

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR CALENDARS!**

Dates to Remember

June 5	8 th grade step up day
June 8	Senior Parade at Elementary schools
June 10	Graduation
June 18 – 20	Chromebook turn-in
June 21	Last day, dismissal at 11am, make-up day
July 10 – August 2	Summer School
August 13	Fall pre-season begins

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Greetings PRHS Families and students;

Senior Parade

For the first time PRHS will participate in a "Senior Parade" at the three elementary schools. Seniors will be bused to their hometown school on Thursday, June 8. They will march through the halls, read with students, and share their future plans. This idea has been talked about for a couple of years and we wanted to do a little bit more than just walk the halls. All of the principals are excited about the idea and look forward to hopefully starting a new tradition.

Final Exam schedule for grades 9-11

All 9th, 10th and 11th grade students are required to attend all of their classes through Wednesday, June 20. Final exams will occur during the regular class schedule.

Thursday, June 21st is a half day and is a day reserved for those students who need to make up work. There will not be scheduled classes on that day. Please be in touch with your child's teachers if you are concerned that your child may need to be in school on that day.

Underclass Chromebook Turn In

Chromebooks must be turned into the IT department on the following days: 9th grade Monday, June 18; 10th grade June 19; 11th grade June 20.

8th Grade Step Up Day

We will welcome next year's freshman class on Tuesday, June 5th. All 8th graders will participate in transition activities designed to put their minds at ease about their upcoming move into the high school. They will tour the building, learn about classes, co-curricular offerings, Roundtable, and meet some 9th grade teachers.

End of Year Report Cards and Schedules for 2018-2019

We will mail home a copy of your child's transcript at the end of the school year. The transcript will include your child's grades for all of his/her coursework during high school and it will include a current GPA. We will also mail home any bills he/she may owe.

Schedules for next year's classes will be available on Infinite Campus at the beginning of August.

Summer School

You will be receiving a letter if your child has failed a course that needs to be completed in summer school. Summer is FREE for all students.

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

We have had a great year this year, we will miss our seniors and are excited to welcome the Class of 2021 to Knight Nation!

Cari Medd
Principal

“Character, Community, Citizenship”

With the end of the school year upon us, we celebrate accomplishments and look forward to the summer and fall. We appreciate the support of the families and the community this past year! Below are some reminders and suggestions for students and parents to consider over the summer.

Parking Passes: Please help us manage the student parking lot by reminding your children who drive to school to register their vehicle before school starts. We will reassign parking spaces in August on a first-come, first-served basis. We will be using a different color parking pass and **will not issue new passes to current parkers until the old pass is returned.** Students who park on campus without registering their vehicle are subject to having their driving privileges suspended. Please also remind your drivers to park **ONLY** in the spot assigned to them. If they see another car in their spot, they should find an unnumbered space for the day and give the office the license plate or parking permit number of the car parked in their space.

Mentoring Program: The program has become an important part of our culture. If your child is interested in becoming a mentor, please have them contact me directly and I can provide them with an application. Applications will be available during the summer at the high school and will be due by the second week of September.

8th Grade Step-up Day: We at the high school will welcome the new freshmen class on June 5th. Students will attend brief sessions for each of their core classes and hear from students, administrators, and other staff. We look forward to meeting the class of 2022!

Summer School: Students who do not meet standards in their core classes (Humanities, Science, Math, or Roundtable) can make them up during summer school. In June, the school will communicate with those students (and their parents/guardians) recommended for summer school. There is no cost.

When: July 10-August 2, Tuesday-Thursday, 8 am-1.

Transportation: If your child will need transportation to school, you must complete the transportation form (part of the summer school packet you will receive in the mail) by the end of June. Bus stops will be determined and communicated to families the last week of June. Families whose children remain in summer school after the second week will be required to reapply by calling transportation at 998-2738 no later than July 20. New routes, if necessary, will be posted on the district website on July 23.

Breakfast and lunch will be served at the high school again this summer. There is no charge for meals. Please contact me at pflynn@rsu16.org or 998-5400 x120 if you have questions or comments.

9th Grade Orientation: As we have for many years, we will dedicate the first official day of school (Wednesday, August 29) to team-building and Roundtable activities for the new freshmen. Students will arrive at school on the morning bus and begin with their Roundtable, then walk their schedules. We will board busses for Agassiz Village and spend the rest of the day there. Students will leave school on the regular afternoon bus. **All other students will begin the year on August 30.**

Please contact me with any questions or comments at 998-5400 x120 or pflynn@rsu16.org. Enjoy the summer!

Patrick Flynn
Assistant Principal

It is so soon that we bid adieu to the Class of 2018, and we look forward to meeting the Class of 2022! Some things to check out, even over the summer months...

There has been a lot of information this spring about suicide awareness and prevention, especially in light of the show 13 Reasons Why. We've included information in this newsletter about talking with your students about this.

SCHEDULES for 2018-2019? Students who have questions and/or concerns may meet with their counselor before the end of the school year. We will aim to have student schedules available on line the first week in August. Students are welcome to email their counselor over the summer with questions.

PARENTS! Summer is one of the most popular times for families to go on college visits. We encourage you to consider visiting a college or two while you are on family vacations. The more comfortable and familiar you all are with how college visits operate, the better consumers that you will be when it comes to the colleges that your student is really interested in. Remember that during the summer, colleges are in limited operation, meaning that they don't have the full student population there and classes may not be running. It is, however, a good chance to check out the surrounding area and see if the college is one you want to keep on the list and return to visit in the fall. We encourage all of our families, but particularly those of the rising seniors, to use this vacation as a chance to check out some post-secondary options. PRHS will continue to offer a range of college visits, especially some smaller visits to in-state colleges during the fall of senior year and spring of junior year.

SUMMER is also a good time for a job, volunteering experiences, camps, workshops or programs. Check out the Guidance web page to see what we have posted. Many have a June 1 deadline and there are scholarships available. These are the things that look good on your college applications!

COLLEGE FAIR – The next college fair in the region will be at the **USM Gorham campus on Tuesday, September 25 from 6:30-8:30 PM.**

JUNIORS – did you get your SAT scores back? Think you might need to study? Remember that Khan Academy offers FREE SAT prep! Check it out online or go to your College Board account.

JUNIORS – get another head start by creating your Common App account online and get going on those college applications and essays. Go to commonapp.org to get started.

LRTC – students admitted for the 2018-2019 school year will have their LRTC Orientation on June 13 for 2 blocks. Any student who is still interested in LRTC should check with their counselor because spots may still be open in many programs.

Interested seniors and juniors who want to take a college class next year need to talk with their counselor as soon as possible. There are a variety of courses offered at our local colleges: *USM, UMA, CMCC, Western Maine Community College (Oxford), KVCC, UMFK, and St. Joseph's*. Space is still available in college classes but financial assistance is limited. Go to www.collegeformeandrscoggin.org for more information on Early College!

Calling all AP students for next year – There will be a mandatory meeting about the 2018-2019 AP classes on June 11 during both lunches. All students must check in with the AP teacher to get information about summer work. Summer work will also be available in the Guidance Office – books and any paperwork Remember you can still sign up for AP courses for next year!

The next important date for all AP students is **August 1, 2018** for our mandatory **Summer Workshop** night from **5:00 – 6:30 PM** with pizza. This is your chance to meet up with your AP teacher and other AP students and check in on the summer work. Remember to keep in touch via email with your AP teacher if you have questions or issues during the summer.

SUMMER WORK? You know you have it – we will post a comprehensive list of summer work for English 9, 10, and 11, as well as Sr. English and all AP courses on our website.

SPEAKING OF SUMMER! While we will not be in every day, we will be around. **Best way to reach your counselor is to leave a voice mail or email message.** We will get back to you when we are back in the office.

Congratulations to our Spring Senior All Academic Students. These seniors are members of a varsity team and meet both behavioral and high academic standards:

Morgan Brousseau
Kate Greene
Samuel Stone

Gabe Crosby
Jonathan Koczkodan
Matthew Thebarger

Jordan Gregory
Kourtney Major
Lucas Yorkey

We will have some summer activities at PRHS. This will help prepare our kids for athletics next year and will keep them moving:

- Prime 360 Summer Camp-students will work with Prime 360's BJ Grondin Monday, Tuesday and Thursday mornings. Work-outs are geared to improve athletic performance. Fliers available in the high school office.
- -Boys Basketball with Coach Tracy (student meeting will June 5, during RT) evenings filled with games and basketball workouts.
- -Girls Soccer with Coach Dolley (meeting TBA.)
- -Girls Basketball with Coach Dolley (meeting TBA)
- -Football with Coach Emerson (meeting TBA)
- -Boys Soccer with Coach Coyne (meeting TBA)
- -Field Hockey with TBA. (will play Mondays at Oxford)

*There is more information in the main office of the high school. Please register for summer and Fall activities at **FamilyID.com**. Registration will open for these activities June 4. Please use your existing registration. This will make registration much easier and you will be able to check your child's physical date.

Plan your vacation; July 30-August 10 is the MPA scheduled Hands Off period. We will close the doors at PRHS during this time. The Hands Off period is just that, a time when coaches are not allowed to work with athletes for sport specific training. Please enjoy a bit of down time and get ready for the start of the fall season. We will open up with an important meeting on August 12 at 6 pm in the auditorium. Practices begin August 13 for high school sports.

Preseason practices are required. There will be important information about summer opportunities from now until the end of the school year. Please be sure to listen to announcements.

Important Dates:

June 18 the beginning of our summer game schedule

July 31 the last summer games/practices

August 12-fall athlete/parent meeting-

August 13-first practices for high school teams

September 4-first middle school athletic practices

September 24-September 29-Homecoming Week

Important Message from the Guidance Department Season Two of “13 Reasons Why”

The Netflix series “13 Reasons Why” has highlighted the impact of bullying, sexual assault, violence, grief and teen suicide. If peers, friends and families aren’t prepared to intervene and provide support when a student needs help, problems can arise.

With the May 18, 2018 release of the second season of “13 Reasons Why,” we wanted to provide some resources that may be valuable to you and your student as you discuss the issues presented in the series.

Some of these difficult topics include:

- Bullying
- Grief
- School violence
- Mental health concerns (stress, depression, anxiety, etc.)
- Sexual assault
- Unhealthy peer relationships

To begin the discussion with your student, here are some sample conversation starters you can present before or after watching each episode of “13 Reasons Why.” Additional conversation starters can be found in the “13 Reasons Why” discussion guide at 13reasonswhy.info

- What do you think about what happened in this episode?
- Do you think the characters in the show are behaving in ways that are similar to people you know? How so? How are they different?
- Did parts of the story make you think about how people who are struggling do not show the full picture of what they are dealing with to others?
- What did you learn about “so-and-so character’s” situation from this episode? For example, what did you learn about what happened to Jessica and sexual assault?
- How does what you have seen change how you view some things that happen in real life?
- Do you think the adults did anything wrong? What could they have done better?

Students’ personal struggles often come to light when triggered by a tragic event, uncomfortable experience or viewing/hearing a form of media (television show, film, music, etc.) that touches on sensitive topics. It’s important for peers, families and school staff to be on the lookout for warning signs that indicate a student needs support:

- changes in school performance (e.g. grades, attendance)
- changes in mood
- increased disciplinary problems at school
- complaints of illness
- problems experienced at home or family situations (stress, trauma, divorce, substance abuse, poverty, domestic violence)
- communication from teachers about problems at school
- withdrawal
- difficulty dealing with existing mental health concerns

The school student services team at Poland Regional HS is here to assist you and your student. Team members include: school counselors, school social workers, school nurses, teachers, administration and support staff.

We've included a list of websites and local resources for your reference.

Netflix “13 Reasons Why” Resources

13reasonswhy.info

American School Counselor Association “13 Reasons Why” Resources

www.schoolcounselor.org/13Reasons

Coalition to Support Grieving Students

grievingstudents.org

National Sexual Violence Resource Center

www.nsvrc.org

The National Center for Victims of Crime

victimsofcrime.org

American Foundation for Suicide Prevention

afsp.org

National Alliance on Mental Illness – NAMI Maine Helpline 800-464-5761 press 1

Sexual Assault Prevention & Response Services (call or text) 800-871-7741

(Androscoggin County)

Maine 211 – web (maine211.org), call (211) or text your county to 898-211 for resources

State of Maine Crisis Line 888-568-1112

Remember, if you or your student, has a question or concern, please contact your child's school counselor:

Carrie Rhoads
(Last names A-F)
crhoads@rsu16.org
998-5400 X125

Hillary Bush
(Last names G-M)
hbush@rsu16.org
998-5400 X 101

Corey McFadden
(Last names N-Z)
cmcfadden@rsu16.org
998-5400 X 106

Menus for June 2018



**RSU 16
PRHS
BWMS**

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



Congratulations and best of luck to all members of the Class of 2018.

We'll look forward to serving the rest of you again next fall. Thanks for your business this year!

Featured Specials of the Day

Friday, June 1

Pizza Choices
Hot Dog w/Roll
Chicken Nuggets

Monday, June 4

Corn Chowder w/ Grilled Cheese
Bosco Sticks
Mini Corn Dogs

Tuesday, June 5

Bacon Cheese Burger
Beef Teriyaki w/ Fried Rice
Grilled Chicken Patty

Wednesday, June 6

Nachos w/ Meat & Cheese
Pretzels
Quesadilla

Thursday, June 7

Hot Turkey Sandwich
Chicken Patty Sandwich
BBQ Rib Sandwich

Friday, June 8

Pizza Choices
Hot Dogs w/Roll
Fish Sandwich

Featured Specials of the Day

Monday, June 11

Ham or Turkey Italians w/Chips
Cheese/ Hamburgers
Tuna Burgers

Tuesday, June 12

Baked Chicken w/Mashed Potato
Deep Dish Pizza
Mini Corn Dogs

Wednesday, June 13

Nachos w/Beef & Cheese
Pretzels
Quesadilla

Thursday, June 14

Bacon Cheese Burger
Bosco Sticks
Chicken Nuggets

Friday, June 15

Pizza Choices
Hot Dog w/Roll
Fish Nuggets

Monday, June 18

Popcorn Chicken Bowl
French Bread Pizza
BBQ Rib Sandwich

Tuesday, June 19

Nachos w/ Meat & Cheese
Pretzels
Quesadilla

Wednesday, June 20

Pizza Choices
Hot Dog w/Roll
Fish Nuggets

Thursday, June 21

Bag Lunches
Choice of:
Ham & Cheese
Turkey & Cheese
Sunbutter & Jelly
w/Chips, Cookies, Raisins & Chocolate or White Milk

Please order with kitchen by June 19th

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

DAD

Happy Father's Day ♦ June 17

**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)

THE PROJECT GRADUATION COMMITTEE IS ASKING FOR DONATIONS OF DRINKS, SNACKS, AND BAKED GOODS FOR THE KIDS ON THE NIGHT OF JUNE 10TH. PLEASE CONTACT ANY MEMBER OF THE PG2018 COMMITTEE IF YOU WOULD BE WILLING TO HELP!! ALSO CHECK OUT OUR FACEBOOK PAGE FOR SPECIFIC ITEMS NEEDED!! THANKS SO MUCH!!

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

- American Legion Post #150
- Texture's Hair Studio
- Northeast Bank
- Range Pond Campground
- J.M. Morin Earthworks
- Tri-Town Optimist Club

THE CLASS OF 2018 PROJECT GRADUATION COMMITTEE WOULD LIKE TO THANK EVERYONE THAT HELPED AND SUPPORTED THIS YEAR'S FUNDRAISING EFFORTS. THIS AMAZING EVENT FOR OUR GRADUATING SENIORS WOULD NOT BE POSSIBLE WITHOUT THE SUPPORT OF THE AMAZING PARENTS AND BUSINESSES IN THIS COMMUNITY.

**CONGRATULATIONS TO THE GRADUATES OF
POLAND REGIONAL HIGH SCHOOL
CLASS OF 2018**

