

# Poland Regional High School

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

## The Knightly News



### Dates to Remember

11/3,4,and 5	7pm.	<b>The 25th Annual Putnam County Spelling Bee</b>
11/6/16	10am	<b>Tri-Town family 5K</b>
11/7/16		<b>Girl's ice hockey begins</b>
11/9/16	7:PM	<b>Variety Show To Benefit PRHS Safe Passage</b>
11/10/16	11am-7pm	<b>Student Led Conferences</b>
11/11/16		<b>Veteran's Day – No School</b>
11/21/16		<b>Winter Sports Begin</b>

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Greetings PRHS families and students,

### **Student Led Conferences**

You should be hearing from your student's Roundtable teacher to set up a fall conference. All students must complete a fall conference and all students except seniors must complete a spring conference. Your student will be leading the conference, discussing his/her progress towards graduation and sharing their portfolio. Conference day this year is **Thursday, November 10 from 11-7** but advisors will also work with you to find a good time for you. There will be no classes that day.

### **Progress Report Grades**

Quarter grades and HOW grades will be posted on Wednesday, November 2.

### **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 co-curricular activity (athletic activity, performance activity, or club) are subject to eligibility check. Having any of the following will make a student ineligible:

- ★ If you are not passing RT
- ★ If you are not passing 6 classes/credits
- ★ A passing grade in HOW can be used to earn eligibility in up to 2 failing classes.

**Eligibility will be determined on Friday, November 4 for winter sports. The next eligibility check will be Friday, December 16.**

### **Attention Senior Parents!**

The school counselors are offering **college application help** to all **seniors** on the following night: November 10. This a great time for seniors to get one-on-one guidance about their applications and to make sure everything is in order. The counselors will be here until 7 pm.

### **Junior Community Service Day**

Our entire junior class went out into the community on Friday, October 14 to provide service to area organizations in need. Students put in 5 hours of labor in the tri-town and Lewiston Auburn area. Students worked at: Elm St. School, Poland Community School, the town of Mechanic Falls, Good Shepherd food bank, Maine Wildlife Park, Range Pond, Androscoggin Humane Society, and Camp Tall Pines.

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)

*School is really upon us now. The first set of grades will be posted and seniors are working hard on applications. It is time to think about second semester and what great opportunities that might bring...*

The **PSAT** scores are expected in December. We will set up sessions to go over the scores with both the sophomore and junior classes. Sophomores will receive their scores back in RT and juniors will meet with their counselor. Once the scores are returned, students have access to many College Board features. Khan Academy has partnered with the College Board for all of the free SAT prep.

**PRHS ALUMNI DAY** is Friday, **January 6, 2017** at 10 AM. Send any alumni our way!

**FREE COLLEGE COURSES for second semester?** CMCC, USM, St. Joe's, or Kaplan? Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP!

The **ANDROSCOGGIN CAREER FAIR** will be **January 10, 2017** for all **sophomores**. Students will be working with Choices and making their requests for the two workshops that they will attend, hearing from local business people. We will leave PRHS at 8:15 AM and return in time for lunch. If you do not want your sophomore to attend this program, please contact the Guidance Office.

**COLLEGE VISITS** – We had successful visits to the University of Maine, Thomas, and UMF. We will be hosting more visits in the spring for juniors. Also watch for the Gran Turismo, which will be hitting colleges out of state in March.

Remember, your school counselors are always available to meet with you and your students about any issues, such as post-secondary plans, financial aid, academics, etc. Please let us know what we can do to help your families and your children. Our contact information is below.

Contact your student's counselor with any questions or concerns

GUIDANCE WEB PAGE IS FOUND ON THE MAIN PAGE FOR THE HS:  
<http://teacherweb.com/ME/PolandRegionalHighSchool/GuidanceDepartment/index.html>

Winter Athletics

- Practices begin November 21 for athletics. I remind all of those interested that they will need a current physical on file and parents must register student athletes on the [www.allplayers.com](http://www.allplayers.com) web site. Please go to [www.polandregionalathletics.org](http://www.polandregionalathletics.org) for links to registration. Athletes/Parents will also print form the website the Assumption of Risk/Participation Contract. (This must be signed each season.)
- Our Boy's hockey program has added Leavitt. We are now a four-school Co-op team including GNG, Leavitt, Oak Hill and Poland. We have a new coach this year, Joe Hutchinson is the head coach and Greg Vaillancourt is our JV coach. We are excited to have the numbers of players to facilitate a JV program. Our girl's hockey players will still have the opportunity to play with Leavitt and Edward Little. Coach Collins returns as the head coach. Fees for both programs are \$350. Please make checks payable to PRHS and send to the athletic department.
- Unified Basketball will begin after the December break.
- Practices begin Nov. 7 for Girl's Ice Hockey and Nov. 21 for other high school sports.
- Spectator and team behavior was excellent this fall, as we move indoors, please remember: *"Don't be that guy."*

Winter coaches:

Hockey (Boy's) Coach Joe Hutchinson  
 Hockey JV Coach Greg Vaillancourt  
 Hockey (Girl's) Coach Shon Collins  
 Indoor Track Coach Rick Kramer  
 Indoor Track Dan Roy

Boy's Basketball Coach Tyler Tracey  
 Boy's Basketball JV Coach Stevie Ray  
 Girl's Basketball Coach Mike Susi  
 Girl's Basketball JV Coach Tim Dolley  
 Cheering Sarah Watson

Fall Athletics

- Congratulations to our Field Hockey program. They had a good season finishing as the #7 seed in the heal point system. They defeated Greely high school in an exciting game to advance and play Kennebunk. They lost to a tough team 2-0.
- They also won the **Sportsmanship Banner for Class B South**. Congrats!
- We do have some athletes that have been recognized as all conference players. Those will be listed next month since not everyone has been notified.

Co-Curricular

Downhill Club will begin in January: 4 trips to Sunday River for a day of ski or snowboarding. Students will ride on a school bus to the mountain. Mr. Petherbridge is the leader of the Downhill Club. Contact [cpetherbridge@rsu16.org](mailto:cpetherbridge@rsu16.org) for more information.

Community Service Learning Club

The CSL club has continued their visits with our veterans. Monthly trips to the veteran's home in Norway have allowed them to spend time with those that have served. They have also been helping with the Backpack program that helps those in our community that need help. –Thank you.

Speech and Debate

Pay close attention, the competition season is upon us. Competitive meets will begin in November for our team. See Ms. Robinson with questions.

Drama

The fall musical will take place November 3,4,and 5 at 7pm. The 25th Annual Putnam County Spelling Bee will surely be entertaining. The cast has been working hard in preparation.

Concession Stand Update

This fall, the Knights Pride Booster Club had a ribbon cutting for our new outdoor concession stand. Thank you to all of those in our community, past and present, that have helped make this happen.

### **What is Mindfulness?**

I use mindful/relaxation activities for about 2-3 minutes to open all of my classes and thought you might be interested in this. The idea is that when we are relaxed we are more receptive to new information and more successful in applying it. We spend a minute or two thinking about our breath, the sounds around us, or concentrating on a thought. Our mind wanders. We acknowledge our thoughts and bring them back to the present using the targeted concept that is given.

### **Why do I do this?**

A growing body of scientific research has found that mindfulness can benefit students in a number of ways, including improved attention, executive functioning, self-control, and emotional regulation. It increases choice and freedom. It gives more personal power and control. An example of exploring this with your child might be taking a walk in the woods. Be silent for a few minutes and notice all of the sounds around you. Upon completion share what you noticed with each other. If you would like to learn more about this program, you can check it out at [www.MindfulSchools.org](http://www.MindfulSchools.org) and [www.mindup.org](http://www.mindup.org).

### **What do we learn through drawing self-portraits?**

**Work Ethic and Problem Solving** - Students spent one class drawing themselves without instruction. With a few exceptions most every student felt like s/he was done at the end of that class. Since then we have completed a series of studies exploring value, practicing drawing targeted features, and now each student is aware that they need 2-3 classes to complete this exercise. Students are learning the value of making mistakes and increasing awareness that their personal investment influences their outcome.

**Awareness of optical illusions that influence the way we experience our world** - Students discover that line does not exist. Wherever we think we see a line there is actually high contrast (dark information next to light information). Students practice applying lines and hiding them with shadows (value). We also observe some optical illusions to notice how the brain likes to close information. Therefore, where we don't draw is just as important as where we do draw. This is particularly true regarding our noses. Our eyes are in the middle of our head instead of up high in the region of the forehead.

**Exploring the concept of proportion and beauty** - The concept of symmetry and the proportions that we use to create our template comes from the Greeks. It still influences our concept of beauty today. The truth is that no one meets this criteria. We all deviate from it and viewing these differences is what makes our portraits more successful. Some students even express awareness of how their perception of beauty influences their perceptions of themselves. "WARNING: Reflections may be distorted by socially constructed ideas of beauty."

Completing a self-portrait is an incredibly challenging task. It takes great strength to observe oneself closely. Every semester I am amazed by the students' growth in problem solving, focus, investment, self-awareness... the list goes on. If your child is taking Foundations in Art with me please keep an eye out for this. If your child only shows you the final image ask to see the first for comparison and awareness of the process s/he experienced.

By Paige Nixon, PRHS Art Teacher



**Variety Show To Benefit  
The PRHS Safe Passage Group  
Wednesday, November 9th at 7:PM  
*PRHS Auditorium***

Featuring Local student and adult talent and **Jeff Neal**, drummer and vocalist for the music group BOSTON!  
(<http://www.gonnahitcharide.com/musicians/jeff-neal>)  
Come out and support our students in their efforts to help children in Guatemala!

**Tickets \$5 in advance and \$7 at the door**

For more information and tickets please e-mail Skip Crosby at [scrosby@rsu16.org](mailto:scrosby@rsu16.org)

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**Reminder to Parents:**  
Please check your student's lunch account.

# 5th Annual Tri-Town Family 5K

Minot, Maine

November 6th, 2016



The 5th Annual Tri-Town Family 5K will take place Sunday, November 6th at 10:00. Come early for a fun run for kids at 9:30. Please register for the 5K in advance by visiting the website. This is a FREE event! Invite family, friends, and neighbors. Over the last four years, 1,116 people have crossed the finish line. We look forward to a bigger and better 2016 event. Come run with us!

Register online: <http://tritownfamily5k.weebly.com/>

Facebook event page: <https://www.facebook.com/events/1746961888890347/>

## **Book Fair in the Library!**

The library will be sponsoring a **Scholastic Book Fair** from Monday, November 7th through Monday, November 14th! The book fair will be open all week with late hours until 8:00 pm on Thursday, November 10th for Student-Led Conferences! There will be lots of great books as well as posters and other fun merchandise! Book Fair profits support the high school co-curricular book club and the middle school reading challenge, so stop by the book fair and help support the library!

# RSU 16



TINA MESERVE  
SUPERINTENDENT

REGIONAL SCHOOL UNIT 16  
MECHANIC FALLS \* MINOT \* POLAND  
October 2016

MELANIE CHASSE  
ASSISTANT SUPERINTENDENT

Dear RSU 16 Parent(s)/Guardian(s):

This is a letter to acquaint you with our "school closing" announcement procedure.

- 1) If the weather becomes bad enough and there is a possibility that we may **close school**, you will be notified via **an automated calling system** to all contact numbers we have in your child's file. We also urge you to listen to the following TV and radio stations:

WMTW (CHANNEL 8 TV) WCSH (CHANNEL 6 TV) WGME (CHANNEL 13 TV) WMME (92 MOOSE)

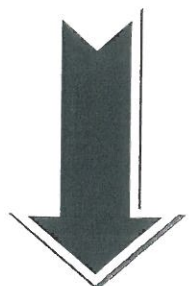
We will try to contact the TV and radio stations by 5:30 a.m., but cannot guarantee the announcement will be aired by then. **Please see reverse side to be automatically contacted via a text message from NEWS CENTER 6.**

- 2) It is necessary that the school office, in the building where your child attends, is notified of the alternative childcare arrangements that you have made for your child(ren) **before snow season**. Buildings will be closed to all activities when school is canceled. When school is canceled, there will be no practices for any extra-curricular activity.
- 3) In certain circumstances, we may simply **delay school** to allow the town crews to plow, sand and salt the roads to make them safe. When this happens, all morning buses will run late (usually one hour). School will still close at the regular time. **If school is delayed in the morning, there will be no morning PreK.**
- 4) Once school has started, I will make every effort to limit the necessity to call for an **early dismissal**. If that should happen, however, you will be notified via an automated calling system and all announcements will be made on the radio and TV stations listed above. If early dismissal is necessary, the decision will be made by 11:00 a.m.
- 5) As parents, you always have the final decision. If you feel it is too dangerous for your child(ren), please keep him/her home. We do ask that you call the school and let them know. You may not always agree with my decision to cancel or postpone our schools' starting time after a storm. Unfortunately, there is no exact science to these decisions and it is simply a best guess on my part at 5:00 a.m. after consulting with our transportation directors, road commissioners and area superintendents. Because there are some unusually hilly and sharp turning roads in RSU #16, there may also be a few occasions when I will cancel or delay school when others around us may not do the same. I will err on the side of caution when transporting our precious children.

I would like to thank you in advance for your patience and understanding.

Respectfully,

Tina Meserve





[http://www.wcsh6.com/weather/resources/text\\_alert/default.aspx](http://www.wcsh6.com/weather/resources/text_alert/default.aspx)

## NEWS CENTER TEXT ALERT



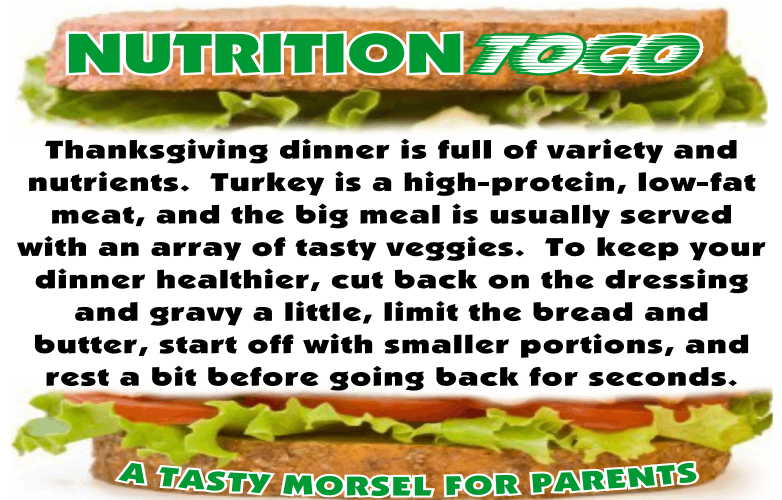
Now you can find out if your school is closed or delayed wherever you are! Get text messages or e-mails on your mobile phone, PDA, or computer with news, weather and more from WCSH6.com.

Sign-up is fast and easy! Just enter your contact information and select the information categories you want to receive. An authorization code will be sent to you as a text or e-mail message. Enter the code online to complete the process. Simple!

If you have a problem, or don't see your school in our list, email us at [alert@wcsh6.com](mailto:alert@wcsh6.com).

NOTE: NEWS CENTER Text Alert is a free service provided by WCSH6.com and is FCC CAN-SPAM compliant. You may change your message preferences or un-subscribe at any time by clicking on the sign-up link below. Please check your wireless provider for any additional text message fees they may charge.

# Menus for November 2007



Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.

**Election Day is November 8.**

Everyone over 18 should get out and **VOTE!**

**Tuesday, November 1**

Tomato Soup  
Grilled Cheese  
Or  
Bosco Sticks  
Or  
Chicken Patty

Potato Wedges  
Green Beans

Deli Sandwich  
Fruit & Veg Bar

**Wednesday, November 2**

Mac & Cheese  
Or  
Cheese Quesadilla  
Or  
Cheese/Hamburger

Tater Tots

Carrots  
Deli Sandwich  
Fruit & Veg Bar

**Thursday, November 3**

Baked Potato w/Toppings  
Or  
Chicken Tenders  
Or  
French Bread Pizza  
Potato Wedges

Peas

Deli Sandwich  
Fruit & Veg Bar

**Friday, November 4**

Meat Lovers Pizza  
Or  
Hot Dog w/ Roll  
Or  
BBQ Rib Sandwich

Spiral Fries

Crispy Cukes

Deli Sandwich  
Fruit & Veg Bar

**Monday, November 7**

Meatball Sub  
Or  
Soft Whole Wheat Pretzel w/ Cheese  
Or  
Chicken Patty

Tater Tots  
Green Beans

Deli Sandwich  
Fruit & Veg Bar

**Tuesday, November 8**

Pasta w/ Meat or Cheese Sauce  
Or  
Cheese/Hamburger  
Or  
Grilled Chicken Patty  
Wedges  
Carrots

Deli Sandwich  
Fruit & Veg Bar

**Wednesday, November 9**

Chefs Choice Pizza Day  
Or  
Hot Dog w/Roll  
Or  
Corn Dog

Tater Tots  
Black Beans

Deli Sandwich  
Fruit & Veg Bar

**Thursday, November 10**

**NO SCHOOL**

**Friday, November 11**

**Thank You**

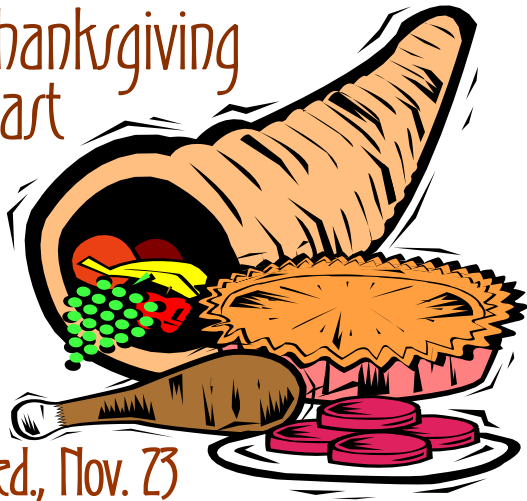
★ VETERANS' DAY NOVEMBER 11 ★

**DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR**



**SUNDAY, NOV. 6**

# Thanksgiving Feast



Wed, Nov. 23

Monday, November 14

Chicken Noodle Soup w/Grilled Cheese  
Or  
French Bread Pizza  
Or  
BBQ Rib Sandwich

Wedges  
Peas

Deli Sandwich  
Fruit & Veg Bar

Tuesday, November 15

BBQ Pulled Pork  
Or  
Bosco Sticks  
Or  
Soft WW Pretzel w/Cheese Sauce

Spiral Fries  
Broccoli

Deli Sandwich  
Fruit & Veg Bar

Wednesday, November 16

Bacon Cheeseburger  
Or  
Chicken Patty  
Or  
Corn Dog

Tater Tots  
Carrots

Deli Sandwich  
Fruit & Veg Bar

Thursday, November 17

Buffalo Chicken Wraps  
Or  
Cheese/Hamburger  
Or  
Chicken Nuggets

Wedges  
Green Beans

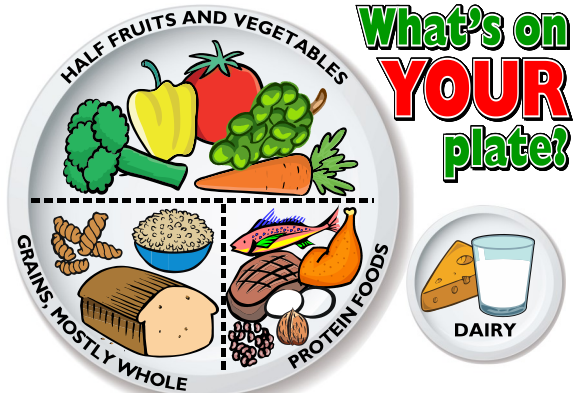
Deli Sandwich  
Fruit & Veg Bar

Friday, November 18

Pepperoni or Cheese Pizza  
Or  
Hot Dog w/Roll  
Or  
Fish Nuggets

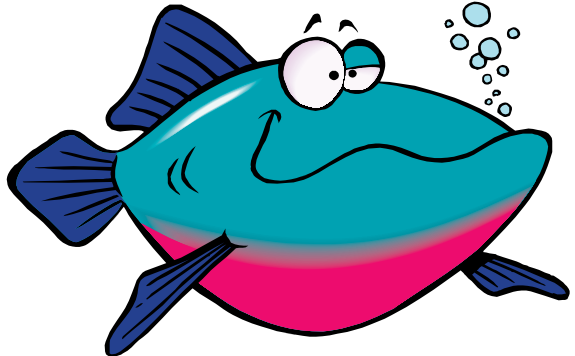
Tater Tots  
Baked Beans

Deli Sandwich  
Fruit & Veg Bar



What's on YOUR plate?

**Eat more fish!**



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

**TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!**

Monday, November 21

Meatlovers or Cheese Pizza  
Or  
Hot Dog w/ Roll  
Or  
Chicken Nuggets

Wedges  
Broccoli

Deli Sandwich  
Fruit & Veg Bar

Tuesday, November 22

Turkey Dinner Mashed w/ Gravy  
Or  
Cheese Quesadilla  
Or  
Corn Dog

Peas  
Squash

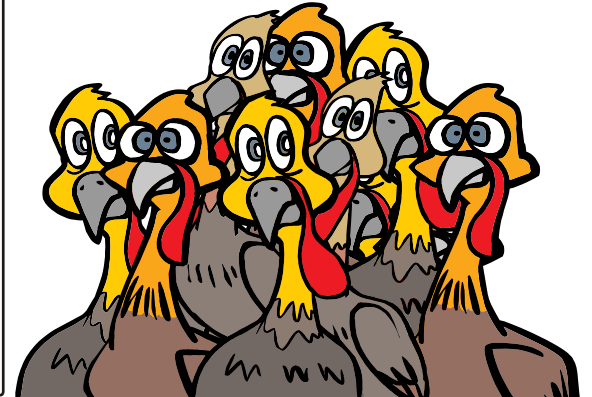
Deli Sandwich  
Fruit & Veg Bar

Wednesday, November 23

No School

Enjoy Your Holidays!!

**Happy Thanksgiving!**  
See you Monday! (Some of you, anyway!)



Monday, November 28

Mac & Cheese  
Or  
Chicken Patty  
Or  
Bosco Sticks

Wedges  
Corn

Deli Sandwich  
Fruit & Veg Bar

Tuesday, November 29

Chinese Day Sweet & Sour  
Or  
Chicken Fried Rice  
Or  
Cheese/Hamburger  
Or  
Corn Dog

Spiral Fries  
Carrots

Deli Sandwich  
Fruit & Veg Bar

Wednesday, November 30

Popcorn Chicken Bowl  
Or  
Mashed, Corn, Gravy  
Or  
Chicken Patty  
Or  
BBQ Rib Sandwich

Tater Tots  
Green Beans  
Deli Sandwich  
Fruit & Veg Bar

