



# PRHS

## Family Newsletter

### March 2023

Hello PRHS student and families,

March is off to a snowy start! Teachers and students are continuing to make the most of our teaching and learning days and looking ahead to a busy spring!

- Last week the high school hosted WMS 8th grade students and families to plan for the 9th grade transition to next year.
- Wednesday March 15th is Junior Class Parent Night for future planning - 6pm in the auditorium.
- Teachers have been working with 9th, 10th, and 11th grade students and families to schedule Student-led Conferences, we look forward to seeing you all to discuss students' academic progress.
- Our 12th grade students are hard at work on their culminating Senior Celebrations and the 10th grade students are putting together their Sophomore Exhibitions. The students will present their learning and work Wednesday - Friday April 26th - 28th during the Celebration of Learning days at PRHS.
- We have two concerts in March:
  - All Chorus Concert - Wednesday, March 22, 7p
  - All Band Concert - Wednesday, March 29, 7p

If you have any questions about any high school events, please do not hesitate to contact me: [eanderson@rsu16.org](mailto:eanderson@rsu16.org) or 998-5400.

Take care,

*Mr. Anderson*

#### **SENIOR FAMILIES**

Please look for a letter in the mail from our graduation advisor Kristin Ross that begins to highlight important end of the year information and dates. Much planning is underway for our graduation ceremony on Friday June 2nd at 6pm in the PRHS gymnasium.

#### **TECHNOLOGY**

Reminder Parents: When paying online for Technology Fees, under Transactions, please make sure to select **Technology Related Fees** before completing the transaction. If you have other dues you need to pay for your student, please select the appropriate transaction for that payment ie: High School fees other or Middle School Fees other. Please do not pay all fees under High School fees or Middle School Fees. Thank you!

#### **YEARBOOK**

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

If you have any questions, please contact PRHS yearbook advisor Garrett Christen at [gchristen@rsu16.org](mailto:gchristen@rsu16.org)

## **PROJECT GRADUATION - 3 months to go!!!**

### **March:**

18<sup>th</sup> - Saturday - Poland Recreation Cheer Competition - Concessions 7a - 4p - Donations & Volunteers needed

19<sup>th</sup> – Sunday - Post St. Patty’s Day [Bottle Drive](#) 8a - 12p

24<sup>th</sup> – Friday - [Spaghetti Super](#) - Tyrian Masonic Lodge, Mechanic Falls - 5:30p - 7:30p - Volunteers Welcome & Needed!!

### **April:**

Date coming! - Applebee's - Oxford - Restaurant night

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## **From the Counselors’ Corner...**

*Our calendars have turned (already!) and we have started the process for course scheduling for next year. Parents and guardians will be able to review in conferences what students are selecting now in Roundtable. These requests help us build our master schedule. LRTC applications have piled in and we will still accept applications. It is so exciting to think about the 2023-2024 school year!*

**CLASS OF 2027!** We welcome our incoming 9th grade! We have kicked off events to welcome and help the class of 2027 prepare to enter PRHS this fall. The counselors will be working with students over the next few weeks.

**8th GRADE PARENT/GUARDIAN NIGHT was on Wednesday, March 8 at 6 PM in the PRHS Auditorium.** This will be an overview of graduation requirements and how high school works, including tours of the building.

**CLASS of 2024** - Time to get you started on your future plans!

**JUNIOR PARENT NIGHT is Wednesday, March 15 at 6 PM in the PRHS Auditorium**

**Class of 2023 - Need \$\$\$ for college?** FAME is still ready to help with [Events](#)

[FAME’s scholarship information and list](#)

[PRHS list of scholarships](#) - check this now and then continue to check it often! New scholarships will continually be added throughout the school year.

**[FREE COMMUNITY COLLEGE](#)** is still on the radar for the Class of 2023. In order to be eligible for free tuition and fees from any of the 7 community colleges in Maine the student must:

- 1.) Apply to the [community college](#). Each community college has its own online application and we find it takes most students 10-15 minutes to complete.
- 2.) Do the FAFSA (Free Application for Federal Student Aid). The Finance Authority of Maine (FAME) has the best [resources](#) to get you started. Their materials, websites, and videos will walk you through step by step.
- 3.) Plan to attend full time with 4-5 classes.. Remember that full time in college looks different than it does for high school.

That’s it! Students will need to let their counselor know that they have applied, so that we can send their transcript. Contact your student’s school counselor if you have any questions.

**PRHS AND ADULT ED CLASSES OF 2020, 2021, 2022** - You can still access [FREE COMMUNITY COLLEGE](#) now! As long as the funding is still available, you will need to be enrolled by Spring 2024. It is the same process as above for 2023. **Just do it!**

**[LEWISTON REGIONAL TECHNICAL CENTER](#)** - We are in the thick of the LRTC Application process. LRTC presented to all sophomores and interested juniors on January 11. The steps to apply are highlighted [here](#). We suggest that students apply online by Feb 17, 2023 (however, applications will still be accepted after that date). All sophomores should have received a copy of LRTC's brochure of programs in the mail. New programs for next year include [Cosmetology](#), [EMT](#), and [Precision Machining](#) (this program will be held at Central ME Community College). Final decisions for placement in LRTC programs will be mailed to students during April break. Students can contact their counselor for more information.

**JROTC (Junior Reserve Officer Training Corps)** is available at Lewiston HS for interested PRHS students. We currently have students who attend JROTC at LHS for two blocks every other day. Students travel via the LRTC bus to get to Lewiston HS. While this is an Air Force JROTC program, students are not committed to any branch of the military. This program gives them experience, leadership and drills training, as well as aeronautical training. For more information, students should check in with their school counselor.

**Grades 9-11** are in the midst of their course registration process now! This means previewing their own transcripts for credits, as well as reviewing PRHS graduation requirements in RT. We have the [Course of Studies](#) updated now. You will see the list of courses that your student chooses at Student Led Conferences in March.

**CONSIDER ENGINEERING** at UMaine is a 4 day FREE summer program for juniors. This has been the best way for our juniors to delve into what engineering and its various fields are all about. Go to [UMaine Pulp & Paper Foundation](#) to apply online. You will need to write a letter and get one letter of recommendation. Dates are: July 9-12, July 16-19, or July 23-26. Application is due April 15. See your school counselor for more information.

*In late February, the Center for Disease Control released a report on Youth Risk Behavior from 2011-2021. One of the major findings was the **dramatic increase in percentage of teenage girls who felt persistent sadness or hopelessness** - nearly 57% in 2021 up from 36% in 2011. The interesting note is that this trend began in 2012, with the increased prevalence of social media. Males also reported an increase in hopelessness but not at the same rate as females. If you are worried about your student's mental health, please reach out to their school counselor. Here are a couple of articles to learn more about [how to help a teen with depression](#) and the potential correlation between [social media and teen mental health](#).*

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## Athletics & Co-curriculars

### RECOGNITIONS

Congratulations to PRHS winter athletes!

In Swimming, Sophomore Cameron Lemieux competed at the Class A Swim State Championship finishing 8th in the 50 Free and 7th in the 100M Backstroke, collecting 23 points.

In the Indoor Track State Championship:

-Senior Nolan Garey defended his title, winning the 55m Hurdles for the second year in a row! He also

-Senior Nick Garey came in 2nd in the 200m run, and 3rd in the 55m dash.

-Junior Cadyn Langlois reached the podium with a 7th place finish in the long jump.

-The boys 4 x 200 relay finished 1st! Nick and Nolan, Cadyn and freshman Cohen Demuth.

New England Counsel of Schools Indoor Track Meet

-Nolan Garey finished 3rd in New England for the 55mH

Congratulations to Coach Flynn and the Boys Basketball program! They won the Class B South Sportsmanship Award.

Johnny Patenaude was named to the 3rd Team All-Conference Team

Brady Lawrence was named to the All-Defensive Team.

Mike Phillips will play in the Class B Ice Hockey Senior All-Star game, and recently heard that he will also play in the Maine Shriners Lobster Bowl representing PRHS.

Shane Yorkey, Hayden Christner and Alyssa Hart will play in the Western Maine Conference Senior All-star game.

### **ALL ACADEMIC RECOGNITION**

Hunter Brackett

Hayden Christner

Shane Yorkey

Ava Anderson

Alyssa Hart

Allison Latulippe

Brady Martin

Michael Phillips

Olivia Gobel

Nick Garey

Nolan Garey

Ragyn Harvey

### **SPRING ATHLETICS**

*Spring Registration* for athletics is open on FamilyID. There is a link on the athletic page.

### **CURRENT COACHING OPENINGS**

JV Softball

WMS Boys' Soccer

WMS 7th Grade Field Hockey

### **COLLEGE ATHLETICS**

- If you think you will want to play a sport in college, it is a good idea to view and register in the [NCAA.org portal](https://www.ncaa.org/portal). There are eligibility requirements for college athletics that include taking an approved course load in high school, GPA, and SAT minimums.

### **SPORTS PICTURES**

[Sports pictures follow the link](#)

- use access code: PRHS-WinterSports2022
- enter your child's last name and then select the player
- after logging in, you then will be able to view your child's photos
- select to have photos mailed to your home for an additional \$5.50.
- You may also go to [RSU16photos.com](https://rsu16photos.com) to see candid and Senior Photos. These photos are downloadable for free to PRHS families. If you like these photos, please consider supporting PortraitEFX of Maine through purchase of individual photos.

## **BOOSTERS**

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](mailto:cbeaucage@me.com), you can also join the Knights Priode Boosters Facebook page.

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

## **SPRING CONCERTS**

March is [National Music In Our Schools Month \(MIOSM\)](#)! To celebrate, we always hold two concerts for grades 7-12. This allows our students to make music collaboratively with the middle school musicians. This year's national MIOSM theme is "Music is All of Us" and we will be finding ways to showcase the spectrum of musical talent in our secondary schools.

**All Chorus Concert - Wednesday, March 22, 7p**

**All Band Concert - Wednesday, March 29, 7p**



Both events will be held in the PRHS Auditorium. Concerts are always free and open to the general public. We look forward to seeing you there!

## **KNIGHT WRITER**

Mr. Chutchian is looking for new contributors for the Knight Writer school newspaper club. Drop by D227 anytime. Our "meetings," Tuesdays 2:15 to 2:45, are informal, short, and sometimes hilarious.

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## **Health Office**

Just a friendly reminder to please complete the [Annual Health Update](#) and the [Standing Medical Orders Permission Form](#) for your student. These forms need to be completed annually. Your student should return the completed paperwork to the nurse's office or to their roundtable teacher. Prompt return of these papers will allow us to better care for your student while at school. We will not be able to administer standing order medications if we do not have a signed permission form for your student.

### **School Oral Health Program**

The Maine Oral Health Program will be at PRHS on March 8, 2023 to provide dental screenings and fluoride applications for students with parental permission. Please complete the permission form, [Maine School Oral Health](#), and return to the nurses office by March 8 if you would like your student to receive these services.

### **COVID-19 Testing At School**

We continue to provide COVID-19 testing for symptomatic students and staff at school. Please complete the permission form, [COVID-19 Testing Permission Test](#), and return to the nurses office if you would like testing available if your student develops symptoms during the school day.

## **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 are lot # 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](mailto:dbagley@rsu16.org), Dotty will happily cross reference their number to the list of lot numbers that Sieman has shared. Please continue to report to the school nurse if your student has tested positive for COVID-19.

## **MCV4**

We have sent out reminder letters for all students that will need their MCV4 (Meningococcal Meningitis Vaccine) prior to 12th grade entry. One dose of quadrivalent meningococcal conjugate vaccine (MCV4) is required for students entering grade seven. Any student entering grade twelve is required to have received two doses of MCV4. The first dose must have been received on or after the eleventh birthday, and the second dose must have been received on or after the sixteenth birthday, at least eight weeks after the first dose. However, if the first dose is administered when the student is sixteen years of age or older, only one dose is required. Please reach out to the nurses office if you have any questions and update us once your student has received their vaccine.

Please reach out to us if you have any questions.

Thank you.

For any student health related inquiries, please contact:

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