

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR CALENDARS!**

Dates to Remember

May 3 and 4		Celebration of Learning days
May 8	6:00pm	Underclassmen Awards
May 9-17		AP exams
May 12	7pm	Prom
May 21	6:30pm	District Budget vote, PRHS auditorium
May 24		NEACAC College Fair for all Juniors
June 1		Last class day for Seniors
June 3 & 4		Senior Class trip
June 5 – 7		Marching practice
June 8	7:45	Senior Assembly
June 10	4:00	Graduation
June 12		RSU16 budget vote in your town
June 21 st		Last day of school

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Greetings PRHS families,

Dress code reminder as the weather warms: Please note that our goal is to establish an atmosphere in which students present themselves as successful young men and women with tons of potential to succeed beyond the school walls. Dressing for success is our goal!

- ★ All underwear, including bra straps and underwear waistbands, and must be covered at all times
- ★ Tank top straps, for boys and girls, must be 1” wide
- ★ Shorts and skirts must fully cover rear ends
- ★ Midriffs and backs must be fully covered

Calendar for the rest of the school year:

- The official **last day of school is Thursday, June 21st**. This day is an early release day for all students and a make-up day only for high school students.
- Regular final exams will conclude on Wednesday, June 20th.

School Budget Votes are coming up. The **district budget meeting** and vote on the 2017-2018 school budget will be on **Monday, May 21 at 6:30 in the PRHS auditorium**. The referendum on the RSU 16 budget will be at your town office **during the day on Tuesday, June 12**. Please make every effort to vote on that day or request an absentee ballot. The district budget must be passed at both the district meeting and at the referendum in order to take effect.

Remember that **Celebration of Learning Days** are scheduled for **May 3 and 4**. If your child is a Sophomore or Senior, please plan to attend their presentation.

- Please be sure to review the date your child must attend school in the mailing we sent home with report cards.
- Students enrolled at **LRTC are required to attend their classes at LRTC**. Their presentation will be scheduled so that this can happen.

Last day of classes for seniors is Friday June 1!

Please be sure to contact us if you have questions or concerns.

Cari Medd

cmedd@rsu16.org

000 5100

It's time for prom, AP testing, Celebration of Learning, and the fastest two months of the school year. We at PRHS are doing our best to support students as they sprint to the finish, and we appreciate the time and energy you give your children at this busy time. Please contact us if you are concerned about your child's performance or stress level.

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.

Prom: Prom is May 12. The student handbook provides the following set of rules for attending Prom:

1. Only 11th and 12th 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 9th or 10th grade may attend Prom if invited by an 11th or 12th 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 (9th 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 2nd sem.
 - any unserved disciplinary consequences assigned during second semester (including detentions for tardies)
5. Administration reserves the right to deny attendance to a school dance for any student, whether or not the student is otherwise eligible to attend.

Summer School: Students are referred for summer school when they have not met standards in core classes during the school year. Students who attend summer school do so until they have met the missing standards, which often does not require attendance for all four weeks.

--Classes covered: math, science, Humanities, and Spanish, sometimes Roundtable

--Dates: Tuesday-Thursday, July 10-Aug 2, 8:00 am-1:00 pm

--Transportation: provided by the district (bus stops will be available the last week of June)

--Food service: provided by the school

--Fee: NONE! Summer School is free of charge.

Peer Mediation: School staff will be training students who are interested in becoming peer mediators. Peer mediators will help students who are having issues resolve them thoughtfully and respectfully. Staff, including administration, faculty, and counselors, will conduct the training and will supervise mediation sessions. If your child is interested in participating or learning more about the program, please send them to Pat D'Amboise or me. Training will take place from 2:20-4 on Wednesday, May 30, in the main office conference room.

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

Patrick Flynn, Assistant Principal

Time just flies at this point in the year. Seniors are making final decisions about their post-PRHS plans and prepping for their Senior Celebrations. Juniors are really gearing up their college searches and polishing cover letters and resumes. Sophomores are prepping for Sophomore Exhibition and freshman are reflecting on surviving their first year in high school.

ACCEPTANCES ARE STILL COMING IN - Congratulations to the class 2018 ! Your admissions acceptances are impressive!

AP EXAMS start next week!

Wednesday, May 9 – AP English Literature

Thursday, May 10 – AP US Government & Politics

Friday, May 11 - AP Computer Science Principles

Monday, May 14 – AP Biology

Tuesday, May 15 – AP Calculus AB & BC

Wednesday, May 16 – AP English Language

Thursday, May 17 – AP World History (AM) & AP Statistics (PM)

Meetings for students interested in AP courses for the 2018-2019 year will be held in June. These are mandatory meetings to get the syllabus, summer work, and summer books. See your counselor if you have any questions.

LRTC letters were mailed home during vacation! Students have been so patient through this long decision process! Congratulations to those who are accepted! It was another super competitive year in programs like Automotives, Sheet Metal and Law Enforcement. Orientation for students accepted to LRTC for 2018-2019 is **June 13, 2018**. Permission slips will be coming later in May. ***We may still have openings through the rest of the school year, so check the announcements for those postings! Let your counselor, Ms. Bush or Mr. Flynn know if you are still interested in LRTC for next year!***

JUNIORS – We will be taking the whole Junior class to the NEACAC College Fair at the Augusta Civic Center on Thursday, May 24. We will miss parts of the first two blocks of the day. Over 200 colleges and universities will be present, including all the colleges in Maine. No permission slips are required as we are taking the whole class; if you do not want your student to participate in this event, please contact the Guidance Office. For a list of colleges participating, please go to <http://www.neacac.org/spring-fair-schedule>

JUNIORS and 3rd year students– testing is done! Thank you for your patience with the SATs and Science Augmentation testing.

Over 90 **mock interviews** have happened and are happening this spring in the Guidance Office for juniors. Prepared with resumes and questions, our students are impressive! We are sending a big thank you to the representatives from the following organizations: USM, Husson, UMaine, Central Maine Medical Center, Mechanic Savings Bank, McDonald's and Poland Spring Resort! Many thanks to the PRHS parents who help us with these interviews as well!!

NEW MUSIC CLASSES for 2018-2019 -

Contact your counselor or Mrs. Carter to let us know that you are interested in one of the following:

History of Popular Music

Description:

This course is a history of pop music in America, starting with the minstrel era of the 1840s and continuing until the present. The survey of the more recent popular styles will result from student presentations. The trends in American popular music will be studied in relation to other cultural and historical events, but the focus will be on the music.

Guitar/Piano Studio

Description:

Students with experience in Piano and Guitar will have the opportunity to further their study. Students who have completed Intro to Guitar or Intro to Piano are encouraged to enroll. Curriculum will include music theory, study of classical and contemporary popular forms, and independent/ensemble practice. Students will be expected to perform throughout the semester.

ATHLETICS

Parents and athletes-although we will have another active summer for our athletes, the 'hands off' period will begin August 1. Our first practices will be on August 13. During the two-week period, there will be no practices or games, including workouts, for high school programs. This is a great time to plan family activities. Of course, athletes should show up on August 14 ready to go and in good shape.

We will return to our Sunday night Fall Parent/Athlete/Coach meeting at 6:00pm, August 12.

Please remember to have any updated physicals sent in to our school's nurse or athletic office. (They end up in the nurse's office)

If you have previously registered your child for athletics at PRHS or WMS, please do not create a new profile for your child. When you use your previous registration, information is carried over, including the date of physical. Remember to check that expiration date.

Athletes and parents of athletes considering college athletics should check out NCAA.org early in their high school experience. Colleges have eligibility policies as well. That site is listed on our BigTeams page along with many other pertinent documents (under the *Parents* tab)

Athletes should pay attention to announcements, as the end of the school year nears, there will be meetings for summer programming.

Congratulations to Spencer Emerson, PRHS Football Coach. Players had the opportunity to meet coach recently and the evening was a success. Coach Emerson is currently working to put together his staff.

PRHS is looking for a new Field Hockey Coach. Coach Royer has taken a new position that will not allow her to coach with us. Good luck coach and thank you for your time with us.

Coach Dolley will be back as our Girls' Varsity Soccer Coach. Congratulations Coach and welcome back!

CO-CURRICULAR

Congratulations to our Poland Players for hosting another drama production. The hours that are involved in putting on any drama production is incredible. I hope you had an opportunity to get out and support the crew at their recent production.

Congrats to Sophie Patenaude and Amy Fryda. They will be performing at the all-State Vocal Festival in Bangor.

The final high school concert for band and chorus will be May 23 at PRHS.

Melissa Deatrich, Abigail Hart, Amy Fryda, Twilight Smart-Benson, Olivia Yeaton, Sophie Patenaude, Adara Moore and Colin Marquis-Boutin are gearing up for their trip to Washington DC. They will be competing in the National Speech and Debate Tournament May 24th weekend.

MAY 2018

Poland Regional High School
Bruce Whittier Middle School

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

Tuesday, May 1
Baked Chicken w/Mashed Potato & Veg
Cheese/Hamburger
Mini Corn Dog

Wednesday, May 2
Nachos w/ Meat & Cheese
Quesadillas
Pretzel w/ cheese

Thursday, May 3
Pulled Pork Sub
Chicken Patty Sandwich
BBQ Rib Sandwich

Friday, May 4
Pizza Choices
Hot Dog w/Roll
Fish Nuggets

Monday, May 7
Popcorn Chicken Bowl
Bosco Sticks
Mini Corn Dogs

Tuesday, May 8
Bacon Cheeseburgers
Grilled Chicken Breast
Tuna Burgers

Wednesday, May 9
Nachos w/Meat & Cheese
Pretzel w/ Cheese Sauce
Quesadillas

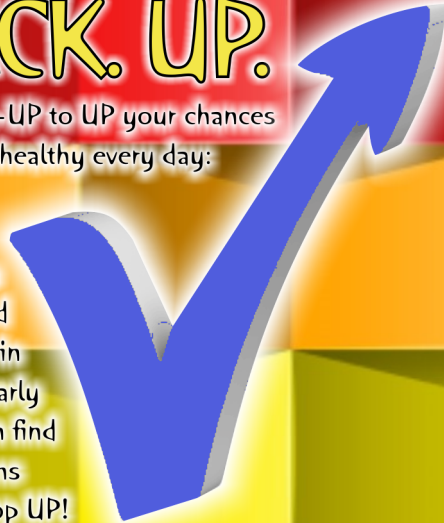
Thursday, May 10
Pasta w/ Meatballs
Cheese/Hamburger
BBQ Rib Sandwich

Friday, May 11
Pizza Choices
Hot Dog w/Roll
Chicken Nuggets

CHECK UP.

Here's a heads-UP to UP your chances for waking UP healthy every day:

get an annual CHECK UP.
Whether you are young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!



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



Don't forget Mom! Sunday, May 13

THE A LIST Top 10 Artists for April 2018

- 1/Jack White
- 2/Ed Sheeran
- 3/Imagine Dragons
- 4/Drake
- 5/XXXTentacion
- 6/Shawn Mendes
- 7/Post Malone
- 8/Bruno Mars
- 9/Kendrick Lamar
- 10/Camila Cabello

Source: Billboard

Featured Specials of the Day

Monday, May 14

- Bacon Cheeseburger
- Deep Dish Pizza
- BBQ Rib Sandwich

Tuesday, May 15

- Shepherds Pie
- Chicken Patty Sandwich
- Mini Corn Dogs

Wednesday, May 16

- Nachos w/ Cheese & Meat Quesadillas
- Pretzel w/ Cheese Sauce

Thursday, May 17

- Popcorn Chicken Bowl
- Mozzarella Twists
- Chicken Nuggets

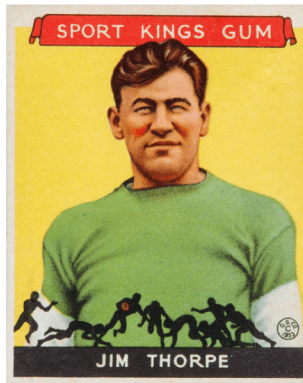
Friday, May 18

- Pizza Choices
- Hot Dog w/ Roll
- Chicken Tenders

Please see reverse for items available daily

★ OUR NATION'S HISTORY ★

Jim Thorpe, one of the most famous and accomplished of all American athletes, was born on May 28, 1888. Thorpe won both the pentathlon and decathlon at the 1912 Olympics,



becoming the first Native American to take gold for the United States. He played six seasons of major league baseball, 12 seasons of professional football, and toured the U.S. as a professional basketball player. His native name *Wa-Tho-Huk* translates as "path lit by great flash of lightning."

★ WITH LIBERTY & JUSTICE FOR ALL ★

Featured Specials of the Day

Monday, May 21

- Cheese Lasagna Rollups
- Cheese/Hamburger w/Roll
- Mini Corn Dogs

Tuesday, May 22

- Pasta w/Meatballs
- Deep Dish Pizza
- Grilled Chicken Breast Sandwich

Wednesday, May 23

- Nachos w/ Meat & Cheese Quesadillas
- Pretzel w/ Cheese Sauce

Thursday, May 24

- Teriyaki Beef Dipper w/ Rice
- Mozzarella Twists
- Chicken Nuggets

Friday, May 25

- Pizza Choices
- Hot Dog w/Roll
- BBQ Rib Sandwich

Monday, May 28

MEMORIAL DAY • NO SCHOOL TODAY

Tuesday, May 29

- Meatloaf w/Southwest Sauce
- Cheese/Hamburger
- Chicken Nuggets

Wednesday, May 30

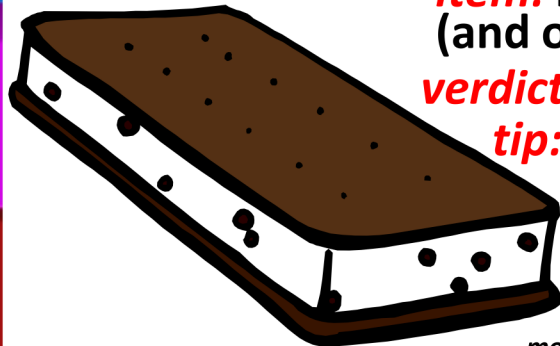
- Nachos w/Meat & Cheese Quesadillas
- Pretzels w/ Cheese Sauce

Thursday, May 31

- Popcorn Chicken Bowl
- Mini Corn Dog
- Chicken Patty Sandwich

eat fit

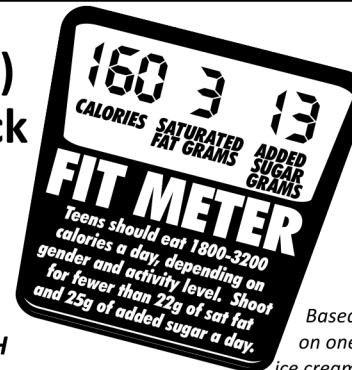
wanna stay fit?
gotta eat right!



item: ice cream sandwich
(and other summer treats)

verdict: look before you lick

tip: We're not going to tell you not to ever eat ice cream, but it should not be a daily routine, even in hot weather. And check the labels – some summer treats have MUCH more sugar than an ice cream sandwich.



Based on one ice cream sandwich.

**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)**
- **Bottle Drive—Dad's Place (Mechanic Falls)**
- **99 Restaurant Fundraiser—Tuesday—May 8th (see attached for more info)**
- **You Have Been Knighted Fundraiser—(See attached for details)**

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

- Hammond Lumber Company
- Dirigo Federal Credit Union
- AAA Fire Extinguisher Co.
- Dunkin Donuts—Auburn/Oxford
- For The Love of Hair
- Shear Logix
- McDonald's—Poland
- Maine Wildlife Park—Gray
- Reveal Day Spa
- House of Bacon
- Davinci's Eatery—Lewiston

**BRACELET EVENT WITH BUTLER
HILL BEADS AT CYNDI'S
DOCKSIDE RESTAURANT**

SUNDAY—MAY 6TH

3:00 PM—5:00 PM

\$30.00 PER PERSON

**DRINKS & MENU ITEMS
AVAILABLE**

Class of 2018 Project Graduation Bracelet Event with Butler Hill Beads

DATE: SUNDAY, MAY 6TH, 2018

TIME: 3:00PM—5:00PM

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***

CONTACT TRISH ANDREWS @ 207-227-0779 FOR MORE INFO

DINING FOR A CAUSE

The Ninety Nine Restaurants
Invites You to a
Fundraiser to Benefit:

Date:

Time:

Location:

Present the voucher below at this fundraiser and the Ninety Nine Restaurants will donate 15%* of your Guest check to the organization.

clip this voucher

DINING FOR A CAUSE

BENEFITING:

DATE:

TIME:

LOCATION:



RESTAURANT & PUB

Coupons, discounts and promotions including "Kids Eat Free" will not be accepted during the fundraiser. Present this voucher to your server when seated as this is required for the organization to receive credit for the sale. *Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.

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You Have Been Knighted !!!!

Donate to Poland Regional Project Grad 2018 today to
have our Knight crew Knight your friends, family and
neighbors!

For "You Have been Knighted" request:

Please call Julie Herrick 333-7088

Minimum donation
\$20.00

*Deliveries are limited to
Mechanic Falls,
Minot and Poland

All proceeds to benefit
Project Grad 2018





Knight a Friend Order Form

Name of Friend "Victim" to be Knighted: _____

Friend's physical address: _____

Note: Knight banner are not allowed on public property or apartment complexes.

Is there a dog(s) at this address that we should be aware of??

Special Instructions:

Do you want your friend to know it was you who ordered the Knight banner?

Suggested donations amount to a friend \$20.00

Your name:

Your phone:

Other info:

Please make checks payable to: Poland Regional High School

Thank you for your support !