

Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

The Knightly News

 **MARK YOUR
CALENDARS!**

Dates to Remember

Wednesday, October 9	2-6pm	Guidance Late night	Contents	
Wednesday, October 9	6pm	Senior Parent Night	Principal	pg. 2
Friday, October 11		Workshop day	Assistant Principal	pg. 3
Monday, October 14		Holiday-no school		
Wednesday, October 16		PSAT test day for sophomores and juniors .	Counselor's Corner	pg. 4
Friday, October 18		Junior Community Service Day.	Co-Curricular	pg. 5
Thursday, November 7	6pm	Financial Aid/FAFSA help		
Wednesday, November 13	2-6pm	Guidance Late night		

October 2019

Greetings PRHS families and students,

We have had a great start to the school year! Here is some quick information about our school that was reported to the school board in early September:

- ★ We have **61** students enrolled at LRTC
- ★ We have **49** students enrolled in college classes
- ★ Our current enrollment is 498 (465, 482, 484 for the last 3 years): 9th-147 (huge!), 10th-113, 11th-108, 12th-130.

Programming to Support 9th and 10th Graders

Following in the middle school's steps, and adding on to our successes last year with 9th graders, we are implementing the BARR program (Building Assets Reducing Risks) this year with our 10th grade teacher teams and students. This program asks us to implement 8 different strategies for building relationships with our 9th and 10th graders and use real-time data to support all students to be successful socially, academically and emotionally. Our hope is that this will help us to better support all students and intervene quickly when we see a student in need.

Social Media Safety

Detective Abbe Chabot, of the State Police Major Crimes Unit, spoke with all of our students about the dangers of sharing personal information and revealing photographs on line. We know from experience here at school that this type of sharing, otherwise known as "sexting", is prevalent among teenagers. Please talk with your student about the presentation and your expectations for their on-line behavior.

School Calendar Notes

- Friday, October 11 is a workshop day, and Monday, October 14 is a holiday.
- Wednesday, October 16 is PSAT test day for **sophomores** and **juniors**. **Freshman** and **seniors are expected to attend** school that day for their own class activities. This is a regular, FULL day of school! **Seniors** should arrive at school for an **9 am** start.
- Friday, October 18 is **Junior** Community Service Day. All juniors will be transported by the school to local non-profits to engage in meaningful community service. This day helps juniors meet their 15-hour community service requirement.

Grades and Reminders

- **Habits of Work (HOW)** grades will be posted and available for students and parents on Wednesday, October 2.
- **Parents of seniors**, progress report grades are reported during the college application process.

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

Cari Medd, Principal

998-5400 x 129

cmedd@rsu16.org

Here at the start of autumn, the school year has ripened and we are moving quickly toward the end of the first quarter, October 25. This is a good time for a few reminders.

Attendance: Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. This helps in several ways:

- we don’t assign a consequence to a student for being late or missing a day
- we don’t pursue truancy when it isn’t warranted
- students receive work from their teachers faster
- students get extensions on some work assigned the day of the absence

There is no substitute for time in the classroom, so please contact us if you struggle with getting your child to come to school. Our attendance rate this year is below the same time last year by half a percentage. Please encourage your child to attend school every day and call us if you need support.

Mentoring Program: The program has started again with both new and returning pairs of mentors/mentees. We are continuing our program from last year having high school students mentoring middle school and younger high school students. The goal for both programs is to ease the transition to high school and help our older students develop leadership skills. The result is a more welcoming and comfortable culture here at PRHS. If your child is a mentor or mentee, please contact me with questions or concerns about the program.

Student Parking Lot: Most students who currently drive have secured their parking spots by registering their cars with the main office. Once your child decides to drive to school, the first step is to bring in a current driver’s license, insurance card, and vehicle registration. Registration costs \$2. Vehicles that do not display a PRHS parking permit are not allowed on campus and will be reported. This year, in order to keep students safe, we are issuing tickets for violating municipal and school rules regarding driving and parking on campus. Each ticket carries a \$20 fine. All fines must be paid before a student may return their vehicle to school grounds. Behaviors that will incur a fine include:

- Vehicle has no valid Parking Permit
- Parked in No Parking Area / Space
- Parked in Fire Lane
- Parked in Handicapped Space
- Parked in Another Student’s Space
- Blocking Driveway or Access
- Blocking another Vehicle
- Parked in 2 spaces
- Parked on Grass
- Parked in Faculty Lot

The school may also issue a ticket for behavior not on this list but that violates the spirit of our parking lot rules. We will refer reckless driving to law enforcement, in addition to a school consequence.

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

Patrick Flynn
Assistant Principal

Semester one is in full swing. Schedules and locker combinations have been memorized (finally!), the fall sports are wrapping up, and we are thinking of semester two already....

SENIOR PARENT NIGHT is **Wednesday, October 9 at 6:00 PM**. Learn everything your senior is learning about college admissions and financial aid.

FINANCIAL AID /FAFSA HELP is **Thursday, November 7 at 6:00 PM at the Auburn Public Library**. These are the only local financial aid events hosted by the Finance Authority of Maine (FAME).

GUIDANCE LATE NIGHTS will be **October 9 (2-6 PM), November 13 (2-7 PM)**. We will be open late to help seniors with college applications, college essays, scholarship searches and more!

PSATs - All sophomores and juniors, as well as some freshman will take the **PSATs on October 16**. Scores will be returned in **December**. At that point we will meet with the whole class to do an overview; we then meet with juniors individually or in small groups, and sophomores get their scores back in RT.

FREE COLLEGE COURSES for second semester? CMCC, USM, St. Joseph's,UMFK, Husson, Maine College of Art, UMaine? Any seniors or juniors interested in taking a college class next semester should meet with their counselor in October to sign up.

SENIORS had better be signed up for another set of SATs or ACTs at this point. See your counselor today! Or find deadlines on the College Board website, or your handy PRHS Senior Checklist.

MORE FOR SENIORS! UMaine Admit-in-a-Day is **Nov. 7**. USM Admit-in-a-Day is **TBD**. CMCC Admit-in-a-Day is **December 3**. Have your application submitted electronically two weeks before the date and sign up to meet with a counselor on that date to get more information about your admission. Application fees are waived on this date!

COLLEGE VISITS – We still have some visiting to do! We will be visiting **UMaine** (Orono) on **October 2**, **UMaine - Farmington** on **October 10** and **Southern Maine Community College** on **October 23**. Permission slips available in Guidance! Seats fill up fast!! There is a cost for lunch on both trips. Priority goes to seniors, but space may be available to interested juniors.

PRHS ALUMNIDAY will be **FRIDAY, JANUARY 3, 2020** from **10-11:30**. Please help us spread the word! All are welcome!!

Contact your student's counselor with any questions or concerns

SEVEN QUESTIONS EVERY PARENT WANTS TO ASK A COLLEGE*

1. How safe is your campus?
2. How do I make all of this affordable?
3. What is the alcohol policy?
4. What is student life like on the weekends?
5. How often are students off campus?
6. Are the dorms co-ed?
7. Can a student have a car on campus?

**Courtesy of Ohio Wesleyan University*

Carrie Rhoads x125
Last names A-F
crhoads@rsu16.org

Hillary Bush x101
Last names G-M
hbush@rsu16.org

Cory McFadden x106
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cmcfadden16@rsu16.org

Thank you to Coach Seeley and the Girls Soccer team. On Saturday, September 21, they worked in their community cleaning trails to give back. Thank you Lady Knights!

Winter Athletics

As the fall season winds down, please remember to get those uniforms turned in.

- Practices begin November 18 for athletics (Girls Ice Hockey 11/4). I remind all of those interested that they will need a current physical on file and parents must register student athletes on the FamilyID.com web site. When prompted for the organization, enter RSU16.
- Unified Basketball will begin after the December break.
- We work hard to promote a positive culture at PRHS. As we move indoors, please remember:
“Don’t be that guy.”
- Family ID Registration will open **September 30**. Please register your child early.

Winter coaches:

Hockey (Boy’s) Coach Joe Hutchinson	Boys’ Basketball Coach Tyler Tracy
Hockey JV Coach -Open	Boys’ Basketball JV Coach Stevie Ray
Hockey (Girl’s) Coach Dana Berube	Girls’ Basketball Coach Tim Dolley
Indoor Track Coach Rick Kramer	Girls’ Basketball JV Coach Jake Webb
Indoor Track Nancy Walker	Cheering Tammy Swett
Indoor Track Bonnie Robbins	

Co-Curricular

Downhill Club will begin in January: 4 trips to Sunday River for a day of ski or snowboarding. Students will ride on a school bus to the mountain. Mr. Petherbridge is the leader of the Downhill Club. Contact cpetherbridge@rsu16.org for more information.

Art Club

Mr. Chaisson is in his room each Tuesday and Thursday from 2:20-3:30 for Art Club Studio. Work on your own project in whatever medium you choose. This is a great way to earn your CC credit.

Community Service-Learning Club

The CSL club is working to maintain the courtyard area. Those with gardening skills are welcome. They have also been helping with the Backpack program that helps those in our community that need help. If you would like to get involved, please see Mr. Crosby–Thank you.

Fitness Room

The Fitness Room is open from 2:20-3:30 Monday, Tuesday, Thursday and Friday with Mr. Collins. Be sure to change up, sign in and workout. You can take good care of yourself and earn credit at the same time.

Speech and Debate

Pay close attention, the competition season is upon us. Competitive meets will begin in November for our team. See Ms. Robinson with questions.

Knights’ Pride Booster

The booster club meets the first Thursday of the month. All are welcome. The booster club is always looking for volunteers to help with concessions. When you help, money goes back to your designated activity.

PRHS CLASS OF 2020

Project Graduation Upcoming Meetings & Events

SENIOR PARENTS

WANT TO HELP MAKE THE CLASS OF 2020 PROJECT GRAD A SUCCESS???

Meetings every third Thursday of each Month @
the Poland Ricker Memorial Library at 6pm.

ALL OTHERS MAY HELP

by supporting our current & upcoming events:

Dad's Place Bottle Redemption- Always an option to donate through bottle return @ Dad's Place Redemption in Mechanic Falls

Watch the thermometer rise!

\$20.20 Monetary donation:

Simply send in a check or cash to PRHS Project Grad for \$20.20
We will post the thermometers in the PRHS Café. September 23- May 1, 2020

Haven't done **Senior Photos** Yet???

Radiance by Design Photography is a local photographer who will take beautiful photos of your precious Senior and will donate \$25.00 for each PRHS senior session booked to Project Grad.

Call 207-504-4426 to reserve a session today!

www.radiancebydesign.com

MARGARITA'S NOCHE MEXICANA

Thursday, November 7th All DAY LONG!!

Present the flyer on the next page to your server at
Margarita's @ 180 Center Street in Auburn

& 20% of your bill will be donated to PRHS Class of 2020 Project Grad

Masonic Lodge Spaghetti Dinner

SAVE THE DATE: Saturday, November 9th

More information to come in October Newsletter



helps

20 Schools greater than groceries
YEARS



shop

Look for the shelf tags on more than 1,500 participating products to earn money for your school!



check out

Get 3 School Dollars for every 4 participating products you purchase.



submit

Deposit your School Dollars in the collection tower in-store.

Join us in celebrating 20 years of Hannaford Helps Schools!

Since 1999, we've raised more than \$12 million to support local schools. Help us raise \$1 million this year by purchasing participating products, and spreading the word to friends and family!



Look for participating items with these tags:



4 products = 3 School Dollars
(8 products = \$6, 12 products = \$9)



The highest earning school per store receives a \$1,000 bonus



NEW! The store with the highest % increase in School Dollars redeemed will DOUBLE their donations to all schools registered at their store



2019 PRHS/BWMS

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, October 1

English Muffin Pizza
Mini Corn Dogs
Bosco Sticks

Wednesday, October 2

Nachos w/ Cheese & Meat
Quesadilla
Pretzel w/Cheese Dipping Sauce

Thursday, October 3

Shepherds Pie w/WG Roll
Cheeseburger/Hamburger
Fish Nuggets

Friday, October 4

Pizza Choices
Hot Dogs
Chicken Tenders



Featured Specials of the Day

Monday, October 7

Homemade Baked Beans & Hot Dogs
Coleslaw
Mini Corn Dogs
Chicken Patty Sandwich

Tuesday, October 8

Orange Baked French Toast
Sausage
Quesadilla
Bosco Sticks

Wednesday, October 9

Nachos w/ Cheese & Meat
Chicken Nuggets
Pretzel w/Cheese Dipping Sauce

Thursday, October 10

Pizza Choices
Hot Dogs
BBQ Rib Sandwich

Friday, October 11

No School



Featured Specials of the Day

Monday, October 21

Tomato Soup w/ Grilled Cheese
French Bread Pizza
Chicken Patty Sandwich

Tuesday, October 22

BBQ Chicken w/Pasta Salad
Pretzels W/ Cheese Sauce
Mini Corn Dogs

Wednesday, October 23

Nachos w/Meat & Cheese
Quesadilla
BBQ Rib Sandwich

Thursday, October 24

Italian Wedding Soup w/ Garlic Bread
Hamburger/Cheeseburger
Calzones

Friday, October 25

Pizza Choices
Hot Dog
Pretzels W/ Cheese Sauce

Featured Specials of the Day

Monday, October 28

Meatball Sub
Chicken Patty Sandwich
Bosco Sticks

Tuesday, October 29

English Muffin Pizza
Chicken Nuggets
BBQ Rib Sandwich

Wednesday, October 30

Nachos w/Meat & Cheese
Quesadilla
Mini Corn Dogs

Thursday, October 31

Bacon Cheeseburger
Pretzel w/ Cheese
Deep Dish Pizza



Featured Specials of the Day

Monday, October 14

NO SCHOOL

Tuesday, October 15

Broccoli Soup w/ Biscuit
Cheeseburger/Hamburger
Mini Corn Dogs

Wednesday, October 16

Nachos w/Meat & Cheese
Quesadilla
Pretzels w/ Cheese

Thursday, October 17

BBQ Pulled Pork w/ Pretzel Roll
Chicken Patty Sandwich
BBQ Rib Sandwich

Friday, October 18

Pizza Choices
Hot Dogs
Fish Sticks

