

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

## The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

3/2	7pm	<i>Jason Tardy Show</i>
3/14-3/15		<i>Student Led Conferences</i>
3/14-3/16		<i>Gran Turismo</i>
3/16		<i>Workshop day</i>
3/21	7pm	<i>Chorus Concert</i>
3/22	6-7:30	<i>Open house for incoming 9<sup>th</sup> grade students</i>
3/28	7pm	<i>Band Concert</i>
3/28	6pm	<i>Junior parent night</i>
3/29	7pm	<i>Comedy show to benefit Project Grad</i>

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**Greetings PRHS families and friends!****★Habits of Work progress report grades will be posted on Infinite Campus after March 7.**

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 7. 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 12.** Conference times will be available Wednesday, March 14 or Thursday, March 15. Please keep your eyes out for an invitation or an email from your child's Roundtable advisor. During the conference, your child will review their 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 16** so there is no school for students.
- **Attention parents of incoming 9th graders!** We will be holding our open house on Thursday, March 22 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 **Tuesday, April 10 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.
- As we begin to prepare for the gradation of the Class of 2018, we would like to congratulate these seniors for their accomplishments: Sam Stone, Valedictorian; Rachel Kuklinski, Salutatorian; Bailey Kinney, Principal Award Honoree.

Please let us know if you have questions or concerns.

Cari Medd

Principal

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

998-5400 ext. 129

## “Character, Community, Citizenship”

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 22), and Student Led Conferences (March 14-15).

**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 6<sup>th</sup> annual Winter Carnival attendance competition, the 10<sup>th</sup> graders came out on top with the 11<sup>th</sup> and 9<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 19th 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.
- Guests must be approved by the administration 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 10-August 2, Tuesday-Thursday, 8 am-1 pm. Breakfast and lunch will be provided each day. Transportation to and from school will be available for families who request it. 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 14-16. *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 Marlborough, MA. The cost to students is \$105 and registration starts Wednesday, February 28. 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.

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 10, 2018. 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 5 – 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 10. 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 2018-2019 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 10; they should contact their counselor about the process after that date.**
- ★ **AP EXAMS** start **May 7 and run through May 19**. PRHS will be offering exams in the following areas: *English Literature, Calculus AB & BC, Statistics, Biology, World History, U.S. Government & Politics, Computer Science Principles, and English Language*. \$85.00 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 24 - 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 potentially to the University of Maine, Maine Day at Bates College, and UNE or St. Joseph's College 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 13. 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 their 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.
- ★ **CONSIDER ENGINEERING** – this is one summer program that we strongly encourage students to check out. Held at UMaine, with 3 different sessions – July 8-11, July 15-18, July 22-25. 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. Ask Jordon Gregory what a fabulous program this is!

*\*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.*

# Nurse Update

Our friends at Healthy Androscoggin routinely share good advice with us in the nursing office, so we're forwarding this one on to you for techniques and skills for alternatives for electronics!

"Life is a lot more fun when you join in!

Tame the TV and Computer! Set Limits and Provide Alternatives. • Set some basic rules, such as no TV or computer before homework or chores are done. • Do not watch TV during mealtime. • Use a timer. When the bell rings, it's time to turn off the TV. • Eliminate TV time during the week. • Set family guidelines for age-appropriate shows. • Make a list of fun activities to do instead of being in front of a screen. • Keep books, magazines, and board games in the family room.

Try these activities instead of watching TV.

• Ride a bike. • Go on a nature hike. • Put together a puzzle. • Turn on music and dance. • Read a book or magazine. • Spend time catching up with your family. • Take your kids to the park or beach. • Play board games. • Walk, run, or jog. • Start a journal. • Play ball (basketball, catch, soccer, etc.). • Go to the library. • Explore free activities in your community. • Rollerblade. • Play charades. • Go play in the snow (e.g. sled, ski, snowshoe, build a snowman or fort).

Healthy Screen Time Means: • No TV/computer in the room where the child sleeps. • No TV/computer under the age of 2. • One hour of educational TV/computer time between ages 2 and 5. • After the age of 5, two hours or less per day. Keep TV/Computer out of bedroom.

Did you know? • Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens. • Watching TV is associated with more snacking and increased obesity. • Too much TV has been linked to lower reading scores and attention problems.

There are so many benefits to getting up and moving, be the one to motivate your family today!

## Announcements

### High Energy Juggling Show - March 2nd

You may have seen juggling, but you haven't truly experienced it until you've seen the explosive, inventive juggling of Jason Tardy. Whittier Middle School brings this high energy show to Poland for one night only, March 2 at 6:30pm.

Jason Tardy's show is a combination of many years of relentless practice, and as he puts it, "virtually no social life." His show includes innovative choreographed juggling to music, fitting his body through a tennis racket, comedy, audience participation and stunts, like standing on a yoga ball while juggling an ax, a spiked mace, and a toilet plunger.

Jason's multifaceted training and over 22 years of experience in the performing arts has brought him all over the US and abroad. Some highlights include Disney Cruise Ships, the Atlantis Resort in the Bahamas, the Golden Phoenix Casino, and even The White House in Washington DC three times!

Tickets are available by calling Whittier Middle School at [207-998-3462](tel:207-998-3462). Tickets are \$5 in advance or \$6 at the door. Show time is 6:30pm, doors open at 6:00pm. FMI check out [www.JasonTardy.com](http://www.JasonTardy.com)

\* \* \* \* \*

### CONGRATULATIONS!!

The following LRTC students from PRHS will be heading to the Skills USA state competition in Bangor this week:

Noah Chabot-Ackley 2019 – Plumbing  
Maggie Ferland 2019– Heavy Equipment Operation  
Mackenzie Hart 2019– Medical Terminology  
Courtney LaChappelle 2018– Culinary Arts

### CONGRATULATIONS!

More PRHS students gained great acclaim as well

**Emma Galipeau-Eldridge 2018 – National Merit Finalist**

**Bailee Kinney 2018 – Maine Principals Association Award**

\*\*\*\*\*



**Cookie Dough fundraising orders will  
be available for pickup/distribution on  
Tuesday, March 13<sup>th</sup>**

Extra items will be available for purchase on March 19<sup>th</sup>  
*Thank you for supporting the PRHS Class of 2019!*

**CLASS OF  
2018**

# PROJECT GRADUATION NEWSLETTER



## PG18 Committee Members

Pam Grondin Chair Person (577-7601)

Doreen Seeley Secretary (740-6461)

Trish Andrews Treasurer (227-0779)

**MEETINGS ARE THE 1ST  
WEDNESDAY OF EVERY  
MONTH IN THE PRHS CAFÉ  
& FOLLOW US ON FACE-  
BOOK**

## **Current / Upcoming Fundraisers**

- \* **Local Business Fundraiser** - If you would like to be a Project Grad. Sponsor please contact any member of the committee. (ongoing)
- \* **\$20.18 Sponsor a Senior Roundtable Contest**
- \* **Gift Card Sales**—A percentage of each gift card goes to Project Grad.(See Full List on our Project Graduation-2018 Facebook Page)
- \* **Comedy Show & Silent Auction**—Thursday—**March 29, 2018**—PRHS (see details attached)
- \* **Firepit Raffle**—(see below)
- \* **Krispy Kreme Donut Fundraiser** (details to follow)

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

- \* Powell Heating Services, Inc.
- \* Hammond Tractor Company—Auburn
- \* Minot Country Store

*Project Grad. 2018 is raffling off this fabulous grilling fire pit!*

*\*You not only win this pit , you will also get items for grilling such as grilling sauces, \$25 gift card to Bourques market, favorite treats*

*for toasting and 2 blankets to keep you warm.*

*Raffle tickets are:*

*1 ticket for \$2, 5 tickets for \$4 and 10 tickets for \$10*



**PROJECT GRADUATION 2018 PRESENTS:**



# **MARCH 29, 2018 COMEDY SHOW & SILENT AUCTION**

## **PROJECT GRADUATION - 2018**

Come spend the night out with your friends and family. Help support our Poland Regional High School Seniors as we raise money for their "Knight" to remember!!!

### **Tickets available at:**

Poland Regional High School Office

Minot Consolidated School – contact Rosanna Goss

Textures in Mechanic Falls – contact Pam Grondin

Elm Street School – contact Robin Arris

Derek Thebarga – contact him at 346-1618.

**\$15 prior to the show  
\$20 at the door**

**Come Early & Browse  
the Silent Auction!!!**

**Enjoy hot food,  
snacks and  
desserts!!!**

**Laugh out loud fun!!!**

**Come beat the winter  
blues!!!**

### **POLAND REGIONAL HIGH SCHOOL**

1457 Maine Street  
Poland, ME 04274

Doors open at 5:30 pm

Show starts at 7:00 pm



**MENUS FOR  
MARCH  
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

**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*

**Thursday, March 1**  
Pulled Pork Subs  
Bosco Sticks  
Mini Corn Dogs

**Friday, March 2**  
Pizza Choices  
Hot Dog w/ Roll  
BBQ Rib Sandwich

**Monday, March 5**  
Cream of Broccoli Soup  
Grilled Cheese  
Chicken Nuggets  
Mini Corn Dogs


**Tuesday, March 6**  
Spicy Chicken Thai w/Rice  
Cheese/Hamburger  
Fish Sticks

**Wednesday, March 7**  
Nachos w/Meat & Cheese  
Pretzels w/ Cheese Dip  
Quesadillas

**Thursday, March 8**  
Bacon Cheeseburgers  
Chicken Patty  
BBQ Rib Sandwich

**Friday, March 9**  
Pizza Choices  
Hot Dog w/Roll  
Fish Sandwich

**EGG-CELLENT.**



Ah, the humble, wonderful egg!  
Just 75 or so calories, but  
with seven grams of high-  
quality protein, plus iron,  
vitamins, minerals, and  
other disease fighting  
nutrients. Versatile for  
cooking. Inexpensive.  
Readily available.  
Perhaps the perfect food -  
for breakfast, or any time!

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

**pulchritudinous**

*Word Play*

How's this for an ugly word to describe something good looking? "Pulchritudinous" means "beautiful" or "attractive", but be careful how you use it - the object of your compliment might think you're insulting them!

**eat fit** **wanna stay fit?  
gotta eat right!**

**item:** burrito **verdict:** go bowling

**tip:** You know that burrito you love so much you want to eat it every day? Make it healthier by choosing brown rice, lots of black beans, cheese OR sour cream if you must (but not both), lots of lettuce, and, most importantly, ditch the wrapper for a fork! Guac is OK, so have at it.




**885** CALORIES  
**14.5** SAT FAT GRAMS  
**1260** SODIUM MGs

**FIT METER**

Teens should eat 1800-3200 calories a day, depending on gender and activity level. Shoot for fewer than 22g of sat fat and a max of 2300mg of sodium a day.

Based on a burrito bowl like the one described. Compare to 1315 calories, 19.5 sat fat grams, and 2610 grams of sodium from a full-on wrapped burrito.

Kissing the **Blarney Stone** at the ruins of Blarney Castle in Ireland is said to give you "the gift of gab" — the ability to talk sweetly, convincingly, and endlessly! Happy St. Patrick's Day, March 17!

# Blarney Castle

Defacto/CC BY-SA 4.0



## Featured Specials of the Day

### Monday, March 12

Vegetable Soup w/Grilled Cheese  
Bosco Sticks  
Mini Corn Dogs

### Tuesday, March 13

Nachos w/Meat & Cheese  
Pretzels w/Cheese Dip  
Quesadillas

### Wednesday, March 14

Pizza Choices  
Hot Dog w/Roll  
BBQ Rib Sandwich

### Thursday, March 15

No School  
Conferences

### Friday, March 16

NoSchool  
In-Service



## Featured Specials of the Day

### Monday, March 19

Corn Chowder w/Grilled Cheese  
Cheese/Hamburgers w/Roll  
Chicken Nuggets

### Tuesday, March 20

Chicken & Broccoli Stir Fry  
French Bread Pizza  
Mini Corn Dogs

### Wednesday, March 21

Shepherds Pie w/Roll  
Chicken Patty  
BBQ Rib Sandwich

### Thursday, March 22

Nachos W/Meat & Cheese  
Pretzel w/Cheese Dip  
Quesadilla

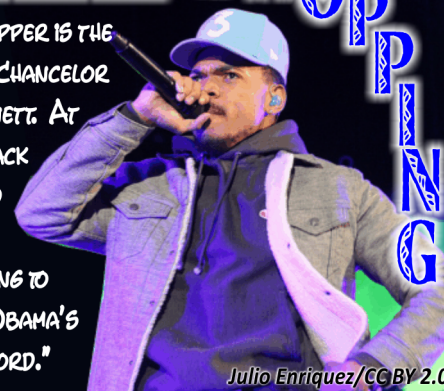
### Friday, March 23

Pizza Choices  
Hot Dog w/Roll  
Fish Sandwich

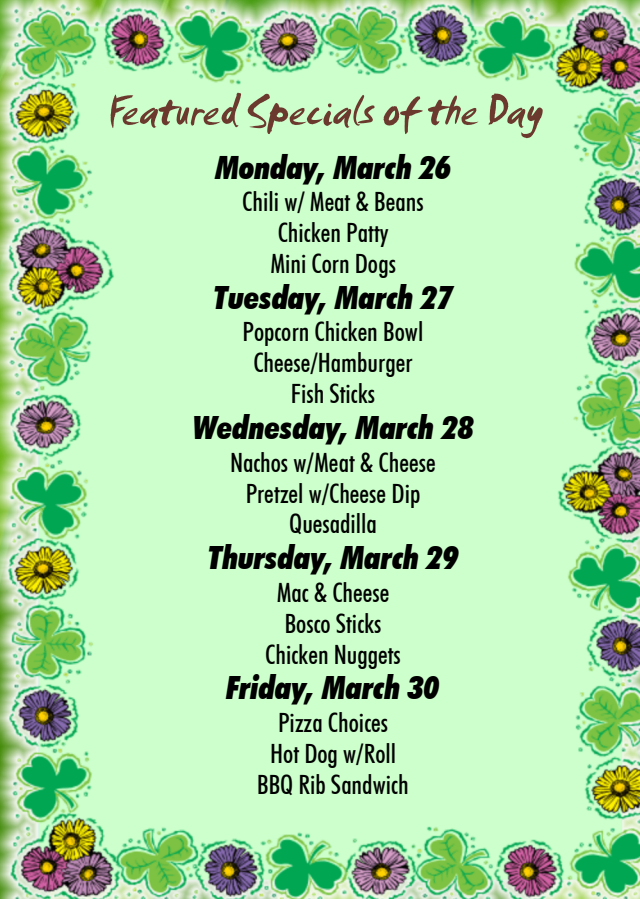
Please see reverse for items available daily

## NAME DROPPING

CHANCE THE RAPPER IS THE STAGE NAME OF CHANCELOR JONATHAN RENNETT. AT 13, HE MET BARACK OBAMA AND TOLD THE PRESIDENT THAT HE WAS GOING TO BE A RAPPER. OBAMA'S RESPONSE? "WORD."



Julio Enriquez/CC BY 2.0



## Featured Specials of the Day

### Monday, March 26

Chili w/ Meat & Beans  
Chicken Patty  
Mini Corn Dogs

### Tuesday, March 27

Popcorn Chicken Bowl  
Cheese/Hamburger  
Fish Sticks

### Wednesday, March 28

Nachos w/Meat & Cheese  
Pretzel w/Cheese Dip  
Quesadilla

### Thursday, March 29

Mac & Cheese  
Bosco Sticks  
Chicken Nuggets

### Friday, March 30

Pizza Choices  
Hot Dog w/Roll  
BBQ Rib Sandwich



Want the whole truth?  
Choose bagels and other bread products that are made with whole grains. They're healthiest by a mile!



**American  
Red Cross**

# **BLOOD DRIVE**

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**Poland Regional High School**

Wednesday, March 14, 2018

1:00 PM ~ 6:00 PM

**In the Gym**

**1457 Maine Street, Route 26**

Please call **1-800-RED CROSS** or log on to [redcrossblood.org](http://redcrossblood.org) and enter sponsor code 'PolandME' to schedule an appointment.

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**redcrossblood.org | 1-800-RED CROSS**