

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR CALENDARS!**

Dates to Remember

<i>State Police Internet Safety Program</i>	<i>Dec 5 5:30</i>	<i>in the Library</i>
<i>Band & Chorus concert</i>	<i>Dec 6</i>	<i>in the Theater</i>
<i>How grades posted</i>	<i>Dec 8</i>	
<i>PRHS Alumni Day</i>	<i>Jan 5</i>	<i>10am to 11:30am</i>
<i>Androscoggin Career Fair</i>	<i>Jan 9</i>	<i>for all Sophomores</i>
<i>Scrapbook weekend</i>	<i>Jan 12 – 14</i>	<i>@ Minot School, to benefit Project Grad</i>
<i>Mattress Sale</i>	<i>Jan 27</i>	<i>10am – 3pm to benefit Indoor Track</i>

Contents

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

Dear PRHS students and families,

- ★ On Thursday, November 16, PRHS hosted our first every **Community Meeting**. The topic of this meeting was finding ways to **increase Civility in our school**. Civility means “the ability to disagree with others while respecting their sincerity and decency.” Our goals for that day were to encourage students to listen to each other, engage in a respectful, productive exchange with people who think differently, and to disagree with others respectfully, avoid name calling, aggressive language or threats. These have always been expectations in our schools but we have found the need to reemphasize them as some of our interactions have become more disrespectful. We do not engage in the work to tell your students what they are supposed think but to help them understand how to respect those who think differently from them. We will be planning more meetings like this throughout the year. If you are interested in learning more about the resources we used, please follow this link to <http://www.revivecivility.org/>, a project of the National Institute of Civil Discourse at the University of Arizona.
- If your student is a **sophomore or senior**, he/she is beginning to work on the **Sophomore Exhibition or Senior Celebration**. These projects will be presented during our **Celebration of Learning days on May 3 and 4-please put these dates in your calendar**. The Sophomore Exhibition requires students to answer three questions: “Who am I?”, “How am I doing?” and “Where am I going?”. Students will research a career and share the work they have been doing in their digital portfolio. This is a part of our daily work on raising the aspirations of our students and preparing them for life after PRHS. The Senior Celebration allows students to pursue a topic of their choice/passion. We ask them to complete a rigorous research process and meet the high expectations we have for speaking and presenting. Both projects require ALL students to successfully complete a public speaking component. Sophomores must speak for at least 10 minutes and senior must speak for 15-20 minutes. Please ask your Sophomore or Senior about these important projects and encourage them to research areas they are really interested in. All parents and family members are strongly encouraged to attend the presentations.
- A new set of Habits of Work Grades will be posted on **Wednesday, December 14** and we will mail progress reports home by the end of that week. Please remember that these grades are used to determine **eligibility** for a performance or competition co-curricular and athletic team.

Please do not hesitate to contact us if you have questions or concerns.

Cari Medd
cmedd@rsu16
998-5400 ext. 129

The school community is gearing up to finish the semester strong. Grades close for the first semester on January 19, the last day of mid-term exams. Students who do not pass core courses first semester will be referred to summer school to earn credit. This year, the tentative dates for summer school are July 9-August 3. More information on summer school to come in a later newsletter.

Attendance: Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. As they have for the last five years, students will compete for Winter Carnival points based on their class’s attendance rate in January and February (12 points for first, 9 points for second, 6 points for third). We will be calculating attendance beginning on January 3, 2017. With your help, we have improved our daily attendance rate each year since 2012. Thank you for promoting your children’s education by getting them ready for school every day.

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 a high school or of high school age and engaged in homeschooling, 10th grade or above, or out of school and no older than 20.

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

Cell Phones: The student handbook policy on cell phones in school provides for three levels of consequences if students use a phone without permission or phone use becomes distracting or disruptive. First offense: Teacher holds the phone until the end of the block. Second offense: Teacher brings the phone to the office and the student picks it up at the end of the day. Third offense: Parents/guardians pick up the phone at the end of the day.

Please contact me at pflynn@rsu16.org or 998-5400 x120 if you have questions or comments.

Happy New Year!
Patrick Flynn
Assistant Principal

Grades are closing again and a new set will be posted soon, more and more college applications are being submitted every day, we head into the holidays and cold weather....

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 free access to many College Board features, like free SAT prep through Khan academy. Codes are available right on the test results page.

PRHS ALUMNI DAY is Friday, **January 5, 2018** at 10 AM. Send any alumni our way!

FREE COLLEGE COURSES for second semester? CMCC, USM, St. Joe's, UMFK, UMA? Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP! Most college classes start mid-January. Cost is the fees, books and transportation.

The **ANDROSCOGGIN CAREER FAIR** will be **January 9, 2018** for all **sophomores**. Students have worked on 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.

JUNIORS AND 3rd YEAR STUDENTS – more information will be coming about your opportunity to take the SATs on April 10, 2018! We are waiting to get more specific information from the state. Please contact your student's school counselor with any questions.

Seniors are starting to hear back from colleges. We had a successful round of acceptances when we hosted Admissions in a Day programs with the University of Maine, University of Maine at Farmington, and the University of Southern Maine. Central Maine Community College will be here on Thursday, November 30 to do the first round of applications and Accuplacer testing; we will host them often throughout the winter.

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, mental health issues, etc. Our contact information is below.

Contact your student's counselor with any questions or concerns

Congratulations to our fall athletes that were chosen to receive the Coaches Award for our fall athletic teams. These athletes were selected for their demonstration of the three core values of Citizenship, Character and Community.

Coaches Awards:

Cheer-Emily Champagne

Cross Country-Gabe Crosby & Samantha Halmos

Field Hockey-Morgan Brousseau & Jordan Gregory

Football-Sam Boles & Roger Gagnon

Golf-Justin Jarvis

Soccer Boys'-Jacob Bernard & DJ MacKenzie

Soccer Girls'-Sydney Hudson & Elizabeth Tibbetts

-Our teams included in their goals this fall to play with honor and dignity, to play the game the right way. Knight Nation is proud of you.

-**Winter athletic schedules** opened November 25 for the Red Hornets girls' ice hockey program and the weekend of December 8 basketball and boys' hockey.

Winter Coaches and teams include:

Boys' Basketball-Tyler Tracy, Steve Ray, Eddie Ray, Tom Labrie

Girls' Basketball-Tim Dolley, Jake Webb, Kat Seeley

Indoor Track-Rick Kramer, Dan Roy, Kim Yorkey

Cheer- Sarah Faulkingham, Jacob Backman

Boys' Hockey-The Kings-Joe Hutchinson, Greg Vaillancourt, Ryan Gosselin, Brian Doucette, Tyler Hutchinson, Jaime Boucher

Girls' Ice Hockey-The Red Hornets-Dana Berube, Kris Bennett, Larry Morin, Anne McIntire

FamilyID

Thank you all for getting your student athletes registered on FamilyID.com. It seems to be working much better than the systems used the last two years. Some of the advantages include being able check your child's physical date on your registration, and a simple 'click' to add your child to an additional sport. Please do not create a new registration for your child once you have already done so.

Please also note that students and parents signed in the registration process, the Co-Curricular handbook with rules and expectations around attendance, behavior, and substance use. Also note that everyone has agreed to our Sportsmanship Statement in the registration process. As a reminder:

Athletes will:

- Be a good teammate, supporting others and giving their best effort.
- Display respect for teammates, opponents, coaches and officials. Accept the decisions of officials.
- Communicate with their coach.
- Be a role model for others including the student body, and young people in our community.
- Take care of their school facilities, uniforms and equipment.
- Behave with dignity and self-control.

Parents will:

- Show positive support to teams and players for outstanding performances.
- Encourage your child to communicate concerns with the coach and ask questions for clarity.
- Refrain from angry and abusive response to any player, official, coach or other attendee.
- Behave with dignity and self-control.

Speech and Debate

Saturdays are filling up with arguments that are well articulated. Speech and Debate season is here, and the PRHS debaters are looking to leave a strong impression. Good luck Knights. See Mrs. Robinson if you have interest.

Drama

The Poland Players took to the stage and are planning an additional, fun, performance on December 19. It is great to have kids excited and asking if they can do more!

Downhill Club

See Mr. Petherbridge immediately if you are interested in the downhill club. Sunday trips to Sunday River can be a fun way to spend time with classmates and earn credit enjoying the great outdoors of Maine.

Nursing Notes

We at the nursing office wanted to give all parents and guardians a heads up about a virus called Coxsackie. You may have heard it before called Hand Foot and Mouth. It seems to be going around our area so we want you to know what to look for. Classic signs involve painful blisters in the mouth. However, in our age group it can show up as just small, painful blisters on the hands and feet. At the High and Middle School level, it's usually just something that will pass on its own, but even if the student isn't having severe symptoms they're still contagious. So, if you're seeing something like this cropping up on your student, have them checked out by their primary medical care provider so they don't risk passing it on to younger family members and friends. In the elementary grade levels this can be a very serious illness, sometimes even requiring hospitalization. As usual, if you have any questions or concerns regarding this please don't hesitate to reach out to us at the nursing office.

Carbon Monoxide - As we head into the cold winter months, we all need to be mindful of the potential for carbon monoxide poisoning. Even as students you can help remind your parents or guardians that heating sources need to be used appropriately in the home, and properly ventilated. It's always crucial to make sure you have functioning carbon monoxide detectors in the home. You can help by testing carbon monoxide alarms at least once a month, and change the batteries if needed. Never run a vehicle to warm it up in the morning while it's in an enclosed space, because that can also lead to buildup of carbon monoxide. Additionally, the symptoms to look for can be headache, nausea, or dizziness, and these are symptoms that can be mistaken for cold or the flu, so being mindful of the potential for carbon monoxide poisoning is important. Never hesitate to call your local fire department with questions or reach out to us as well!

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Poland track is having a clothing fundraiser through Gee and Bee Sporting goods. If you are interested you can check it our online @

<https://polandknights17.itemorder.com/sale>

Indoor Track Mattress Sale at PRHS on January 27th from 10a.m. - 3p.m.

Recent fundraised purchases include Pole Vault Padding, Foam Hurdles, Bumper Plates, Shot Puts... Etc.

Project Grad news on the website: We have added a link to Project Graduation news on the PRHS website. Please keep checking there for any updates. The first thing there will be the list of vendors participating in the gift card program. We have many local vendors such as Walmart, KMart, Target and Shaws. When you purchase a gift card through this program, a percentage of the value of the card is given to us as a rebate. You may use this for your gift giving needs as well as your everyday shopping. For example: purchase a \$100 gift card from Shaws to do your weekly grocery shopping. Project Grad will earn \$4. With many people participating, the amount can add up quickly.

Thank you in advance for your support.

Calendar reminder: Early versions of this year's school calendar were incorrect. December 21 IS a school day. The Christmas break begins on December 22. January 2 is a workshop day. Students return to school on January 3rd. Have a happy and safe holiday!

**CLASS OF
2018**

PROJECT GRADUATION NEWSLETTER



PG18 Committee Members

Pam Grondin—Co-Chair

Doreen Seeley—Secretary

Trish Andrews—Treasurer

MEETINGS ARE THE 1ST
WEDNESDAY OF EVERY
MONTH IN THE PRHS CAFE

& FOLLOW US ON FACEBOOK

SPECIAL THANKS TO THE FOLLOWING
BUSINESSES FOR THEIR SUPPORT
OF PROJECT GRAD...

- * Alternative Sprinkler Fire Protection
- * KMC Trucking
- * Powell Heating Services

Current / Upcoming Fundraisers

- * **Local Business Fundraiser** - If you would like to be a Project Grad. Sponsor please contact any member of the committee. (Ongoing)
- * **Scrapbooking Weekend @ Minot School** - 1/12/18 thru 1/14/18 - Contact Rosanna Goss
- * **\$20.18 Sponsor a Senior Roundtable Contest** (Ongoing)
- * **Holiday Gift Card Event**—A percentage of each gift card sold goes to Project Grad.(See Full List on our Project Graduation-2018 Facebook Page)
- * **Bracelet Event with Butler Beads** - (TBA)

“YOU HAVE BEEN KNIGHTED FUNDRAISER”

**IF YOU
WOULD LIKE
TO HAVE A
FRIEND
“KNIGHTED”**

**PLEASE
CONTACT
JULIE
HERRICK**



Scrapbookin' for Project Graduation

Scrapbooking & Crafting Fundraiser

January 12th -January 14th

@Minot Consolidated School

Registration fee \$60.00 for three days

Friday January 12th 5:00-11:00p.m.

Saturday January 13th-8 a.m.-11p.m. w/lunch & dinner

Sunday January 14th-8:00a.m.-5:00 w/lunch

Or

\$30 for one day

Saturday January 13th-8:00a.m.-11:00p.m. w/lunch & dinner

Bake Table/Drinks/Breakfast items for sale, 50/50, Raffles

Name _____

Who would you like to sit
with? _____

___\$60.00

___\$30.00 Saturday Only

Checks made to: P.R.H.S. (Project Grad written in the memo line)
Mail to: Rosanna Goss @ Minot Consolidated School

23 Shaw Hill Rd. Minot Maine 04258

* for more info please call # or text 212-6373

All monies to benefit the P.R.H.S 2017 Project Graduation



2018 PROJECT GRADUATION

“\$20.18 SPONSOR A SENIOR FUNDRAISER”

PROJECT GRADUATION is an all-night celebration of our Senior's graduation. It's a fun, safe, chemical free way for all seniors to get together one last time and celebrate their accomplishments.

The 2018 Project Grad Committee would like to do a “**Roundtable Contest**” for the senior class!! We are asking for you and your senior to have friends, family members, or anyone you would like to ask to write a check for \$20.18. Checks should be made payable to **Project Grad 2018**. The senior roundtable that raises the most dollars will win a Pizza Party!! We are encouraging seniors to participate to help their Project Grad night to be successful. Simply fill out the form and send both a check and the form to the below address. We are looking for a donation of “\$20.18”, but if you wish to donate more that would be greatly appreciated. If every family donates we will raise \$2,482.14 towards our Project Graduation Night. The average fundraised cost for each senior in the past has been about \$225.00. Any donation would be helpful.

100% of Your Donation Will Go Towards The Entertainment And Grand Prizes For Our Seniors

Mail Checks to:

Poland Regional High School
C/O PRHS Project Graduation
1457 Maine Street
Poland, Maine 04274

THANK YOU!!

Student Name _____

Parent/Grandparent/Friend _____

Donation\$ _____ Round Table Teacher _____

Menus for December 2017

**RSU 16
PRHS/BWMS**

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

Available Daily

Sandwich Bar

Sandwiches Made to Order

Grab & Go Express Line in the Dining Room

Salads, Hot Food, Drinks

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

Featured Specials of the Day

Friday, December 1
Pepperoni or Cheese Pizza
Hot Dog w/Roll
Fish Sticks

Monday, December 4
Buffalo Chicken Wrap
BBQ Rib Sandwich
Corn Dogs

Tuesday, December 5
Popcorn Chicken Bowl
Cheese/Hamburger
Pretzels w/Cheese

Wednesday, December 6
Nachos w/Meat & Cheese
Quesadilla
Grilled Chicken Sandwich

Thursday, December 7
Pasta w/ Meat Sauce, Alfredo or Plain
Chicken Patty Sandwich
Tuna Burger

Friday, December 8
Meatlovers or Cheese Pizza
Hot Dog w/Roll
Fish Sticks

THE  **LIST**

Top 10 Artists
for the week of
November 18,
2017

1/Kenny Chesney
2/Kelly Clarkson
3/Ed Sheeran
4/Imagine Dragons
5/Post Malone
6/Taylor Swift
7/Cardi B
8/Chris Brown
9/Demi Lovato
10/Sam Smith

Source: Billboard

★ OUR NATION'S HISTORY ★

In December 1903, the Wright Brothers made the first successful airplane flight at Kitty Hawk, North Carolina, forever changing the way people travel. Within 55 years, commercial jets were flying the United States.



★ WITH LIBERTY & JUSTICE FOR ALL ★

eat fit

wanna stay fit?
gotta eat right!

Serves you right!

MyPlate.gov advises us to eat at least 2-3 cups of veggies a day.

But what exactly makes a cup? Each of these equals about

1 cup of veggies:

- 5 broccoli florets
- 7 or 8 cherry tomatoes
- 1 large ear of corn
- 2 or 3 celery stalks
- 5 asparagus spears
- 1 bell pepper cut into strips
- 12 baby carrots or 2 medium regular carrots
- 1 medium potato or half a large sweet potato



Wishing you and your family a bright
and happy Holiday Season!

Ellen Dore, Director of Food Services
& the Child Nutrition Staff at your school

See You
Next Year!

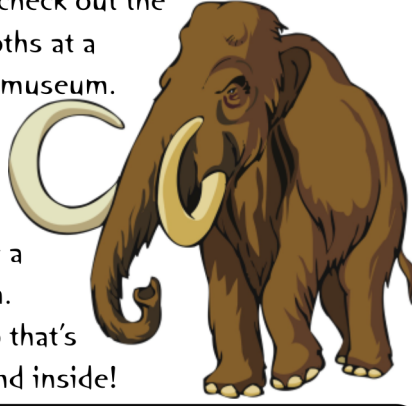
Last day of school:
Thursday, December 21

Classes Resume
Tuesday, January 3



HAPPY WOOLLYDAYS.

Want to have MAMMOTH fun over the
Holidays? Go check out the
woolly mammoths at a
natural history museum.
Or visit an art
museum. Or
a national
monument. Or a
sports museum.
Cool stuff to do that's
mostly warm and inside!



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

Featured Specials of the Day

Monday, December 11

Bacon Cheeseburgers
Chicken Patty Sandwich
Fish Nuggets

Tuesday, December 12

Sweet & Sour Chicken
Deep Dish Pizza
Mini Corn Dogs

Wednesday, December 13

Nachos w/Meat & Cheese
Quesadilla
Bosco Sticks

Thursday, December 14

Mac & Cheese
Chicken Tenders
Pretzels w/Cheese

Friday, December 15

Pepperoni or Cheese Pizza
Hot Dog w/Roll
BBQ Rib Sandwich

Featured Specials of the Day

Monday, December 18

Tomato Soup w/Grilled Cheese
Cheese/ Hamburgers
Chicken Patty Sandwich

Tuesday, December 19

Steak Subs
Pizza Bosco Sticks
Pretzel w/Cheese

Wednesday, December 20

Nachos w/Meat & Cheese
Quesadilla
Mini Corn Dogs

Thursday, December 21

Cooks Choice Pizza
Hot Dog w/Roll
Fish Sticks

Please See Reverse for
Items Available Daily