# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

# The Knightly News



May 6 - 17

# Dates to Remember

March 4 – 8	Read Across RSU16	<u>Contents</u>	
March 7 7pm	NCAA Recruitment Seminar	Principal	pg. 2
•		Assistant	pg. 3
March 13 6-7:30		Principal	
March 18 – 22	Student Led Conferences for gr. 9, 10, 11	Counselor's	pg. 4
March 21 & 21	Regular School Days	Corner	_
March 28-31	One Act Competition at Bonney Eagle	Co-Curricular	pg. 5
April 2	State Math Meet		
April 9	SAT's (during the school day)		

**AP Exams** 



## **Greetings PRHS families and friends!**

- RSU16 will be welcoming a new School Resource Officer on March 11. Please see the announcement in this newsletter from the Superintendent.
- Please remember that **March 21 and 22 are now full student days**! The school board approved this change last week.
- Habits of Work progress report grades will be posted on Infinite Campus after March
   13. 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 13.
   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 18. Please keep your eyes out for an invitation or an email from your child's Roundtable advisor. During the conference, your child will review his/her 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.
- Attention parents of incoming 9th graders! We will be holding our open house on Wednesday, March 13 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 9 during the school day. Participating in this test is a graduation requirement 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 graduation of the Class of 2019, we would like to congratulate these seniors for their accomplishments: Holly Young, Valedictorian; Sarah Parent, Salutatorian; Jacob Bernard, Principal Award Honoree.

Please let us know if you have questions or concerns. Cari Medd
Principal
<a href="mailto:cmedd@rsu16.org">cmedd@rsu16.org</a>
998-5400 ext 129

Spring is around the corner and the school community is getting ready for student-led conferences and the Gran Turismo. Prom is just a few months away! With first semester grades in the books, we also have a better idea which students will be invited to Credit Recovery or summer school. Please see below for a description of summer school and the family's responsibilities.

**Attendance:** Please remember to call your child's absence or tardy into the main office (998-5400 x124) beforehand or on the same day.

No-Dance Rules: We have our two biggest dances of the year in the spring semester: Winter Carnival in February and Prom in May. Attending a 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.

- 1. Students may not attend if they meet one of the following criteria:
- Prom: multiple out-of-school suspensions or suspension for a capital offense since the start of second semester or any unserved disciplinary consequences assigned during second semester
- 2. School administrators reserve the right to deny attendance to a school dance for any student if administration determines that the student's attendance will create or exacerbate a dangerous situation, whether or not the student is otherwise eligible to attend.
- 3. Guests must be approved by the assistant principal 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, to ensure a safe and orderly environment.

**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 June. Students who do not pass standards during first semester can assume that they will be attending summer school to make up the work, unless their teacher gives them the opportunity to make up missed standards in second semester. Summer school will run for four weeks, three days a week, starting the week after July 4th. If you have questions, please contact your child's school counselor or me.

**Junior Privileges:** Juniors who pass all of their classes and Roundtable in first semester and who have an academic support first or last block are eligible for Junior Privileges second semester. Juniors who are interested should talk with Ms. Ray in the main office. Parents are required to grant permission before privileges are awarded. Juniors, like seniors, will lose privileges if they do not maintain their grades during second semester.

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

Patrick Flynn **Assistant Principal** 

#### From the Counselor's Corner.....

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...

- <u>MEAs</u> are here this spring for <u>all 3<sup>rd</sup> year students!</u> The Maine Educational Assessment for 3<sup>rd</sup> year students will be the SATs held here at PRHS on April 9, 2019. This will be a set of scores that students can use for college admissions. Science testing will be held on April 10 as well. More information will come about the testing for 3<sup>rd</sup> year students.
- STARTING April 6 <u>Mock Interviews</u> 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. \* Please note that mock interviews will NOT be available during the Celebration of Learning Days in May
- LRTC APPLICATIONS Round #1 applications were due before vacation; however, students can still apply to LRTC by March 1\*. Applications are online at <a href="https://www.lewiston.mainecte.org/admissions/">www.lewiston.mainecte.org/admissions/</a>. We encourage students to complete a cover letter and to get a letter of recommendation to complement their application. Final decisions for LRTC for 2019-2020 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 1; they should contact their counselor about the process after that date.
- <u>AP EXAMS</u> start **May 6 and run through May 17**. PRHS will be offering exams in the following areas: *English Literature, Calculus AB & BC, Statistics, Biology, Chemistry, World History, U.S. Government & Politics, Computer Science Principles, US History, Environmental Sciences and English Language*. Due to a pilot program with College Board, as well as budgeted funds, \$35.00 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. <u>Any student on free or reduced lunch may have a fee of \$25.00</u>. \* We have told all students that if the cost is an issue, they need to see Ms. Bush.
- May 23 <u>COLLEGE FAIR NEACAC</u> 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.
- <u>COLLEGE VISITS</u> trips are running! We have small groups going to Thomas College (April 23), CMCC (April 24), and UNE (April 20) this spring. Priority is juniors who have not gone on the Gran Turismo. Contact Guidance for more information. We encourage any students interested in Bates or more competitive colleges to attend Maine Day at Bates on May 17.
- **JUNIOR CLASS MEETINGS** with the Guidance Office start Tuesday, March 19. 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.
- <u>JUNIOR APPOINTMENTS</u> will start 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 <u>FAFSA</u> 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.
- <u>CONSIDER ENGINEERING</u> this is one summer program that we strongly encourage students to check out. Held at UMaine, with 3 different sessions July 14-17, July 21-24, July 28-31. 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 or at <a href="https://mainepulpaper.org/consider-engineering/">https://mainepulpaper.org/consider-engineering/</a>. Ask Jordon Gregory '18 what a fabulous program this is!
- We will put more information about **summer programs and opportunities in the PRHS schoolwide announcements** that are emailed out to all students daily. Contact your student's counselor for more information.
- Please be aware that we are all working together to keep all our students safe. When a student uses their Chromebook to search items like "How to kill myself" or "Cutting" an alert is sent to our technology office. The student is unaware of this as Google, or the search engine, will give them entries for supports such as the National Suicide Prevention Line. The alert goes from our technology department to the school counselor who will follow up with the student and parent. If this happens over vacation or after school, the counselor will call the parent to give them a heads up. The high school counselors and social workers go into all Health classes each semester to talk about suicide prevention and what happens when a student identifies that they want to hurt themselves. We talk about keeping ourselves and each other safe, as well as encouraging students to put the ME 24-hour CRISIS HOTLINE into their phones 1-888-568-1112 since you never know when you or a friend might need it.

**Registration for Spring Athletics is open**. Please go to FamilyID.com to register your child. Please use your existing registration and you will only need to verify pertinent information. This allows for your current physical to display on your registration. Did you know that the site will show your child's physical in yellow if it is nearing expiration, and in red if it is past due?

By now, most of our athletes have met our **new Athletic Trainer**, Heather Fanning. Heather works for Richard Bader, Physical Therapy. She is currently conducting preseason injury prevention for baseball and softball for our athletes 7-12 after school on Tuesdays and Thursdays until we begin the season.

**Coaches needed!** Our coaches provide opportunities at school that go beyond the classroom. Middle School sports transition our kids from the recreational model to the more competitive model of the high school. Coaches have a great opportunity to make a positive difference in student lives. If you would like to discuss the coaching opportunities, please contact the athletic office at 998-5400. Upcoming coaching needs:

**HS Outdoor Track and Field** 

MS Outdoor Track and Field

**HS JV Soccer Girls** 

HS JV Soccer Boys

HS JV Field Hockey

MS Soccer Girls

MS Soccer Boys

If you see Coach Dan Roy around town, please tell him that we miss him. Coach Dan has decided to take the spring off this year.

If your child is an athlete and wants to compete on our teams, please encourage him or her to prepare. We have several athletes that stay after school to work out in the fitness room, and others that stay to do cardiovascular training. Success is often the result of hard work.

### So, you think you are being recruited for college athletics?

On March 7 at 7pm Coach Capone from Bates College will be here to talk about the recruiting process. When are you being recruited? What should you be doing? All are welcome at 7pm, in the auditorium.

**Speech & Debate-**This year the team placed fourth in the State with individual students receiving recognition:

Hannah Dufault-4th place in Dramatic Interp, 5th place poetry

Colin Marguis-Boutin-4th place in Informative Speaking

Adara Moore-1st place in Oral Interp

Amy Fryda-4th in Oratorical Declamation

Five students have qualified for National competition:

Hannah Dufault in Dramatic Interpretation

Veronica Harnden and Hannah Dufault in Duo Interpretation

Amy Fryda and Sophie Patenaude in Duo

Adara Moore and Hannah Harnden in Oral Interpretation of Literature

Colin Marquis-Boutin in Informative Speaking

**Drama**-The Poland Players will be competing in the One Act Competition on March 9th at Bonny Eagle High School and will present the spring production of Our Town March 28-31st. The show promises to be a wonder homage to Poland High School's 20th anniversary.

**Math Team-** On Tuesday, April 2nd, ten PRHS Mathletes will represent Knight Nation at the State Math Meet in Augusta.



Knights Pride Boosters has shifts available for March 8th and 9th. Follow this link to see how you can interact with other parents while earning money toward your child's favorite co-curricular at PRHS and Whittier! Come show your support. Thank You. <a href="http://signup.com/go/HfQOXcg">http://signup.com/go/HfQOXcg</a>

\* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \*

#### **CONGRATULATIONS!!**

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

Noah Chabot-Ackley'19 – Heating

Samuel Learned '20- Heavy Equipment Operation

Destiny Jipson '20- Medical Math

<u>Lillyana Brassard '19 – Pin Design</u>

Olivia Ouellette '20- Plumbing

<u>Jaxon Learned '20 – Plumbing</u>

Bailey Mercer '19 - Early Childhood Edu/Preschool Teaching

<u>Autumn Pomerleau '20 – Digital Cinema</u>

\* \* \* \* \* \* \* \* \* \* \*

### Ongoing Fundraisers and Needs for Project Grad:

- Sign up and volunteer at school events "Knights Pride Boosters" need is year-long.
- Bring bottles to "Dad's Place" I Mechanic Falls
- We are in need of ideas! Are you able to host a quick fundraiser for something you do already . . .
- "\$20.19 Sponsor a Senior" Fundraiser details on the next page.

### **Announcement from RSU16 Superintendent:**

March 1, 2019

Regional School Unit 16 welcomes our new School Resource Deputy (SRD) James Jacques. Deputy Jacques comes to us after serving 27 years as a Deputy Sheriff, Patrol Sergeant, and Patrol Corporal for the Androscoggin County Sheriff's Department. Deputy Jacques' wealth of community policing will be a significant benefit to our educational communities as we start this new school-based policing program.

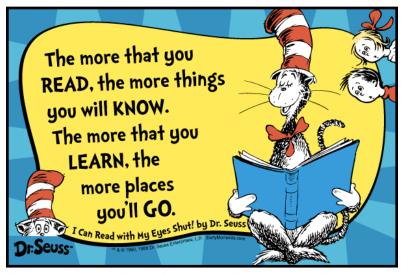
The School Resource Officer Program was established in 1991 and is overseen by its national organization, the National Association of School Resource Officers. The program is built on a "triad" of responsibilities: law enforcement education/teaching, informal counseling, and the normal law enforcement activities all police officers' are responsible for. With these three pillars as the foundation for our program, the primary roles of the SRDs are to:

- A. Provide support and assistance to the school administration and staff to maintain a safe and constructive learning environment;
- B. Enforce local, state and federal laws;
- C. Serve as a resource to administrators and teachers in planning and providing age-appropriate educational programs that foster respect for the law, an understanding of law enforcement, and safe and healthy behaviors;
- D. Serve as a resource to administrators and staff concerning law enforcement and child welfare issues;
- E. Assist individual students and their families in addressing issues related to law enforcement and helping students to have a meaningful school experience; and
- F. Serve as a liaison between the schools and the RSU 16 in addressing issues of concern to both departments.

School administrators and staff have the primary responsibility for maintaining proper order in the schools and for disciplining students for violations of Board policies and school rules. Deputy Jacques will become a vital part of the RSU 16 staff and will be in all five of our schools starting on March 11, 2019. When you see Deputy Jacques in the hallway, cafeteria, or on the school grounds, please make it a point to introduce yourself and make him feel welcome as the latest member of the RSU 16 educational family.

Sincerely, Kenneth J. Healey

# Read Across RSU16 Day!



http://www.newenglandhistoricalsociety.com/teddy-roosevelt-humiliates-dr-seuss/

March 8, 2019!

Just like Read Across America Day in honor of Dr. Seuss's birthday,

EVERYONE in RSU16 will put away their work and READ from 10:00 - 10:20 on March 8th!

# Let's get in the SPIRIT for Read Across RSU16 Day!

# Spirit Dress Up Days!

Monday: One Fish, Two Fish, Red Fish, Blue Fish: Wear Red or Blue Tuesday: Cat in the Hat Day: Wear Stripes and/or a Hat Wednesday: Thing I and Thing 2: Twin Day Thursday: Fox in Sox Day: Wear Crazy or Mismatched Socks Friday: Oh, The Places You'll Go: Wear a College Sweatshirt or T-shirt

## Dr. Seuss Character Contest! Seuss Shadows!

Stop by the library all during the week, check out the Dr. Seuss Character Bulletin Board, grab a contest sheet, and match the Dr. Seuss character silhouettes with the character names!

Return your completed form to the library to be put into a drawing for a cool prize!

## The Library Needs YOU! What will YOU be reading on Read Across RSU16 Day?

Take a selfie with a book you will be reading on Read Across RSU16 Day. Get a copy of your picture to Mrs. Purdy to post on Instagram! You can also stop by the library to take your picture, or if you're camera shy, email the book title you'll be reading or fill out this form in the library! Let's advertise Read Across RSU16 Day!

CLASS OF 2019 MARCH 2019

## PROJECT GRADUATION NEWSLETTER

FUNDRAISING GOAL: SENIOR CLASS GRADUATION CELEBRATION!!

**GRADUATION DATE:** JUNE 8TH, 2019

## **PG19 COMMITTEE MEMBERS:**

Co-Chairs: Marcy Kenison (754-7202) & Michelle Pinkham (650-3330)



Next Meeting
Date



# **Upcoming Events!!**

Where: PRHS auditorium

When: April 6, 2019 - 7:00PM

Make a night of it! Come early ... Tell your friends!

The senior class is hosting a spaghetti dinner from 5:00-6:00 PM.

A raffle and silent auction will follow from 6:00-7:00 with the drawings chosen during the Mainely Improv's intermission. {auction donations welcome!}

Clynk Competition - from 1/14/19 - 3/29/19

Ask a committee member for a Clynk bag & barcode - ask for more than one and give one to a friend



March 13, 2019

6:00 PM

Marcy's House

Please attend
OUR next
meeting

Ideas Welcome!

Stay Informed via FaceBook

Join "PRHS Project Grad Class of 2019"

# 2019 Project Graduation "\$20.19 Sponsor a Senior Fundraiser"

Project Graduation is a fun, safe, chemical free event that has been around since the early '80's. Perhaps you attended your project graduation event, and have fond memories of that time; more than likely, it was also the last time with all your classmates. Our goal is to provide a way for our seniors to get together one last time and celebrate their accomplishments, and to make similar memories.

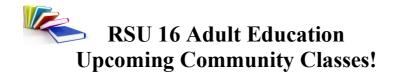
The 2019 Project Grad Committee is running a "Roundtable Contest" for the senior class! We are asking for you and your senior to have friends, family members, or anyone you would like to ask to write a check for \$20.19. Checks should be made payable to Project Grad 2019.

The senior roundtable that raises the most dollars will win a Pizza Party!! We are encouraging seniors to participate to help their Project Grad night to be successful. Simply fill out the form and send both a check and the form to the address below. We are looking for a donation of \$20.19, but if you wish to donate more that would be greatly appreciated. If every family contributes just once, this fundraiser will raise \$2,140.14. Any donations would be helpful.

100% of your donation will go towards the entertainment and grand prizes for our seniors

Mail check to: Poland Regional High School % PRHS Project Graduation 1457 Maine Street Poland, Maine 04274

Student Name:		
Parent/Grandparent, Family/Friend:		
Donation \$:	Round Table Teacher	



**Babysitter Certification** with *Mia Comis, NREMT, AHA Instructor*. Youth ages 12 and up will learn about developmental stages, bottle-feeding, diaper changing, safety, first aid, and age appropriate activities. Includes AHA Heartsaver Pediatric First Aid, CPR and AED use for the adult child and infant. *Saturday, April 6,* 10:30am – 4:30pm (Register by March 21). \$75.

**Boating Safety** - Learn proper boating safety and operation from an IFW Certified Instructor, including handling, equipment, and trailering. Laws, environmental ethics, emergencies and cold-water survival will also be covered. Meets requirements for operation of personal watercraft by 16 and 17 year-olds. *Saturday, April 20, 9am-5pm.* \$12.

**Buying or Selling a Home** - Which renovations will give you a return when selling and which ones will not? What are key items to look for when buying? Learn about lending, the steps to becoming pre-approved and if you're selling, how to make your home eligible for different types of lending. *Thursday, April 4, 6-7:30 pm.* \$7.

**Computer Classes** - From computer basics to using Microsoft applications such as Word and Excel, we have a variety of computer classes designed to meet your personal and workforce needs. Need to get better at typing? We can help with that too! Classes range from \$50-\$75 per session. Call for more details.

**Essential Oils** - Create natural solutions for everyday products using essential oils. *Cheryl Horton* will discuss uses for oils, quality and safety, and what to consider when choosing them. Create 3 products to take home with you! *Saturday, April 6, 9:30-noon.* \$16, includes materials and supplies.

**Intro to Self-Employment** - This 2-hour workshop will cover entrepreneurship, pros and cons, ways to manage risk, elements of a business plan, important financial pieces and steps needed for start-up. *Thursday, April 25, 6-8 pm.* Free, but you must sign up in advance.

Medicare 101 with Seniors Plus - Part A, Part B, C and D? It can all be so confusing! If you are turning 65 soon, this class is for you! Join Kerri Faria as she focuses on Medicare to help you sort everything out in order to make informed decisions! *Monday, April 22, 6-7:30pm.* Free, but you must sign up in advance.

**Staying Home Alone** - Educator and Red Cross Trainer, Judy Emch, teaches 8 to 11 year-olds the fundamentals of staying home alone for short periods of time through fun games and activities. When to call 911, safe and unsafe "home alone" activities, what to do if there is a fire or other emergency, and more! *Saturday, April 6 from 1-5 pm.* \$30.

Wills and Estate Planning – What should you consider when drafting a will, making gifts or transferring assets? Sometimes our estate planning actions can have consequences we didn't even know to plan for! Elder Laws, regulations and healthcare issues are complicated! Certified Elder Law Attorney, Kathleen Kienitz, will share basic information relevant to wills and estate planning. *Thursday, April 11, 6-7:30pm.* \$5.

Classes are held at 129 Elm Street. Registration may be completed online at <u>mechanicfalls.maineadulted.org</u>, 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!

# March 2019 RSU 16 PRHS/BWMS

This institution is an equal opportunity provider.

Menus are subject to change.

# **Available Daily**

Sandwiches Made to Onden

## Fresh Frait & Salad Bar

Apples, Bananas, Kíwí, Oranges, & more Pasta Salað Fresh Veggies

Yogunt Pantaits
Vanilla Yogunt, Bluebennies,

Strawberries & Granola

Your Favorite Spud Spiral, Wedge, Tot, or Fries

Milk & Juices







# Please see reverse for items available daily

Dear Parents,

RSU 16 now offers MySchoolBucks, a convenient online service that allows you to securely pay for your student's meals online using your credit/debit card or electronic check.

#### You can:

- Set Up Automatic Recurring Payments
- Track & Review Meal History
- Create Low Balance Alerts
- Make Payments with the Mobile App
- And More...

Sign up now! Registering for your FREE account is easy, go to https://www.MySchoolBucks.com. Create a secure account and never worry again about sending cash or checks with your student(s) to school again!

https://www.MySchoolBucks.com | (855) 832-5226

Have a smartphone? Get the MySchoolBucks Mobile App:

iOS (iPhone) - https://itunes.apple.com/us/app/ myschoolbucks/id661878685?mt=8

#### Android -

https://play.google.com/store/apps/details?id=com.hss.msb&feature=search\_result

Any questions, please call or email Ellen Dore, Food Service Director 207-998-5400 ext 107 edore@rsu16.org