

# Poland Regional High School

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## The Knightly News



## Dates to Remember

January 6	10am	<i>Alumni Day</i>
January 10		<i>Sophomore career fair</i>
January 17-20		<i>Midterm exams</i>
January 20		<i>First semester ends</i>
January 24		<i>LRTC presentation to all sophomores</i>

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# Principal

Dear PRHS students and families,

We hope you had a restful and pleasant holiday vacation. It is 2017, which is hard to believe. The clock is ticking toward graduation as our seniors continue to plan for life after PRHS. Please note the following information:

- Beginning Monday, January 23, the school district will be switching to a **new online payment system** for school fees and lunch payments. AndroGov, a program of Adroscoggin Bank, will be available for you to make payments that we hope will reduce fees for both families and the district. It is important to note, however, *online payments made through this program will not be processed to your child's Infinite Campus account for approximately 24-48 hours.*
- **Midterm exams** will take place between January 17-20. All classes will run as normal and all students must attend all classes and participate in all midterm exams and activities.
- The **first semester ends Friday, January 20**. Grades will be posted on Infinite Campus but we will also be mailing out updated **transcripts** with a **current Grade Point Average (GPA)**. Please review your child's GPA carefully and call his/her guidance counselor if you have questions. The GPA is an important number when student's begin to apply to colleges and scholarships.
- **Senior Families** will be receiving a letter soon regarding graduation activities, dates and expectations. June 10th will be upon us before we realize it so please be sure to let us know if you have questions.
- All **sophomores** will be attending a **career fair** on the Tuesday, January 10. This is an opportunity to visit a college campus (CMCC), learn about interesting career choices and understand the education needed to be successful. This fair will help sophomores with their Sophomore Exhibition presentations in May. Also sophomores will have the opportunity to learn about **Lewiston Regional Technical Center (LRTC)** programs at a presentation on January 24.
- Friday, January 6, is Annual **Alumni Day** at PRHS. Please pass the word to any and all Alumni to return to PRHS and share their "Real Life" wisdom with current students.

Cari Medd  
Principal  
998-5400 ext. 129  
[cmedd@rsu16.org](mailto:cmedd@rsu16.org)

The school community is gearing up to finish the semester strong. Students who do not pass core courses first semester will be referred to summer school to earn credit. Please see below for a description of summer school and the family’s responsibilities.

**No-Dance Rules:** Next semester, we’ll have our two biggest dances of the year: Winter Carnival in February and Prom in May. Attending a dance is a privilege, so we require students to demonstrate adherence to our core values of character, citizenship, and community before we permit them to attend. 1. Students may not attend if they meet one of the following criteria:

*Winter Carnival:* multiple out-of-school suspensions or suspension for a capital offense since the start of second semester, more than 3 unexcused absences from school in second semester, or any unserved disciplinary consequences assigned during second semester

*Prom:* multiple out-of-school suspensions or suspension for a capital offense since the start of second semester or any unserved disciplinary consequences assigned during second semester

2. School administrators reserve the right to deny attendance to a school dance for any student if, in the opinion of the administration, the student’s attendance will create or exacerbate a dangerous situation, whether or not the student is otherwise eligible to attend.

3. Guests must be approved by the assistant principal no later than the Wednesday before the dance.

**Homeschooled students may attend only as guests of enrolled students.** Guests at Winter Carnival must be currently enrolled in high school or of high school age and engaged in homeschooling. Guests at Prom must be enrolled in high school, 10<sup>th</sup> grade or above, or out of school but no older than 20.

**Administration reserves the right to deny any guest request or any student’s request to attend a dance, regardless of whether the above rules apply.**

**Summer School:** Summer school allows students to recover credit they missed during the school year. There is no fee for summer school. Students are referred to summer school by their teachers and notified in May or June. However, students who do not pass standards during first semester can assume that they will be attending summer school to make up the work. We are planning to run summer school for four weeks, three days a week, starting the week after July 4<sup>th</sup>. If you have questions, please contact your child’s school counselor or me.

**LRTC Lunch:** LRTC students eat lunch when they return from Lewiston. Students can reserve a meal by asking cafeteria staff at breakfast. The meal will be set aside for them and available when they return.

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

Happy New Year!

Patrick Flynn  
Assistant Principal

*The holiday season marks the middle of our college application processing season. Seniors have been working hard and the payoffs are starting to come in. Acceptances so far include:, CMCC, UMaine at Farmington, University of Maine, University of Southern Maine, Unity College, and more!*

**FAFSA & SENIORS** – Financial aid packages are coming back **now** from colleges, so get your FAFSA in as soon as you can so that you don't miss out on any funding. The switch to the October 1 date for FAFSAs has meant that colleges can make financial aid packages so much sooner this year. Remember to only use the FAFSA websites that have .gov in them. The Financial Authority of Maine (FAME) is a super resource to get you started. Go to [www.famemaine.org](http://www.famemaine.org) . Please contact your student's school counselor if you have questions.

*The **PSAT scores are back**. Many students have already accessed them online. Sophomores will receive their scores back in RT in January and juniors can meet with their counselors then. All students will set up their College Board and Khan Academy accounts through RT. Students will have free access to many College Board features, including Big Future and Roadtrip Nation. Khan Academy has also partnered with the College Board for FREE SAT prep for all students!*

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

**FREE COLLEGE COURSES for second semester? Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP! USM, UMA, CMCC, St. Joe's, and more! Great way to get a head start on college and save some \$\$!**

THE **ANDROSCOGGIN CAREER FAIR** WILL BE **JANUARY 10, 2017** FOR ALL **SOPHOMORES**. STUDENTS HAVE ALREADY MADE 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, UMF, and Thomas. 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.

**Lewiston Regional Technical Center (LRTC)** will be presenting to all sophomores on **Tuesday, January 24**. We will have an optional trip to visit up to 3 programs at LRTC on **February 1 or 2**. More information about the application process will be available next month.

We encourage all families who think that they might be eligible for **free and/or reduced lunch** to fill out the paperwork. This becomes quite important during senior year. Once a family is deemed eligible, we are automatically able to waive fees for SATs, ACTs, AP exams, and college admissions fees, among other things. It is not too late now. Please contact your student's counselor to get more information.

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>

## Athletics

Winter season is well under way. Basketball teams are 5-0 (girls), 2-3 (boys) at press time while hockey is 1-1 (boys) and 5-1-1 (girls), and Indoor Track competed its first meet with four student athletes qualifying for the state meet. Our cheer squad is prepping for the January month that has four competitions. Kids are busy.

**Coaches vs. Cancer**-the basketball games on January 24 (boys vs. Lake Region) and January 27 (girls vs. Waynflete) will be our chance to help the fight against all cancers. We will have some announcements and a chance to make donations to the American Cancer Society.

**Boys Hockey**-The boys' hockey team that is a cooperative team with Gray New Gloucester, Leavitt, Oak Hill and Poland Regional has decided on a mascot name, the Kings. Moving forward you will see that reference in the newspaper articles about boys' hockey.

**Correction**-Although Samantha Halmos is deserving, (she was an all conference selection in Cross Country), there was a misprint in the last newsletter. Samantha was all Conference along with Olivia Ouellette. Olivia Ouellette received the Coaches Award for Character, Citizenship and Community along with Gavin Myshrall.

## Co-Curricular

**Math Team**-Jess Elias-Castillo has been able to recruit some new members for the math team. The mostly freshman group has a fresh attitude that has added equated to increased scoring at math meets. Keep up the good work!

**Nor Easter Bowl**-Our science enthusiasts are led by Ms. Michelle Smith. The club will head to UNH for a day of science, quiz show style in February.

**Knight Writer**-Mr. Chutchian is always looking for articles for the school newspaper. Anyone interested please see him.

**Yearbook**-Congratulations to Mr. Poulin and Mrs. Ray! The students chose to dedicate the yearbook to the two of them for their work and relationships with our students.

## Announcements



PRHS is celebrating alongside its Spanish 1 students, who have just accomplished something in high school that many people will never do in their whole lifetimes: They have just finished reading a novel in a second language. These 120-or-so students, mostly Freshmen, began the school year having had just a brief exposure to the Spanish language during a 10-week introductory course offered through Bruce Whittier Middle School. After less than a semester in Spanish 1, they have finished reading *Brandon Brown Quiere un Perro* (Brandon Brown Wants a Dog), the first of three level-appropriate Spanish novels they will read over the course of the school year.

PRHS is excited to offer a World Language program that allows its students to develop their skills as communicators within a globalized world, experience cultures beyond their own, and achieve high levels of functional ability in the language. Many of our students come to us with the belief that learning a second language will be too difficult or that they are too old to start. We love to show them that they, too, can read a *novela*.

Señora Jasmine Bowen  
Spanish Teacher

[edweek.org](http://edweek.org)

## Warning Sounded on Tech Disrupting Student Sleep

*By Benjamin Herold and Michelle R. Davis*



*In this 2013 photo, Lewisville Texas High School student Holly Weston studies at home with her digital devices at hand. Officials at schools with programs that encourage students to use devices are now thinking about how to create the right screen-time balance for students.*

—Mark Graham for Education Week-File

Educators who promote the use of education technology are working harder to caution students and parents about the impact of digital devices and the "blue light" they emit, which can disrupt student sleep patterns.

A recent meta-analysis by British researchers has brought renewed attention to the issue, calling increased use of mobile devices at bedtime a "major public-health concern" for children and teenagers.

As many schools and districts shift to 1-to-1 device programs, often allowing students to take those devices home each night, education leaders are looking for ways to incorporate warnings about the detrimental effects of mobile devices on sleep.

"When we hand out iPads, we suggest they aren't stored in the bedroom," said Lawrence J. Mussoline, the superintendent of the 13,000-student Downingtown, Pa., district, which features a 1-to-1 iPad program for 6th graders, who take the devices home at night. "We don't want them trying to get in the mindset to go to sleep at night and then popping open this screen which emits blue light."

Children who used a portable media device at bedtime were **more than 40%** more likely to report poor sleep quality.

Nearly three-fourths of children and 89 percent of adolescents have at least one device in their sleep environment, with most of them used near bedtime, according to the new research paper, "Association Between Portable Screen-Based Media Device Access or Use and Sleep Outcomes: A Systematic Review and Meta-analysis." The study was published Oct. 31 online by the journal [JAMA Pediatrics](#).

The review of 20 recent studies covering four continents and more than 125,000 children found a "strong and consistent association between bedtime media-device use and inadequate sleep quantity, poor sleep quality, and excessive daytime sleepiness." Similar negative effects were found for children who had access to such devices, even if they did not use them before bedtime.

## Finding the Right Balance

Patrick Larkin, the assistant superintendent of the 3,500-student Burlington, Mass., public schools, said his district is constantly thinking about how to create the right screen-time balance for students, both in and out of school. While the district is fully 1-to-1 with iPads, only students in grades 9-12 take the devices home.

"We are always clear that kids shouldn't be in front of a screen the majority of the day," he said. The new research, Larkin added, points to yet another reason why "kids shouldn't have the devices in their rooms."

Larkin recommends that parents set up a family charging station away from sleeping areas "to make sure kids are unplugged adequately before they go to bed," he said. "They shouldn't be in bed falling asleep while they're reading their Instagram."

However, that may be less of an issue for districts whose students take home laptops rather than tablets,



Mussoline said. In his district, high school students are 1-to-1 with laptops—a bit more cumbersome to snuggle in bed with, he noted.

A meta-analysis by British researchers that examined student sleep habits and mobile device use raised serious concerns about [the impact of “blue light” on student sleep](#).

Among the researchers' findings:

- Children who used portable media devices at bedtime were about twice as likely to not sleep enough, compared with children who did not have access to a device.
- Children who used a portable media device at bedtime were more than 40 percent more likely to report poor sleep quality than children who did not have access to a device.
- There were also significantly increased odds of inadequate sleep quantity and poor sleep quality for children who had access to a media device near bedtime, even if they did not use it.
- Children who had access to or used a portable media device at bedtime were more than twice as likely to demonstrate excessive daytime sleepiness than children without access to a device.

Mussoline also pointed out that many students aren't using their school-issued devices in bed, because nearly all have their own smartphones.

Districts, particularly those with 1-to-1 device programs, should incorporate some information about the impact on student sleep into digital-citizenship classes and training for parents, said Darri Stephens, the senior director of education content at Common Sense Education. The organization provides a [digital-citizenship curriculum](#) for schools and districts as well as information for parents.

Within those programs, Stephens said, there are references to sleep and best-practices for how to balance device use.

"None of us adults grew up with these devices, so we're constantly urging parents to stay on top of the latest and greatest information," she said. "We want them to be cognizant about helping students find that healthy balance."

## 'Damaging Influence'

Schools and districts have already been focused on concerns about student sleep, but more so around [school start times](#). Biological shifts during the teenage years drive the need for longer sleep periods and later wake times, research shows.

Students, parents, and some researchers also argue that teenage biology makes early-morning rising more difficult and many districts are seeing a push for later high school start times.

Sleep disturbances in childhood have been associated with other problems such as poor diet, sedentary behavior, obesity, reduced immunity, and substance abuse.

Previous studies have linked TVs, gaming consoles, and desktop computers to negative sleep outcomes. A major focus has been the effect of blue-light emissions, which can negatively affect humans' natural sleep patterns.

The new meta-analysis focuses on studies of "portable mobile and media devices" like smartphones. The researchers say they've found evidence that the devices present a new challenge to healthy sleep because they facilitate real-time, continuous psychological and physiological arousal and stimulation.

The study defines inadequate sleep quantity as less than 10 hours daily for children and less than nine hours daily for adolescents. Sleep quality is based on difficulty falling asleep and staying asleep, as well as not being refreshed by sleep. Excessive daytime sleepiness is defined as "poor daytime functioning as a result of both sleep quantity and quality."

The researchers expressed particular concern about the effect on children's sleep because of schools' increasing shift to digital technology.



"Given the evolving technological landscape and the replacement of textbooks with media devices in schools, screen-based media-device access and use are likely to rise," the study says. "It is imperative that teachers, health-care professionals, parents, and children are educated about the damaging influence of device use on sleep."

But adults need to take the same advice they're giving out to students, Mussoline of the Downingtown

schools noted. Both he and Burlington's Larkin acknowledged that they keep their cellphones in their bedrooms at night. But both say their devices are powered down.

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