



PRHS

Family Newsletter

November 2023

Greetings from Mr. Anderson

Hello PRHS students and families!

Wishing you all a good weekend as we recognize all those who have served our country this Veterans' Day.

The **week of November 13th is Student-Led Conferences Week**. These conferences are an important part of your student's high school experience and our Roundtable curriculum. If you have not yet scheduled your conference, please reach out to your student's Roundtable teacher.

The high school has begun the New England Association of Schools and Colleges (NEASC) accreditation process that takes place every ten years. Through this process the high school faculty collects evidence about teaching, learning, and the experiences of students and families in the school community.

- Next week, students will have an opportunity to reflect on their high school experience in an online survey during their Roundtable time. The survey questions are [linked here](#). If you do not want your student to participate in the survey, please email Mr. Anderson at eanderson@rsu16.org by the start of school **on Monday November 13th**.
- Additionally, the parent survey is available through [this link](#). We ask that each family please complete the survey one time. The parent survey will be open **until 4pm on Friday November 17th**.

The [Tri-Town Family 5K](#) is **on Sunday November 12th at 10am** - [more information here](#).

The RSU16 School Board invites you to a [community meeting](#) **on Tuesday November 14th 6 - 7:30pm** - the meeting is a Q&A session on the 2 schools reconfigured and 3 school options.

We are all still holding, reflecting on, and processing the recent tragic events in Lewiston. Please find some resources [linked here](#) for behavioral health support.

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 News and 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.

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](#).

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 on 11/8, please reach out to Kristin Ross. Enrollment is open until Friday 11/17 and spaces are first come first served. Enrollment link is [here](#).

Thanks, Kristin Ross, kross@rsu16.org

Save the Date!

The Classes of 2025 and 2027 are hosting a Craft/Vendor Fair **on Saturday, Nov. 18** from 9am-2pm. Admission is free and there will be food & drinks available for purchase in addition to a wide variety of crafters and local artisans. Please spread the word & come out to support our students and local small businesses as you shop for this holiday season!

Project Graduation

The Project Graduation committee is selling [wreaths](#) - [order form link](#) through **November 14th**. Please email Don Drake ddrake@rsu16.org to order and for more information.

Class of 2024 Cash Calendar!

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! Calendar's 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.

Scholastic Book Fair in the Library!

The library will be sponsoring a Scholastic Book Fair during the week of Student-Led Conferences, **November 13th - 17th**. There will be lots of great books and other merchandise! The book fair will be open all week with



Holiday Craft/Vendor Fair & "Chance Auction"

@ Poland Regional High School
Saturday, November 18th

9 am to 2 pm

Sponsored by PRHS Classes of 2025 and 2027



Come shop and support local businesses & students
Interested vendors contact bell@rsu16.org

late afternoon and evening hours. Check out our [book fair homepage](#) for more information and to set up an optional eWallet. With eWallet, you can add funds that your child can access to shop the book fair! For more information, contact Julie Purdy at jpurdy@rsu16.org or 207-998-5400, ext. 210.

From the Counselors' Corner...

It is amazing how quickly we "fall" into the school year and it is moving along quickly!

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 10; 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.

Students will be able to see their PSAT scores on line **starting November 16**

LRTC (Lewiston Regional Technical Center) is off to a great start this year. We are still working out the kinks for transportation now that we have added the EL campus. New programs for next year are: **Firefighting** and **Biotechnology**. ALL sophomores will learn about LRTC's offerings in January; interested juniors and sophomores will be able to visit LRTC's programs. Applications will be **due the Friday before February break (Feb 16)**.

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

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

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.

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.

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 9:30-11:15 AM. While there, they will attend 2 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.

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

Thank you to the sponsors of our new Neptune music service. Neptune provides copyright approved, screened music to be played at games. Thank you to the Dirt Store, Auburn-Lewiston Driver Rider Education, and Allegiance Trucks for their continued support of our athletics programs.

Winter Sports

We kick off the winter seasons **on November 20** with practices/tryouts. Current offerings include:

Girls Basketball

Boys Basketball

Indoor Track

Cheer

Kings Ice Hockey

Red Hornets Ice Hockey

Swim (cooperative team with EL & Leavitt)

In addition to these team sports, we do have a couple of participants with GNG Alpine Ski.

Congratulations to the Football team on hosting their first ever home playoff game! And to Johnny Bsullak for his effort at the Class B State Cross Country meet. You make us proud. In addition, our cheerleaders, along with Coach Harris deserve recognition for their energy on the sideline. Way to go!

We welcome Zackery Wilson, Lexy Grondin, Darrien Jimmo, and Chuck Cantone to our coaching staff this winter.

Boys' Basketball-Bill Flynn, Zackery Wilson

Girls' Basketball-Jake Webb, Chris Cifelli, Brian Hamlin, Lexy Grondin

Indoor Track-Josh Kennison, Chuck Cantone, Darrien Jimmo

Cheer-Kristin Harris

Kings' Hockey-Jason Rouleau, Tyler Hutchinson

Red Hornets' Hockey-Dana Berube

Still looking for:

Outdoor Track Assistant

Varsity Softball

JV Softball

Middle School Baseball

Middle School Indoor Track

Open Gym

Anyone interested in some pick-up basketball? We will open the gym afterschool **on Monday, Tuesday and Thursday next week (11/13, 14, 16), 2:15-4:00**. Be sure to change up and have proper shoes for the court. Everyone is welcome!

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!

Poland Players

The Poland Players-the PRHS co curricular drama activity is excited about the first offering of the year - *All Shook Up*. The show is a musical featuring the music of Elvis Presley with a storyline straight from Shakespeare's comedy Twelfth Night. The music is catchy and the story is a sitcom of mistaken identities. The show performance dates are **November 16, 17, 18 at 7PM** and reservations can be made by contacting D'Arcy Robinson at drobinson@rsu16.org.

Speech and Debate

Speech and Debate has started their competitive season with a workshop and novice competition on Saturday, Oct. 14th at Lincoln Academy. The students are busy preparing their arguments and performance pieces for the coming competition season and look forward to the Nutcracker Sweeps which will be held at PRHS **on Dec. 9th**, when they can share their talent with the local community. Interested students can still join the team! For more information please contact D'Arcy Robinson at drobinson@rsu16.org.

.....

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. Households can order one free at-home test kit containing four individual tests from [covidtests.gov](https://www.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).



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