

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

Nov 5 – 8		Student Led Conferences
Nov 7	3:30 – 5:30	Flu Clinic
Nov 9		workshop day – no school
Nov 3 – 12		Book Fair
Nov 12		Veterans' Day observed
Nov 15	6 – 9 pm	Variety Show
Nov 21 – 23		Thanksgiving Break

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Greetings PRHS families and students,

Welcome to our new Drug and Alcohol Counselor

Jason Nickerson has joined us to provide free drug and alcohol counseling for any student in the middle school or high school who is interested. He is in the building Thursdays and Fridays and his email address is jnickerson@rsu16.org if you would like to contact him.

Parent(s) of Students with Special Needs

The Maine Department of Education is conducting an on-line survey on special education services and procedures in the District and in the State. The survey consists of 17 questions and should take 5-10 minutes to complete. We would appreciate it if you could take a few minutes to complete the survey. The link to the survey is:

<https://www.surveymonkey.com/r/RNBBC5K>

If you have any questions, feel free to contact Holly Day, Director of Special Education, at 998-2762. Thank you!

Thank you!

Big thanks to **Gathering Winds Farm & Orchard** and **Poland Spring** for their generous donation of apples to our students during PSAT day yesterday! Nutritious food and appropriate hydration definitely help with the testing process! Thanks for thinking of our students! A big thank you to **Hannaford** as well for holding a flu clinic for our teachers on October 5.

Student Led Conferences

You should be hearing from your student's Roundtable teacher to set up a fall conference. All students must complete a fall conference and all students except seniors must complete a spring conference. Your student will be leading the conference, discussing his/her progress towards graduation and sharing their portfolio. Conference will take place during the week of November 5 with evening hours on Wednesday, November 7.

Progress Report Grades/Eligibility

Quarter grades and HOW grades will be posted on Wednesday, October 31. With the winter sports schedule soon to being, please be aware of the eligibility policy. We have included it in this newsletter.

School Calendar Reminder

There is **no school** on Friday, November 9, Monday, November 12, and Wednesday through Friday, November 21-23.

Don't hesitate to call or email if you have questions or concerns.

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

Now that we’ve reached the end of the first quarter, my column this month consists of some reminders. Please read the following information carefully, discuss it with your child, and contact me if you have questions or concerns.

Student Parking Lot: Parking on campus is a privilege. To receive the privilege, students must follow school rules.

Reserved Parking Spaces: We have increased safety in the student parking lot the last four years by assigning numbered spaces to students. A reserved space for every student who parks has the following benefits:

- It assures students that they will have a space close to school to park every day.
- It encourages good driving habits because it is now easy to identify vehicles.
- It avoids conflict between students who previously argued over parking spaces.
- It helps staff maintain the parking lot more efficiently by concentrating vehicles in one end of the lot.
- It increases safety by allowing staff to identify vehicles who have not been cleared to be on campus.

Registration: If your child is driving but has NOT yet registered the vehicle THIS YEAR, please encourage her or him to register immediately in the main office. To register, students must bring a current driver’s license, current state registration, and current insurance card to the main office. The cost is \$2 to cover the tag. The tag must be displayed in the vehicle’s windshield. Students pay for parking once for as long as they drive on campus, but must register every year to keep documentation current. **Students will be prohibited from parking on campus until they register.**

Lost and Found: Send students to the office as soon as they report they lost something!

This is the time of year we collect a lot of coats, hats, gloves, and boots/shoes for lost and found. Our goal is to reunite these items with their owners, but unless there’s a name written on them, this is very hard to do. Please send your child to us as soon as they report they lost something so we have the best chance of returning it. All items are removed after two weeks and donated to Goodwill.

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

Patrick Flynn
Assistant Principal

School is really upon us now. The first set of grades will be posted and seniors are working hard on applications. It is time to think about second semester and what great opportunities that might bring...

We all survived the PSATS! All 10th and 11th graders took the PSATs on October 10. Thank you to Poland Spring for supplying water and to Gathering Winds Farm for fresh apples for all our test takers! The **PSAT** scores are expected in December. We will set up sessions to create College Board accounts with all students and to go over the scores with both the sophomore and junior classes. Students will get an email to access their scores online. Once the scores are returned, students have access to many College Board features. Khan Academy has partnered with the College Board for all of the free SAT prep. Khan Academy will also be used in English, social studies and math classes.

PRHS ALUMNI DAY is Friday, **January 4, 2019** at 10 AM. Send any alumni our way!

FREE COLLEGE COURSES for second semester? CMCC, USM, Husson, St. Joe's, or UMFK? CMCC has announced that they will waive fees for any early college classes starting next semester! **You will only pay for books!!** Same deal at Husson University for online classes. Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP!

The **ANDROSCOGGIN CAREER FAIR** will be **January 8, 2019** for all **sophomores**. Students will be doing an online inventory and making 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. The Career Fair is hosted by Central Maine Community College in Auburn. 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 and UMF. On Oct 30 we will be visiting SMCC in South Portland. We will be hosting more visits in the spring for juniors. Also watch for the Gran Turismo, which will be visiting colleges out of state in March.

AP FEES – we have a new structure for AP fees which means there is a reduced cost for ALL AP students! We were chosen to be part of a fee pilot program through College Board, as well as having funding now through our RSU # 16 school budget. Each AP student will be getting more information in class; each family that has a student in an AP class will receive a letter mailed home. Please contact Ms. Bush if you have any questions.

Remember, your school counselors are always available to meet with you and your students about any issues, such as post-secondary plans, financial aid, academics, etc. Please let us know what we can do to help your families and your children. Our contact information is below.

Contact your student's counselor with any questions or concerns

A-F (last names)
Carrie Rhoads
X125
crhoads@rsu16.org

G-M
Hillary Bush
X101
hbush@rsu16.org

N-Z
Corey McFadden
X106
cmcfadden16@rsu16.org

NEW GUIDANCE WEBPAGE IS UNDER CONSTRUCTION!

You can find scholarships at [PRHS Guidance](#)

Congratulations to our fall athletes that were chosen to receive the Coaches Award for our fall athletic teams. These athletes were selected for their demonstration of the three core values of Citizenship, Character and Community.

Coaches Awards:

Cheer-Kylie Thibodeau

Field Hockey-Brianna Doucette

Golf-Max Arel

Soccer Girls'-Alyssa Gagne, Annie McGlaufflin

Cross Country-Jacob Gagnon, Mia Turkington

Football-Gawain Tibbetts, Collin Carrier

Soccer Boys'-Brayden Gurney, Mitchell Bean

-Our teams included in their goals this fall to play with honor and dignity, to play the game the right way. Congratulations to the Field Hockey Program for winning the Class B South Sportsmanship Award! Knight Nation is proud of you.

-Winter athletic schedules opened November 24, (practice begins November 5) for the Red Hornets girls' ice hockey program and the weekend of December 7 (practices begin November 19) basketball and boys' hockey.

-Congratulations to Olivia Ouellette, Mia Turkington and Jake Twigg for qualifying to run in the State Cross Country meet in Belfast.

Winter Coaches and teams include:

Boys' Basketball-Tyler Tracy, Steve Ray, Eddie Ray, Tom Labrie

Indoor Track-TBA

Boys' Hockey-The Kings-Joe Hutchinson, Greg Vaillancourt, Ryan Gosselin, Brian Doucette, Tyler Hutchinson, Jaime Boucher

Girls' Ice Hockey-The Red Hornets-Dana Berube, Kris Bennett, Larry Morin, Anne McIntire

Girls' Basketball-Tim Dolley, Jake Webb,

Cheer- Tammy Swett

FamilyID

Thank you all for getting your student athletes registered on FamilyID.com. It seems to be working much better than the systems used the last two years. Some of the advantages include being able check your child's physical date on your registration, and a simple 'click' to add your child to an additional sport. Please do not create a new registration for your child once you have already done so.

Please also note that students and parents signed in the registration process, the Co-Curricular handbook with rules and expectations around attendance, behavior, and substance use. Also note that everyone has agreed to our Sportsmanship Statement in the registration process. As a reminder:

Athletes will:

- Be a good teammate, supporting others and giving their best effort.
- Display respect for teammates, opponents, coaches and officials. Accept the decisions of officials.
- Communicate with their coach.
- Be a role model for others including the student body, and young people in our community.
- Take care of their school facilities, uniforms and equipment.
- Behave with dignity and self-control.

Parents will:

- Show positive support to teams and players for outstanding performances.
- Encourage your child to communicate concerns with the coach and ask questions for clarity.
- Refrain from angry and abusive response to any player, official, coach or other attendee.
- Behave with dignity and self-control.

Speech and Debate

Saturdays are filling up with arguments that are well articulated. Speech and Debate season is here, and the PRHS debaters are looking to leave a strong impression. Good luck Knights. See Mrs. Robinson if you have interest.

Downhill Club

See Mr. Petherbridge immediately if you are interested in the downhill club. Sunday trips to Sunday River can be a fun way to spend time with classmates and earn credit enjoying the great outdoors of Maine.

Dental services will now be provided by Tooth Protectors. Permission forms are going out to the student's Roundtables and if you would like your student to receive dental care, please return the completed form as soon as possible.

Time again for flu clinics! We'll be having one here on November 7th, at our student-led conferences, in collaboration with Hannaford Pharmacy! They'll be here from 3:30 to 5:30 in the nursing office. Just bring a copy of your insurance card and we can immunize as many members of your family as we possibly can. Hope to see you there!

Attention all families—please take this five-minute survey from The Barbara Bush Children’s Hospital. Everyone who completes the survey will be entered into a drawing and five lucky winners across the state will each receive a \$100 Amazon.com gift card for their personal use AND our school will receive \$1,000 if you win. Other schools are participating, so the more families from our school who complete the survey, the greater our chance of winning \$1,000! Contact information for the drawing will be collected at the end of the survey and will not be connected to your survey responses. All survey responses are anonymous. Click the following link to begin the survey:

<https://www.surveymonkey.com/r/2018FamilySurveySCHAndroscoggin>

Thank you!

Scholastic Book in the Library!

The library will be hosting a *Scholastic Book Fair* during Student Led Conferences! The book fair will be open Monday, November 5th through Monday, November 12th. There will be lots of late afternoon hours, and it will be open until 8:00pm on Wednesday, November 7th! There will be lots of great books as well as tons of other fun items!

From October 31st - November 13th, you can also shop our book fair online! Visit the following link, and click on "Shop Online". With the online link, you can enjoy a larger selection of books, and you can order books for all ages and grades!

Link to Online Book Fair:

<http://www.scholastic.com/bf/polandregionalhighschool1>

Please contact Julie Purdy in the library at 998-5400, ext. 210 or by email at jpurdy@rsu16.org for more information!

Safe Passage

The 10th annual Safe Passage variety show will be held on Thursday, November 15 from 6-9 pm. See any Safe Passage member for tickets, or contact Caroline Peinado in the Learning Center. Tickets are \$5 each or \$7 at the door.

Safe Passage students are also selling cash raffle calendars for the month of December. Calendars are \$10 each. The total value of the calendar is \$800, and you have multiple opportunities to win. See a Safe Passage member or Mrs. Peinado to purchase a calendar.

ATTENTION: PARENTS OF SENIORS

DUE 10/31:

- Senior Picture
- Baby/Toddler Picture
- Parent Recognition Message

NOTE:

Students who don't turn in photos will be placed in the rear of the Senior section and won't be able to include their Senior Memories.

*bpoulin@rsu16.org
for more info & questions*

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RSU 16 Adult Education Upcoming Community Classes!

Babysitter Certification - Mia Comis, NREMT & AHA Instructor, will teach students ages 12+ about developmental stages, bottle-feeding, diaper changing, safety, and age appropriate activities for babysitting. Includes Pediatric First Aid, CPR and AED use for the adult child and infant. *Saturday, 12/1, 10:30am – 4:30pm.* Registration: \$75.

Bath Fizzies - Learn how to scent, color and mold your own batch of bath fizzies with *Julia Bundy.* *Thursday, 12/6, 6-8pm.* Registration: \$24.



College Scholarship Searches - In this workshop, *Jessica Whittier of the Finance Authority of Maine* will share information about where to find scholarships, how to get organized to maximize your applications, and tips for writing great essays. *Thursday, 12/13, 6-8pm.* Free, but you must sign up in advance.

Computer Classes - From computer basics to Microsoft applications such as Word, Excel and Google, we have a variety of computer classes designed to meet your personal and workforce needs. Call for details.



Snowmobile Safety - Learn how to properly operate and maintain a snowmobile. Laws and responsibilities, map and compass, environmental/landowner ethics, personal safety, first aid and survival skills will be covered. For ages 10 and up. An adult must stay with youth under 16. *Saturday, 11/17, 9am-4pm.* Registration: \$12.

Staying Home Alone – A popular favorite! Red Cross Trainer, Judy Emch, teaches 8-11 year-olds the fundamentals of staying home alone for short periods of time. *Saturday, 12/1, 1pm-5pm.* Registration: \$30

TechHire Maine – Call us for more information about this great opportunity for qualifying High School graduates who have an interest in computers and want to work in middle or high skill, tech-based jobs!

Drop in on our **Tai Chi** sessions at the Elm Street School gym on *Tuesdays through 12/11 from 3:45pm – 4:45pm.* Only \$5 per class! (Elm Street School Gym). Or try **Yoga** on *Mondays through 12/3 from 6:15-7:30pm* for \$8 per class! Please bring a mat, water and a blanket.

Wreath Making – with *Amy Kohtala.* Create a beautiful wreath for your front door or to give as a gift! Includes greens, wreath ring and wire for one wreath. Please bring light gloves, cutters/pruners and ribbons/bows. *Tuesday, 11/27, 6-8pm.* Registration: \$27.



Classes are held at 129 Elm Street. Registration may be completed online at mechanicfalls.maineadulted.org, by mail at PO Box 129 Mechanic Falls 04256, in person at 129 Elm Street, or by calling 345-3217.

We can also help you find a new career, prepare for College, or finish high school!

Menus for November 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

Thursday, November 1

Stuffed Shells w/Sauce
Deep Dish Pizza
Chicken Tenders

Friday, November 2

Chefs Choice Pizza
Hot Dogs
BBQ Rib Sandwich

Monday, November 5

Meat Chili w /Corn Bread
French Bread Pizza
Chicken Nuggets

Tuesday, November 6

Chicken/Broccoli Alfredo
Cheese/Hamburger
Fish Nuggets

Wednesday, November 7

Nachos w/ Meat & Cheese
Quesadillas
Pretzels w/ Cheese

Thursday, November 8

Pizza Choices
Hot Dog w/ Rol
Mini Corn Dogs

Friday, November 9

**No School
In-Service Day**

**Please See Reverse for
Items Available Daily**

Featured Specials of the Day

Monday, November 12



Veterans Day

NO SCHOOL

Tuesday November 13

Flatbread Pizza-Pepperoni
Chicken Patty Sandwich
BBQ Rib Sandwich

Wednesday, November 14

Nachos w/ Meat & Cheese
Quesadilla
Pretzels w/Cheese

Thursday, November 15

Breakfast Biscuit Bake w/ eggs, ham, cheese
Hash Brown Potato
Cheese/Hamburger
Mini Corn Dog

Friday, November 16

Pizza Choices
Hot Dog
Fish Nugget

Monday, November 19

Beans & Hot Dogs w/ Roll
Pretzels w/Cheese
Quesadilla

Featured Specials of the Day

Tuesday, November 20

Turkey Dinner w/ All the Fixings
Deep Dish Pizza
BBQ Rib Sandwich

Nov. 21, 22, & 23 -NO SCHOOL



Monday, November 26

Tomato Soup w/ Grilled Herb & Cheese
French Bread Pizza
Mini Corn Dogs

Tuesday, November 27

Bacon Cheeseburger
Bosco Sticks
Fish Nuggets

Wednesday, November 28

Nachos w/ Meat & Cheese
Quesadilla
Pretzel w/ Cheese

Thursday, November 29

Popcorn Chicken Bowl
Deep Dish Pizza
Chicken Patty

Friday November 30

Pizza Choices
Hot Dog w/ Roll
BBQ Rib Sandwich

Vegetables

<p>Dark Green</p> <ul style="list-style-type: none"> • Bok Choy • Broccoli • Chard • Collard Greens • Dark Green Leaf Lettuce • Kale 	<ul style="list-style-type: none"> • Mexican • Mustard Greens • Romaine Lettuce • Spinach • Turnip Greens • Watercress 	<p>Red / Orange</p> <ul style="list-style-type: none"> • Acorn Squash • Butternut Squash • Carrots • Hubbard Squash • Pumpkin 	<ul style="list-style-type: none"> • Red Peppers • Sweet Potatoes • Tomatoes • Tomato Juice
<p>Legumes</p> <ul style="list-style-type: none"> • Black Beans • Black-eyed Peas (mature) • Edamame • Garbanzo Beans (chickpeas) • Kidney Beans • Lentils 	<ul style="list-style-type: none"> • Navy Beans • Pinto Beans • Soy Beans • Split Peas • White Beans 	<p>Starchy</p> <ul style="list-style-type: none"> • Cassava • Corn • Black-eyed peas (not dry) • Green Bananas • Green Peas • Green Lima Beans 	<ul style="list-style-type: none"> • Jicama • Plantains • Potatoes • Taro • Water Chestnuts
<p>Other</p> <ul style="list-style-type: none"> • Artichokes • Asparagus • Avocado • Bean Sprouts • Beets • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green Beans 			

OSPI Child Nutrition Services
A Passion for Education