



PRHS

Family Newsletter

August 2023

Greetings from Mr. Anderson

Hello PRHS students and families!

Hope you all are getting excited for the '23-24 school year to begin! Please find below information to help you all get set up for a positive start to a new year together. **A paper copy of this newsletter will be mailed to your home with a packet of important paperwork to be completed and returned with your student on the first day of school.** If you have any questions about any of these items or just want to say hello before the first day of school, please contact the main office staff or me at 998-5400 x129 or eanderson@rsu16.org. Looking forward to connecting with you. Have a safe, healthy, and relaxing August, see you soon!

Mr. Anderson

Incoming 9th Graders

Your first day of school is **Wednesday, August 30**. You will meet your Roundtable, get your schedule, run through a shortened class day, and then participate in a day of team building, games, and lunch (provided by the school). You will not need school supplies on this day, but please wear clothing appropriate for the weather and bring a water bottle. This day is also a FULL day of school. No early release!

Sophomores, Junior, Seniors

Your first day of school is **Thursday, August 31**. It is a BLUE day and a full day of school. You will start the day in your Roundtable so you can get your schedule. If you are going to LRTC this year on Blue days, this will be your first day of school for those programs as well. The bus to LRTC leaves at 7:20 from the front circle of PRHS.

Please arrive at the bus no later than 7:15 on your first day. Please check your schedule, or call us at school, to see if this applies to you.

Open House

Our annual fall open house will be **Wednesday, September 6 from 6:00-7:00 pm**. This is a great time for families to connect faces to the names of your child's teachers!

Student Parking Passes

Students who wish to park on campus this year must obtain a parking pass **by August 25**. Parking passes will be available **beginning August 14** and will be numbered. Students must park in the space that corresponds to the pass number. This is the student's reserved parking space—no other drivers will be permitted to park there. The cost is \$2 and students will need to present proof of insurance, current registration, and a driver's license. **After August 25**, drivers of cars without parking passes displayed on the rearview mirror or dashboard will be subject to discipline. Students will also sign an agreement to drive responsibly and safely while on school property. Students who drive recklessly or inappropriately may have their driving privileges suspended. We may also

contact law enforcement. Students MAY NOT park anywhere other than the space assigned to them in the student parking lot without permission from administration.

Painting Parking Spaces (Seniors Only)

Seniors interested in painting their parking spot must complete a proposal form in the main office first. Painting will be permitted **from 8a - 4p, August 14 - August 25**. All designs must be approved by administration before painting.

Monthly Newsletters

We will send out a newsletter every month throughout the school year to keep you up to date on events at school. We always mail a paper copy of the newsletter in August to make sure all of our new students and incoming 9th graders receive it. After this month, you will receive the newsletter electronically in an email. All newsletters will be posted on our website so you can review past editions. Please be sure to keep your email address updated. 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).

Futures Task Force

Throughout the summer, the RSU 16 Futures Task Force has been meeting to craft and prepare to present recommendations to the School Board at their September 2023 Board meeting. These recommendations are focused on achieving cost savings, addressing RSU 16 issues, and most importantly, upholding the quality of education for our students.

The Task Force recognizes the substantial challenges that lie before us, and the committee is fully engaged in the process of making informed decisions. Our goal is to ensure that every step we take benefits the entire RSU 16 educational community. For more information, please see the [Task Force page](#) on the district website.

Tip Line

Our Tip Line represents one approach our schools and communities may use to share the responsibility of school and student safety and well-being. This Tip Line provides students, staff or other members of the public with a safe and confidential way to report a threat or potential threat to student or school safety. Call 911 in cases of immediate emergency. It is located on our website: rsu16.org and scroll down.

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From the Counselors' Corner...

Student Schedules available after August 4 **

For returning students and incoming 9th graders from Whittier, your user name and login for IC is still valid. **If you have trouble logging in, please email infinitecampus@rsu16.org for assistance.** If you are a new student with no IC account and no older siblings at PRHS, you will receive your IC login information during the first week of school in Roundtable. We can provide schedules for students with no IC accounts if you come into school, call or email us. Please contact your child's school counselor if you want to make changes to your schedule before school starts; email is preferred since the counselors will not be in the office. They will be back at school **beginning Monday, August 21.**

*****Schedules will continue to be worked on right up to the first day of school. Classes and teachers may still change. Please keep in mind that we have some staffing changes that will mean changes to classes.***

NEW PILOT COURSE in **AP Environmental Science** will be offered during the Environmental Science I and II sections. Ms. Smith has been trained this summer in teaching this new AP. Contact your counselor if this is something you are interested in.

ANOTHER NEW PILOT COURSE in **AP Spanish Language & Culture** with Mr. Crosby. Mr. Crosby has been teaching online AP Spanish Language through AP4ME for students around the state for years. Now he wants to do this in person with PRHS students. Contact your school counselor if this is something you are interested in.

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) will still be opening up seats at their Lewiston and Auburn campuses. Students who are on waitlists should check their school email for any changes. Any questions about LRTC, ask your school counselor or Ms. Bush. A letter will go out to all new LRTC students about the buses. All PRHS students will be transported to LRTC, then some will take another bus to the Edward Little campus or to CMCC (Precision Machining).

Concurrent enrollment of College Writing with UMFK for one of our Senior English sections is on hold and **NOT being offered for the spring semester**. Options we are offering are Stephen King, Identity & Self, and For the Love of the Game. Students who want to take a College Writing class (online or in person) **MUST** successfully take the class first semester to have it count towards graduation. This is done in coordination with your school counselor.

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 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, but they must be in college by January 2024!

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 trainings around the new FAFSA.

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Co- and Extra- Curricular Update from Mr. King

- Sunday, August 13, 6pm-Parent, Player and Coaches meeting for fall athletics
- Monday, August 14-First day of practices for fall athletics

First Week Preseason Practices beginning Monday, AUGUST 14 (attendance is mandatory)

Cheer	X-Country	Field hockey	Football	Golf	Boys Soccer	Girls Soccer
Mon-Fri 6:00-7:30 PM	Mon-Fri 8:00-10 AM	Mon-Fri 8:00-9:30 AM 6:00-7:30 PM	Mon-Fri 6:45-9:15 AM 4:45-6:15 PM	Mon/Tues 3-5 PM @ Poland Spring Driving Range Wed 3-5:30 PM @ Summit Springs Thursday -3-5 @ Poland Spring Driving Range	Mon-Fri 7:00-8:00 AM 6:00-8:00 PM	Mon-Fri 7:00-8:30 AM 6:00-7:30 PM

Fall Sports Parent/Player/Coach meeting

We will have an in-person Parent/Player/Coach meeting **August 13 at 6pm** in the Dr. Robert Wall Auditorium. Coaches will meet with parents and players after meeting in the general session.

Register for Fall Sports

Please sit with your child to register at FamilyID.com for fall athletics. 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.

New Coaches

We have added a few coaches to our staff. Juan Bustamante takes over as our girls varsity coach. Andrea Forbush remains as the JV coach and Craig Smith will pitch in as well. Matt Steinbeck will take over for Gregg Rose as the golf coach. Noah Collins has moved on and Tyler McInnis will work to fill his shoes on the football staff. Welcome to all of our newest Knights!

Booster Club Update

The Knights Pride Booster Club is back. The last two years have been tough, but we are looking to get the Booster Club back to full capacity. Parents are welcome, grades 7-12. Those looking for booster funds will need to complete the Allocation Request form. They often appreciate those groups that provide parents to help in concessions. Sign up for games at <https://Signup.com/go/kDLjySN>.

Welcome the following new officers:

President-Jill Beaucage
Treasurer-Sarah Cunningham
Vice-President-Open
Secretary-Open

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

Health Office Update

We hope you are having a fun, safe, and healthy summer! As we are approaching the 23/24 school year, we are looking forward to meeting new students and welcoming back those that were with us last year. We are here to help students have a healthy school year.

In planning for the upcoming school year, 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 prior to the start of the new school year. It is important to have clear communication between you and your child, your health care provider and school staff for managing asthma and/or allergies at school. A written asthma and/or allergy action 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.

We have included the 2023-24 standing orders, Healthy Smiles for ME, Inc (formerly Tooth Fairies, Inc), and the free State of Maine School Oral Health Program fluoride varnish forms in the newsletter. Please complete all applicable forms and return to school for your student to receive standing order medications throughout the school year as well as dental services if desired.

Please feel free to contact us regarding any questions or concerns you may have. 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.

Please let us know if you have any concerns related to your child's health for the upcoming school year.
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

Student Government Elections

Elections for the Judiciary Board and Student Representative Board (student government) will be held within the first two weeks of school. Please encourage your child(ren) to consider running.

Student Ambassadors

We are looking for students to serve as Student Ambassadors. Ambassadors give new students tours of the building and assist with events like Agassiz Day, Open House, and 8th Grade Parent Night. If your child is interested in helping people, please ask them to check in with Mrs. Meader in the main office for details.

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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