

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

<i>Alumni Day</i>	<i>January 5th</i>	<i>10:00 – 11:30</i>
<i>Sophomore Career Fair</i>	<i>January 9</i>	
<i>Midterm exams</i>	<i>January 16-19</i>	
<i>Mattress Fundraiser for Indoor Track</i>	<i>January 27</i>	<i>Middle School Gym</i>

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January 2018

Dear PRHS students and families,

Happy New Year! We hope you had a restful and pleasant holiday vacation. The clock is ticking toward graduation as our seniors continue to plan for life after PRHS. Please note the following information:

- ★Friday, January 5, 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.
- **Midterm exams** will take place between January 16-19. 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 19**. 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 students begin to apply to colleges and scholarships.
- **Senior Families** will be receiving a letter soon regarding graduation activities, dates and expectations. Sunday, 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 9. 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 during the week of January 22.

Please don’t hesitate to contact us with questions or concerns.

Cari Medd
Principal
998-5400 ext. 129
cmedd@rsu16.org

“Character, Community, Citizenship”

With three weeks left in the first semester, students and faculty are making a final push to finish strong. In January, we start thinking about Winter Carnival, the Gran Turismo, and other PRHS traditions. Students who did not pass core courses first semester may be referred to summer school to earn credit. Please see below for a description of summer school and the family's responsibilities.

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 four 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 began counting on January 3, and right now the juniors are in first and the freshmen are a close second. Every day matters!

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

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.**

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 4th. If you have questions, please contact your child's school counselor or me.

Closed Campus: A reminder that once students arrive on campus, they are required to remain on campus unless dismissed by a parent/guardian who has notified the office.

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

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, Franklin Pierce, Colby Sawyer 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. 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.com. 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 5, 2018** 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 9, 2018** 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 SMCC. 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 **the week of January 22**. We will have an optional trip to visit up to 3 programs at LRTC on **February 7 or 8**. 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.

GUIDANCE WEB PAGE IS FOUND ON THE MAIN PAGE FOR THE HS:

<http://teacherweb.com/ME/PolandRegionalHighSchool/GuidanceDepartment/index.html>

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Athletics

Coaches vs. Cancer-Jessica Seeley will be working with the American Cancer Society to raise awareness and funds to support the fight against cancer. She is targeting the Lake Region Quad game on January 6.

Boys Hockey-Coach Hutchinson returns this season to build on the Kings' success in the first year. The team looks to improve on last seasons' 11-6-1 record. The team welcomes Balthazar Le Bec, our courageous foreign exchange student from France.

Girls' Ice Hockey-Go Red Hornets! Our cooperative team with Edward Little and Leavitt has named two of Poland's outstanding student athletes as captains. Congratulations to Brianna Doucette and Taylor Cailler! The team plays out of the Norway Savings Bank Arena if you would like to check out a game.

Indoor Track-Our season gets under way when we return from the holiday. Our team competes at USM on Friday nights. The team would like you to mark your calendar for their Annual Mattress Sale fundraiser, January 27. Mattresses will be set up in the middle school gym for you to try and purchase.

Co-Curricular

Remember, kids must get co-curricular credit to march at graduation. We want them to experience Poland Regional High School's community outside the classroom. Please encourage them to get involved. Here are a few that might interest them.

Math Team-Ms. Elias-Castillo and Mr. Franklin have been busy with the math team. The mostly sophomore group have a fresh attitude that has added equated to increased scoring at math meets. Keep up the good work!

Knight Writer-Mr. Chutchian is always looking for articles for the school newspaper. Any students interested in writing a piece, should contact Mr. Chutchian. The Knight Writer staff will be taking a field trip early second semester to the Sun Journal. Articles are published on the www.rsu16.org web site.

Yearbook-Yearbooks are on sale. \$70 each. Contact Mr. Poulin at bpoulin@rsu16.org

Fishing Club-If your child enjoys fishing, maybe they would like to participate with the Fishing Club. Mr. Tidd and Mr. Latham take a fall and spring fishing trip. They also tie flies in the winter. Who knew you could get co-curricular credit for fishing?

Going into the holiday season the one thing we'd like to emphasize is to try and take care of each other. Whether it's holding the door for a stranger, calling to check on friends and neighbors, just the act of reaching out to each other goes a long way toward helping everyone have a more pleasant holiday. This time of year is joyous but can be stressful for many people for many different reasons. Take some tips from the Mayo Clinic: know it's normal and ok for people to feel sad this time of year. Realize the holidays don't have to be perfect! Accept the people around you for who they are, and know they're probably just as stressed out as you might be feeling. Remember the holidays are about spending time with those you love, not about spending money, so don't try to buy happiness. Most importantly, take time for yourself. Take a breather, take a walk, read a book or listen to music, whatever it is you enjoy that resets your mood. Have a peaceful holiday!

With teen mental health deteriorating over five years, there's a likely culprit

December 1, 2017 6:26am. By Jean Twenge.

Around 2012, something started going wrong in the lives of teens.



In just the five years between 2010 and 2015, the number of U.S. teens who felt useless and joyless — [classic symptoms of depression](#) — surged 33 percent in large national surveys. Teen suicide attempts increased 23 percent. Even more troubling, the number of 13- to 18-year-olds who committed suicide jumped 31 percent.

*In [a new paper](#) published in *Clinical Psychological Science*, my colleagues and I found that the increases in depression, suicide attempts and suicide appeared among teens from every background — more privileged and less privileged, across all races and ethnicities and in every region of the country. All told, our analysis found that the generation of teens I call “[iGen](#)” — those born after 1995 — is much more likely to experience mental health issues than their millennial predecessors.*

What happened so that so many more teens, in such a short period of time, would feel depressed, attempt suicide and commit suicide? After scouring several large surveys of teens for clues, I found that all of the possibilities traced back to a major change in teens' lives: the sudden ascendance of the smartphone.

All signs point to the screen

Because the years between 2010 to 2015 were a period of steady economic growth and [falling unemployment](#), it's unlikely that economic malaise was a factor. Income inequality was (and still is) an issue, but it didn't suddenly appear in the early 2010s: This gap between the rich and poor had been [widening for decades](#). We found that the time teens spent on homework barely budged between 2010 and 2015, effectively ruling out academic pressure as a cause.

But, according to the Pew Research Center, smartphone ownership [crossed the 50 percent threshold](#) in late 2012 — right when teen depression and suicide began to increase. By 2015, [73 percent](#) of teens had access to a smartphone.

Not only did smartphone use and depression increase in tandem, but time spent online was linked to mental health issues across two different data sets. We found that teens who spent five or more hours a day online were 71 percent more likely than those who spent less than an hour a day to have at least one suicide risk factor (depression, thinking about suicide, making a suicide plan or attempting suicide). Overall, suicide risk factors rose significantly after two or more hours a day of time online.

Of course, it's possible that instead of time online causing depression, depression causes more time online. But three other studies show that is unlikely (at least, when viewed through social media use).

Two followed people over time, with [both studies](#) finding that spending more time on social media led to unhappiness, while unhappiness did not lead to more social media use. A [third](#) randomly assigned participants to give up Facebook for a week versus continuing their usual use. Those who avoided Facebook reported feeling less depressed at the end of the week.

The argument that depression might cause people to spend more time online doesn't also explain why depression increased so suddenly after 2012. Under that scenario, more teens became depressed for an unknown reason and then started buying smartphones, which doesn't seem too logical.

What's lost when we're plugged in

Even if online time doesn't directly harm mental health, it could still adversely affect it in indirect ways, especially if time online crowds out time for other activities.

For example, while conducting research for my book on iGen, I found that teens now spend much less time interacting with their friends in person. Interacting with people face to face is [one of the deepest wellsprings of human happiness](#); without it, our moods start to suffer and depression often follows.

Feeling socially isolated is also [one of the major risk factors for suicide](#). We found that teens who spent more time than average online and less time than average with friends in person were the most likely to be depressed. Since 2012, that's what has occurred en masse: Teens have spent less time on activities known to benefit mental health (in-person social interaction) and more time on activities that may harm it (time online).

Teens are also sleeping less, and teens who spend more time on their phones [are more likely to not be getting enough sleep](#). Not sleeping enough is [a major risk factor](#) for depression, so if smartphones are causing less sleep, that alone could explain why depression and suicide increased so suddenly.

Depression and suicide have many causes: Genetic predisposition, family environments, bullying and trauma can all play a role. Some teens would experience mental health problems no matter what era they lived in.

But some vulnerable teens who would otherwise not have had mental health issues may have slipped into depression because of too much screen time, not enough face-to-face social interaction, inadequate sleep, or a combination of all three.

It might be argued that it's too soon to recommend less screen time, given that [the research isn't completely definitive](#). But the downside to limiting screen time — say, to two hours a day or less — is minimal. In contrast, the downside to doing nothing — given the possible consequences of depression and suicide — seems, to me, quite high. It's not too early to think about limiting screen time. Let's just hope it's not too late.

Jean Twenge is a professor of psychology at San Diego State University in California. This piece was originally published on [TheConversation.com](#).

Follow [BDN Editorial & Opinion on Facebook](#) for the latest opinions on the issues of the day in Maine.

MENUS FOR JANUARY 2018

**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

**Happy
New Year**

*Welcome Back!
We hope
you enjoyed
your break!*

Wednesday, January 3

Bacon Cheese Burgers
Tuna Burgers
Fish Sandwich

Thursday, January 4

Steak Subs
Mini Corn Dogs
Pretzel w/cheese

Friday, January 5

Meatlovers or Cheese Pizza
Hot Dog
BBQ Rib Sandwich

Monday, January 8

Tomato Soup w/ Grilled Cheese
Chicken Sandwich
Mini Corn Dog

Tuesday, January 9

BBQ Chicken w/ Mashed Potato
Deep Dish Pizza
BBQ Rib Sandwich

Wednesday, January 10

Nachos w/ Meat & Cheese
Pretzel w/Cheese
Quesadilla

Thursday, January 11

Buffalo Chicken Wrap
Cheese/Hamburger
Bosco Sticks

Friday, January 12

Pepperoni or Cheese Pizza
Hot Dog
Fish Sandwich

2018
**Make a Resolution
To Save**

Join us
every day for
convenient,
economical,
healthy meals!

Breakfast \$1.25 Lunch \$2.75

Learn more about free and reduced-price meals in our district:
207-998-5400 or edore@rsu16.org

eat fit

wanna stay fit?
gotta eat right!

item: guacamole

verdict: the
dip-to-chip
ratio matters

tip: It's
football playoff
time, leading up to
the Super Bowl, and that means
you won't be able to avoid
guacamole if you try! So don't
try!!! Guac is a really healthy
snack, full of fiber and
nutritious plant fat. Really,
it's the chips that get you – so load up
lots of guac per chip and eat fewer chips!



Based
on 4 oz.
of guac
from a
national chain



DON'T LET THIS HAPPEN TO YOU!

IT WAS ON THE WAY TO SCHOOL, ABOUT A WEEK AFTER HE FORGOT ABOUT THE PEANUT BUTTER AND BANANA SANDWICH, THAT CHRIS FELT THE FIRST STIRRINGS OF **THE CHEMICAL REACTION IN HIS BACKPACK.**

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

BEEF AND BEAN BURRITO
SPANISH RICE
GUACAMOLE
GRAPE TOMATOES
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 709
CALORIES FROM PROTEIN: 20%
CAL. FROM CARBOHYDRATES: 52%
CALORIES FROM FAT: 28%
GOAL: 30% OR LESS FAT CALORIES

PLEASE SEE REVERSE FOR ITEMS AVAILABLE DAILY

Featured Specials of the Day

Monday, January 22

Popcorn Chicken Bowl
Mini Corn Dogs
BBQ Rib Sandwich

Tuesday, January 23

Corn Chowder
Chicken Patty Sandwich
Deep Dish Pizza

Wednesday, January 24

Buffalo Chicken Wrap
Cheese/Hamburger
Tuna Burger

Thursday, January 25

Nachos w/ Cheese & Meat
Pretzel w/ Cheese
Quesadilla

Friday, January 26

Meatlovers or Pizza
Hot Dogs
Fish Sandwich

Monday, January 29

Meatball Sub
Cheese/Hamburger
Deep Dish Pizza

Tuesday, January 30

Steak Subs
Bosco Sticks
Chicken Patty Sandwich

Wednesday, January 31

Pasta w/ Marinara, Alfredo Sauce
Chicken Tenders
Fish Sandwich

Featured Specials of the Day

Monday, January 15

School will be closed on Monday, January 15 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 16

Sweet & Sour Chicken
Bosco Sticks
BBQ Rib Sandwich

Wednesday, January 17

Steak Subs
Mini Corn Dogs
Chicken Patty Sandwich

Thursday, January 18

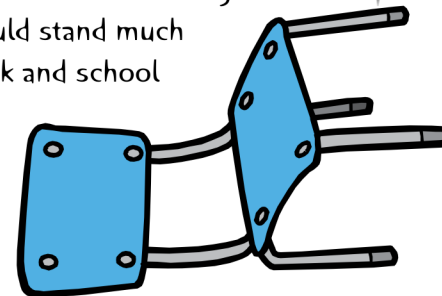
Nachos w/ Cheese & Meat
Pretzel w/ Cheese
Quesadilla

Friday, January 19

Meatlovers or Pizza
Hot Dogs
Fish Nuggets

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Teens sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

1 New Year = 365 Opportunities

2018

Go for it.

NAME DROPPING

POST MALONE IS THE STAGE NAME OF AUSTIN RICHARD POST. THE FIRST NAME IS, OBVIOUSLY, HIS GIVEN LAST NAME. AND MALONE? NO CRAZY STORY -- IT CAME FROM A RAP NAME GENERATOR.

