

# Poland Regional High School

1457 Maine Street

Poland, ME 04274

(207) 998-5400

## The Knightly News

 **MARK YOUR  
CALENDARS!**

## Dates to Remember

Dec 21 – Jan 1	Holiday break
Jan 3	Alumni Day
January 7	Androscoggin Career Fair for all <b>sophomores</b> .

<b>Contents</b>	
Principal	pg. 2
Assistant Principal	pg. 3
Counselor's Corner	pg. 4
Co-Curricular	pg. 5
Nurse Update	pg. 6
Announcements	pg. 7

December 2018

Dear PRHS students and families,

- December is a short month of school. Before we know it, we'll be into our December break. The last day of school before vacation is **Friday, December 20**. We return to school on **Tuesday, January 2**.
- If your student is a **sophomore or senior**, they are beginning to work on the **Sophomore Exhibition or Senior Celebration**. These projects will be presented during our **Celebration of Learning days on April 30 and May 1-please put these dates in your calendar**. All parents and family members are strongly encouraged to attend the presentations.
  - The Sophomore Exhibition requires students to answer three questions: "Who am I?", "How am I doing?" and "Where am I going?". Students will research a career and share the work they have been doing in their digital portfolio. This is a part of our daily work on raising the aspirations of our students and preparing them for life after PRHS.
  - The Senior Celebration allows students to pursue a topic of their choice/passion. We ask them to complete a rigorous research process and meet the high expectations we have for speaking and presenting. Both projects require ALL students to successfully complete a public speaking component. Sophomores must speak for at least 10 minutes and senior must speak for 15-20 minutes.
- A new set of Habits of Work Grades will be posted on **Wednesday, December 11**. Please remember that these grades are used to determine **eligibility** for a performance or competition co-curricular and athletic team.
- **Alumni Day is Friday January 3**. Please spread the word to any and all PRHS graduates. We love to have them back to share their life lessons with our current students.

Please do not hesitate to contact us if you have questions or concerns.

Cari Medd

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

998-5400 ext. 129

### ***Notes from the Assistant Principal***

The school community is gearing up to finish the semester strong. Grades will be available for the first semester on January 23. Students who do not pass core courses first semester will be referred to summer school or credit recovery to earn credit. This year, the tentative dates for summer school are July 7-July 30 (Tuesday-Thursday). More information on summer school to come in a later newsletter.

**Attendance:** Please remember to call your child’s absence or tardy into the main office (998-5400 x124) beforehand or on the same day. Students will compete for Winter Carnival points based on their class’s attendance rate in January and February (12 points for first, 9 points for second, 6 points for third). We will be calculating attendance beginning on January 2. With your help, we have improved our daily attendance rate each year since 2012. Thank you for promoting your children’s education by getting them ready for school every day.

**No-Dance Rules:** Next semester, we’ll have our two biggest dances of the year: 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:

*Winter Carnival:* multiple out-of-school suspensions or suspension for a capital offense since the start of second semester, more than 3 unexcused absences from school in second semester, or any unserved disciplinary consequences assigned during second semester

*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, in the opinion of the administration, 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 Winter Carnival must be currently enrolled in high school or of high school age and engaged in homeschooling. Guests at Prom must be enrolled in a high school or of high school age and engaged in homeschooling, 10<sup>th</sup> grade or above, OR out of school but no older than 20. **Administration reserves the right to deny any guest or student’s request to attend a dance, regardless of whether the above rules apply.**

**Cell Phones:** The student handbook policy on cell phones in school provides for three levels of consequences if students use a phone without permission or phone use becomes distracting or disruptive. Our school practice has been bolstered by [district policy](#). First offense: Teacher holds the phone until the end of the block. Second offense: Teacher brings the phone to the office and the student picks it up at the end of the day. Third offense. Parents/guardians pick up the phone at the end of the day. Please help us support your child’s engagement at school by encouraging appropriate phone use.

Please contact me at [pflynn@rsu16.org](mailto:pflynn@rsu16.org) or 998-5400 x120 if you have questions or comments.

Happy New Year!

Patrick Flynn  
Assistant Principal

*Grades are closing again and a new set will be posted soon, more and more college applications are being submitted every day, we head into the holidays and cold weather....*

The **PSAT scores** are expected in December. We will set up sessions to go over the scores with both the sophomore and junior classes through RTs. Once the scores are returned, students have free access to many College Board features, like free SAT prep through Khan academy. Codes are available right on the test results page.

**PRHS ALUMNI DAY** is Friday, **January 3, 2020** at 10 AM. Send any alumni our way!

**FREE COLLEGE COURSES for second semester?** CMCC, USM, Husson, St. Joe's, UMFK, UMA? Any seniors or juniors interested in taking a college class next semester should meet with their counselor to sign up ASAP! Most college classes start mid January. Cost vary – CMCC and Husson are now tuition and fee FREE! All colleges have online options as well. SEE YOUR COUNSELOR!

The **ANDROSCOGGIN CAREER FAIR** will be **January 7, 2020** for all **sophomores**. Students have worked on 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. If you do not want your sophomore to attend this program, please contact the Guidance Office.

**JUNIORS AND 3<sup>rd</sup> YEAR STUDENTS** – more information will be coming about your opportunity to take the SATs on April 14, 2020! We are waiting to get more specific information from the state. Please contact your student's school counselor with any questions.

Seniors are starting to hear back from colleges. We had a successful round of acceptances when we hosted **Admissions in a Day** programs with the University of Maine and the University of Southern Maine. Central Maine Community College will be here on Tuesday, December 3 to do the first round of applications and talk about early college options; we will host them often throughout the winter. UMaine Farmington will be here Thursday, December 5 for Admissions in a Day.

Please remember that we have **3 outside counselors** who come to PRHS to provide clinical counseling services to our students. All referrals for those counselors go through any member of the school counselor or school social work staff. The counselors will take Mainecare, some take private insurance, and some bill directly (including with a sliding scale). This has been a great option for families who cannot get their students to regular counseling appointments in Lewiston or Auburn. Please contact your student's school counselor for more information.

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, mental health issues, etc.. Our contact information is below.

Contact your student's counselor with any questions or concerns.

## Co & Extra Curricular

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:

Varsity Football-Brady Downing	Golf-Chris Tiner	JV Girls" Soccer-Alyssa Hart
JV Football-Eli Alexander	Var Boys' Soccer-Mitchell Bean	Cross Country-Nevaeh Longchamps
Field Hockey-Olivia Bell	JV Boys' Soccer-Trevor Robbins	Cross Country-Cole Cushman
Cheer-Maryssa Cavallero	Var Girls' Soccer-Ragyn Harvey	

### All-Academic

The following seniors are members of a varsity program and have maintained a 3.2 GPA, Good work!

Brady Downing	Josh Power	Neveah Longchamps
Olivia Ouellette	Rachelle Theborge	Mia Turkington
Cole Cushman	Olivia Bell	Ashton Sturtevant
Cooper Keene	Sophia Vallee	Alyssa Gagne
Madison Edwards		

### All Conference

#### **Field Hockey**

Ashton Sturtevant-First Team WMC  
Faith Davis-Second Team  
Olivia Bell-Honorable Mention

#### **Football**

Brady Downing  
Evan Kelly  
Isaiah Hill-Honorable Mention  
Isaac Fifield-Honorable Mention  
Joe Ringuette-Honorable Mention

#### **Cross Country**

Olivia Ouellette  
Mia Turkington  
Jake Twigg

#### **Boys' Soccer**

Davin Cloutier-Honorable Mention  
Noah Breton-Honorable Mention

Knight Nation, we compete against athletes from other schools. We need to support the members of Knight Nation. Those that wear Navy and Silver are our team mates, even if they play another sport. Knight Nation unite!

-Winter athletic schedules opened November 23 for the Red Hornets girls' ice hockey program and the weekend of December 6 basketball and boys' hockey.

### ***Winter Coaches and teams include:***

**Boys' Basketball**-Tyler Tracy, Steve Ray, Chris Bracket

**Girls' Basketball**-Tim Dolley, Jake Webb

**Indoor Track**-Rick Kramer, Nancy Walker and Mike O'Leary

**Cheer**- Tammy Swett

**Boys' Hockey**-The Kings-Joe Hutchinson, Tyler Hutchinson, Greg Vaillancourt, Rich Tibbetts, Brian Doucette, Bob Gladu

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

## 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 to 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 another 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. Contact [cpetherbridge@rsu16.org](mailto:cpetherbridge@rsu16.org) for more information.

## Knights Pride Booster Club

The Knights Pride Booster Club recently deposited \$3200 into our student activity account. That money is split among the activities and teams that have helped in the concessions area. They are always looking for volunteers. I am asking parents of athletes to volunteer an hour or two with concessions to help their program. You can sign up at:

**[knightsprideboostersprhs@gmail.com](mailto:knightsprideboostersprhs@gmail.com)**

**<https://signup.com/go/FWXaupR>**

President Phi Brienza

Please take a moment to respond to our survey at:

[Knights Pride Survey](#)

## Hannaford Helps Schools

Home stretch... two more weeks to earn School Dollars!

With less than two weeks to go, we wanted to remind you that your School Dollars must be turned in to the store tower by Saturday, November 30. We are registered with Hannaford in Gray and Mechanic Falls.

\* \* \* \* \*



### WHAT IS 'THE KNIGHTS PRIDE BOOSTER CLUB'?

It is an organization that is here to help PRHS and WMS students and activities.

The Knights Pride Booster Club provides support to PRHS and WMS student activities. Several items including kick walls, field cameras, batting cages and support items for Cancer Awareness have been donated to your child's programs. In the past money has been contributed to help kids attend Natural History Day, National Speech and Debate Championships, Project grad and more. The funding to help our kids comes from concession sales. We need you to volunteer a few hours for the cause. When you help with the concession, your child's program will receive money back.

How it works: Sign up to work a shift, donate home-made food, or pick up the pizza to sell during a game. When you provide one of these services, you designate where you want your share of the profits made at that activity to go. Example – work a shift during a H.S. basketball game – designate your share of the profits of that game to go to girl's middle school soccer.

Knights Pride Boosters meets the first Thursday of the month at 6:30 in the school café. We are open to new fundraising ideas or suggestions on how we can help support our students outside the classroom.

Please consider donating some time. If we all do a little, we will accomplish a lot.

Visit us on Facebook or follow the link below to sign up to volunteer.

<https://signup.com/go/FWXaupR>



## **Support PRHS Class of 2020 Project Graduation**

**Attend our upcoming events!!!**

**Minot Consolidated School Craft Fair**

**December 7th, 2019 9:00am-2:00pm**

Lots of baked goods/ chili/ meatballs & more

Shop & Eat breakfast/ lunch while supporting a great group of soon to be graduates!

## **Holiday Paint/ Brunch**

**Hosted by Project Grad 2020 & Gypsy Canvas**

**Date: Saturday, December 14th**

**Time: 11:00am-2:00pm**

**Location: Poland Town Hall**

**1231 Maine Street**

**Poland, ME**

**Next Meeting: Thursday, December 12th**

**@ Poland Library**

**6:00pm**



**P R H S &  
B W M S**



**December**

This Institution is an Equal  
Opportunity  
Provider  
Menus are  
Subject to Change

**AVAILABLE DAILY**

**Sandwich Bar**

**Fresh Fruit & Salad Bar**

**Yogurt Parfaits**

**Your Favorite Spud**

**Milk & 100% Fruit Juice**

**Monday, December 2**

Meatball Sub  
Deep Dish Pizza  
Chicken Nuggets

**Tuesday, December 3**

Chicken Alfredo w/ Pasta & Garlic Bread  
Mini Corn Dogs  
BBQ Rib Sandwich

**Wednesday, December 4**

Nachos w/Meat & Cheese  
Quesadilla  
Pretzel w/Cheese

**Thursday, December 5**

Popcorn Chicken Bowl  
Bosco Sticks  
Chicken Patty Sandwich

**Friday, December 6**

Pizza Choices  
Hot Dog w/Roll

**Monday, December 9**

Tomato Soup w/Grilled Cheese  
Hamburger/Cheeseburger  
Chicken Tenders

**Tuesday, December 10**

Pasta w/ Meat, Plain or Cheese Sauce  
French Bread Pizza  
BBQ Rib Sandwich

**Wednesday, December 11**

Nachos w/ Meat & Cheese  
Quesadilla  
Chicken Nuggets

**Thursday, December 12**

Baked Potato Bar  
Chicken Patty Sandwich  
Mini Corn Dogs

**Friday, December 13**

Pizza Choices  
Hot Dog w/Roll  
Pretzels w/Cheese

**Monday, December 16**

Italian Wedding Soup  
Hamburger/Cheeseburger  
Deep Dish Pizza

**Tuesday, December 17**

Mac & Cheese  
Chicken Patty Sandwich  
Mini Corn Dogs

**Wednesday, December 18**

Nachos w/Meat & Cheese  
Quesadilla  
Pretzel w/Cheese

**Thursday, December 19**

Turkey w/ Gravy, Potato & Veg  
Chicken Nuggets  
Fish Sticks

**Friday, December 20**

Pizza Choices  
Hot Dog w/Roll  
BBQ Rib Sandwich



# DODGEBALL TOURNEY 2020

Come Join in the  
**FUN!!**

All Proceeds benefit Project Grad 2020

**Saturday, February 29**

**12 pm- 4 pm**

**@ PRHS, 1457 Maine Street Poland, Maine**

**Teams must sign up in advance/ Sign up before 2/7/20  
to avoid a late fee!**

**\$5 per player-**

6 players per team max\* Rules apply\*

*Team sign-ups available in PRHS office*

*or email [Minotcallahan@aol.com](mailto:Minotcallahan@aol.com)*

*[Celestetigtucker@gmail.com](mailto:Celestetigtucker@gmail.com)*

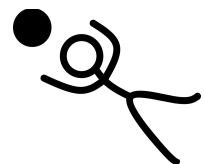
**Students, Parents, Teacher and Community Members Welcome!**

*Come watch the fun for a small donation!*

*Concessions!!- 50/50 Raffle!!- T- shirt Sale!!-*

*Prizes for Winning Teams!!*

**Dippin' and Dodgin'! Duckin' and Divin'!**





# HOLIDAY KNIGHTS

## Vendor Craft Fair & Ticket Auction

All proceeds go to benefit the Classes of 2021 and 2023

**December 14, 2019**

**Poland Regional High School**

**Lobby and Cafeteria  
from 9:00 am-1:00 pm**



For questions about a vendor table or for more details, Please Contact

Ms. Bell ([bbell@rsu16.org](mailto:bbell@rsu16.org)), Class of 2021

Ms. Ross ([kross@rsu16.org](mailto:kross@rsu16.org)) Class of 2023

# WEB DESIGN



*Starting this Spring there is an exciting new opportunity for all PRHS students to take Web Design **at PRHS** through the University of Maine Augusta*

Successful students will earn **3 college credits!**

All fees are covered by UMA and textbooks will be provided at no cost.

**Talk with guidance to sign up!**

**See Mr. Poulin for more info.**

**[bpoulin@rsu16.org](mailto:bpoulin@rsu16.org)**



# 2020 PROJECT GRADUATION



March 12, 2020: Doors open at 5:30; show starts at 7PM

## COMEDY SHOW & SILENT AUCTION

### FEATURING



*Colby Bradshaw*



*Kathe Farris*



*A J Haypenny*

**COME JOIN US AT PRHS FOR A NIGHT OUT WITH YOUR FRIENDS AND FAMILY!! THERE WILL BE FOOD TO PURCHASE, SILENT AUCTIONS TO BID ON AND GUARANTEED FUN AND LAUGHTER!! ALL PROCEEDS WILL BENEFIT PROJECT GRAD 2020!! COME EARLY TO EAT AND BROWSE THE AUCTIONS!! TICKETS ARE \$15 IN ADVANCE, \$20 AT THE DOOR AND STUDENTS ARE JUST \$10!! DON'T MISS THIS FUN AND EXCITING EVENING OUT!!!**

*Tickets Available at the Mechanic Falls and Minot Town Offices, PRHS, Poland Community School, Elm Street School, Poland Recreation Office, & Minot Country Store. You may also buy tickets from any committee member. Please contact Derek Thebarga with questions at 346-1618.*

**\$\$ CASH & CHECKS ACCEPTED – MADE PAYABLE TO PRHS \$\$**