



PRHS

Family Newsletter

September 2022

It has been a very positive September of the '22-23 school year! In our students' words, here is what they are saying about the school year:

Less stressful. I'm a senior and I'm working hard on my goal of graduation.

Really liking my LRTC course. We built pressurized rockets. We're learning Newton's Laws, how to march, and military etiquette.

People have had more time to be in school so we're all getting used to one another.

Free. Things are more flexible, can find the classes we want and plan our time.

Fewer conflicts. People seem like they're in a better mood.

I hope the following provides some helpful information about upcoming high school events. If you have any questions, please reach out to Erik Anderson, eanderson@rsu16.org 998-5400, our school counselors, or your student's Roundtable teacher. Thank you!

STUDENT HANDBOOK

Please take some time to familiarize yourself with [the Student Handbook](#). The first half of the handbook pertains to all students in the RSU and the second part is specific to PRHS.

ED TECHS NEEDED

If you, or someone you know, likes teenagers, enjoys helping them find success in school, and wants a school day work schedule with no work to bring home, please have them email me, Erik Anderson, at eanderson@rsu16.org

LUNCH AND APPLICATIONS

Why are we asking all families to complete the Meal Application Form if meals are no charge?

The family income data provided by the application informs key funding for school resources. This includes school meal reimbursements, funding for Title I programs, funding and resources for afterschool programs, State subsidy, funding for special education, teacher loan forgiveness.

How can I complete the Meal Benefit Application? The COMPLETELY CONFIDENTIAL application is available to print, complete and return to your school or you can complete the online form at www.SchoolLunchApp.com. If you have difficulty accessing either of these methods, the form can also be sent home with a student...just contact your school's office to make the request. If you have any questions please contact Ellen Dore, RSU 16 Food Service Director, edore@rsu16.org, 207-998-5400 ext 107.

PICTURE RE-TAKES

October 19th is the day for student picture re-takes. Paper copies of ordering information for picture prints have been sent home with students. Please contact the main office if you have any questions about that process.

PARKING SPOT RESERVATIONS

Students who are interested in parking on campus must first register their vehicle with the school. Bring a current 1) drivers license; 2) insurance card; 3) state registration; and \$2 to Mrs. Picard in the main office. She will issue a tag for the student to hang from the rearview mirror. Vehicles in the student lot without a tag will be ticketed.

MENTORING & STUDENT AMBASSADORS

We are looking for students to serve as mentors and/or Student Ambassadors. Mentors meet once a week with middle school students and help them get ready for high school. Ambassadors give new students tours of the building and assist with events like Agassiz Day, Open House, and 8th Grade Parent Night. If your child is friendly, interested in helping people, and a good listener, please ask them to check in with Mr. Flynn in the main office for details.

TRAVEL ABROAD OPPORTUNITY

The April Vacation 2023 trip to Japan is fast approaching, and, though time and opportunity are limited, it is still possible to be included in this fantastic adventure. For more information, please contact Kris Wright (kwright@rsu16.org) for details. Use "Japan Trip" as the subject of your email.

Planning for the April Vacation 2024 trip has begun! If you would like to be a part of the fun, please email Kris Wright (kwright@rsu16.org) for a link to the survey. Use "April 2024 Trip" as the subject of your email.

YEARBOOK

The Poland Regional High School Yearbook is now available for purchase! PRHS students are excited to be able to offer our families an online portal for all their yearbook needs. By using online ordering families can purchase a Yearbook only or one of our Yearbook packages (Basic or Deluxe). The online portal also makes creating Senior Ads simple and easy!

Early bird pricing of \$30 is available until October 8th, after the 8th, the price will be increasing.

To order online today, visit yearbookforever.com and search for Poland Regional High School. Or use the link <https://bit.ly/3BDc2IE>.

SENIOR PICTURES AND ADS

Please follow the link for more information about [Senior Pictures](#) due on November 14th.

Please follow the link for more information about [Senior Ads](#) due February 1st.

PROJECT GRADUATION

Flamingo Flocking - throughout the Fall months - [See linked flyer!](#)

Little Caesars Pizza Fundraiser - Use [this link for ordering](#). Kits will be delivered directly to the home

Fire Pit Raffle - Ticket sales at all Fall Sports Home Games

Next meeting: Thursday September 29th - 7pm - Poland Library - Calling All Senior Parents!!!

TRI-TOWN OPTIMIST CLUB

For more information, please [follow this link](#).

PRHS FALL CHEER TEAM

For more information about the Fall Cheer team's October 15th Fall Craft Fair - [See linked flyer!](#)

FAMILY REPRESENTATION ON HIGH SCHOOL LEADERSHIP TEAM

The high school's leadership team is seeking two members of the community to participate in school decision making. We meet every Tuesday, 2:30-4, in the high school's main office conference room. Your role will be to provide a parent/community perspective on school issues and help us shape a positive school community, curriculum, and faculty professional development. If you are interested or have questions, please email Principal Erik Anderson (eanderson@rsu16.org).

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From the Counselors' Corner...

We have the first semester off to a good start. Classes are (very) full, teachers and students are ready to delve into teaching and learning, and we are gearing up to get our seniors on track to graduate, as well as to finalize their future plans. Lots of exciting things are happening in our corner of the school! Lots of events that we want to share with our families below -

A BIG KNIGHT NATION WELCOME to **Carol Langlois** our new secretary for the school counselors and athletics! Ms. Langlois previously worked at the elementary level in NH. We have kept her busy with over 20 new students to PRHS this year, as well as learning the ropes at PRHS.

PSATs WILL BE WEDNESDAY, OCTOBER 12, 2022

PSATs will be optional for juniors this year. The test will be held at PRHS in person and it is free. All juniors will receive an electronic form to fill out if they are interested in taking the PSATs. Please direct any questions to Mr. McFadden in the Guidance Office (cmcfadden@rsu16.org).

SENIOR PARENT NIGHT is also **October 12 at 6:00 PM in the PRHS Auditorium**. Learn more about college admissions and financial aid with the high school counselors.

THINKING OF TEACHING? [UMaine-Farmington](#) is hosting a [Teacher Education Focused Open House](#) on October 21 from 9:30-2.

NEACAC COLLEGE FAIR is at the University of Maine (Orono) at the New Balance Fieldhouse on September 21 from 6:30-8:30 PM and September 22 from 9-11 AM. [Here](#) is a list of colleges in attendance.

NACAC VIRTUAL COLLEGE FAIR is November 9. More information [here](#).

COLLEGE VISITS are back! We are excited to be able to travel to Maine colleges again with interested students. Priority goes to seniors, then juniors. We will be visiting the [University of Maine \(Orono\)](#) on **October 21** and [Thomas College \(Waterville\)](#) on **October 26**. Space is limited. Sign ups will be in the Guidance Office.

COLLEGE APPLICATION HELP after school in the Guidance Office until 4:00 PM on **October 26 and November 9** with the school counselors. Any senior can drop in to get help on their college essay, applications, getting recommendations, or to talk through financial aid or scholarships.

OCTOBER 1 is the big date **to start to fill out** financial aid applications with the [FAFSA](#) and [CSS/Profile](#), both available for seniors and their families. [FAME](#) has a wealth of information, resources, videos, and fall events available for Maine families to help them with the college financial aid process.

FINANCIAL AID IN PERSON HELP at PRHS will be with Jessica Whittier of FAME. **November 8** is the date to remember to vote and to get help with your financial aid forms. Jessica will be available at PRHS in person and then via zoom. Sign up with Ms. Langlois in the Guidance Office (ext. 102)

NWEAs will happen for all 10th graders on October 18th. Testing will happen online during the school day. The NWEAs are our mandatory state tests.

September is Suicide Prevention and Awareness Month. As a community, we each play a role in understanding mental health and the resources that are available for those in crisis. According to the National Alliance for Mental Health:

- *Suicide is the 2nd leading cause of death among people aged 10–14 and the 3rd leading cause of death among people aged 15-24 in the U.S.*
- *11.3% of young adults aged 18-25 and 18.8% of high school students nationally have had suicidal thoughts*

Please check out these resources: [Navigating a Mental Health Crisis](#) and [Important Phone Numbers & Resources for Suicide Prevention](#)

Carrie Rhoads

Students with last names

A-F

crhoads@rsu16.org

998-5400 x 125

Hillary Bush

Students with last names

G-M

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998-5400 x 101

Corey McFadden

Students with last names

N-Z

cmcfadden@rsu16.org

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Athletics & Co-curriculars

Homecoming Week Events

October 3rd: JV Football Home vs Freeport 4:00

October 5th: Bonfire 6-8 pm (students only)

October 6th: Varsity Field Hockey Home vs Fryeburg 3:30p, JV Field Hockey 4:45p

Varsity Boys Soccer Home vs Saint Dominics 4:00p

Cross Country Boys & Girls 4pm (Minot Community School)

7-10pm Dance at PRHS (guests with pre-approval)

October 7th: Varsity Football Home vs Medomak Valley 7:00p

October 8th: Varsity Girls Soccer Home vs Wells 11:00a, JV Girls Soccer 1:00p

Winter athletics practices begin November 21. FamilyID is open now, Please sign up early and update your physical if necessary.

Congratulations to Hayden Christner. He has qualified for States in golf!

The [RSU16 music website](#) has been updated for 2022-23! Please check it out to learn about the opportunities for and offerings by our student musicians!

Health Office

Happy Fall to all PRHS families!

The Maine School Oral Health Program will be at PRHS the week of November 14, 2022. With your permission, they can provide a free oral health screening and apply fluoride varnish treatment to help strengthen teeth. If you have not signed up your student and would like to, please contact us and we can send you the necessary paperwork to complete.

We mailed out medical forms over the summer that include the [Annual Health Update](#) and the [Standing Medical Orders Permission Form](#). Your child should return the completed paperwork to the nurse's office or to their roundtable teacher. Prompt return of these papers allow us to better care for your child while at school.

For the safety of all students, students may not carry medications with them while at school. Students that need medication, which are included in the Standing Medical Orders, may obtain them once the permission form has been signed and returned by the parent/guardian. Exceptions to this include students who may carry their own rescue inhaler, Epi-pen, or glucagon. Again, permission for this must be signed by the parent and physician stating the child can safely self-carry and utilize these emergency medications.

Thank you.

For any student health related inquiries, please contact:

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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