

# Poland Regional High School

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[www.rsu16.org](http://www.rsu16.org)

## The Knightly News

 **MARK YOUR  
CALENDAR!**

## Dates to Remember

<b>April 5</b>	<b><i>SAT's – no early release</i></b>
<b>April 6</b>	<b><i>mandatory science test for Juniors</i></b>
<b>April 14</b>	<b><i>Wellness Day</i></b>
<b>May 1-12</b>	<b><i>AP exams</i></b>
<b>May 18-19</b>	<b><i>Celebration of Learning</i></b>
<b>May 20</b>	<b><i>Prom</i></b>

### Contents

Principal	pg. 2
Assistant Principal	pg. 3
Counselor's Corner	pg. 4
Co-Curricular	pg. 5
Nurse Update	pg. 6
Announcements	pg. 7

Greetings PRHS families;

As we head into the busiest season for school, we would like to call your attention to some important information and schedule changes:

**Wednesday April 5 is a regular school day with NO early release!**

**Wednesday, April 5**

- All **Juniors** will take the SAT on Wednesday, April 5. This test is required by the state of Maine so attendance is mandatory. The test will take the entire day. Students must arrive to school ON TIME and we will be providing breakfast for all students. Students who are late for the start of school or are absent will be required to sit for the test on the make up date of April 25. Some students will complete the test before 2:10 and will be allowed to leave school before the final bell.
- All other students will have a regular day of school and will have all of their classes.

**Thursday, April 6**

- **Juniors** will be taking the mandatory science test from 7:40-10:50. During this time: **Freshmen** will be in Roundtables working on career exploration activities to prepare for next year's sophomore exhibition; **Sophomores** will be preparing for Sophomore exhibition **Seniors** have the opportunity to work on their Senior Celebration either at home or in school. Seniors must arrive at school by 10:20.
- Students will have all of their classes after lunch.

**Wellness Day April 14**

**Wellness Day April 14**

- We are dedicating Friday, April 14 to providing students with opportunities to focus on being healthy. We will be offering workshops to teach students healthy living topics as well as offering them opportunities to engage in physical activity. We are excited about this new day and are looking forward to the experience. Our keynote speaker for the day is **Travis Mills**. Please read more about him below:

“On April 10, 2012, United States Army Staff Sergeant Travis Mills of the 82nd Airborne was critically injured on his 3rd tour of duty in Afghanistan by an IED (improvised explosive device), losing portions of both legs and both arms. He is 1 of only 5 quadruple amputees from the wars in Iraq and Afghanistan to survive such extensive injuries. Travis now lives an inspiring life as a quadruple amputee – he has written a New York Times bestselling memoir titled, *Tough As They Come*; he speaks across the country motivating others to live by his motto: “Never give up. Never quit.”; and his foundation is in the process of building a fully adaptive veterans retreat in Maine. For more information about Travis, you may visit: [www.travismills.org](http://www.travismills.org). “

**The next set of progress report grades will be posted on Infinite Campus on April 12.**

Please don't hesitate to call us with questions or concerns.

Cari Medd, Principal

With the Gran Turismo and the winter sports season behind us, we at PRHS feel that spring cannot be much farther down the road. We hope that your family finds a reason soon to shrug off winter as well!

**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. If you miss that deadline, please contact us as soon as you can. We are most interested in setting the record straight and excusing absences when they qualify. In order to make sure we report accurate information to the state, we may on occasion request a doctor’s note to verify an appointment or an illness.

Our school goal this year is an average of 94%. We finished last year with a rate of 93.51 and are currently at 93.53 for this school year. A good spring will get us to our goal! Thank you for all you do to promote your children’s education by getting them ready for school every day.

**Prom:** Prom is May 20. The student handbook provides the following set of rules for attending Prom:

1. Only 11<sup>th</sup> and 12<sup>th</sup> grade enrolled students may purchase tickets. **TICKETS MUST BE PURCHASED BEFORE THE DANCE.** No tickets will be sold at the door. Enrolled PRHS students in 9<sup>th</sup> or 10<sup>th</sup> grade may attend Prom if invited by an 11<sup>th</sup> or 12<sup>th</sup> grade student.
2. Guests may be invited, but must be approved by the Assistant Principal no later than the Wednesday before the dance (May 17). “Guests” are defined as students who attend other schools, homeschooled students, or individuals who are no longer in school (9<sup>th</sup> grade-20 years old).
4. Administration will keep a list of students who are ineligible to attend prom. PRHS students may be ineligible for Prom if they have had any of the following:
  - multiple out-of-school suspensions or suspension for a capital offense since the start of 2<sup>nd</sup> sem.
  - any unserved disciplinary consequences assigned during second semester
5. Administration reserves the right to deny attendance to a school dance for any student if the student’s attendance will create or exacerbate a dangerous situation, whether or not the student is otherwise eligible to attend.

**Spring Reminders:** With spring come skateboards and more exuberant student driving.

1. Please remember that students may not ride **skateboards** on school property. Students are required to pick the boards up once they enter the school’s driveway and walk them to my office.
2. Students who **drive to school** must register their cars in the main office. The student will be assigned a numbered space and must park in it. Students are not permitted to park in the teacher lot. Driving irresponsibly or recklessly will result in the suspension of driving privileges.

**Junior Privileges:** This year, we are recognizing juniors who have achieved academic and Habits of Work success with a pilot Junior Privileges program. We will start the pilot on April 24, shortly after grades are in and we can determine eligibility. Students must have a first or last block academic support and will be held to the regular eligibility policy used for athletics and competitive co-curriculars. This policy can be found at the [PRHS website](#) in the Student Handbook.

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

**DATES TO REMEMBER...**

- ★ **School Day SATs** will be on **Wednesday, April 5th** for all 3<sup>rd</sup> year students. These will be scores that students can use for college admissions. **Thursday, April 6th** is **Science Augmentation testing** for all 3<sup>rd</sup> year students. Lots of testing so we need all juniors here for both of those days.
- ★ **STARTING April 13– 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. Poland Spring Inn will be one of our interviewers doing real interviews for summer jobs.
- ★ **LRTC decisions** will be mailed home during April vacation. Students will get a letter whether they got into their first or second choice or if they were waitlisted. Their schedules for 2017-2018 will be adjusted accordingly. LRTC Orientation will be June 1 for all admitted students.
- ★ **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 some students have already paid their \$15.00 deposit – billing information can be found on your student's IC account. 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.
- ★ **MAY 13 – MAINE DAY at BATES**. This is an Open House at Bates College for Maine families only. We encourage all of our students considering competitive colleges to take advantage of this program, including the essay-writing workshop. Register through Bates Admissions at 786-6000 by May 1. Many juniors have been nominated by the counselors and will be receiving an invitation for this program.
- ★ **COLLEGE VISITS** – trips are running! We have small groups going to University of Southern Maine (5/3), and UMaine (4/26) 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 started a few weeks ago. We 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** have started 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!



## Athletics

New coaches for the Knights this spring:

Varsity Softball Co-Coaches-Kayla Vannah and Katrina Seeley  
Assistant Softball-Michaela Arsenault  
Varsity Baseball-Charlie Pray ('04)  
Assistant Coaches-Gerry Pray & Don Doyle  
JV Baseball-Bill Bickford

We are currently looking to the following fall coaching positions:

Varsity Field Hockey  
JV Field Hockey  
Varsity Soccer-Boys'  
JV Soccer-Girls'  
MS Soccer-anticipated Girls' and Boys'  
MS Assistant Cross Country

If you are updating your child's physical, remember to send an updated note to the nurse or athletic office, signed by the doc.

For those planning ahead, fall practices will begin August 14 with a Fall Kick Off Parent/Athlete night on Sunday August 13 at 6pm. August 1-August 13 are our mandated hands off period. There will be no summer activities during that time for PRHS Athletics. A great time for a family trip or vacation!

Please check [Polandregionalathletics.org](http://Polandregionalathletics.org) and Schedulestar for updated schedules. It has been interesting solidifying schedules for this spring. A late drop of softball for Falmouth and adjusting for schools without JV, have made it difficult. Please feel free to double check to make sure we get it right.

Special thanks to all those that patiently and successfully registered their children for spring athletics. We are once again looking for solutions to make the process easier.

The annual Golf Tournament sponsored by our baseball program will be held at Fairlawn Golf on May 13. I am sure the team would appreciate seeing you out on the course in support. Details will be out soon.

## Co-Curricular

I hope you had an opportunity to get out and hear our two recent concerts. On March 22, there was a middle school/high school Chorus Concert and on March 29 we had a middle school/high school Band Concert. The troops sound awesome. Mr. Williams and Mrs. Edwards thank you from their hearts for your support of our music program. The kids sound great!

## Drama

Come out to enjoy the spring play, April 26-29. You are sure to be entertained.

## Children and Teens Can Enroll in Affordable Health Care Insurance Year-Round

As a parent, you want to do everything possible to be sure your child is prepared to make the most of their time in school and while participating in after-school activities – that includes having the required immunizations and physicals. We know that children who have health insurance are better able to learn in school and they are less likely to miss school because they are sick.

Only six years ago Maine had one of the lowest rates of uninsured children in the nation behind Massachusetts, Connecticut and Vermont. Now, Maine trails 35 other states in rate of children without insurance. It is estimated that about 9,500 of these uninsured children are eligible for coverage through MaineCare.

Your child or teen may be eligible for free or low-cost health insurance through MaineCare or the Children's Health Insurance Program (CHIP). Children or teens in a family of four earning up to \$52,404 a year may qualify. Once they're enrolled, they'll have access to a wide range of important health services – regular check-ups, shots, dentist visits, eye exams, hospital care, mental health services, prescriptions, and more. Getting a child covered gives parents one less thing to worry about. And don't forget, if your child is already enrolled in these programs, it's important to renew their coverage every year so they can get the care they need when they need it.

For more information about *Connecting Kids to Coverage*, call the Consumers for Affordable Health Care Helpline at 1-800-965-7476 or any of the numbers listed below to discuss your child's eligibility and get connected to a local enrollment specialist who can help you complete a MaineCare/CHIP application. Parents may be eligible for MaineCare, too.

### Community Clinical Services

Aliya Mohamed (207) 513-3885  
B Street Health Center  
57 Birch St., Lewiston, ME 04240

### Western Maine Community Action

Ashley McCarthy & Keri Robichaud (207) 860-4457  
5 Mollison Way, OR 79 Main St.,  
Lewiston, ME 04240 Auburn, ME

### DFD Russell Medical Center

Tia Knapp & Cami Warren (207) 524-4074  
180 Hill Road., OR 7 South Maine St.,  
Leeds, ME 04263 Turner, ME 04282

### HealthReach Community Health Centers

Katharine Calder 1-800-299-2460  
Western Maine Family Health  
16 Depot St., Suite 300  
Livermore Falls, ME 04254

## Announcements

- The PRHS Wellness committee has started a team for the Greater L-A Triple Crown 5K Series. Our team name is Knight Runners. If you are going to sign up, please consider joining our team. The dates of the races are:
  - June 11<sup>th</sup> YMCA Fit Fest
  - July 23<sup>rd</sup> Emily's Run
  - August 27<sup>th</sup> L/A Bridge Run
- Cost for the whole series is \$60 per runner, or \$20 a race. Runners 14 and under are free. You can sign up for the whole series or individual races. Registration is available at:
  - <http://www.triplecrown5k.com/>
  - Click on the Register tab to sign up and make sure you join our team, Knight Runners.

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### Class of 2018 Spring Day Fundraiser

The PRHS class of 2018 is selling black bark mulch. Spruce up your yard this Spring and help kids meet their fundraising goals! Students will be preselling tickets for the mulch from March 22 to April 22. Mulch pickup day will be April 29th. The students will also be washing cars for donations on the 29th, and will graciously accept any bottle donations. The mulch is offered in the following ways: 1 square yard (pickup) \$40, 3 square yards (pickup) \$120, 3 square yards (delivery) \$165, and 2 square foot bags (pickup) \$7. Make your yard look great, and help the junior class by making our April 29th Spring Day a success! For more information please email Ian Truman (class advisor) at [itruman@rsu16.org](mailto:itruman@rsu16.org). Thank you for your support!

Ian Truman, Poland Regional High School, Humanities Teacher

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### ATTENTION ALL JUNIOR PARENTS

The 2017 Project Grad Committee is inviting you to attend their next meeting at 6 pm on Thursday April 27th. We highly encourage as many Jr parents as possible to attend. Now is the time to see what the committee has done for fundraising projects. As well as to consider other options for venues and entertainment to see if you cut the costs down.

Thank you,  
2017 Project Grad Committee

SAVE THIS DATE: Saturday, July 8, 2017



**RSU # 16 School to Pool Day**

Saturday, July 8, 2017 will be RSU 16 Day at Aquaboggan Water Park in Saco. Every student in the district will receive one **FREE** general admission pass for the event. Guests will have a \$3 discount off the price of their admission. (There is an additional fee for bumper boats, go-karts or water tube rentals.) The Pines area will be reserved for RSU 16 families who would like to bring in a picnic lunch/coolers for drinks and snacks. For more information, contact Katie Paiton ([kpaiton@rsu16.org](mailto:kpaiton@rsu16.org)) or Carol Brocker ([cbrocker@rsu16.org](mailto:cbrocker@rsu16.org))

# Calling All Junior Parents

Project Grad would like to invite all Junior parent's interested in joining Project Grad for 2018 to attend our next meeting.

To be held on April 27<sup>th</sup> at 6:00 pm at the Minot Consolidated School Library.

We will be discussing our final push to  
Get ready for the Class of 2017!

Hope to see you there!



Project

Graduation

## **Project Grad 2017 Fundraiser: Tuesday , April 25, 6 to 8pm.**

Join us to help Poland Regional High School Project Graduation 2017 fundraise. We will be making this Seaglass Necklace and Earrings! Cost is \$35 and includes an appetizer buffet with some of your favorite Mac's Grill munchies! Supplies are included for the earrings and necklace...Must pre register by stopping by the Butler Hill Beads shop or calling us at 241-8680. Event takes place at Mac's Grill, 1052 Minot Avenue, Auburn.





# Last Chance Yearbook Sale!



Books are now **\$70**  
***The final order count will be  
submitted next week.***  
***Don't miss out!***

Scan the QR, visit [yearbooks.lifetouch.com](http://yearbooks.lifetouch.com) and click "Order a Yearbook"  
or contact Mr. Poulin for more information  
[bpoulin@rsu16.org](mailto:bpoulin@rsu16.org)



# Now Available, Free and Low-Cost Health Insurance!



The **Connecting Kids to Coverage** project is working to help **Maine kids get free and low-cost** health insurance through MaineCare.

Did you know MaineCare covers a broad set of benefits, including regular doctor visits, dental care, immunizations, prescriptions, mental health services, and more?

If your household income is within the income limits in this chart, your family may qualify. Even if your income doesn't fit, call the experts at Consumers for Affordable Health Care at **1-800-965-7476** to explore other options.

2017 MaineCare Monthly Income Limits			
Family Size	Free MaineCare for parents living with children under age 18	Free or Low-Cost MaineCare for children	Free MaineCare for pregnant women <small>*Increase family size by 1, or more if pregnant with multiples</small>
1	\$1,055	\$2,141	—
2	\$1,421	\$2,882	\$2,895
3	\$1,787	\$3,625	\$3,642
4	\$2,153	\$4,367	\$4,387
Add for each extra person	\$366	\$742	\$746

## Ready to get started? Here are **3** simple ways to take the next step:

1. **Return this completed form** to the person who provided it to you. You will get a follow up phone call or email.
2. **Call 1-800-965-7476 for help** understanding what your family qualifies for and how to apply for MaineCare.
3. **Free assistance with MaineCare applications is available in your community.** Call 1-800-965-7476 to get help.

RETURN THIS FORM TO \_\_\_\_\_ OR TO CONSUMERS FOR AFFORDABLE HEALTH CARE  
VIA FAX : 1-877-634-6209 or EMAIL: [hl.oe@mainecahc.org](mailto:hl.oe@mainecahc.org)

By completing this form I \_\_\_\_\_ (initials here) give my permission for the information below to be used to contact me regarding health insurance enrollment.

Parent/Guardian Name(s): \_\_\_\_\_

Does the Parent/Guardian have health insurance?: Yes / No How many people live with you? \_\_\_\_\_

How should we contact you? (circle one): Phone Call or E-Mail

Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Best time for us to call you is: Morning: \_\_\_\_\_ Afternoon: \_\_\_\_\_ Evening: \_\_\_\_\_ Specific Time: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_ Insured? Yes / No

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_ Insured? Yes / No

**\*\*\*Please list additional household members on the back of this form\*\*\***

RSU 16  
PRHS  
&  
BWMS

# Menus for April 2017



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

## Available Daily!

### Deli Sandwiches

Ham or Salami Italians  
Egg Salad  
Chicken Salad  
Turkey Italians

### Grab & Go

Chef, Caesar & Garden Salads

### Fresh Fruit & Salad Bar

Apples, Bananas,  
Kiwi, Oranges, & more  
Pasta Salad  
Fresh Veggies

### Yogurt Parfaits

Vanilla Yogurt, Blueberries,  
Strawberries & Granola

### Your Favorite Spud

Spiral, Wedge, Tot, or Fries

### Milk & Juices



Since April 1 falls on a weekend this year, Congress passed a law declaring that "all pranks, practical jokes, tricks, and other April

Fool's mischief shall, by law, be perpetrated on Monday, April 3 instead." Please plan accordingly. (And, oh yeah, April Fool's.)

## Featured Specials of the Day

### Monday, April 3

Chicken Vegetable Soup/Grilled Cheese  
French Bread Pizza  
Chicken Nuggets

### Tuesday, April 4

Chicken Quesadillas (homemade)  
Chicken Patty Sandwich  
Pretzel w/ Cheese Sauce

### Wednesday, April 5

Sweet & Sour Chicken  
Cheeseburger/Hamburger  
Corn Dogs

### Thursday, April 6

American Chop Suey  
Bosco Sticks  
Grilled Chicken Patty w/ Roll

### Friday, April 7

Pepperoni Pizza  
Hot Dogs  
BBQ Rib Sandwich

## Featured Specials of the Day

### Monday, April 10

Buffalo Chicken Wrap  
Cheese/Hamburger  
Chicken Tenders

### Tuesday, April 11

Nachos w/ Beef & Cheese  
Quesadilla  
Corn Dog

### Wednesday, April 12

Pasta w/ Meat, Cheese or Marinara Sauce  
Chicken Patty Sandwich  
BBQ Rib Sandwich

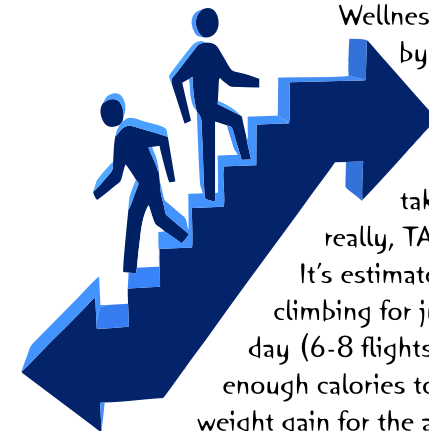
### Thursday, April 13

Turkey Dinner, Mashed, Gravy, Carrots & Roll  
Pretzel w/ Cheese Sauce  
Grilled Teriyaki Chicken Sandwich

### Friday, April 14

Buffalo Chicken Pizza  
Hot Dogs w/ Roll  
Fish Sandwich

## STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs - no, really, TAKE THE STAIRS!

It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

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

# NAME DROPPING



THE HIP HOP DUO  
RAE SREMMURD, BEST  
KNOW FOR THEIR  
NUMBER 1 HIT FROM LAST  
YEAR "BLACK BEATLES,"  
ARE BROTHERS SLIM  
JXMMI AND SWAE LEE  
(A.K.A. AAQUL AND  
KHALIF BROWN). THE  
GROUP'S NAME IS THE NAME OF  
THEIR FIRST RECORD LABEL -  
"EAR DRUMMERS" -SPELLED  
BACKWARDS.

photo: Jason Kibbler, Teen Vogue

**SPRING  
BREAKS**

Break begins at  
the end of classes:  
**Friday, April 14**

Classes resume:  
**Monday,  
April 24**

PLEASE SEE REVERSE SIDE FOR  
ITEMS AVAILABLE EVERY DAY

## Featured Specials of the Day

### Monday, April 24

Tomato Soup /Grilled Cheese  
Bosco Sticks  
Chicken Nuggets

### Tuesday, April 25

Meatball Subs  
Pretzels w/ Cheese Sauce  
French Bread Pizza

### Wednesday, April 26

Chicken Stir Fry w/Rice  
Tuna Burger  
Cheese/Hamburger

### Thursday, April 27

BBQ Chicken w/Mashed Potato  
Corn Dogs  
Quesadillas

### Friday, April 28

Meatlovers Pizza  
Hot Dog w/Roll  
Chicken Tenders

## ★ OUR NATION'S HISTORY ★

**T**his is the Dome of the United States Capitol building in Washington, D.C. The part of the building just under the Statue of Freedom near the top is what architects call the "tholos," and if the light in the Capitol's tholos is lit at night, that means that one or both of the U.S. Senate and the House of Representatives are in session. This tradition is believed to have begun in the 1800's when many members of Congress lived in area boarding houses and they needed to know when to convene!

Library of Congress, Prints and Photographs Division.

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# ◆ WONDERS OF THE WORLD ◆

Mauna Loa and Kilauea volcanoes in Hawaii are known for heat – especially for Kilauea's spectacular lava flows into the Blue Pacific. But Mauna Loa also rises nearly 14,000 feet above its ocean shore, high enough to get some snow every year, and sometimes a lot of snow. Last December, several feet fell on the highest mountains in Hawaii, and just last month in March there was a blizzard warning! This snowboarder is getting some air within sight of the world's largest astronomical observatory atop Mauna Kea, a dormant volcano and the tallest of the Hawaiian mountains.



photo: aloha-hawaii.com

# ◆ HAWAII VOLCANOES NATIONAL PARK ◆