



PRHS Family Newsletter

May 2021

News and Updates

PRHS will be offering a COVID 19 Vaccination Clinic soon! All students 16 and old will be able to get their Pfizer vaccine right here at the high school. The second dose 21 days later will also be available at PRHS. More details to come!

We are in the final weeks of this crazy year and looking forward to having a solid plan for full time education next fall. To make sure we get to the end with as little disruption as possible, **please remember to contact us if anyone in your household tests positive for COVID 19.** This helps us avoid quarantining too many people and keeps the school free of the virus.

Prom Information (Yes! We're having Prom!)

- Date: May 15th (rain date May 14th) with DJ Alex Sirois
- Time: 6-10 pm Location: PRHS front courtyard.
- Who can attend prom? All PRHS juniors and seniors are eligible to attend, including VL5 students. There will be no guests allowed that are not currently enrolled at PRHS (this includes students from other districts and homeschooled students). Juniors or seniors MAY invite a PRHS 9th or 10th grade student to attend as a guest.
- "Prom Promise" contract: Students who wish to attend will agree to follow all covid protocols and chaperone instructions. In order to reduce the risk of transmission and to avoid quarantining students so close to end-of-the year celebrations and activities, all students will be required to wear masks while at Prom.

Calendar Reminder for this month

- ★ Cohort A days are in **Orange**
- ★ Cohort B days are in **Green**
- ★ All Wednesdays are half days

May				
M	T	W	T	F
A3	A4	B5	B6	B7
A10	A11	A12	B13	B14
A17	A18	B19	B20	B21
A24	A25	A26	B27	B28

From the Counselors' Corner...

Spring has sprung! We are all ready to be outside in the warmth and sunshine. Seniors are really making those final decisions about their future plans. It is exciting to see where they are heading. LRTC decisions have been mailed home and we are continuing to work to get more kids into programs there.

[NACAC](#) and [NEACAC](#) Spring College Fairs are here. We won't be able to take the juniors to the NEACAC College Fair in Augusta this spring, so virtual is our next best option. Anyone interested and sign up and join the fair. This is a great way to connect with colleges from around New England and the country.

FOR THE CLASS OF 2022 - parents/guardians and students can register for one of the **FREE** webinars hosted by FAME. This is an excellent opportunity to get a comprehensive overview of the financial aid process. Watch this [quick video](#) to find out more or click [here](#) to pre-register for one of these times:

Wednesday, May 12 at 6:00 PM

Monday, May 24 at 6:00 PM

JUNIORS - more information for Juniors and their families [here](#) on our website. You can also check out your favorite school counselors in some great videos on the senior site too.

SENIORS - STILL NEED \$\$\$ FOR COLLEGE? There is still money out there!! Seniors get going on applying to those local scholarships [here](#)! Money is waiting for you!!

EARLY COLLEGE CLASSES - More information is [here](#) on the PRHS Guidance webpage. The class of 2021 can take FREE summer classes and we also have those links. Any student interested in taking an early college class should check in with their school counselor to get the process started.

WHO NEEDS A JOB? We have both a physical job board (in the Guidance Office) and a [virtual](#) one on our webpage. We are trying to keep them both updated.

JUNIORS - We have space for practice interviews/transcript reviews with the University of Maine on Friday, May 14, as well as with Bates College on Wednesday, May 12. Contact your counselor or Mrs. Carter to sign up for either of those.

AP EXAMS start in a few weeks and run through June 3. More information will be sent directly to those students and families. Most of our AP exams will be digital, but some are paper. Please contact Ms. Bush with any questions about AP exams.

ALL 3rd YEAR HIGH SCHOOL STUDENTS will be taking the state mandated testing in the next month - NWEAS for Math and ELA, as well as Science testing. All of these are digital tests to be taken at PRHS. More information is being sent directly to those students and families. Any questions can be directed to one of the school counselors.

This has been such a hard year for so many of our students. As we work to support them all, we will continue to share resources on mental health [here](#) on our webpage. We will be working this summer with the K12 school counselors and social workers to put together more resources for our families for the start of the 2021-2022 school year. Please do not hesitate to reach out to your student's school counselor to talk about what you are seeing with your student and what the available resources are.

Carrie Rhoads

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crhoads@rsu16.org
998-5400 x 125

Hillary Bush

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Corey McFadden

Students with last names
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998-5400 x 106

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Co- and Extra- Curricular Update

Recent changes to the state and Maine Principals' Association policy regarding athletics and masking has been well received. It is important for our kids and parents to remember that the pandemic is not over. We are still required to mask in dugouts and when we can not maintain social distancing. Please continue to prescreen, social distance and be cautious. Some schools may choose to continue requiring athletes or spectators to wear masks. As guests to another school, we are obligated to follow their expectations. I recognize these have been challenging times, and appreciate your cooperation.

There will be **summer offerings** for our student athletes, summer registrations on FamilyID will open at the end of May.

Please welcome our **new girl's varsity soccer coach, Tyler Connors**. Tyler comes to us with experience as an assistant at Windham High School. Tyler is excited to work with our student athletes , and getting started this summer.

Open coaching positions:

JV Field Hockey

JV Girls' Soccer

JV Football

MS Soccer

MS Field Hockey

We are using the rschooldtoday.com web service for schedules this year, <https://prhsathletics.rschooldteams.com/>, If you are looking on the rschool app, you may need to search Poland Regional or Knights Athletics and Activities to find our schedules.

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Health Office Updates

Please call or email your school nurses if you have any questions about COVID-19 vaccinations and/or the new immunization law.

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

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

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Other News

From the Library: The library is inviting all students and staff to play LIBRARY BINGO! All of the challenges on the Bingo board are easy and fun! Every completed Bingo sheet will win a prize and be entered into our grand prize drawings! Play will go through Friday, May 7, 2021, our Drop Everything and Get Caught Reading Across RSU16 Day, where everyone in RSU16 will drop everything and read! Visit the Bingo page on the library website (<http://inforsu16.weebly.com/library-bingo.html>) for more information!

Virtual Book Fair! One of the squares on the Bingo Board invites students, staff, and parents to visit our completely virtual online Book Fair! You can shop the book fair by genre, price, or grade level! There are lots of great books, and you can shop from the comfort of your own home! Although you can visit the virtual book fair anytime, you will be able to actually purchase books from Monday, May 3rd through Sunday, May 16th! Feel free to call (207-998-5400, ext. 210) or email Julie Purdy (jpurdy@rsu16.org) if you have any questions! Check out [this link](#) to visit the Virtual Book Fair!

May Lunch News and Menu

See following pages



**May / June 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**

Monday, May 3/ Thursday, May 6

Taco Bowl
Hot Ham & Cheese Sandwich
Pretzel w/ Cheese
Chef Salad
Meatless Nacho
BLT on Flatbread

Tuesday, May 4 / Friday, May 7

Pepperoni Pizza
Hot Dog w/Roll
Chicken Nuggets
Chef Salad
Turkey Italians w/ Chips
Pasta Salad

Wednesday, May 5

Ham & Cheese Lunchable
Or
Chef Salad

Monday, May 10 /Thursday, May 13

English Muffin Pizza
Chicken Patty Sandwich
Mini Corn Dogs
Caesar Salad
Ham Italian
Pretzel Lunchable

Tuesday, May 11/ Friday, May 14

Bosco Sticks
Hamburger
Cheeseburger
Caesar Salad
Turkey BLT on Flatbread
Pizza Lunchable

Wednesday, May 12

Strawberry Yogurt Parfait
Or
Wowbutter & Chips



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