



PRHS

Family Newsletter

December 2023

December				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6 7p HS Band & Chorus Concert	7	8 Senior Photos Due
11	12 Galapagos Trip Family Meeting 6pm	13	14	15
18	19	20	21 Half day - 11a dismissal College App/CMCC/ Scholarship Help Session - 8-11 AM	22 No School
25 No School	26 No School	27 No School	28 No School	29 No School

January				
Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 - Blue Day COLLEGE/CAREER AWARENESS WEEK	3 COLLEGE/CAREER AWARENESS WEEK- LRTC Presentation to ALL 10th graders	4 COLLEGE/CAREER AWARENESS WEEK Androscoggin Career Fair at CMCC for all 10th graders	5 COLLEGE/CAREER AWARENESS WEEK Alumni Day 10 AM
8	9	10	11	12
15 MLK Day No School	16 - Silver Day Midterms	17 Midterms	18 Midterms	19 Midterms Sem 1 grades close
22 Teacher Workshop No School	23 2nd SEMESTER STARTS	24	25	26
29	30	31		

Greetings from Mr. Anderson

Hello PRHS students and families!

As we come to the end of 2023 and look forward to welcoming 2024, we wanted to share these calendars and our [list of weekly co-curricular offerings](#) to help our students and families plan our busy lives. There is a lot of valuable information in this month's newsletter and [some upcoming deadlines for yearbook photos](#).

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

High School Class Happenings

Class of 2024

It's back! Cash, prizes, and an opportunity to put the Class of 2024 in the financial driver's seat as we round the corner through Holiday break! Calendars will be available at or around Thanksgiving break and will be sold through the start of Holiday break. Drawings **will begin January 1st!** Contact Mr. Latham (dlatham@rsu16.org) for more information.

Project Graduation

December 9th at Poland Community School. Project Grad is hosting the craft fair.
December 17th. 9-1 at Elm Street School. Kids Fun Time. Grades Prek-5th grade.

Class of 2025

Many thank yous to all who helped arrange and shop, donated products, and had a booth to help raise money for the classes of 2025 and 2027!

Class of 2026

We are working hard to organize several fundraising events this December!

- **Candy cane grams** will be sold during lunch/RT to wish friends and teachers a happy holiday or to brighten their day. Candy canes will be \$1 or 5 for \$3 and will be on sale **from December 4th through December 19th!**
- **Christmas in Poland** - we have reserved the concession trailer and will be selling baked goods and drinks during the Christmas in Poland events on **Saturday, December 9th from 9am to 3pm**. Come support the sophomore class!
- **PRHS Express** - The class of 2026 will be hosting a Polar Express themed fundraiser during the boys and girls basketball games on **December 15th**. There will be photo opportunities with our very own Mr. Szantyr as "Szanta Claus," ornament making, just dance competition, and hot cocoa bar all for just \$5!
- **Class Dues Drive** - Which RT advisor will be "pied" during our next pep rally? Who will win a RT party hosted by the Class of 2026? Class dues are now posted on Infinite Campus and can be paid online (Androgov) or with cash/check (payable to PRHS) to the class advisor (Ms. Elias). We are currently running a competition to see how many RTs can be up-to-date (\$40) by 12/20 with the winners getting

the prizes listed above! Not sure if you've paid? Check the fees tab on Infinite Campus for both the 2022-23 and 2023-24 years.

Class of 2027

- ★ Our **Heat Raffle fundraiser** is well underway, there are less than 30 tickets left! Students that sell 5 or more tickets can have this year's class dues waived. See Mrs. Howe for more information.

Poland Regional High School Winter Heat raffle 2023



Winner receives their choice of:

- * 1 ton of pellets, delivered locally
- * 1 cord of split firewood, delivered locally
- * \$300 oil gift card from Bryant Energy
- * \$250 *cold hard* cash!!

Tickets are \$10 each, only 100 tickets are available!

Stay warm this winter and support the PRHS Freshman Class (Class of 2027)!

- ★ Last call for **class t-shirt** designs! Every freshman will be given a class shirt to wear for spirit days and other activities. We will be collecting size requests and have shirts available **by February 2024** (in time for Winter Carnival!).
- ★ Freshman year \$20 **class dues** are now posted on Infinite Campus (check out the Fees tab), you may pay online or with cash/check to their class advisor (Mrs. Howe). Please make checks payable to PRHS.

More High School Updates

Yearbook Info

Senior Photos are **due on December 8th, 2023**. Photos can be submitted online at the PRHS Yearbook Page and clicking on the Yearbook Snap option at the top. Please see the attached [Senior Photo Flyer](#) for more information. Visit Yearbooksforever.com and search for Poland Regional High School or [use the link](#) to submit yours today. The code for submitting photos is **PolandHS2024**. If you have difficulty submitting Senior Photos online, they can be emailed to prhsyearbook@rsu16.org

Senior Families, you can now design and purchase **Senior Ads** for the 2024 Yearbook! Visit the Poland Regional High School page on yearbooksforever.com and click "Get Started" in the Create a Personalized Ad section.

The 2024 Poland Regional High School Yearbook is now available for pre-orders. Order yours today by visiting the PRHS Yearbook Shop at yearbooksforever.com or [using the link](#).



Maine Career Exploration Badge

Junior Logan Grant completed her 40 hours of job shadowing and earned the Maine Career Exploration Badge. This is a huge accomplishment for Logan and shows her hard work and dedication outside of the classroom to improve on her skills that will benefit her in her career. For more information about this program, students should talk with Jobs for Maine Graduates teacher, Mr. McInnis tmcinnis@rsu16.org.

Safe Passage Trip

The next Safe Passage trip to Guatemala will be **in February of 2025**. We are working on putting a group together ASAP. Any student interested in traveling to Guatemala should email Sr Crosby as soon as possible to express interest or to get more information (scrosby@rsu16.org)

Europe Trip 2025

We're going to Europe **in Spring 2025**, and you're invited! This is your chance to explore London, Paris, Florence and Rome with a professional tour guide! If you missed the parent meeting in November, please reach out to Kristin Ross. Enrollment is still open. Enrollment link is [here](#).

Thanks, Kristin Ross, kross@rsu16.org

Galapagos Trip 2025

PRHS is starting up STEM based tours to complement our other world travel. These tours will focus specifically on traveling the world to work with local scientists on issues such as conservation, ecotourism and environmental science. Our first trip will be to the Galapagos Islands and Ecuador **in June 2025**. This is available specifically for the graduating classes of '26, '27 and '28. Parent meeting **Tuesday Dec 12th 6pm** in the PRHS library. RSVP to the parent meeting [here](#)! Email Patrick Martin at pmartin@rsu16.org for more information.

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From the Counselors' Corner...

December is here! College deadlines keep us all hopping, and now we start the process of the schedule for next year. Semester 1 comes to an end on January 19, 2024.

PRHS ALUMNI DAY 2024 will be Friday, **January 5, 2024 starting at 10:00 AM**. *We LOVE this day!* We invite ALL PRHS alumni from the class of 2000-2023. Please contact Ms. Bush, Mr. McFadden, or Mrs. Rhoads (see our emails below) to let us know that you are interested in attending. We will have panels of alumni visit the high school Roundtables, then any available alumni will be part of a panel for 7th grade and one for 8th grade.

LRTC (Lewiston Regional Technical Center). The process for LRTC starts soon!. New programs for next year are: **Firefighting** and **Biotechnology**. ALL sophomores will learn about LRTC's offerings on January 3, 2024; interested juniors and sophomores will be able to visit LRTC's programs in early February. Applications will be **due the Friday before February break (Feb 16)**.

ANDROSCOGGIN CAREER FAIR is **January 4, 2024**. ALL sophomores from around the county will attend. PRHS sophomores will be transported by RSU # 16 buses to Central Maine Community College. We will be there from about 9:15-11:15 AM. While there, they will attend 3 sessions on careers of their choosing. Students will get lunch once we get back to PRHS. Since we plan on taking the entire class of 2026, parents/guardians will need to let us know if they do NOT want their child to attend. This experience complements the sophomores work on the Where am I Going? section of their Sophomore Exhibition.

In case you noticed, the week of January 2-5 will be a busy one for us. Our MELMAC team is sponsoring a College/Career Awareness Week that week with more activities in Roundtables around colleges and careers. We will have scavenger hunts, kahoots, and mini college fairs in the lobby.

The [Senior Calendar](#) is your one-stop place for all information for seniors.

BONUS COLLEGE APPLICATION & SCHOLARSHIP HELP SESSIONS on Thursday, December 21 all morning. We will help any and all seniors with college applications, supplemental essays and getting their FSA IDs. We will also have a CMCC Admissions representative available from 9-11 AM, as well as a scholarship search expert. Come get help before those January 1 deadlines!

FAFSAs - Hey Senior families! **The FAFSA ([Free Application for Federal Student Aid](#)) isn't quite available YET!** At this point we know that by law the FAFSA must be released by December 31, 2023. FAME is keeping us updated on when it goes live. Students and parents can each get their FSA IDs now at studentaid.gov . **As soon as we know, we will get information out via email to seniors and their families,,as well as on our [website](#). FAME** will also have more information and training around the new FAFSA. Right now FAME offers 30 minute free financial aid coaching for families at [Free FAFSA Help with FAME](#).

FREE COLLEGE is here for the classes of **2024** and **2025**! 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

Second semester is coming fast! Any students who are interested in taking an **early college class** through the UMaine system or ME Community College system should contact their school counselor. All students are eligible for up to 12 credits per year for free through the state and our public colleges. School counselors will help students get started on this process.

Does it sometimes feel like everything around the world is too much to process? Even as adults with life experience, it can be overwhelming. [Here](#) is an article from Mental Health First Aid that might help.

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

Winter Sports

Indoor track meets **will begin January 5** at USM. New this year, USM is charging for parking (\$5) at all events, including indoor track and ice hockey. If you can carpool, it makes a lot of sense.

The season opener for basketball is **December 8**, vs Waynflete. The girls are home, boys away, at 4:00 and 5:30 for varsity.

The RedHornets have begun their season 1-0 with a come from behind win last Saturday vs Biddeford! The Knights are back in the game with the Hornets as Sophomore Kaylee Hudson laces up her skates to represent.

The Kings kick off their season **next Saturday (12/9)** at Cheverus. There are 42 kids skating for the JV and Varsity teams this season. Coach Rouleau and the team are expecting a great season.

People often ask why we charge an entry fee at games. Expect an entry fee for ice hockey, basketball, cheer competitions and Indoor track this season. Typically, they are \$5 for adults, \$2 for students and senior citizens. The fees collected at the door help to facilitate the sport. For instance, hockey gate goes directly back to paying for ice time at practices and games.

We appreciate your support. We are also implementing a no re-entry rule at our basketball games. We did this in the fall, and it helped a great deal.



(Left) Congratulations to the Football team on receiving the Sportsmanship Award. They received the award at the Class C State Championship game in Lewiston. (Right) Will Stanford, Griffin Spurr, Jamison Plummer, Ryan Kelly, Kayleigh Hood, Phoebe Paradis, Emily Bartlett and Elianna Morello attended the Western Maine Conference Leadership Summit at St. Joseph's College. They were chosen on the basis of their character and ability to lead.

Open Coaching Positions

- Outdoor Track Assistant
- Varsity Softball
- JV Softball
- Middle School Baseball
- Middle School Indoor Track

Drama

Props to the cast of All Shook Up. It was a fun opportunity to see some of our students get up on stage and stretch their talents. Good work!

Music Updates from Mr. Williams and Mrs. Edwards

The District II Honors Music Ensembles are groups that are determined based on the audition scores of participants. Over 25 participating schools from the area send students to audition each October for band, chorus, and orchestra ensembles at the middle school and high school level.

This year, over 900 students gathered in Yarmouth to audition, and the RSU 16 students represented our district well, with 42 students from BWMS and PRHS showing up to challenge themselves and demonstrate courage and the results of their hard work.

The following students were accepted in the honors ensembles, which will meet **at the end of January** for two day-long rehearsals culminating in a Saturday afternoon performance that is open to the public. For more information and updates about these concerts, folks can check the [District II website](#).

District II HS Band

Kaleb Christner, grade 9, alto saxophone
Eli Culleton, grade 9, baritone saxophone
Dustin Morin, grade 12, French horn
Cameron Cunningham, grade 9, euphonium
Isaac McKellick, grade 12, percussion

District II HS Treble Choir

Ayla Dyer, grade 11, soprano
Aurora Holden, grade 11, alto
Irelyn Smith, grade 9, soprano
Olivia Snowman, grade 9, alto

District II HS Mixed Choir

Max Benton, grade 10, alto
Faith Bustamante, grade 10, soprano
Emma Daigneault, grade 12, soprano
Jack Desrosiers, grade 11, bass
Audrey Fryda, grade 12, alto
Jason Garneau, grade 11, bass
Cayden Michaud, grade 10, bass
Andrew Mitchell, grade 9, bass
Cheyenne Toth, grade 12, alto

The All State Jazz Music Ensembles are high school groups that are determined based on the audition scores of participants. Students audition from all over the state of Maine, and the groups are highly selective. Since jazz exists in many forms, the ensembles do as well. Selected instrumentalists can participate in big-band style ensembles, smaller jazz combos, or sometimes as the rhythm section for the jazz choirs. Selected vocalists participate in either the SSAA (upper voices) jazz choir or the SATB (mixed voices) jazz choir.

This year, PRHS is sending one instrumentalist, Oscar Horowitz, grade 10, piano. Congratulations, Oscar!

Drama

The fall musical, All Shook Up was an outstanding success. It was so gratifying to have a venue for the students to share their talents with the community. The next drama activity will be a one act play which will be starting up in January. This is the production that will participate in the state One Act Festival. Try outs will be in the beginning of January and all students are welcome to become involved. Contact Ms. Robinson for more information.

Speech & Debate

The speech and Debate competitive season will really kick off with the Nutcracker Sweeps Tournament hosted at PRHS on Dec. 9th. Schools from all over the region will demonstrate their verbal agility in a variety of categories and the team at PRHS is working diligently to have a great tournament. The season will continue into February with the State Tournament in January and the national qualifiers in February. There is still time for interested students to become part of the team! Please contact Ms. Robinson for more information.

Health Office Update

Cold vs Flu vs Covid-19:

As colder temperatures have arrived, we are going into flu season with an uptick of covid 19 cases being reported. Influenza, the flu, is a contagious viral infection that can spread when people cough, sneeze, or talk. The flu season, in Maine, typically falls between October and May each year. The symptoms for a common cold and the flu are similar, but each is caused by a different virus. The common cold can be caused by a number of viruses; however, the flu is caused by the influenza virus. Usually, flu symptoms are more severe than the common cold and tend to last longer. A cold tends to last 7 to 10 days and the flu usually lasts 1 to 2 weeks. Cold symptoms tend to be stuffy nose, sneezing, sore throat, and mild to moderate coughing. Whereas the flu tends to have symptoms of severe aches and pains, fatigue and weakness, headaches, fever of 100 degrees or greater, extreme exhaustion from the start of illness, and coughing that can be severe. Covid-19 is another virus circulating which is contagious and can spread quickly. COVID-19 most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease. The common symptoms of COVID-19 are fever or chills, cough, shortness of breath, headache, fatigue, muscle or body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. We have free COVID-19 test kits available in the nurses' office at this time. Please reach out to the nurses' office if you are in need of a home test. Households can order one free at-home test kit from covidtests.gov.

Students who become ill at school will be dismissed only to the specific people listed as the emergency contact, unless the school is instructed by the guardian to make other arrangements. Students who have a fever of 100.4F or higher and/or a sore throat or cough should stay home until they are fever-free for 24 hours (without the use of anti-fever medicine). The Maine CDC has four steps to help reduce the spread of viruses. These four steps include washing your hands, covering your cough, getting vaccinated, and staying home when you're sick. Please report any illnesses or medical updates to the nurses office.

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.

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).



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