

# Poland Regional High School

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

## The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

|                          |               |  |
|--------------------------|---------------|--|
| <i>March 8</i>           | <i>6-7:30</i> | <i>8<sup>th</sup> grade parent night</i> |
| <i>March 15 &amp; 16</i> |               | <i>Student Led Conferences</i>           |
| <i>March 15-17</i>       |               | <i>Gran Turismo</i>                      |
| <i>March 17</i>          |               | <i>workshop day</i>                      |
| <i>April 5</i>           |               | <i>SAT's</i>                             |

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**Greetings PRHS families and friends!**

- ★ **Habits of Work progress report grades will be posted on Infinite Campus after March 8.** Please check on your child's progress and call us if you have questions or concerns. The parent portal for Infinite Campus can be found at <https://maine.infinitecampus.org/campus/portal/rsu16.jsp>
- **Eligibility for spring sports** will be determined by the HOW grades posted on March 8. Remember that a student must be passing HOW with a 2.5 or higher grade in 6 classes AND pass Roundtable to be eligible.
- **Student led conferences for 9th, 10th and 11th grade students will take place during the week of March 13.** Conference times will be available Wednesday, March 15 or Thursday, March 16. Please keep your eyes out for an invitation or an email from your child's Roundtable advisor. During the conference, your child will review your his/her progress on their academic work this year and course selections for next year. This is an important time to review your child's plans for life after high school and to ensure that they are choosing courses that will help them achieve their goals. There is a **teacher workshop day on Friday, March 17** so there is no school for students.
- **Attention parents of incoming 9th graders!** We will be holding our open house on Wednesday, March 8 from 6-7:30. This night will include a brief presentation that covers high school programs and will conclude with a tour of the high school. It is a great opportunity to meet the administrators, your child's school counselor and hear about our programs.
- **Attention Parents of juniors and any other 3rd year students:** The state test for all juniors in the state of Maine is the SAT. The mandatory SAT will be on **Wednesday, April 5 during the school day.** This test is mandatory for all juniors and 3rd year students. You will get more updates about the day as we get closer and we will be meeting with the junior class to inform them as well. Please don't hesitate to contact us if you have questions.
- **The Valedictorian for the class of 2017 is Allison Emery. The Salutatorian is Sigrid Sibley. Congratulations!**

Please let us know if you have questions or concerns.

Cari Medd

Principal

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

998-5400 ext 129

Congratulations to the seniors for their Winter Carnival victory! The school community enjoyed the day together in friendly competition. Coming up we have the Gran Turismo (see details below), 8<sup>th</sup> Grade Parent Night (March 8), and Student Led Conferences (March 16).

**Attendance:** Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. In our 5<sup>th</sup> annual Winter Carnival attendance competition, the 9<sup>th</sup> graders came out on top with the 10<sup>th</sup> and 11<sup>th</sup> grades very close behind. Thank you for making school attendance a priority in your family. Every day matters!

**No-Dance Rules:** Prom is scheduled for May 20 this year. Attending any 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. Some things to remember:

- Students may **not** attend Prom if they have had:
  1. multiple **out-of-school suspensions**;
  2. **suspension for a capital offense** since the start of second semester; or
  3. any **unserved disciplinary consequences** assigned during second semester
- 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.
- 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 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. Summer school this year is tentatively scheduled to run from July 11-August 3, Tuesday-Thursday, 8 am-1 pm. If you have questions, please contact your child’s school counselor or me.

**Gran Turismo:** We will take our annual college overnight trip this year from March 15-17. Students must be eligible to come on the trip based on the same eligibility criteria we use for co-curricular participation. We will be traveling to New Hampshire and Massachusetts and staying overnight in Woburn, MA. The cost to students is \$100 and registration starts Wednesday, March 1. Students can reserve a space by bringing in a signed and completed permission form (available Feb. 27) and a \$50 deposit. We have 44 spaces on the bus and priority will be given to juniors. Sophomores may register if there are spaces left.

**Exchange Students:** If your family is interested in learning about hosting a foreign exchange student for the 2017-2018 school year, please contact me. We are always looking for host families and can connect you with a case manager if you have considered it.

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

Course selections are started. LRTC applications are almost all in; decisions will come at the end of April. Spring feels like it might come soon!

### **DATES TO REMEMBER...**

**MEAs** are here this spring for all 3<sup>rd</sup> year students! The Maine Educational Assessment for 3<sup>rd</sup> year students will be the SATs held here at PRHS on April 5, 2017. This will be a set of scores that students can use for college admissions. Science testing will be held during April as well. More information will come about the testing for 3<sup>rd</sup> year students.

- ★ **STARTING April 14 – Mock Interviews** will be held in the Guidance Office. We have a variety of college representatives, as well as community members in various careers, coming in to help our juniors practice their interview skills. We provide materials and information for both the interviewers and interviewees, and all students receive a rubric with feedback after the interview. Juniors may also count their summer job interviews, or college interviews held on campus this spring.
- ★ **LRTC APPLICATIONS** Round #1 applications were due before vacation; however, students can still apply to LRTC by March 1\*. Applications are online at [www.lewiston.mainecte.org/admissions/](http://www.lewiston.mainecte.org/admissions/). We encourage students to complete a cover letter and to get a letter of recommendation to complement their application. Final decisions for LRTC for 2017-2018 will be made in April. Students should contact their counselor to let them know that they have applied. *\*\*Students may still apply to LRTC after March 1; they should contact their counselor about the process after that date.*
- ★ **AP EXAMS** start **May 1 and run through May 12**. PRHS will be offering exams in the following areas: *English Literature, Calculus AB, Statistics, Biology, U.S. History, U.S. Government & Politics, Computer Science Principles, and English Language*. \$84.00 is the cost for each AP exam and students will need to pay their \$15.00 deposit before April 1 – billing information can be found on your student's IC account. **Any student on free or reduced lunch may have a fee of \$53.00.\*** We have told all students that if the cost is an issue, they need to see Ms. Bush.
- ★ **May 25 - COLLEGE FAIR** - NEACAC College Fair at the Augusta Civic Center 9:00-11:30 AM. Over 200 colleges and universities from around the country will be there. We will be taking the whole junior class. If you do not want your student to participate in this field trip, please contact the Guidance Office.
- ★ **COLLEGE VISITS** – trips are running! We have small groups going to the University of Maine, University of Southern Maine (5/3) and University of New England this spring. Priority is juniors who have not gone on the Gran Turismo. Contact Guidance for more information.
- ★ **JUNIOR CLASS MEETINGS** with the Guidance Office start Tuesday, March 14. We will meet weekly with the whole class to take about the college search process, college admissions, financial aid and scholarships. Notes from each weekly presentation will be available for anyone to view on the Guidance webpage.
- ★ **JUNIOR APPOINTMENTS** will start in Guidance. Each student will meet with his/her counselor to go over course selections for next year, graduation requirements, and post-PRHS plans. It is an exciting time to be planning for senior year!
- ★ **SENIORS & SENIOR PARENTS/GUARDIANS**– It is **FAFSA** completion time! Time to do those financial aid forms! Don't forget to check the Scholarship list on the web site weekly now. More and more local scholarships are coming in! Complete your FAFSA by May 1 to be eligible for a \$1000.00 Maine State Grant.
- ★ **SUMMER OPPORTUNITIES** – check the announcements and the Guidance web page to see what is available for summer programs! What you do during the summer seems to make a difference for competitive colleges.
- ★ **CONSIDER ENGINEERING** – this is one summer program that we strongly encourage students to check out. Held at UMaine, with 3 different sessions – July 9-12, July 16-19, July 23-26. This is free with potential scholarships for UMaine. Deadline to apply is May 1 but this program fills up fast with only 102 spots available!! Applications will be available in Guidance.

*\*We are still awaiting confirmation from the state and the College Board that that will be the final cost for students on free or reduced lunch.*

**Carrie Rhoads x125**  
Last names A-F  
[crhoads@rsu16.org](mailto:crhoads@rsu16.org)

**Hillary Bush x101**  
Last names G-M  
[hbush@rsu16.org](mailto:hbush@rsu16.org)

**Cory McFadden x106**  
Last names N-Z  
[cmcfadden16@rsu16.org](mailto:cmcfadden16@rsu16.org)

This year's Western Maine Conference Citizenship winners for PRHS are Victoria Tibbetts and Quinn Ferguson. Both enjoyed a meal at the Italian Heritage Center in Portland with their families and Mr. Flynn. They were presented an award for their strong qualities of leadership, academic accomplishment and athletic participation.

### **All-Academic**

-Seniors earning all-academic honors for the winter athletic season are:

|                   |                |                |
|-------------------|----------------|----------------|
| Victoria Tibbetts | Quinn Callahan | Vincent Russo  |
| Quinn Ferguson    | Hope Dubois    | Madison Simard |

### **All-Conference Honors**

Kurt Leighton -Boys' Basketball  
 Nate Chouinard-Boys' Basketball  
 Nathalie Theriault- Girls' Basketball  
 Madison Simard- Red Hornets' Ice Hockey

### **Coach's Award Winners**

Jaden Lajoie-Cheering  
 Olivia Ouellette & Vincent Russo- Indoor Track  
 Gregg Leighton & Levi Lawrence- Boys' Basketball  
 Morgan Brousseau & Madysan Miller- Girl's Basketball  
 Madison Simard- Red Hornets' Hockey

### **Class B South Indoor Track**

Ben Bernier-6th place 400-meter dash  
 Samantha Halmos-7th place 400-meter dash  
 Olivia Ouellette-6th place 1 mile run  
 Elesha Pratt-2nd place 55-meter hurdles

### **Spring Coaches:**

Varsity Baseball-Charles Pray  
 JV Baseball-TBA  
 Varsity Softball-Kayla Vannah/Katrina Seeley  
 JV Softball-Kimberly Preble  
 Outdoor Track-Rick Kramer, Dan Roy, Kim Yorkey, Kirk Butler  
 Girls' Lacrosse-Corinne Vierkant

Baseball-Pitchers and Catchers begin March 20, all other team tryouts begin March 27. All athletes must be signed up for their respective sport at Schedulestar. Go to [Polandregionalathletics.org](http://Polandregionalathletics.org) and complete the online registration. Also, all athletes must have a current physical and signed permission form in order to participate on the first day (go to the Parent link at [polandregionalathletics.org](http://polandregionalathletics.org).)

**CONGRATULATIONS!!**

The following LRTC students won big in the 2017 Skills USA Local Competitions:

Bronze Medals -

Cyrus Turcotte - Related Technical Math  
Trystan Sanborn - Electrical Construction Wiring  
Klairssa Emery - Crime Scene Investigations

Silver Medals -

Jen Hemond - Action Skills

Gold Medals -

Caleb Hodgkin - Carpentry  
Quinn Callahan - Carpentry Knowledge  
Garrett Griffin - Robo Rescue Challenge

# ***Knight at the Improv***

Performed by

# **Mainely Improv**

## **on the spot comedy**

**Friday March 24<sup>th</sup> at 7:30 pm**

**Poland Regional High School Auditorium**

**Doors open at 6:30 pm**

**\$12.50 General seating**

**\$20 for Prime seating (1<sup>st</sup> 4 center rows)**

**Tickets available at: Poland Regional High School, Minot**

**Country Store or at the door**

**Raffles and refreshments available to purchase before the  
show and intermission**

***All proceeds benefit Project Graduation 2017***

Mainely Improv "on the spot comedy", is a professional troupe that has been entertaining audiences since 1995. We specialize in "on the spot comedy" making up comic situations entirely from suggestions made by the audience. Every show is different and we have no idea what will happen. Join us for an evening of fun, comedy, and the unexpected.

# Menus for March 2017

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



**RSU 16 BWMS & PRHS**

|  |                                    |  |  |  |  |  |  |  |  |
|--|------------------------------------|--|--|--|--|--|--|--|--|
|  |                                    |  |  |  |  |  |  |  |  |
|  | <b>AVAILABLE DAILY</b>             |  |  |  |  |  |  |  |  |
|  | <b>Deli Sandwiches</b>             |  |  |  |  |  |  |  |  |
|  | Ham or Salami Italians             |  |  |  |  |  |  |  |  |
|  | Egg Salad                          |  |  |  |  |  |  |  |  |
|  | Chicken Salad                      |  |  |  |  |  |  |  |  |
|  | Turkey Italians                    |  |  |  |  |  |  |  |  |
|  | <b>Fresh Fruit &amp; Salad Bar</b> |  |  |  |  |  |  |  |  |
|  | Apples, Bananas,                   |  |  |  |  |  |  |  |  |
|  | Kiwi, Oranges, & more              |  |  |  |  |  |  |  |  |
|  | Pasta Salad                        |  |  |  |  |  |  |  |  |
|  | Fresh Veggies                      |  |  |  |  |  |  |  |  |
|  | <b>Yogurt Parfaits</b>             |  |  |  |  |  |  |  |  |
|  | Vanilla Yogurt, Blueberries,       |  |  |  |  |  |  |  |  |
|  | Strawberries & Granola             |  |  |  |  |  |  |  |  |
|  | <b>Your Favorite Spud</b>          |  |  |  |  |  |  |  |  |
|  | Spiral, Wedge, Tot, or Fries       |  |  |  |  |  |  |  |  |
|  | <b>Milk &amp; Juices</b>           |  |  |  |  |  |  |  |  |
|  |                                    |  |  |  |  |  |  |  |  |

## Featured Specials of the Day

### Wednesday, March 1

- American Chop Suey
- Chicken Patty Sandwich
- BBQ Chicken Wraps

### Thursday, March 2

- Bacon Cheese Burgers
- Grilled Chicken Sandwich
- Corn Dogs

### Friday, March 3

- Pepperoni Pizza
- Hot Dog w/Roll
- BBQ Rib

### Monday, March 6

- Tomato Soup/Grilled Cheese
- MYO Ham Italian w/Ripple Chips
- French Bread Pizza

### Tuesday, March 7

- Buffalo Chicken Wraps
- Cheese/Hamburgers
- Corn Dogs

### Wednesday, March 8

- Spaghetti w/ Meat or Cheese or Plain Sauce w/Roll
- Chicken Tenders
- Teriyaki Grilled Chicken Sandwich

### Thursday, March 9

- Chicken Chop Suey
- Chicken Patty Sandwich
- Pretzel w/ Cheese Dipping Sauce

### Friday, March 10

- Meatlovers Pizza
- Hot Dog w/Roll
- Fish Nuggets & Fries

**34.5 BY THE NUMBERS**  
**IN MILLIONS, THE NUMBER OF AMERICANS WHOSE HERITAGE IS PRIMARILY OR PARTIALLY IRISH.**

# OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

**Word Play**

## ultracrepidarian

An "ultracrepidarian" is someone who gives opinions on subjects that are beyond his or her knowledge or expertise. So, everybody on the internet!

**Is there a Doctress in the house?**

Sounds silly, doesn't it? But, believe it or not, that's what people used to call a female doctor! Just like a female poet was a "poetess" and a female professor was a "professoress." Do you think that the words "waitress" and "actress" will sound as silly to people in the future as "doctress" does to us now?



## Featured Specials of the Day

### Monday, March 13

Mac & Cheese  
Cheese/Hamburger w/Roll  
Chicken Tenders

### Tuesday, March 14

Spicy Chicken Thai  
Bosco Sticks  
Chicken Patty Sandwich

### Wednesday, March 15

Hamburg Pizza  
Hot Dog w/Roll  
Popcorn Chicken

### Thursday, March 16

NO SCHOOL

### Friday, March 17

NO SCHOOL

## Featured Specials of the Day

### Monday, March 20

Chicken Caesar Wrap  
Bosco Sticks w/Dipping Sauce  
Chicken Nuggets

### Tuesday, March 21

Shepherds Pie w/Roll  
Corn Dog  
Chicken Patty Sandwich

### Wednesday, March 22

Nachos W/Meat & Cheese  
Quesadilla  
Pretzel w/Cheese

### Thursday, March 23

Popcorn Chicken - Potato-Corn Bowl w/Roll  
Cheese/Hamburger  
Fish Nuggets

### Friday, March 24

Veggie Pizza  
Hot Dog w/Roll  
BBQ Rib Sandwich

PLEASE SEE REVERSE  
SIDE FOR ITEMS  
AVAILABLE EVERY DAY

THE **ARTIST** LIST

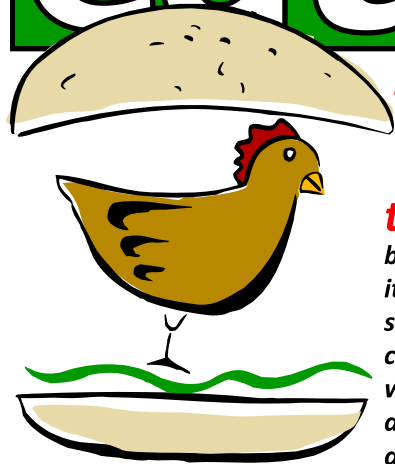
Top 10 Artists  
As determined the  
last week of  
February 2017

- 1/Migos
- 2/Ed Sheeran
- 3/Brantley Gilbert
- 4/The Weeknd
- 5/Drake
- 6/Bruno Mars
- 7/The Chainsmokers
- 8/Rihanna
- 9/Taylor Swift
- 10/twenty one pilots

Source:  
Billboard

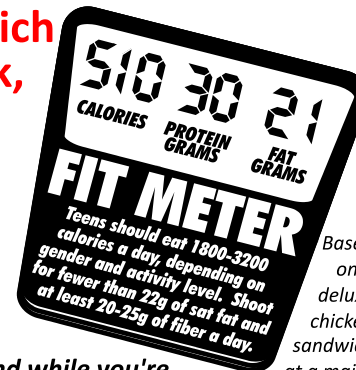
# eat fit

wanna stay fit?  
gotta eat right!



**item:** fast food chicken sandwich  
**verdict:** don't chuck the cluck,  
just eschew the goo

**tip:** Two problems with the standard bird-on-a-bun at the local fast food joint: it's deep fried and it's oozing with special sauce, mayo, cheese-like substance, or some other goo. Two solutions: choose a broiled or grilled bird and, to get all the way down to 300 calories and 3.5g of fat, hold the automatic mayo or sauce (try mustard instead). And while you're at it, ask the kid behind the counter to define the word "eschew."



Based on a deluxe chicken sandwich at a major chain.

## Featured Specials of the Day

### Monday, March 27

Ham or Turkey MYO Italians  
French Bread Pizza  
Chicken Patty Sandwich

### Tuesday, March 28

Buffalo Chicken Wrap  
Quesadilla  
Pretzel w/ Cheese Dipping Sauce

### Wednesday, March 29

BBQ Pulled Pork Sandwich  
Bosco Stick w/Dipping Sauce  
Corn Dog

### Thursday, March 30

Bacon Cheese Burger  
Grilled Chicken Sandwich  
Fish Nuggets

### Friday, March 31

Hamburg Pizza  
Hot Dog w/Roll  
Chicken Tenders