



PRHS

Family Newsletter

November 2022

QUARTER 1 REPORTS

Quarter 1 reports have been printed and mailed home. If you do not receive your student's report by the time of your student-led conferences, please let the teacher you are meeting with know so that we can rerun a report for you.

STUDENT LED CONFERENCES

Fall student-led conferences will take place **1:30p - 7p on Wednesday November 16th** for approximately 30 minutes. Your student's Roundtable teacher will be reaching out to schedule your conference. If the afternoon or evening of the 16th does not work for your schedule, we can find a time that works that week of November 14th. The most engaging conferences happen in-person. These conferences are a component of the students' Roundtable grades.

AFTER SCHOOL TIME - TUESDAYS AND THURSDAYS

Beginning Tuesday November 15th, students who are repeatedly tardy to school, late to classes, or missing full class blocks will be requested to make up the time in after school detention until 3:30p. Email notification of this make-up will be sent to families at least the day before the student's scheduled after school session.

QUEBEC CITY TRIP FEBRUARY 2023

Open to all PRHS students! We are planning a trip with Jumpstreet Tours to Quebec City February 3-5, 2023. This is during Quebec City's annual Winter Carnival and will be lots of fun. Please contact Madame Chase (dchase@rsu16.org) or Monsieur Cantone (acantone@rsu16.org) for the sign up link or more information.

SCHOLASTIC BOOK FAIR

The library will be hosting a Scholastic Book Fair **until November 14th!** There will be lots of late afternoon hours, so feel free to stop by after school! The book fair will be stocked with lots of great books and fun gifts. Profits from the book fair help to support our middle school reading challenge and our high school co-curricular book club! Please contact Julie Purdy in the library at jpurdy@rsu16.org or 207-998-5400, ext. 210 for more information!

YEARBOOK

- Early bird pricing of \$50 is available until **December 21st**.
- \$70 final after that!!!

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**.

JMG COAT DRIVE

It is time for the JMG Winter Coat Drive, Nov. 14-18. We are looking for new and gently used coats, hats, and gloves. Drop off donations in the PRHS Lobby or room D103. Donations will go to the Poland Community Food Bank & Thrift Store. [Poster](#).

SENIOR PROJECT BOOK DRIVE

Senior Tatyanna McCourt is running a book drive the week of November 14th - 18th as part of her Celebration of Learning project. She is collecting books that will then be placed in free libraries throughout the RSU16 communities. The books will be collected in Roundtables. The Roundtable collecting the most books will win a prize! Thank you for your support!

[Poster](#).

PROJECT GRADUATION

Project Graduation 2023 - Calling ALL Senior Parents!! There is still time Join us!

November & December Calendar of Events

- Christmas Wreath Delivery 🎄 - Thank you to all of you who purchased Christmas Wreaths!!
 - Pick-up will be on Sunday November 20th from 9-11 in the PRHS Student Parking Lot.
- Upcoming Craft/Vendor Fairs throughout the Community - Volunteer to help or donate food!
 - 11/26 - Poland Grange Craft fair - 9a-1p
 - 12/3 - Minot School Craft Fair - 9a-2p
 - 12/10 - Poland Football Boosters Vendor Fair - Poland Grange - 9a-2p
 - 12/10 - PRHS Vendor/Craft Fair - 9a-2p
- Lottery Ticket Board Raffle - Ticket sales at all Home Basketball Games - Drawing will be Senior Basketball night.
- Christmas shopping!! On-line Pampered Chef Party starting November 11th - Follow this link to the site for your Christmas gift needs.
 - <https://www.pamperedchef.com/party/polandhighschool22>



Next meeting: Thursday December 15th - 7pm - Poland Library - Join us!!!

CLASS OF 2026

Welcome to PRHS Class of 2026 parents & guardians! My name is Jessica Elias Castillo and I am the class advisor for your child's class. My role is to help facilitate student government members (called SRB here at PRHS) plan, prepare, and run class wide activities as well as school wide events. You may hear my name on occasion so feel free to email me with class-specific questions!

As we are settling in to high school, the class of 2026 council is currently working on designing a few options of our class shirt. Students will be voting at the next class meeting for their favorite and our goal is to have the shirts printed and handed out this semester!

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).

From the Counselors' Corner...

Counselors are in the thick of working with seniors on college applications, FAFSA forms, and college essays. It's all about future plans these days. We have some new(ish) programs that we want to highlight this month...

TRIO Upward Bound is coming to PRHS! TRIO Upward Bound is a no-cost federally funded college access program that collaborates with high school students of all grades to achieve their higher education goals. Upward Bound works with income eligible and first generation students who are interested in community college trade programs, four year state schools, private universities, and many others. Upward Bound offers assistance and mentorship during the academic year as well as an immersive overnight summer program which hosts college visit trips, classes, and cultural activities and events.

If you feel that Upward Bound might be for you, please grab an application in guidance or fill one out electronically using the following link:

<https://usm.maine.edu/upward-bound-veterans-high-school-students/apply-trio-ub-0>

If you have any questions, please email UB advisor Joe Garrison at joseph.garrison@maine.edu or Chris Turner at christopher.turner@maine.edu or come down and see them in-person on Wednesdays in the guidance office. **You can also connect with your school counselor to get more information, an application or to help you find Joe or Chris.**

Students from Poland Regional High School are proving to be key players as members of

Lewiston High School's Air Force Junior Reserve Officer Training Corps (Junior ROTC or JROTC). As members of JROTC, students—called cadets—are challenged academically in class, in addition to learning marching, participating in community service, field trips, fitness and other events and activities. Cadets are issued an Air Force style uniform to wear once a week. Cadets have the opportunity to earn advanced rank if they decide to enlist in the military after high school, or college scholarships. Additionally, they learn valuable leadership and followership skills necessary in the post-high school world of work, if they choose to join the military, attend higher education, or go directly to the job market. Not everyone who participates in JROTC joins the military. In fact, according to Master Sergeant Gerry Gibson, Aerospace Science Instructor at Lewiston, only a small percentage (10 to 25%) of cadets ever join the military. "JROTC is not a recruiting program," Sergeant Gibson emphasized. "It is a citizenship-building program; we help our cadets develop into better adult members of our community no matter which career path they choose to pursue." Lewiston has students from several area schools that participate in the school's Air Force JROTC program. In addition to Lewiston, students travel from from Poland Regional, Lisbon, Leavitt, Oak Hill, and Edward Little. Every three years, the program is inspected by a representative from Air Force Junior ROTC headquarters. Poland Regional's own **Cadet Lieutenant Colonel Ema Higgins**, proved to be a key player in the preparation and execution of the inspection. Ema led the 30-step drill sequence to demonstrate cadets' marching capabilities. Several cadets—many from those previously-mentioned area schools—came to class early on multiple days a week in order to practice this marching sequence. All of this hard work culminated in a passing grade on the inspection. One cadet in the entire program was recognized for excellence during the inspection. That cadet: Ema Higgins from Poland Regional HS. Congratulations to her and all of Lewiston's Air Force Junior ROTC program. Cadet Higgins, along with the rest of the cadet leadership, now turn their attention to planning for next spring's trip to Washington, DC. **See your PRHS school counselor to find out more about JROTC at Lewiston!**

The **Androscoggin Career Fair** is back! We will be taking the entire 10th grade to Central Maine Community College on January 5, 2023 for a Career Fair. This was an event we have participated in since PRHS opened in 1999; it was

on hold during the pandemic and we are excited to get back to introducing our sophomores to career opportunities. This week students started with online career inventories to help them select 3 sessions that they would be interested in listening to. Students will travel by RSU # 16 buses to CMCC that morning, returning for lunch and the last two blocks of that Blue day. *If you do NOT want your student to participate in this field trip, please contact Ms. Bush at hbush@rsu16.org.*

OCTOBER 1st opened the financial aid application process 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. Please contact your student’s counselor for more information.

PRHS ALUMNI DAY IS BACK! Mark your calendars and help us spread the word about PRHS Alumni Day on **January 6, 2023**. Start time at 10 AM. Please have any interested PRHS alumni email their school counselor or Ms. Bush (hbush@rsu16.org) We are SO excited to see our former students and hear what they have been up to, especially those who are in the military.

We have finished our visits to Maine colleges this fall, and our “late night” help sessions for college applications. Next week we have USM (November 14), UMaine (November 15) and CMCC (November 16) to meet individually with seniors about their admission to college. We hope for lots of good news!

*Among the many celebration worthy topics designated for the month of November, RSU16 School Counselors and Social Workers chose to focus on **KINDNESS**. World kindness day is November 13th and Random Acts of Kindness Friday is November 25th. Acts of kindness have been shown to increase self esteem, empathy, compassion and improve mood. We've provided two resources to assist you in spreading kindness in November, one interactive geared more towards our younger learners as well as one to read about the science of kindness geared more towards our older learners.*

https://www.gonoodle.com/videos/Ww4Kn2/the-mooderators-caring?source_name=share&source_page=share&source_page_typ

<https://www.health.harvard.edu/blog/the-heart-and-science-of-kindness-2019041816447>

As we head into the holiday season, we know that this is often a hard time for students and families. Please do not hesitate to reach out to our school counselors to support your students at this time!

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

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Athletics & Co-curriculars

WINTER ATHLETICS

Practices begin **November 21st**. FamilyID is open now, Please sign up early and update your physical if necessary. FamilyID gives our coaches a way to reach out to players. If you are not signed up, you may not be getting information. Boys Basketball wflynn@rsu16.org

Girls Basketball Jake Webb Webbjake2121@gmail.com
Indoor Track Josh Kennison youcandonnything89@gmail.com
Cheer Tammy Swett tswett@rsu16.org
Ice Hockey Jason Rouleau rouleauj@hotmail.com

Please register for the “notify me” on the rschool today page<<https://prhsathletics.rschoolteams.com>> This will allow you to get notifications if a game is changed. Also on the rschool page, if you scroll down, is a link to a spirit store to purchase swag.

Athletic Trainer update-we do not have a full time athletic trainer at this time. We are working with Saco Bay Physical Therapy to find one, but for the foreseeable future, we will likely have per diem coverage for games. We are not alone. You can add a shortage of athletic trainers to the shortage of bus drivers and officials.

I have asked coaches to hold our kids accountable for behavior and effort. Four simple and understandable expectations:

Be on TIME
Work HARD
Be a good TEAMMATE
Do the RIGHT thing

Our Knights PRide Booster Club needs your help. They help teams and clubs out financially, but they can’t do that without volunteers. I am hopeful that each team can provide some support. Please contact Jill or Craig Beaucage with your availability please. cbeaucage@me.com

MUSIC WEBSITE

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!

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Health Office

ORAL HEALTH PROGRAM

The Maine School Oral Health Program will be at PRHS on **November 15th**. 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.

COVID TEST KITS

The health office continues to distribute free Sieman Clinitest rapid antigen home tests for Covid 19 to all of our symptomatic RSU 16 employees and students. There are 5 home tests contained in each box. Sieman has just extended the shelf life of these test kits. If the boxes islot # of 2202077EUA with an expiration date of 2022-12, you may cross that off and write in a new expiration date of 2024-01 (January of 2024). This will allow you to continue to use those remaining tests in their boxes for episodes of future symptoms where testing for Covid might be indicated. If someone has a Clinitest box with a different lot number, please reach out to Dotty Bagley at dbagley@rsu16.org, Dotty will happily cross reference their number to the list of lot numbers that Sieman has shared.

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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