



PRHS Family Newsletter

April 2023

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
17 Spring Vacation	18 Spring Vacation	19 Spring Vacation	20 Spring Vacation	21 Spring Vacation
24	25	26 1:30 - 4p Celebration of Learning	27 Celebration of Learning	28 Celebration of Learning

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
1 AP Gov AP Chem	2	3 AP English Lit	4 AP Statistics	5 AP US History
8 AP Calculus AP Comp Sci	9 AP Eng Lang	10 AP Spanish AP Bio 7p Spring Play	11 AP World History AP Physics 7p Spring Play	12 7p Spring Play
15 6:30p NHS Spring Induction	16 6p Senior class trip meeting	17 6p Grades 9,10,11 Awards	18	19
22 Seniors Finals Week	23	24 7p Band & Chorus Concert	25	26 Last day senior classes
29	30 8a graduation practice LRTC Orientation	31 8a Graduation practice 6p Senior Banquet		

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
			1 7:45a Senior Assembly	2 6p Graduation
5 Step Up Day for 2027	6	7	8 Science Field Trip	9
12	13 Finals	14 Finals	15 Finals	16 Finals
19 - Juneteenth No school	20 Last Day of School - 1/2 Day			

Hello PRHS student and families,

Please find above calendars for the final months/weeks of the '22-23 school year - we hope this will be helpful for your planning.

Thursday April 27th and Friday the 28th are our Celebration of Learning Days.

- Seniors only need to be in school to present at their scheduled time on their scheduled day.
- Juniors are scheduled to be in school on one day and complete a [Choice Board Activity](#) on the other day.
- Sophomores will be in school on their scheduled presentation day and do not need to be in school on the other day.
- Freshmen are scheduled to be in school on one day and complete a [Choice Board Activity](#) on the other day.

Please contact your student's Roundtable Advisor to verify the day your student should be in attendance.

In addition to the events above, during the **second half of May** our third year (11th grade) students will be taking the [MEA Science Assessment](#) and our second year (10th grade students) will be taking the [Maine Through Year Assessment](#).

If you have any questions about any high school events, please do not hesitate to contact me: 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.**

SUBSTITUTE ROUNDTABLE

Are you interested in substitute teaching? [Please join us for more information](#) on April 25th 6:30p Elm St School conference room.

JUNIOR/SENIOR PROM

Information regarding this year's big night includes:

Date: Saturday, May 6th

Time: 7:00-11:00 p.m.

Location: Pineland Farms, George Washington Room

Tickets: \$35/each or \$60 for a pair

Sales Dates: April 24-26 and May 1-4 in the cafe/lobby

*NO TICKETS WILL BE SOLD AFTER MAY 4th

Juniors and Seniors are eligible to purchase up to two Prom tickets apiece and can invite an underclassmen on one of their tickets if they wish. Guests who do not attend PRHS are able to attend prom based on the guidelines spelled out in the guest permission slips (available in the main office). Please see Mrs. Meader for any questions or clarifications regarding who is and who is not eligible to attend as a guest.

Prom is a CHEM FREE event, and all rules and policies regarding this expectation will be strictly adhered to.

Any questions or concerns regarding all things Prom can be directed to Mr. Latham.

PROJECT GRADUATION - Less than 2 months to the BIG Night!!!

Parents: Please consider volunteering or donating to the Project Grad event

April:

27th - Thursday - Event planning meeting - 7pm - Ricker Library

May:

1st - Deadline for Roundtable \$20.23 donation competition * Pizza party awarded to the roundtable with the most donations - Wk of May 15th

11th - Thursday - Event planning meeting - 7pm - Ricker Library

25th - Thursday - Final Event planning meeting - 7pm - Ricker Library

CAREER EXPLORATION BADGE

The [Maine Career Exploration Badge](#) for juniors and seniors is an opportunity to participate in 40 hours of meaningful work experience (ie. internship, job shadow and/or volunteering) facilitated

through an intentionally designed exploration and reflection process. Students receive an academic award of \$500 for completion!

LACROSSE CLINIC

Senior Owen Welch is offering a [lacrosse clinic](#) for grades 3 -5 and 6 -8 on Saturday, April 15th at Minot Consolidated School.

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From the Counselors' Corner...

This is the time of year where the warmer weather beckons us as we start to finish up the school year. We spend a big part of our time working on the 2023-2024 school year...

CLASS OF 2027- Step Up Day will be here before we know it on **Jun 5, 2023** . On this day the 8th graders will spend part of their day in the high school learning more about what to expect next year.

SCHEDULES - Students can continue to reach out to their counselor if they change their mind about courses for next year. Each junior will meet one-on-one with their school counselor to review graduation requirements and their schedules. We have started working on the master schedule for next year. As usual, we will aim to have schedules go live in Infinite Campus around **Aug 1, 2023** . We will mail home schedules for the class of 2027.

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**, as well as **PRHS AND ADULT ED CLASSES OF 2020, 2021, 2022**. 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. As long as the funding is still available, each of those classes will need to be enrolled by Spring 2024. **Just do it!**

LEWISTON REGIONAL TECHNICAL CENTER - Final decisions for 2023-2024 will be mailed over April break - check your mailbox! Newly accepted students will be invited to an Orientation at LRTC on May 30.

COLLEGE FAIR - The NEACAC College Fair will be held on May 18 from 9-11 at the Augusta Civic Center. Hundreds of colleges will be in attendance.

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.

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

Have you ever wondered why we have a “No Pet” policy on the athletic fields? While many assume it has to do with picking up pooh on the fields, that is not it. Don’t get me wrong, we have had to stop a game to clean off a few accidents years ago, and we do occasionally find pooh in our practice areas, there are other reasons. We could never allow some dogs and not others, nor could we limit the number of dogs allowed into the facility. Believe it or not, we have experienced a fight between two dogs at a game, a scary moment for sure. We have also had dogs aggressively barking, or nipping at people. The truth is our lovely and friendly dogs can be intimidated when there are alot of people around, or spectators yelling. It does take vigilance to be consistent so we (I) ask for your help and cooperation leaving them at home. I also hate having a pet removed only to have someone put the dog into a hot car. Some schools do allow pets at games, but please take note that many do not. Many of our conference schools such as Lake Region, Sacopee Valley, and GNG have similar policies. Please help us keep you, our children, and your pet safe by leaving them home.

Tips from the Athletic Office and Student Athletes

Once we have the opportunity to coach our kids through youth programs and travel teams, it can be a challenge to watch them transition to school programs. The urge to coach from behind the backstop or sideline can be tough on parents. When talking with other parents, I sometimes hear them coaching because the coach is not pointing out a player’s flaws. From my coaching experience, it can sometimes be easy to find flaws in several players. In some players it may be easy to find several flaws. Keep in mind that coaches will often recognize those flaws and work with them at practices to make improvements. Often coaches will identify one or two areas to address rather than a list of 5 or 6. We do not want players to be paralyzed through over-thinking what they are doing. Please work to support your child and others. Our coaches and staff want your child and others to be successful.

At a Western Maine Conference Leadership Summit, student athletes identified these things they would like to say to parents, if they felt they could:

The top two reasons I play:

- To have Fun.
- To be with my friends.

What do your parents do that really bothers you?

- Yell at the refs, players or other fans.
- Coach from the sidelines.
- Speak poorly of my coach and or teammates.

What do your parents do that I really appreciate?

- They are there to watch me.
- They bring snacks for the team.
- Host or help with a team dinner.

CURRENT COACHING OPENINGS

- Fall Cheer
- Assistant Football
- MS Cross Country
- MS Boys Soccer
- Winter Cheer
- MS Girls Basketball
- MS Indoor Track

King's Ice Hockey

There is a rumor that the boy's ice hockey coop with Leavit, GNG and Oak Hill is breaking up. That is not true. Fake news!

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, 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

- District II Honors Jazz Festival
 - Five PRHS students have been selected to participate: **Brady Martin, Emma Moreau, Kayla Massey, Aiden Giroux, and Max Benton.**
 - The concert is on April 26 at Greely High School at 7pm, and open to the public (\$5 per adult, free for students)
 - PRHS Final Band & Chorus Concert
 - **Wednesday, May 24, 7pm, Auditorium**
 - All concerts are free and open to the public!
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Health Office

BROWNTAIL MOTHS

As the weather gets warmer, the browntail moth season is upon us from April to early July. The browntail moth is an invasive species that is a human health concern. Maine is the only state in the U.S. currently experiencing widespread problems with this moth. The microscopic hairs found on browntail moth caterpillars, shed skins, and cocoons can cause skin reactions and breathing problems. The symptoms include a localized rash similar to poison ivy that will last for a few hours up to several days. The rash can be severe and last for weeks. The hairs can become airborne and cause trouble breathing, including respiratory distress, if inhaled. The symptoms result from both a chemical reaction to a toxin in the hairs and a physical irritation as the barbed hairs become embedded in the skin and airways. The hairs from caterpillars, shed skins, and cocoons can become airborne and settle on vegetation and other surfaces. They can be stirred up during mowing, raking, sweeping, and other outdoor activities. The hairs remain toxic for 1-3 years in the environment but lose their toxicity over time. There are ways to mitigate exposures to the browntail moths such as avoiding places heavily infested by caterpillars, take cool showers and change clothes after any activity that may expose you to browntail moth hairs, and dry laundry inside during June and July to avoid having the hairs embedded in clothing.

Immunizations

Reminder letters for all students that will need their MCV4 (Meningococcal Meningitis Vaccine) prior to 12th grade entry have been mailed out. 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.

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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