



PRHS

Family Newsletter

March 2021

News and Updates

Health and Safety: How do we determine if students or staff must quarantine?

To determine whether or not someone is a close contact and must quarantine, most of the time we have to look back **2 days before the person developed COVID-19 symptoms**. If the person was not in school on those days, we can determine that there were no close contacts and no one in the school has to quarantine. If the person was in school, however, anyone who was in the same classroom, or was in close contact for an extended amount of time, must be considered a close contact by CDC rules. This requires us to: 1) look at all class rosters and attendance to see who was present those days, 2) interview the person who tested positive to see if there were any other school people they had close contact with (i.e. sharing a car ride, meetings with others), and 3) review any other areas that may involve close contacts such as sports or bus transportation. If teachers are considered close contacts, they must quarantine just like students.

When too many teachers are quarantined, we struggle to remain open for in-person learning. One positive test (students or staff) typically results in about 20-30 student quarantines and 4-5 teacher quarantines. We are able to remain open in this situation. If we have a second positive test and there are close contacts, we typically have up to 10 teachers out. This is when we struggle to remain open.

Please continue to do the following so we can stay open as much as possible.

- Do not allow your child to attend school if they are feeling unwell **in any way**. We have learned that even mild cold-like symptoms can mean a positive COVID -19 test.
- Do not allow your child to attend school if anyone in your household is sick and awaiting COVID-19 test results.
- Report any positive test results from your household as soon as possible.

Donations Sought: We are working on finding ways to provide rewards and recognition for students who have done great things here at school and in particular for good attendance and completing remote work. We are looking for donations, of either cash or prizes/gift cards, that we can use to give to our students. If you, your business, or others you know, are able to donate to the school, please contact Cari Medd at cmedd@rsu16.org or call school at 998-5400. Thank you!

Remote Attendance: Please encourage your student to complete the daily remote attendance survey that Mrs. Ray sends out on remote days for each cohort. It's important to remind all students that virtual attendance is required of students in all of their classes.

Travel Opportunity for PRHS Students: Mr. Carter is excited to announce that students from Poland Regional High School are being offered a community trip to Italy & Greece in April of 2022. By taking part in this international education opportunity, students will be given the chance to step outside their comfort zone, gain a new sense of confidence, experience a new culture, and see the world from a different perspective. This is an excellent opportunity!

Please plan to attend the virtual meeting on March 3rd at 6:30 pm to learn more about this once-in-a-lifetime program.

RSVP is mandatory: Please use this link: <https://rsvp.eftours.com/zhrbz6c> . This will be your one chance to sign up & earn a \$200 scholarship towards your tour.

Can't make the meeting but want more information? RSVP and select "No but send info."

Please contact Michael Carter at mcarter@rsu16.org with any questions.

Calendar Reminder for this month

- ★ Cohort A days are in **Orange**
- ★ Cohort B days are in **Green**
- ★ All Wednesdays are half days
- ★ **March 15th** is the beginning of Student Led Conference week. **March 19** is a no school day.
- ★ **March 26** is the end of Quarter 3!

March				
M	T	W	T	F
A1	A2	B3	B4	B5
A8	A9	A10	B11	B12
A15	A16	B17	B18	★
A22	A23	A24	B25	B26
A29	A30	B31		

From the Counselors' Corner...

We are all back and rested from vacation, ready to tackle the weeks until April break. This is the time of year that we really start thinking about and planning for next year.

COURSE REGISTRATION for the 21-22 school year - We have started the process of students selecting and registering for courses for next year. Much of this will be done through Roundtables in the next few weeks. We have made course registration videos for each class to review as a part of the process; those can be found [here](#) on the Guidance webpage. Parents/guardians will review a list of selected courses at their student's conference. Any questions or concerns can be directed to your student's school counselor; we can make time for phone or zoom meetings to talk through options as well.

JUNIORS - Your credit checks have been completed by your school counselor and given to your advisor to share with you. This will help you in choosing your classes for next year and ensuring that you are on track to graduate. You will review your credit check, as well as your course selection with your counselor at your Junior Appointment (in person or via zoom). Mrs. Carter is ready to start scheduling those any time in person or via email.

JUNIORS - We are also going to start sending out weekly videos about college, career, financial aid, military, etc. This is in place of our traditional weekly full class meetings in the auditorium. All information and videos will be posted [here](#) on the Junior class page of the Guidance website. We have a lot of information to get out to you as you prepare for senior year and beyond.

AP EXAMS - Our calendar for AP exams has shifted a bit for this year as we try to give our teachers more time to teach the AP material. The majority of our AP exams will all be offered here at PRHS using their chromebooks; only AP Calculus AB and BC, as well as AP Statistics will be offered at PRHS in the traditional paper/pencil format. AP exams will run from mid May through June.

LRTC (Lewiston Regional Technical Center) - We received our first round of completed applications just prior to February break. Priority applications can continue to be submitted through March 5. Any applications after March 5 need to go through the student's school counselor. This is the link to the LRTC online application. Students are encouraged to submit cover letters and letters of recommendation to Mrs. Carter in our Guidance Office and we will get them to LRTC. [Here](#) is the sideshow that outlined the steps to apply to LRTC; this was sent out to all 10th and 11th grade RTs in early February. More information about LRTC's programs can be found [here](#).

FAME (Finance Authority of Maine) - FAME is our go-to resource for anything with financial aid. While their [website](#) has a wealth of information, they have been revamping their tools to better accommodate more families during covid. Here are some events for both juniors and seniors:

- Junior Financial Aid Nights begin March 9.
- Understanding and Comparing Aid Offers (Seniors) happens March 11.

You can find those events listed on our events page or by [clicking here](#).

Our favorite FAME tool for seniors these days is [Comparing Financial Aid Packages](#)

CONSIDER ENGINEERING is one of our favorite events at the University of Maine. This is a summer 4 day program for juniors who are interested in Engineering but may not know which field they want to pursue (Mechanical, Civil, etc.). This is a competitive program and it is entirely free (thanks to the UM Pulp & Paper Foundation). [Here](#) is the link to the application, and [this](#) is the link to the brochure with more information. Students choose one of the dates - July 11-14, July 18-21, July 25-28.

As this pandemic continues, we find that there is no lessening of anxiety for many of our students. We have found that we need to work with each individual student and their family to find the best course of action. We will continue to find resources to share with you, like the [Child Mind Institute](#). We can meet with individual students in person when they are here in school and work with their

teachers. For more clinical counseling, we also have [Health Affiliates of Maine](#) therapists who are available for telehealth or who come to PRHS to meet with students; any of the school counselors can do a referral to one of those therapists or you can use the website. Your child's primary care physician may also have in-house therapists or other resources. We are aware that many therapists have wait lists at this point. Please contact your child's school counselor to work through any concerns you may have about your child and their mental health.

Carrie Rhoads

Students with last names

A-F

crhoads@rsu16.org

998-5400 x 125

Hillary Bush

Students with last names

G-M

hbush@rsu16.org

998-5400 x 101

Corey McFadden

Students with last names

N-Z

cmcfadden@rsu16.org

998-5400 x 106

Co- and Extra- Curricular Update

There are a couple of thank you's that need to go out from my office.

-The coaches and advisors deserve a hearty pat on the back. They have been able to focus on what we can do, rather than worry about what we can't do during this time.

-Our players and students. They have welcomed the opportunities we can give them and are making the most of them. Well done, we are proud of each of you!

-Our parents. I know the value of seeing our kids participate (in person). High school is such a short but valuable part of growing up. You have been patient and understanding with the rules we are following.

-Also, please do not let up on all of the precautions we have been taking. Make good decisions about staying home if you have symptoms, wash your hands/sanitize, wear your masks, and avoid large gatherings. These measures have kept us in the gym!

Our NFHS camera is finally up and working. We have had several issues that have been complicated with the NFHS service not matching up with the number of cameras that have been installed recently due to COVID. The delay has not been due to a lack of effort from people at PRHS. It has been a team effort to get it going.

Latest news from the Maine Principals' Association is their desire for a regular spring season that is as close to normal as guidance allows. I am hopeful we can begin pitcher/catcher week for baseball and softball on March 22 and full team practices can begin on March 29. There are many details yet to be worked out around scheduling, fans and transportation, but you can plan on a season. Please note that there will be sports commitments during April vacation for your athlete. Spring registration will open on FamilyID the week of **March 8**. Please be sure physicals are updated.

Coaching vacancies:

JV Baseball

JV Softball

MS Baseball
Varsity Girls Soccer
JV Girls Soccer

Please go to RSU16.org for a Support Staff Application if you are interested. If you have questions, feel free to contact the athletic office, 998-5400 ext 109 or email dking@rsu16.org.

.....

Health Office Updates

We are pleased to announce that all of the full-time nurses in the district have received their second dose of the COVID-19 vaccine! This past week, Governor Mills announced that Maine will adopt an age-based approach to expanding vaccine eligibility, and that Maine residents age 60 and older will become [eligible for vaccination on March 3, 2021](#). Here are the [Vaccination Sites](#) that are currently scheduling appointments as the vaccine supply becomes available at the various locations in Maine. All sites require an appointment.

COVID-19 Close Contacts:

For someone who had close contact with a COVID-19 positive case:

Stay home for 10 days after your last contact with someone who has COVID-19, then monitor for symptoms an additional 4 days. A negative test result does not get you out of quarantine. The quarantine period is ten full days, a person can return to school/work/extracurriculars on day 11 provided they have no symptoms and if tested, is negative for COVID-19.

For someone who had close contact with a COVID-19 positive case within the HOUSEHOLD:

Please stay home for 14 days after the positive household case is released from isolation and monitor for symptoms. There are high transmission rates among household members as there is continuous exposure to the positive case.

Close contacts should ideally be tested as soon as possible after identification as a contact, and if negative, could be tested again about 5-7 days after last exposure. The purpose of testing during quarantine is to quickly identify asymptomatic COVID cases. Testing for COVID-19 should occur immediately if symptoms develop during quarantine. Maine CDC, along with many other state health departments, has removed the requirement to quarantine after a known exposure for individuals who have completed the COVID-19 vaccine series and are asymptomatic as long as the exposure occurred more than 14 days after the individual's completion of the COVID-19 vaccine series.

An individual with a previous COVID-19 infection documented by a positive NAAT (a nucleic acid amplification test, such as PCR) or a positive COVID-19 antigen test (e.g., BinaxNOW) who is exposed to an individual with COVID-19 does not need to quarantine as long as the individual has no symptoms **AND** exposure to a positive case occurred within 90 days of the date of the positive COVID-19 test

Dental Hygiene:

We will be welcoming Tooth Fairies Incorporated (T.F.I) to PRHS this Spring! The T.F.I can provide dental cleanings, sealant placement, fluoride varnish, brushing instructions, and temporary fillings at school. Dental services are available to students who are not established with a dentist on a regular basis. Please email or call one of the health office nurses with further questions or if you would like your student to participate in these services. Thank you.

Lisa Storer RN, BSN lstorer@rsu16.org 998-5400 Ext. 108

Pamela Tracy LPN ptracy@rsu16.org 998-5400 Ext. 127

.....

March Lunch News and Menu

Starting Monday March 1st the café will be offering hot and cold choices for the students to pick from.

- ★ No more ordering first thing in the morning...EXCEPT FOR WEDNESDAY... STILL GRAB-N-GO WITH EARLY RELEASE.
- ★ Cold food choices will be in the dining area and hot food choices will be in the serving area of the café.
- ★ Menus will be posted throughout the HS & MS. A menu will be available at breakfast.
- ★ Cafe staff members will be available to answer any questions.

Reminder: There is no charge for Breakfast or Lunch this year.

Please see the monthly menu below.

March

2021 RSU 16 PRHS/BWMS

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Breakfast is a Grab & Go as you come into school.

Food Service staff will be there to help you!!!!

All Lunches will include Fruit, Veggie & Milk

Wowbutter & Jelly
Always A Choice

Your Favorite Spud
Spiral, Wedge, Tot, or Fries

Featured Specials of the Day

Monday, March 1 / Thursday, March 4

Chicken Patty Sandwich
Bosco Sticks
Quesadilla
Chef Salad
Chicken Salad Sandwich
Turkey & Cheese Sub

Tuesday, March 2 / Friday, March 5

Cheese Pizza
Chicken Nuggets
Hot Dog w/Roll
Chef Salad
Buffalo Chicken Wrap
Ham & Cheese Sub

Wednesday, March 3

Chicken Salad Sandwich
Or
Pretzel Lunchable

Featured Specials of the Day

Monday, March 8 / Thursday, March 11

Cheeseburger
Hamburger
Chickens Fries
Caesar Salad
Chicken Bacon Ranch Wrap
Turkey BLT / Flatbread

Tuesday, March 9 / Friday, March 12

Pepperoni Pizza
Chicken Nuggets
BBQ Rib Sandwich
Caesar Salad
Egg Salad Sandwich
Turkey & Cheese Sub

Wednesday, March 10

Ham & Cheese Lunchable
Or
Strawberry Yogurt Parfait

Starting March 1st students will no longer order in the morning for lunch. Students can choose what they want at lunch time. Just like last year!!! With just a couple of differences salads & sandwiches will be premade. Hot choices will be located in the serving café and cold choices will be in the dining room. Staff members will be available to assist with any questions. There is no charge for Breakfast & Lunch in SY 2020-2021.

Please see reverse for items available daily

Featured Specials of the Day

Monday, March 15 / Wednesday, March 17

- Chicken Patty Sandwich
- Bosco Sticks
- Mac & Cheese
- Chef Salad
- Ham & Cheese Italian
- Strawberry Yogurt Parfait

Tuesday, March 16 / Thursday, March 18

- Chicken Bacon Ranch Pizza
- Hot Dog w/Roll
- Nachos w/ Meat & Cheese
- Chef Salad
- Tuna Sub
- Buffalo Chicken Wrap

Friday, March 19
NO SCHOOL

Featured Specials of the Day

Monday, March 22 / Thursday, March 25

- Pulled Pork Sub
- Chicken Fries
- Cheeseburger
- Caesar Salad
- Chicken Salad Sub
- Meatless Nachos

Tuesday, March 23 / Friday, March 26

- Pepperoni Pizza
- Chicken Nuggets
- Fish Sticks
- Caesar Salad
- Turkey Italian
- Strawberry Yogurt Parfait

Wednesday, March 24

- Turkey BLT
- Or
- Ham & Cheese Lunchable

Featured Specials of the Day

Monday, March 29 / Thursday, April 1

- Nachos w/ Meat & Cheese
- Quesadilla
- Pretzel
- Chef Salad
- Ham & Cheese Italian
- BBQ Chicken Wrap

Tuesday, March 30 / Friday, April 2

- Cheese Pizza
- Chicken Patty Sandwich
- Hamburger
- Chef Salad
- Turkey Cheese Italian
- Chicken Bacon Ranch Sub

Wednesday, March 31

- Turkey BLT
- Or
- Strawberry Yogurt Parfait



PRHS
1457 Maine Street
Poland, ME 04274
998-5400 phone
998-5060 fax