



PRHS

Family Newsletter

March 2024

March				
Monday	Tuesday	Wednesday	Thursday	Friday
Week of March 11th - Student Led Conferences Week				
11 - Blue	12 - Silver	13 - Blue 6p 11th Grade Parent Night	14 - Silver	15 No School
18 - Blue Pitchers & Catchers begin	19 - Silver	20 - Blue 7p WMS & PRHS Chorus Concert	21 - Silver	22 - Blue
25 - Silver Spring Athletics begin	26 - Blue	27 - Silver 7p WMS & PRHS Band Concert	28 - Blue	29 - Silver

April				
Monday	Tuesday	Wednesday	Thursday	Friday
1 - Blue	2 - Silver	3 - Blue	4 - Silver	5 - Blue
8 - Silver	9 - Blue	10 - Silver	11 - Blue Maine Turismo College visits	12 - Silver
15 No School	16 No School	17 No School	18 No School	19 No School
22 - Blue	23 - Silver	24 - Blue	25 - Silver	26 - Blue
29 - Silver	30 - Blue			

Greetings from Mr. Anderson

Hello PRHS students and families!

These weeks of March and April between the February break and spring break are some of the most important of the whole school year! Students and teachers have well established routines and clear expectations and goals for learning. Students are preparing for next week's student-led conferences. We look forward to students sharing their good work with families in these discussions. If you have not yet scheduled a meeting with your student's Roundtable teacher, please connect with that teacher as soon as possible.

For those students experiencing challenges in their learning, it is very important to talk with the Roundtable teacher and your student about their goals, strategies, and supports to earn credit in all classes this spring. The time to make plans to avoid summer school is now!

PRHS Honor Roll is prepared each semester to recognize and celebrate academic achievement.

- ★ Honor Roll: Eligible students who have no grade lower than a 3.2 in any course.
- ★ High Honor Roll: Eligible students who have no grade lower than a 3.7 in any course.

Our semester one Honor Roll students are recognized in the *Lewiston Sun Journal* and in the school counselors section below. Great work Honor Roll students!

We are very proud of the good work our PRHS students are doing this year at LRTC! Please make special note of the list of our PRHS LRTC students earning recognition in the school counselors section below as well.

Congratulations to PRHS science teacher Michelle Smith for being selected to receive the University of Maine Pulp and Paper Foundation's Teacher of the Year Award! This award recognizes excellence in math and science teaching, PRHS Class of '23 graduate Joseph Elliott nominated Michelle for this honor.

In other news, a [Windham Eagle News story](#) featured PRHS students and faculty advisor Elaine Fryda participating in the *Can We? Project* which encourages respectful civil dialogue.

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 banderson@rsu16.org.

Thank you,

Mr. Anderson

High School Class Happenings

Project Graduation

We will be selling snacks and baked goods at the Cheering competition **on March 16th**.

A Public Dinner will be held at Tyrian Masonic Lodge in Mechanic Falls **on Sunday April 7th**.

Class of 2026

The sophomore class will be selling \$10 raffle tickets to win a \$500 Hannaford gift card! Only 250 tickets will be sold - please ask your sophomore or email Jes Elias at jeliascastillo@rsu16.org with questions or to purchase

tickets. Proceeds from this fundraiser will help raise money for class specific activities including prom next year and a class trip in 2026. Thank you for your support!

Class of 2027

The freshman and sophomore classes are going to work together to host a Spring Fundraiser-palooza - a **yard sale**/car wash - on May 11 (rain date May 18). Please consider donating gently used items to the yard sale as you do your spring cleaning! Thank you for your support and stay tuned for more information and details!!

9th Grade Roundtable - Job Shadow Requirements

During the Celebration of Learning days on May 2nd and 3rd, 9th graders are responsible for three things:

- 1. Grading one Sophomore Exhibition project on a panel with faculty
- 2. Viewing 5 Sophomore Exhibition projects as an audience member
- 3. Completing a job shadow on the day they are not grading/viewing projects.

All of the guidance for 9th grade job shadows can be found in these two documents, which will be distributed at Student-Led Conferences the week of 3/11-3/14:

- [Job Shadow Letter to Parents & Info](#)
- [Job Shadow Plan/Reflection Form](#)

More High School Updates

Host families wanted

Are you looking for a positive experience to help exchange culture from around the world? This year PRHS was able to host 4 exchange students that enriched our community and school environment. In efforts to continue the tradition, we are looking for families who would want to host a student for the 2024-2025 school year through the Greenheart Exchange Program. Please reach out to Kristin Ross at kross@rsu16.org for more information.

Yearbook Info

Would you like to place a personalized ad in the PRHS 2024 Yearbook for your Senior? You can now create an ad for your Senior online at Yearbooksforever.com. Please see the [attached Flyer](#) for more detailed information.

The Deadline for submitting Senior ads has been extended to March 8th!

There are a limited number of PRHS 2024 Yearbooks available for pre-order. Once these pre-orders are filled, we cannot guarantee availability at the end of the year. Order yours today by visiting the PRHS Yearbook Shop at yearbooksforever.com or [using the link](#).

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From the Counselors' Corner...

And then it becomes spring and we start to really plan for NEXT YEAR!?! Course registration has started and we welcome the Class of 2028!

Class of 2025 - **11th grade Parent Night** is **Wednesday, March 13 at 6 PM in the Auditorium**. Come hear about the college admissions and financial aid process.

The **Maine Turismo** will visit colleges around Portland on **April 11**. It will be offered to juniors only, first come first serve. This is a great chance to visit a range of colleges in person. This is a part of our MELMAC grant. Stay tuned for sign up information coming soon!

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

FAFSAs - Hey Senior families! The **FAFSA ([Free Application for Federal Student Aid](#))** is available now! **HOWEVER, the information will not be shared to colleges until mid to late March.** It has been wonky but they are working out the glitches. Students and parents can each get their FSA IDs now at studentaid.gov ; this takes 2-3 days to process. Find more information 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

At this point the class of 2025 is the LAST class to be eligible for free community college in Maine.

COURSE REGISTRATION - the work has started this week. Students select the courses they want to take so that we can start to build our master schedule from there. Last week and this week counselors are visiting Roundtables daily to help students choose their classes and put them into Infinite Campus. Families will sign off on the selections during Student Led Conferences. Updated information will be shared [here](#) . There are many new courses being offered for 2024-2025, including *Maine Forestry, Fisheries, and Wildlife; Intro to Social Sciences; AP Spanish Language; and Nets & Racquets*, plus more!

Lewiston Regional Technical Center - this process has started and students can check with their counselor about applying. Final decisions will be mailed during April vacation.

Other options for next year include **Junior Reserve Officer Training Corps (JROTC)** at Lewiston HS, **AP4ME** offering AP courses that PRHS does not, **early college classes** through the University of Maine system or Maine Community College system, as well as other colleges. Students can contact their counselor to get more information.

Congratulations to our **LRTC Skills USA winners** - many are going on to compete at the state level in Bangor in March!!

Gold	Oliver Olson	Automotive Tool I.D	Poland
Gold	Thomas Hamilton	Cabinetmaking	Poland
Gold	Isaah Sewell	Carpentry Knowledge Test I	Poland
Gold	Regan Cohen	Carpentry Knowledge Test II	Poland
Gold	Joshua Cloutier	Electrical Knowledge 2nd Year-blue day	Poland
Gold	Aslan Blake	Job Application Process	Poland
Gold	Elise Gagnon	Job Demo A	Poland

Silver	Cameron Lemieux	Cabinetmaking	Poland
Silver	Regan Cohen	Carpentry	Poland
Silver	Cameron Tufts	Electrical Knowledge-1st Year(white day)	Poland
Silver	Joshua Cloutier	Electrical Wiring-2nd Year (Blue Day)	Poland
Silver	Rudy Kyllonen	Heating	Poland
Silver	Johnny Bsullak	Plumbing	Poland
Silver	Hope Lemont	Baking & Pastry Arts	Poland
Silver	Elise Gagnon	Restaurant Service	Poland
Bronze	Adain Bailey	Cabinetmaking	Poland
Bronze	Olivia Rioux	Carpentry Knowledge Test I	Poland
Bronze	Nicole Rioux	Engineering Design - Bridge Competition (LOCAL ONLY)	Poland
Bronze	Isaah Sewell	Job Demo A	Poland
Bronze	Olivia Rioux	Job Interview	Poland

23-24 Poland Regional High School Semester One Honor Roll

9th - High Honors

Dylan Cobb, Sky Loring-Dymond and Irelyn Smith

9th - Honors

Kadi Adams-Brossman, Aiden Bean, Olivia Bunyea, Graceyn Camire, Gabriella Cooper, Abigail Coughlin, David Crump, Eli Culleton, Cameron Cunningham, Benjamin Drake, Hailey Ellis, Madeline Ellis, Charlotte Grenier, Gavin Hart, Davis Hill, Nicholas Jamo, Thomas Juergens, Landen Levesque, Juno Levy, Karlee Lothrop, Kloey Magofna, Kaiah McGarry, Elianna Morello, Isaac Mullen, Phoebe Paradis, Payton Rose, Olivia Snowman, Keiraly Tapley, Caelea Theriault, Jayce Thompson, Regan Wakem, William Wallingford and Mataeya Washington.

10th - High Honors

Ethan Castonguay and Ashley Strout

10th - Honors

Emily Ann Bartlett, Max Benton, Connor Boulay, Brayden Brown, Jenna Caron, Cohen Demuth, Harper Doyle, Madyson Eskuri, Brenna Galipeau-Eldridge, Madelyn Gurschick, Kaylee Hudson, Ryan Kelly, Brady Milton, Abigail Mitchell, Simone Moore, Jocelyn Palmer, Jameson Plummer, Hailey Rousseau, Rianna St. Pierre, William Stanford, Maleah Stretton-Dupont, Eleanor Thornton and Chase Valliere.

11th - High Honors

Autumn Demelia, Ian Eugley, Hunter Gagnon and Breck Langevin

11th - Honors

Emma Adamson, Olivia Austin, Johnny Bsullak, Sadie Cobb, Brianna Corriveau, Emma Culleton, Victoria Dorrington, Ayla Dyer, Brenden Fox, Elise Gagnon, Connor Neal, Paige Nugent, Oliver Olson, Jillian Palmer, Grace Robertson, Marlee Sullivan, Ruby Taylor, Mabel Tyler and William White.

12th - High Honors

Breanna Bartlett, Jonathan Crump, Audrey Fryda, Kaitlyn Morris, Gerald Tibbetts and Briyanna Velilla.

12th - Honors

Reese Annance, Lilliana Bennett, Dodge LaFrinea, Talen Langevin, Emma-D Martin, Kayla Massey, Dustin Morin, Giovanna Pallozzi, Gretchyn Paradis, Cadence Peters, Gavin Piper, Guillermo Rodriguez Rodriguez, Judith Rundel, Carley Somma, Ryan Stanford, Althea Thornton, Cheyenne Toth and Brycin Vachon.

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 Let's Go Knights!

Open Coaching Positions

High school Outdoor Track

Varsity Football

Athletic Updates

Our girls' program saw some great results this season. They competed in the MPA Class C division and will likely next season as well. After that they will likely move back to Class B. It was a very good season finishing at 13-7.

Congratulations to Thea Thornton for winning the Butler Award for WMC Girl's Basketball. There is one male and female recognized from the whole conference. This is a senior award and takes into account basketball skill, team importance, leadership and character.

The Kings Hockey competed in the Class B Boys' Regional Championship game. They suffered a tough loss to Chev/Yarmouth 3-1 to wrap up the season at 16-4. It was a great season and the team demonstrated great character throughout the season.

Athletic Registration

FamilyID has been purchased by Arbiter Sports. You may have noticed a change when you log in to your account. Please continue to use the same account and password for signups.

Spring registration is open. Practices begin March 25. It is appreciated if you can sign up early! Please sign up now!

Remember, physicals are required as is family health insurance. If you do not have insurance, you can purchase student accident insurance. Please contact Mr. King.

Team Photos

The team/player photographs for the high school and middle school are active and ready for parents to view and enjoy:

Start at <https://pfxmaine.gotphoto.com> and enter access code:

For Poland Regional High School: **PRHS-TEAMS-W23-24**

For Bruce Whittier Middle School: **BWMS-TEAMS-W23-24**

Enter your student's name to find your student (EITHER first name or last name, not both), then select your student. Enter your personal information.

Select a package, then choose a pose for each part of that package. The -POSTER pose should only be used if purchasing a poster. Add To Cart, then checkout to pay securely by credit/debit card.

Finished portraits can be delivered to the school at no charge if you order by Jan. 26. Otherwise, portraits will be mailed directly home at an additional charge.

Questions? Please call PortraitEFX of Maine at (207) 657-6372 for help !

Nathan Tsukroff
PortraitEFX of Maine
12 Portland Rd
Gray, ME 04039

Co-Curricular Activities

Dungeons and Dragons:

Joining Mr. Hoops on Thursdays in the cafe for Dungeons and Dragons. It is a good group that loves gaming!

Civil Rights Team:

Mr. Szantyr and Ms. Nadeau are looking for students interested in making a difference in our school community. Civil rights teams initiate projects that engage their school community in thinking and talking about issues related to race and skin color, national origin and ancestry, religion, disabilities, gender (including gender identity and expression) and sexual orientation in an age-appropriate manner.

Drama:

PRHS will compete in the One Act Play Festival held March 8-9, 2023. The show will be a staging of the famous short story *A Rose For Emily* by Pulitzer prize winning author William Faulkner. The Southern Gothic tale set in the Deep South in the 1930's revolves around a spinster lady who falls in love with the wrong man. It can only lead to tragedy. The school performance of the play will be March 21st at 7:00 PM in the Dr Wall Theater. The Poland Players look forward to presenting the show to the community.

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Health Office Update

*COVID-19 Guidance as of March 2024:

The latest CDC recommendation says that we can now start treating COVID-19 like other respiratory illnesses. (US CDC issued [this press release](#)). We no longer require isolation and masking for COVID.

- If a staff member or student has symptoms of a respiratory illness or COVID, call the school nurse or district nurse.
- Students or staff whose symptoms have improved and have been fever-free for 24 hours without taking fever-reducing medication can return to school or work and resume normal activities. There is no isolation period for COVID - it is about if your symptoms have improved and you are fever-free. Stay home if you are sick or not improving.
- It is encouraged, not required that during the five (5) days after resuming normal activities a mask be worn.
- RSU 16 will support personal choice for masking. Masks are available upon request in the nurses' office.

- RSU 16 will offer the administration of COVID tests to students who become symptomatic during the school day. To access free rapid antigen testing in their school nurses' office, a signed [Consent to Test Binax NOW](#) must be on file.

As part of the guidance, CDC provides recommendations on core prevention steps and strategies:

- Staying [up to date with vaccination](#) to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- Practicing good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- Taking steps for cleaner air, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

Please reach out to us if you have any questions or to report illness.

Thank you for helping to keep our community healthy.

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).



PRHS
1457 Maine Street
Poland, ME 04274
998-5400 phone
998-5060 fax