



PRHS

Family Newsletter

September 2023

Greetings from Mr. Anderson

Hello PRHS students and families!

Poland Regional High School's 25th school year has started off with three very successful weeks of teaching and learning! The students are engaged in their classes, taking on leadership roles in co-curricular activities and clubs, and demonstrating good sportsmanship on the field and positive fan behavior in the stands. We so appreciate all the family support to help our students find academic success and develop as community members.

On Friday September 29th all of the high school students will be participating in a State of the School Day - the 9th and 12th grades will be at Agassiz Village, and the 10th and 11th grades will be at Camp Connor. The day is planned as part of our Roundtable curriculum for the students to reflect on their school community and plan improvements they would like to make, so our school is a better place to learn for everyone.

The high school is quite excited to have four exchange students this year. These students from France, Germany, Spain, and Italy will have tremendously learning opportunities with their PRHS classmates and faculty - and we appreciate the chance to learn from them about their home countries.

If you have any questions about your student's learning at the high school, please contact the main office staff or me at 998-5400 x129 or eanderson@rsu16.org.

Thank you,

Mr. Anderson

Habits of Work

The PRHS faculty and students will be working with a revised rubric to assess and provide useful feedback on Habits of Work (HOW), which will be implemented in classes this year. Our goals with this new rubric are for students to understand that:

- Good habits of work lead to success
- Habits of work can be labeled and defined
- Habits of work can be improved with attention and practice
- The HOW rubric can help determine what skills need attention and practice

What will not change:

- When we assess HOW
- How we report HOW grades
- How HOW grades will be used in determining eligibility

What will change:

- The indicators of HOW: Engagement, Initiative, and Social Behavior
- The emphasis on habits of work as a strategy for success

Your student will be instructed on the new HOW rubric during the first few days of school. They will be given a copy of the rubric, and you can find it on the PRHS website.

Belize Trip

Exciting news – we are opening more seats on our Spring 2024 trip to Belize!

In case you missed our informational meetings, please reach out to Kristin Ross, kross@rsu16.org to learn about the itinerary, activities, academic opportunities, and the cost of the trip.



Monthly Newsletters

We will send out a monthly digital newsletter via email throughout the school year to keep you up to date on events at school. If you do not have internet access and still need a paper version sent in the mail during the school year, please contact the high school main office (998-5400).

From the Counselors' Corner...

Here we go with year # 25 of schedule changes, new classes, new teachers, and new school supplies at PRHS!

ADD/DROP finished at 2:15 on Friday, September 8. Moving forward any schedule changes will require a form and signatures; those changes will be posted with a W (withdrawn) on the transcript.

AP CLASSES? Students in AP classes are expected to take their AP exams in May. Thanks to the district, we have been able to keep the cost of AP exams to \$40.00 per exam for all students. Ms. Bush will have to order exams with the College Board before **November 15**; ***any student who drops an AP course after that date will still be responsible to pay for the exam.*** Any questions about AP, please contact your student's school counselor.

PSATs will be October 18 at PRHS. Interested students will be able to sign up soon. Priority goes to Juniors, then sophomores and freshman.

JROTC is still available for all students in grades 10-12. **Junior Reserve Officer Training Corps (JROTC)** is through Lewiston HS and offered the first 2 blocks of each day. This is JROTC through the Air Force, with a focus on aviation, but students can be interested in any military branch. JROTC offers great leadership training! Contact your school counselor if this is something you want to check out more.

LRTC (Lewiston Regional Technical Center) is off to a great start this year. We still have some students adding LRTC to their schedules. We have great reports from the students attending programs at the new Edward Little campus, as well as in the Precision Machining program at CMCC. More new programs are slated to come for next fall at the EL campus.

MAINE DAY at Bowdoin College is Friday, Sep 22, 2023. This is the day for Maine students to check out Bowdoin with tours, panels, and lunch. Learn more about how Bowdoin supports the best and brightest students from Maine. Go to www.bowdoin.edu/admissions/maine-day to register.

AUBURN PUBLIC LIBRARY offers (some registration is required):

College Night for Teens and Parents 4:30 PM Panel, 5:45 College Fair on Monday, Oct 2, 2023

Career Paths in the Trades - learn more about Job Corps - 3-5 PM Tuesday, Oct 3, 2023

Writing Resumes & Cover Letters - 4-5 PM, Thursday, Oct 5, 2023

We are gearing up for college representatives coming to PRHS to visit, the college visits we will take to Maine colleges with small groups of students, afternoon drop-in college application help sessions, and more! The Senior Checklist will be coming as your one-stop place for all information for seniors.

FREE COLLEGE is here for the classes of **2024** and **2025**! We thought this might happen and the ME State Legislature did vote in funding to ***continue the free community college option for the next two graduating classes***. The process is easy - apply to one of the Maine community colleges, do your FAFSA, enroll full time. The classes of 2020-2023 can still access the free college option as well!

Class of 2020-2021 - enroll no later than during the '23-'24 academic year

Class of 2022 - enroll no later than during the '24-'25 academic year

Class of 2023- enroll no later than during the '25-'26 academic year

FAFSAs - Hey Senior families! If you know that this stands for the [Free Application for Federal Student Aid](#) and you are all ready to go, you will have to wait until December 1 for FAFSA filing. We will be sharing more information in future newsletters, as well as on our [website](#). [FAME](#) will also have more information and training around the new FAFSA.

SENIOR PARENT NIGHT will be **October 18 at 6 PM** in the Auditorium. Learn more about the process for college admissions and financial aid.

Any questions or concerns about your students? Start with their counselor and/or advisor. We are happy to help!

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

Co- and Extra- Curricular Update from Mr. King

Co-Curricular Updates

Activity advisors are working on a Co-Curricular Fair for students. This will be an opportunity for students to talk with advisors and sign up for activities. A lot of work is going into building school culture. We want students to see school as a place to be involved.

Register for Winter Sports

Please sit with your child to register at FamilyID.com for winter athletics Beginning October 1. If you have an existing account, please do not create a new account. Any troubles, call their help line, 1-781-205-2800. Remember to update your child's physical with a note from the doctor that has the date of the visit. Dr.'s notes can be uploaded to FamilyID, faxed to 998-5060 or emailed to dking@rsu16.org. November 20 is the opening day for winter athletics.

Coaching Openings

JV Boys' Basketball
Indoor Track Assistant
Outdoor Track Assistant
Varsity Softball

Booster Club Update

Thank you to the new parents that have stepped up to help in the concession stand. Your help is much appreciated. Your help allows the booster club to help with things like purchasing new sideline chairs for basketball. They have arrived!

We need your help in order to open for games. Please consider volunteering time with the Boosters.

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Health Office Update

We are excited for the 23/24 school year with your students!

Please send any updated medical documentation/plans received over the summer to school for us to review and update school health care plans as needed.

If your student has a life-threatening health condition (asthma requiring inhalers with spacers, severe allergy requiring an epi-pen, seizure, diabetes, or other medical conditions), please be sure to send in or fax your student's yearly care plan. It is important to have clear communication between you and your child, your health care provider and school staff for managing medical conditions at school. A written medical plan developed by your healthcare provider and shared with the school will help keep your child safe at school.

As public health professionals, we know that everyone must make an effort to keep our community safe. We can only do this if we all work as a community and adopt measures to protect our families. As a reminder,

1. If daily prescription medications can be given at home, please do so. Most scheduled medications can be timed to administer at home. For students that require medication to be administered at school, the parent/guardian will need to drop off the medication in its original container with the provider's order to

the nurses office and complete necessary paperwork. Students are not allowed to transport medication on the bus. This includes over-the-counter medication such as acetaminophen, ibuprofen, etc.

2. Please make sure that your student’s immunizations are up to date. Please note that per the state law, your student will not be able to attend school if your student is not up-to-date or an exemption letter is on file. The State of Maine immunization requirements for students to be allowed to attend school for the 2023-2024 school year are as follows, unless a yearly letter of exemption has been signed.
 - 5 DTaP (4 DTaP if 4th is given on or after 4th birthday)
 - 4 Polio (3 Polio if the 3rd is given on or after the 4th birthday)
 - 2 MMR (measles, mumps, and rubella)
 - 2 Varicella (chickenpox) or reliable history of disease
 - 1 Tdap
 - 1 Meningococcal Conjugate Vaccine (MCV4), a second vaccine of MCV4 will be required for 12th grade entry
3. As a reminder, student’s’ RSU #16 health updates and standing medical orders form need to be signed each school year. Please complete the forms and return to school so we can best support your student while at school.

It is our goal here at Poland Regional High School to keep students healthy, safe, in school, and ready to learn. We believe that communication is key, please don’t hesitate to contact us with any questions or concerns.

Thank you.

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

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

Other News

Attendance

We encourage parents to work with the school staff to keep their children in school or to provide timely excuses for absences. Please call 998-5400 x124 within 24 hours of an absence, beforehand when possible. Please review the [Planned Absence Guidelines](#) if your student will be absent from school for family vacations or other personal reasons.



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