.5%
Goody's \$25		\$	8%	Gulf Oil \$25		\$	1.5%
jcpenny \$25, \$100		\$	5%	Jiffy Lube \$30		\$	8%
Kohl's \$25, \$100		\$	4%	Irving Oil \$50		\$	2%
Macy's \$25, \$100		\$	10%	Mobil \$50, \$250		\$	1.5%
Sears \$25, \$100, \$250		\$	4%	Pep Boys \$20		\$	4%
Sears Auto Service \$25, \$100, \$250		\$	4%	Shell \$25, \$50, \$100		\$	2.0%
Target \$25, \$50, \$100		\$	2.5%	Sunoco \$50, \$250		\$	1.5%
Walmart \$25, \$100, \$250		\$	2.5%	Texaco \$50, \$100, \$250		\$	1.5%

<b>Dining - On The Go</b>				<b>Dining - Casual</b>			
	QTY	Total	Rebate		QTY	Total	Rebate
Arby's \$10		\$	8%	99 Restaurants \$25		\$	13%
Burger King \$10		\$	4%	Applebee's \$25, \$50		\$	8%
Chipotle Mexican Grill \$10		\$	10%	Buffalo Wild Wings \$10, \$25		\$	8%
Cold Stone Creamery \$10		\$	8%	Chili's Grill & Bar \$25, \$50		\$	11%
D'Angelo Grilled Sandwiches \$10		\$	10%	Chuck E. Cheese \$10		\$	8%
Dairy Queen \$10		\$	3%	Cracker Barrel \$10, \$25		\$	9%
Domino's \$10		\$	8%	Denny's \$10		\$	7%
Dunkin' Donuts \$10, \$25		\$	3%	IHOP \$25		\$	8%
Krispy Crème \$10		\$	8%	LongHorn Steakhouse @ \$25		\$	9%
Little Caesar's Pizza \$20		\$	9%	Macaroni Grill \$25, \$50		\$	11%
Panera Bread \$10, \$25		\$	10%	Olive Garden @ \$25		\$	9%
Papa Gino's Pizzeria \$10		\$	8%	Outback Steakhouse \$25, \$50		\$	8%
Papa John's Pizza \$10		\$	8%	Panda Express \$25		\$	8%
Starbucks \$10, \$25		\$	7%	Pizzeria Uno \$25		\$	12%
SUBWAY® Restaurants \$10, \$50		\$	6%	Rainforest Cafe \$25, \$100		\$	9%
Taco Bell \$10		\$	5%	Red Lobster @ \$25		\$	9%
Wendy's \$10		\$	4%	Ruby Tuesday \$25		\$	8%
				Texas Roadhouse \$25		\$	8%
				TGI Fridays \$25		\$	9%
				Uno Pizzeria & Grill \$25		\$	12%
<b>Specialty Retailer</b>				<b>Online &amp; Catalog</b>			
	QTY	Total	Rebate		QTY	Total	Rebate
AC Moore \$25		\$	5%	1-800-Baskets \$50		\$	12%
Babies"R"Us \$20, \$100		\$	3%	1-800-Flowers \$50		\$	12%
Bath & Body Works \$10, \$25		\$	13%	Amazon.com \$25, \$100		\$	3%
B.O.B \$25		\$	5%	Dell Computer \$100		\$	4%
Build-A-Bear Workshop \$25		\$	8%	Fruit Bouquets \$50		\$	12%
Container Store \$25, \$100		\$	9%	Golf Galaxy \$50		\$	4%
CVS/pharmacy \$25, \$100		\$	6%	Groupon.com \$25		\$	7%
Discover® Universal Gift Card \$50, \$100, \$250		\$	1.25%	Harry London Chocolates \$50		\$	12%
Fannie May Candies \$10		\$	25%	iTunes® \$15, \$25		\$	5%
GNC \$25		\$	8%	Nike \$25		\$	12%
Guitar Center \$25		\$	4%	Omaha Steaks \$25		\$	11%
Hallmark \$25		\$	4%	Oriental Trading \$25		\$	9%
Jo-Ann Fabric and Craft Stores \$25		\$	6%	Overstock.com \$25		\$	8%
Michaels \$25		\$	4%	Popcorn Factory \$50		\$	12%
PetSmart \$25		\$	4%	Restaurant.com \$20		\$	50%
Rite Aid \$25		\$	4%	Shutterfly \$25		\$	9%
Sally Beauty Supply \$25		\$	12%	Zappos.com \$25 \$100		\$	8%
Sephora \$20		\$	5%				
Sunglass Hut \$25		\$	12%	<b>Discount Store</b>			
Tanger Outlets \$25		\$	8%		QTY	Total	Rebate
Toys"R"Us \$20, \$100		\$	3%	Bby Dpt at Burlington Coat \$25		\$	8%
Walgreens \$25, \$100		\$	6%	Burlington Coat Factory \$25		\$	8%
				Kmart \$25, \$50		\$	4%
				Sam's Club \$25, \$100, \$250		\$	2.5%

Rebate % shown is the amount the retailer donates to Project Graduation.

Gift cards are available in the denominations listed for each retailer.

Please make checks payable to PRHS Project Graduation Class of 2017

Return this completed form along with payment to your Project Graduation committee member

and don't forget to make arrangements to get your gift cards when the order comes in!

Other retailers may be available-if you don't see one you want-please ask!

Questions? Email Belinda Garon at [duboisbelinda@aol.com](mailto:duboisbelinda@aol.com)

*Thank you for supporting PRHS's Class of 2017 Project Graduation!*



# Flamingo Flocking

Donate to Poland Regional Project Grad 2017

Today to have our flocking crew flock your friends, family and neighbors!

**For Flocking Requests:**

Check us out on Facebook at: [www.facebook.com/PRHSProjectGraduation2017](http://www.facebook.com/PRHSProjectGraduation2017)

Contact Michelle at 345-9008

or Lisa at 754-4549

Minimum donation: \$20.00

\*Deliveries are limited to Mechanic Falls,  
Minot and Poland

All Proceeds to benefit  
Project Grad 2017



# Class of 2017 Project Graduation

## FIRE PIT RAFFLE



Tickets: 1 for \$5  
or 3 for \$10



Winner gets  
choice.

Contact: Chelsie  
329-7853

Drawing  
12/10/16

PICCOLLAGE