

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

## The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

<b>April 4</b>	<b>6pm</b>	<b>Junior Parent Night in the Theater</b>
<b>April 10</b>		<b>SAT's for Juniors</b>
<b>April 11</b>	<b>7:40 – 10:50</b>	<b>Science testing for Juniors</b>
<b>April 13</b>		<b>Wellness Day</b>
<b>May 5<sup>th</sup></b>		<b>Bark mulch sale &amp; car wash</b>
<b>May 7 – 18</b>		<b>AP exams</b>
<b>May 12</b>		<b>Prom</b>
<b>May 18</b>		<b>Maine Day at Bates College</b>
<b>May 24</b>	<b>9-11:30 am</b>	<b>College Fair for Juniors</b>

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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.

### **Changes to our Humanities Curriculum for 18-19 school year**

Humanities teachers and I have been in the process of reviewing the Humanities (English and social studies integrated curriculum) for several years now. After reviewing several years of student achievement data, revising the curriculum, and reviewing our current instructional practices we have made the decision to end our current Humanities program beginning next year. Beginning in the 18-19 school year, students will be enrolled in separate English and social studies courses rather than Humanities courses. Making this change will better serve our students by: allowing teachers greater flexibility to create curriculum that engages students in their own learning, especially in English courses; reducing the student failure rate; reducing the number of students in need of summer school or credit recovery to make up No Credit grades; allowing more students with disabilities to access the academic area of their strength (English or social studies) without having to enroll in the double credit Humanities course.

Humanities has been a part of PRHS since our founding in 1999 so making this decision is a difficult one. There are many students who enjoy the approach to learning and have fond memories of the experience. Unfortunately, the need to change to respond to our student needs outweighs these positive benefits. Students and parents do not need to make any decisions as a result of this change. We will create student schedules for next year with the change in mind.

**Reminder that there is no Wednesday early release** until future notice.

### **Tuesday, April 10**

All **Juniors** will take the SAT on Tuesday, April 10. 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 24. 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.

### **Wednesday, April 11**

- **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 13**

We are dedicating Friday, April 13 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. This is a regular school day and attendance is expected like any other school day.

**Quarter Grades will be posted on Wednesday, April 11 and mailed home April 13.**

### **Technology Use and the Brain**

We are learning more and more from scientific research about the impact of technology use on the our brains. We will share resources with you as we learn more so you can use the information to support your child with managing his/her use. Here is a recent news report "Smartphones Detox: How to power down in a wired world."

<https://www.npr.org/sections/health-shots/2018/02/12/584389201/smartphone-detox-how-to-power-down-in-a-wired-world>

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

Cari Medd, Principal

## “Character, Community, Citizenship”

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 into 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%. 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 12. 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 9). “Guests” are defined as students who attend other schools, homeschooled students, or individuals who are no longer in school (17-20 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:** Juniors who have achieved academic and Habits of Work success may be eligible for junior privileges. 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.

Patrick Flynn  
Assistant Principal

The calendar says spring and that we are on our way to summer?

**DATES TO REMEMBER...**

- **School Day SATs** will be on **Tuesday, April 10th** for all 3<sup>rd</sup> year students. These will be scores that students can use for college admissions. **Wednesday, April 11th** 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.
- **JUNIOR PARENT NIGHT** is **Wednesday, April 4 at 6 PM in the PRHS Auditorium**. Learn more about the college admissions and financial aid process.
- **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. Poland Spring Inn will be one of our interviewers doing real interviews for summer jobs. Hannaford will also be a new addition in light of the new store down the road.
- **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 2018-2019 will be adjusted accordingly. LRTC Orientation will be June 5 for all admitted students.
- **AP EXAMS** start **May 7 and run through May 18**. 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 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 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.
- **MAY 18 – 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 may be nominated by the counselors and will be receiving an invitation for this program. We are also considering bringing a group of interested juniors – contact Mr. McFadden for more information.
- **COLLEGE VISITS** – trips are running! We have small groups going to University of Maine (4/4), and Thomas (51) 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..
- **JUNIOR APPOINTMENTS** will be starting 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! About 55% of the class of 2018 has already done their FAFSA – that is great news!! 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.**

This years' Western Maine Conference Citizenship winners for PRHS are Morgan Brousseau and Sam Stone. 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:

Sam Stone	Matt Thebarga	Lucas Yorkey
Kate Greene	Gabe Crosby	Nathalie Theriault
Erin Ridley	Sarah Moody	Jessica Seeley
Morgan Brousseau	Jordan Gregory	Kalie Leighton

### **All-Conference Honors**

Nathalie Theriault- Girls' Basketball  
 Jessica Seeley-Girl's Basketball  
 Tailor Cailler- Red Hornets' Ice Hockey  
 Briana Doucette-Red Hornets' Ice Hockey

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

Madison Wante-7<sup>th</sup> place High Jump

### **Spring Coaches:**

Varsity Baseball-Charles Pray, Gerald Pray, Don Doyle  
 JV Baseball-Jake Webb  
 Varsity Softball-Kayla Vannah/Katrina Seeley  
 JV Softball-TBA  
 Outdoor Track-Rick Kramer, Dan Roy, Kim Yorkey, Kristin Ross  
 Girls' Lacrosse-Corinne McNeill

Parents, thank you to those that registered early for spring athletics on FamilyID.com. As a reminder, we tell kids to have their parents register them as there are electronic signatures required on important documents. Also, when registering, be sure to use your existing account rather than creating multiple accounts. This will allow you to see the date of the physical that we have on file.

### **Co-Curricular**

Stay tuned for the Spring Musical, *Emma*, April 26-29.

We wanted to share this info from our friends over at Safe Schools. “The headlines are growing surrounding youth suicide. Most recently, a 10-year-old girl from Colorado [took her own life](#) after a bullying incident was caught on camera. The correlation between social media, bullying/cyberbullying, and suicide is ever-present. The **suicide rate for all age groups has increased 24% over the last 14 years**, according to new data released by the Centers for Disease Control and Prevention. Suicide rates have **tripled for girls aged 10-14**, the highest growth of any group. With suicide rates increasing, the impact of the media, and social media channels spreading like wildfire, how can you protect your student?”

Excellent info from Safe Schools we feel parents and guardians need to be mindful of. “The Centers for Disease Control and Prevention (CDC) estimate that about **1.5 million high school students experience abuse from a dating partner**. [The National Resource Center on Domestic Violence](#) has a number of great resources for you to help protect your student from teen dating violence. Besides raising awareness on the topic, it's helpful to know warning signs of domestic abuse. Common signs and symptoms that a student may be the victim of dating violence include:

- Bruises.
- Unlikely explanation for injuries.
- Wearing heavy makeup to cover up bruises or wearing inappropriately heavy clothing to cover bruises.
- Missing class or withdrawing from campus activities.
- Injuries that occur with increasing frequency or severity.

Teen dating violence is often kept a secret because the parties involved tend to be inexperienced with dating relationships, have romanticized views about love, feel pressure from their peers to be in a relationship, and want to be independent from their parents or guardians.”

## **Poland Regional High School Class of 2018 Spring Day!**

**Who?** The class of 2018 with the help of J.W. Morin Earthworks.

**What?** Spring Day! We are selling bark mulch as a fundraiser. **Pre-buy whatever mulch** (yards or bags) you need to make your lawn look great this Spring. There will also be bags of mulch on site for purchase without a pre-order. Also, on mulch pick-up/delivery day, we are **washing vehicles for donations**, and **accepting bottles as donations**.

**When?** Pickup/delivery/carwash day is **May 5th**. Pre-sale mulch forms are being distributed and accepted from March 26nd through April 30th.

**Where?** Poland Regional High School

**Why?** The class of 2018 needs your help! We raise money for the following and more: cap and gown and other items typically purchased senior year; senior class banquet and awards ceremony; senior class trip; graduation ceremony catering; class gift.

**How?** We can only do this with your help. How can you help? Buy mulch, help us with the car wash, drop off bottles, and simply spread the word! Thank you!

**Thanks!** J.M. Morin Earthworks! Use J.M. Morin for all of your landscaping needs.

For all mulch inquiries contact Ian Truman, Senior Class Advisor, at [itruman@rsu16.org](mailto:itruman@rsu16.org)

\* \* \* \* \*

**Thank you to everyone who came out to support the chorus and band students for our Music in Our Schools Month concerts! It is wonderful to be part of a community that supports its students' music education. The next (and final) high school band/chorus concert is Wednesday, May 23, at 7pm. All concerts are free and open to the public. We hope to see you there!**



# Menus for April 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

**4 BY THE NUMBERS**  
HALF OF ALL LOST REMOTES ARE FOUND IN THE SOFA CUSHIONS BUT 4% ARE FOUND IN THE FRIDGE OR FREEZER.

### Featured Specials of the Day

**Monday, April 2**

Bacon Cheeseburger  
French Bread Pizza  
Pulled Pork Sliders

**Tuesday, April 3**

Nachos w/ Meat & Cheese  
Pretzels w/Cheese  
Quesadillas

**Wednesday, April 4**

American Chop Suey w/Roll  
Chicken Nuggets  
Tuna Burger

**Thursday, April 5**

Chicken Caesar Salad  
Chicken Patty Sandwich  
BBQ Rib Sandwich

**Friday, April 6**

Pizza Choices  
Hot Dog w/Roll  
Fish Sticks

## NAME DROPPING



Saoirse Ronan has two recent Best Actress nominations (for "Brooklyn" and "Lady Bird"), but most Americans still can't pronounce her name! It's "SIR-SHA" - rhymes with "inertia."

gdegraphics  
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## TIME TO BLOSSOM.

The flowers are coming out of hiding - and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



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

### Featured Specials of the Day

**Monday, April 9**

Sloppy Joes  
French Bread Pizza  
Pulled Pork Sandwich

**Tuesday, April 10**

Popcorn Chicken Bowl  
Bosco Sticks  
Fish Sticks

**Wednesday, April 11**

Shepherds Pie w/Roll  
Cheese/Hamburger  
Grilled Chicken Sandwich

**Thursday, April 12**

Nachos w/Meat & Cheese  
Pretzels w/Cheese  
Quesadilla

**Friday, April 13**

Pizza Choices  
Hot Dog w/Roll  
Fish Sandwich



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

**item:** strawberries

**verdict:** always



**tip:** In most parts of the country, strawberry season is still 6 or 8 weeks off, and Florida's season is winding down. Don't fret. California strawberries are at their peak right now, so make due with the Cali berries til the local flavor bombs are in!

## Featured Specials of the Day

### Monday, April 23

Spaghetti & Meatballs  
Bosco Sticks  
BBQ Rib Sandwich

### Tuesday, April 24

Bacon Cheeseburger  
Mini Corn Dogs  
French Bread Pizza

### Wednesday, April 25

Nachos w/ Meat & Cheese  
Pretzels w/Cheese  
Quesadilla

### Thursday, April 26

Popcorn Chicken Bowl  
Cheese/Hamburger  
Pulled Pork Sandwich

### Friday, April 27

Pizza Choices  
Hot Dog w/Roll  
Fish Sandwich

### Monday, April 30

Mac & Cheese  
Bosco Sticks  
Chicken Nuggets

## Do April showers really bring May flowers?

It's not that simple. For perennial plants (the ones that flower every year), the rain that fell the previous month isn't as important as the rain that fell over the fall and winter. For annual plants, the only moisture that matters is what falls after they are in the ground. So, yeah, April showers are wet and miserable. But don't think you're getting any flowers out of it!



**Please see reverse for items available daily**

Now Appearing . . .

# SPRING BREAK!

**SPECIAL LIMITED ENGAGEMENT!**

Break begins at the end of classes:

**Friday, April 13**

Classes resume:

**Monday, April 23**

## ◆ WONDERS OF THE WORLD ◆

When the Great Pyramid was built as a tomb for an Egyptian ruler around 2560 BC, it was easily the tallest man-made structure in the world at 481 feet high. Nearly 4,000

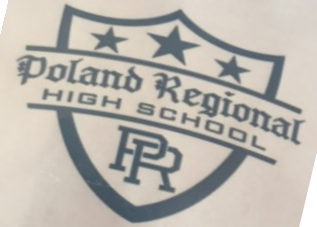
years later, it was STILL the world's tallest structure, until the completion of England's Lincoln Cathedral, which reached 525 feet into the sky in 1311. When the Washington Monument became the world's tallest at 555 feet more than 500 years later in 1884, it was still only about 100 feet taller than the Great Pyramid at Giza.

◆ THE GREAT PYRAMID AT GIZA, EGYPT ◆



**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-**

## **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 (ongoing)**
- **Krispy Kreme Donut Fundraiser (Julie Thebarge)**
- **Bracelet Making Event with Butler Hill Beads— (see attached for details)**

### THANKS TO EVERYONE THAT

**ATTENDED OUR COMEDY SHOW/SILENT AUCTION LAST  
THURSDAY NIGHT WITH A HUGE SHOUT-OUT TO DEBI  
WAGEMANN AND MODERN WOODMAN OF AMERICA!!**

**BECAUSE OF ALL OF YOU OUR EVENT WAS A HUGE SUCCESS!!**

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

- \* Lowe's—Auburn
- \* Depot Square Hardware
- Pratte Drywall, Inc.
- Verrill's Vegetable Stand
- Goss Berry Farm
- Downeast Machine & Engineering, Inc.
- Morrison & Sylvester—Auburn
- Flagship Cinema—Auburn
- Funtown/Splashtown
- The Bear Necessities
- W.B. Andrews Jr. Trucking
- Alternative Sprinkler Fire Protection LLC
- Hancock Lumber
- Poland Spring Bottling
- Richard Bader Physical Therapy, PA.
- Poland Animal Hospital
- Village Pizzeria Restaurant & Lounge



# *Class of 2018 Project Graduation Bracelet Event with Butler Hill Beads*

**DATE: SUNDAY, MAY 6TH, 2018**

**TIME: 2:00PM—4:00PM**

**PLACE: CYNDI'S DOCKSIDE RESTURANT—POLAND, MAINE**

**COST: \$30.00 PER PERSON INCLUDES ALL SUPPLIES AND  
INSTRUCTIONS TO MAKE A BEAUTIFUL BOHO  
BRACELET (PICTURED BELOW)**



***COME HAVE FUN & SUPPORT THE POLAND REGIONAL HIGH  
SCHOOL CLASS OF 2018 PROJECT GRADUATION EVENT***