

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

## The Knightly News

 **MARK YOUR CALENDARS!**

## Dates to Remember

May 2 and 3		Celebration of Learning Days
May 4	7-11pm	Prom
May 6-16		AP exams
May 8	7pm	Talent Show
May 11		Car wash, mulch sale and yard sale
May 14	8am-8pm	School Budget Referendum @local polling places
May 16	6-7:30	Underclass Awards
May 22	7pm	Band & Chorus Concert
May 23		NEACAC College Fair for ALL Juniors
May 28-31		Senior class finals
May 31		Last day of classes for seniors
June 2-3		Senior Class trip
June 8	4pm	Graduation, doors open at 3pm
June 13-18		Underclass Finals
June 19		Last day of school, early release at 11AM

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May 2019

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, 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 Wednesday, June 19th**. 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 Tuesday, June 18th.

**School Budget Referendum** voting is May 14th in your town hall from 8am to 8pm.

Remember that **Celebration of Learning Days** are scheduled for **May 2 and 3**. 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, May 31!**

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

Cari Medd

[cmedd@rsu16.org](mailto:cmedd@rsu16.org)

998-5400

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 4. The student handbook provides the following set of rules for attending Prom:

1. Guests may be invited but must be approved by the Assistant Principal no later than the Wednesday before the dance (May 1). “Guests” are defined as students who attend other schools, homeschooled students, or individuals who are no longer in school (9<sup>th</sup> grade-20 years old).
2. 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 2<sup>nd</sup> sem. (such as detentions for tardies)
3. 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, social studies, English, and sometimes Roundtable

--Dates: Tuesday-Thursday, July 9-Aug 1, 8:00 am-12:00 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.

**Vaping:** We have recently seen an increase in vaping at the high school. Students have been disciplined for being in possession of and/or using vape pens and other delivery devices. The district prohibits any device that delivers nicotine, tobacco, marijuana, or any other controlled substance (see the [school board policy](#) on the RSU16 website for details). We are working with families and our school resource deputy, Jim Jacques, to help students understand the risks of vaping and the consequences for violating the policy. Please call me or Melanie Judd, school nurse, for more information. This [website](#) has pictures of the most common vaping devices and is a good place to start.

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

*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 2019! Your admissions acceptances are impressive!**

**AP EXAMS start next week!**

Monday, May 6 – AP US Gov't & Politics

Wednesday, May 8 – AP English Literature

Thursday, May 9 – AP Chemistry

Friday, May 10 - AP US History (AM) & AP Computer Science Principles (PM)

Monday, May 13 – AP Biology

Tuesday, May 14 – AP Calculus AB

Wednesday, May 15 – AP English Language

Thursday, May 16 – AP World History (AM) & AP Statistics (PM)

Meetings for students interested in AP courses for the 2019-2020 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 2019-2020 is **June 10, 2019**. 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 23. 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 3<sup>rd</sup> year students– testing is done! Thank you for your patience with the SATs and Science Augmentation testing. SATs should be available online starting May 2. All juniors should have a College Board account, as well as Khan Academy, to be able to do SAT prep this summer.

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, such as USM, Bates, UMaine, Mechanic Savings Bank, and Poland Spring Resort! Special thanks to Terri Cook at Mechanic Savings for speaking to the whole junior class about interviewing.

**MAINE DAY** at **BATES COLLEGE** is **Friday, May 17** – go to the Admissions site at [Bates.edu](http://Bates.edu) to sign up or see your counselor.

**Athletics**

Parents and athletes, we will have another active summer for our athletes, the 'hands off' period will begin August 4. Our first practices will be on August 19, a little later than last year. 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 19 ready to go and in good shape.

We will have our Sunday night Fall Parent/Athlete/Coach meeting at 6:00pm, August 18.

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)

Parents, 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. I expect there will be Girls' and Boys' summer basketball, soccer, field hockey and football.

Congratulations to Kat Seeley, the PRHS grad will take over the Girls' Varsity Soccer program.

I am happy to announce to our field hockey girls that Coach Balboni will be back this fall. She is excited to get build our program. The field hockey program had small numbers last year. If any of our Lady Knights find themselves without an activity this fall, I encourage them to give field hockey a try. There will be a summer program and that would be a great time to try it out.

**Co-Curricular**

Congrats to Sophie Patenaude, Ben Daigneault 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 22 at PRHS. Mr. Williams and Mrs. Edwards, along with all of our performers put on a great show!

If you see Hannah Dufault, Veronica Harden, Sophie Patenaude, Amy Fryda or Adara Moore in passing, wish them luck. They will be competing at the Catholic Forensics League National Speech and Debate Tournament. They are headed to Milwaukee, Wisconsin the third week of May with Mrs. Robinson. Best of luck!

The nursing office would like to extend a heartfelt thanks to our friends at Healthy Androscoggin. They've been working with us to educate the staff and students about the risks and health complications associated with nicotine use in all forms, to include vaping. Healthy Androscoggin works to create a community of thriving residents by giving individuals tools to live a healthy life. We also know that creating a community that values and encourages health is key to ensuring its residents can succeed. Their staff and partners do this by making healthy living more accessible. They focus on these main topic areas in the links below:

- [Supporting Physically Active Communities](#)
- [Promoting Healthy Eating](#)
- [Preventing Substance Misuse](#)
- [Supporting Tobacco-Free Lifestyles](#)
- [Preventing Childhood Lead Poisoning](#)

Don't hesitate to check out their resources on social media as well, because a healthy community can better support your healthy student! <https://www.facebook.com/healthyandroscoggin> <https://www.instagram.com/healthyandroscoggin/>

The nursing office would like to thank Proctor & Gamble for their recent donation of feminine hygiene products to our office for our students. Their generous support is overwhelming and greatly appreciated!

### Tooth Protectors

Our School partners with Tooth Protectors Inc. to offer Preventative Dental Care here at Poland Regional High School. Tooth Protectors Inc. is next coming on May 24th 2019! If you'd like your student seen by Tooth Protectors, request a dental form from the Health Office. If you've registered your student for the 2018-19 school year you don't need to do so again.

Your student will receive the Dental Services you select on the Permission Form, to include:

- } Oral assessments
- } Educational oral hygiene instruction
- } Dental cleanings
- } Fluoride treatments
- } Sealants of baby and adult molars and premolars
- } Temporary fillings
- } Nutritional Counseling
- } Referrals

Services are available for self-pay patients, and patients who have MaineCare or other Dental Insurance.

If you have any questions you can call Tooth Protectors Inc. at (207) 513-1111, or reach out to the nurses in the Health Office.

### Immunizations

The CDC has been sharing some fascinating info with us regarding [measles outbreaks](#) in recent weeks. So far, the data shows "From January 1 to February 21, 2019, 159\* people from 10 states (CA, CO, CT, GA, IL, KY, NY, OR, TX, and WA) have been reported as having measles. Six outbreaks (defined as 3 or more linked cases) have been reported, in Rockland County, New York; Monroe County, New York; New York City; Washington; Texas; and Illinois. Of these outbreaks, 2 outbreaks are ongoing from 2018." [MMR](#) is a vaccine that refers to measles, mumps and rubella, all illnesses that can be serious and are easily prevented just with vaccination. The beautiful thing about getting vaccinated is that not only are you protecting yourself and your family, you're also protecting the people around you who might not be eligible to receive the vaccines. Some people are allergic to them, some people have immune system issues that prevent them from getting vaccines, but when we get vaccinated we actually contribute to what's called [Herd Immunity](#). There are many questions and concerns regarding [immunization recommendations](#), and we are in the nursing office just want to make it clear that we are available to answer any of those questions and try and give you the best information to make the most informed decision regarding your students vaccination program. Don't hesitate to give us a call in the nursing office to discuss your students and families vaccine options!

## Announcements

### **Dennis P. Sampson Community Run**

Please come and support the Dennis P. Sampson Community Run/Walk 5K on Heritage Day - June 22, 2019 at the Poland Spring Inn. Funds raised will be used for a scholarship to a graduating Poland Regional High School student entering the field of First Responders (law enforcement, police, fire, rescue, and EMS). Dennis spent a lot of time in our schools and on occasion students were granted the opportunity to job shadow with him. Please feel free to share this event and come show your support!

Website to register and for info: <https://dps5k.weebly.com/>



Bonnie Robbins, School Counselor  
Bruce M. Whittier Middle School  
207-998-3462 x126



**YOU ARE INVITED TO ATTEND THE 1<sup>ST</sup> ANNUAL DEPUTY DENNIS P. SAMPSON  
COMMUNITY 5K RUN/WALK**

**DATE/TIME/PLACE:**

**Date:** June 22, 2019

**Start Time:** 9:00 am

*Registration Table Opens At 8:00am*

**Where:** Preservation Park - Poland Spring Resort

**REGISTRATION COST:**

*Adults (18+) \$20, Students/Children (6-17) \$10, Kids (6 and under) Free*

**After June 1, 2019 registration cost will be:**

*Adults (18+) \$25, Students/Children (6-17) \$15, Kids (6 and under) Free*

**CONTACT INFO:**

Email: [dennispsampson5K@gmail.com](mailto:dennispsampson5K@gmail.com)

This event will honor our Poland Deputy Dennis P. Sampson, who unexpectedly passed away on May 5, 2018. Deputy Sampson not only patrolled our town, but was also a long-time resident and he took much pride in his community. He touched many lives in Poland and the surrounding towns and his presence is greatly missed. He left behind his wife, Celeste, son Jeremy, many family members, friends, and colleagues. The funds raised will be used for a scholarship to a graduating Poland Regional High School student entering the field of First Responders ( law enforcement, police, fire, rescue, and EMS). Dennis spent a lot of time in our schools and on occasion students were granted the opportunity to job shadow with him.

We hope to make this an annual event. Our first-year goal is to attract 500+ participants.

**PLEASE VISIT: <https://dps5k.weebly.com> TO REGISTER AND FOR MORE INFO!**

**YOU ARE INVITED TO STAY AFTER THE 5K TO PARTICIPATE IN HERITAGE DAYS ACTIVITIES!**





# PRHS Spring Day 2019!



## *It's Spring Day!*

Are you sick and tired of your old, boring, everyday yard? It's your lucky day! Poland Regional High School will be selling bark mulch and loam with the help of **J.M. Morin Earthworks**. Orders accepted April 3rd to May 3rd and pick up/delivery day will be **May 11th, 2019** at Poland Regional High School along with a free car wash! We will also accept bottle donations. Get your Mulch while you can and give your lawn a more fresh and unique look! Bags of mulch will also be available on-site for purchase without pre-ordering. Clean up Mom's yard for Mother's Day! J.M. Morin is the best place in town for all of your landscaping needs.



# PRHS Class 2022 Premium Mulch/Loam

All pickups and deliveries will be made **May 11th between 9 am and 2 pm.**  
 Please bring bottle donations and get your car washed!

**Mulch:**

- 2 cubic foot bags = \$6
- 1 cubic yard = \$40
- 3 cubic yards = \$120
- 3 cubic yards delivered = \$165

**Loam:**

- 1 cubic yard = \$30
- 3 cubic yards = \$90
- 3 cubic yards delivered = \$130

Bring a trailer or truck and we will help you load it at the high school.

*\*All deliveries need to be in Poland, Minot, or Mechanic Falls.*

Product	Black	Red	Brown	Loam	Total
Mulch Bags (\$6)					
Mulch 1 yard (\$40)					
Mulch 3 yards (\$120)					
Mulch 3 yards delivered (\$165)					
Loam 1 yard (\$30)					
Loam 3 yards (\$90)					
Loam 3 yards delivered (\$130)					
Total \$					

Name:

Phone:

Delivery Address (if applicable):

*Checks payable to Poland Regional High School*

# May 2019

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

### Wednesday, May 1

Nachos w/ Meat & Cheese  
Quesadillas  
Pretzel w/ cheese

### Thursday, May 2

Popcorn Chicken Bowl  
Hamburger/Cheeseburger  
BBQ Rib Sandwich

### Friday, May 3

Pizza Choices  
Hot Dog w/Roll  
Fish Nuggets

### Monday, May 6

Vegetable Soup w/ Grilled Cheese  
Deep Dish Pizza  
Bosco Sticks

### Tuesday, May 7

Mac & Cheese  
Chicken Patty Sandwich  
Mini Corn Dogs

### Wednesday, May 8

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

### Thursday, May 9

Bacon Cheeseburger  
Chicken Nuggets  
Fish Sticks

### Friday, May 10

Pizza Choices  
Hot Dog w/Roll  
BBQ Rib Sandwich

## Featured Specials of the Day

### Monday, May 13

Corn Chowder w/ Biscuit  
French Bread Pizza  
BBQ Rib Sandwich

### Tuesday, May 14

American Chop Suey  
Hamburger/Cheeseburger  
Mini Corn Dogs

### Wednesday, May 15

Nachos w/ Meat & Cheese  
Quesadillas  
Pretzel w/ cheese

### Thursday, May 16

BBQ Pulled Pork On Flatbread  
Bosco Sticks  
Chicken Nuggets

### Friday, May 17

Pizza Choices  
Hot Dog w/Roll  
Fish Sandwich



**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](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](mailto:edore@rsu16.org)

### *Featured Specials of the Day*

#### **Monday, May 20**

Cream of Broccoli Soup  
w/ Garlic Bread Stick  
Hamburger/Cheeseburger  
BBQ Rib Sandwich

#### **Tuesday, May 21**

Meatball Sub  
Deep Dish Pizza  
Chicken Nuggets

#### **Wednesday, May 22**

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

#### **Thursday, May 23**

Pasta w/ your Choice of Sauce  
Meat, Marinara or Cheese  
Chicken Patty Sandwich  
Fish Sandwich

#### **Friday, May 24**

Pizza Choices  
Hot Dog w/ Roll  
Mini Corn Dogs

### *Featured Specials of the Day*

#### **Monday, May 27**



#### **Tuesday, May 28**

Flat Bread Pizza  
Chicken Patty Sandwich  
Mini Corn Dogs

#### **Wednesday, May 29**

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

#### **Thursday, May 30**

Popcorn Chicken Bowl  
Bosco Sticks

BBQ Rib Sandwich

#### **Friday, May 31**

Pizza Choices  
Hot Dog w/ Roll  
Fish Sandwich

# 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**

May 8th, 2019

6:00 PM

PRHS Cafe

**Project Grad is in dire need of support & funds to meet obligations. We are falling short in funds! Please help!**

[Upcoming Events!!](#)

**“\$20.19 Sponsor a Senior Fundraiser”  
~ details on the next page~**

**TO DATE: ONLY 19 SENIORS/FAMILIES HAVE PARTICIPATED TO THIS FUNDRAISER. IF EACH SENIOR CONTRIBUTES JUST ONE CHECK OF \$20.19, IT WILL RAISE ABOUT \$2,019. IMAGINE IF EVERYONE SENT 2 CHECKS...**

**Dining for a Cause @ Ninety Nine Restaurants**

**Thursday, May 2nd, 2019 from 4:00 - 9:00 PM**

**See attached coupon for details!**

**Ongoing  
Fundraisers &  
Needs**

**Knights Pride  
Boosters**

**Bring bottles  
to “Dad’s  
Place” in  
Mechanic  
Falls**

# 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 \_\_\_\_\_