

Poland Regional High School

1457 Maine Street
Poland, ME 04274
(207) 998-5400
www.rsu16.org

The Knightly News



Dates to Remember

June 13		8 th grade step up day	Contents	
June 14	6pm	Underclass Awards Ceremony	Principal	pg. 2
June 16 – 21		Finals	Assistant Principal	pg. 3
June 21		NO EARLY RELEASE	Counselor's Corner	pg. 4
June 22		Make-up day only, dismissal 11am	Co-Curricular	pg. 5
July 11 – August 3	8am – 1pm	Summer School		
August 30		First Day for 9 th graders		
August 31		First Day for grades 10, 11, 12.		

Greetings PRHS Families and students;

We are offering FRENCH again!

We have hired a teacher for the 2017-2018 school year so that we can finally offer French again in the high school. If your student wants to take French 1, please contact his/her school counselor ASAP so we can start the sign up.

Final Exam schedule for grades 9-11

- ★ All 9th, 10th and 11th grade students are required to attend all of their classes through Wednesday, June 21. Final exams will occur during the regular class schedule.
- ★ Thursday, June 22nd is a half day and is a day reserved for those students who need to make up work. There will not be scheduled classes on that day. Please be in touch with your child's teachers if you are concerned that your child may need to be in school on that day.

Wednesday, June 21 is a regular school day (no early release).

Underclass Awards Ceremony

The Underclass Awards Ceremony is scheduled for June 14th at 6 PM. You will be getting an invitation in the mail if your child is going to be recognized.

8th Grade Step Up Day

- We will welcome next year's freshman class on Tuesday, June 13th. All 8th graders will participate in transition activities designed to put their minds at ease for their upcoming move into the high school. They will tour the building, learn about classes, co-curricular offerings, Roundtable, and meet some 9th grade teachers.

End of Year Report Cards and Schedules for 2017-2018

- We will mail home a copy of your child's transcript at the end of the school year. The transcript will include your child's grades for all of his/her coursework during high school and it will include a current GPA. We will also mail home any bills he/she may owe.
- Schedules for next year's classes will be available on Infinite Campus at the beginning of August.

Summer School

- You will be receiving a letter if your child has failed a course that needs to be completed in summer school. Summer is FREE for all students.

Please don't hesitate to contact us with any questions or concerns.

We have had a great year this year, we will miss our seniors and are excited to welcome the Class of 2021 to Knight Nation!

**Cari Medd
Principal**

“Character, Community, Citizenship”

With the end of the school year upon us, we celebrate accomplishments and look forward to the summer and fall. We appreciate the support of the families and the community this past year! Below are some reminders and suggestions for students and parents to consider over the summer.

Parking Passes: Our second year of assigning spaces in the student lot has gone much more smoothly than the first. Please help us continue to trend by reminding your children who drive to school to register their vehicle before school starts. We will reassign parking spaces in August on a first-come, first-served basis. We will be using a different color parking pass, but **will not issue new passes to current parkers until the old pass is returned.** Students who park on campus without registering their vehicle are subject to having their driving privileges suspended.

Mentoring Program: The program is five years old and an important part of our culture. If your child is interested in becoming a mentor, please have them contact me directly and I can provide them with an application. Applications will be available during the summer at the high school and will be due by the second week of September.

8th Grade Step-up Day: We at the high school will welcome the new freshmen class on June 13th. Students will attend brief sessions for each of their core classes and hear from students, administrators, and other staff. We look forward to meeting the class of 2021!

Summer School: Students who do not meet standards in their core classes (Humanities, Science, Math, or Roundtable) can make them up during summer school. In June, the school will communicate with those students (and their parents/guardians) recommended for summer school. There is no cost for summer school.

When: July 11-August 3, Tuesday-Thursday, 8 am-1.

Transportation: If your child will need transportation to school, you must complete the transportation form (part of the summer school packet you will receive in the mail) by the end of June. Bus stops will be determined and communicated to families the last week of June. Families whose children remain in summer school after the second week will be required to reapply by calling transportation at 998-2738 no later than July 21. New routes, if necessary, will be posted on the district website by the end of the day on July 24.

Breakfast and lunch will be served at the high school again this summer. There is no charge for meals. Please contact me at pflynn@rsu16.org or 998-5400 x120 if you have questions or comments.

9th Grade Orientation: As we have for many years, we will dedicate the first official day of school (Wednesday, August 30) to team-building and Roundtable activities for the new freshmen. Students will arrive at school on the morning bus and begin with their Roundtable, then walk their schedules. We will board busses for Agassiz Village and spend the rest of the day there. Students will leave school on the regular afternoon bus. **All other students will begin the year on August 31.**

Please contact me with any questions or comments at 998-5400 x120 or pflynn@rsu16.org. Enjoy the summer!

Patrick Flynn
Assistant Principal

It is so soon that we bid adieu to the Class of 2017, and we look forward to meeting the Class of 2021! Some things to check out, even over the summer months...

There has been a lot of information this spring about suicide awareness and prevention, especially in light of the show 13 Reasons Why. We've included information in this newsletter about talking with your students about this. More information about suicide prevention can be found on the guidance webpage.

SCHEDULES for 2017-2018? Students who have questions and/or concerns may meet with their counselor before the end of the school year. We will aim to have student schedules available on line the first week in August. Students are welcome to email their counselor over the summer with questions.

PARENTS! Summer is one of the most popular times for families to go on college visits. We encourage you to consider visiting a college or two while you are on family vacations. The more comfortable and familiar you all are with how college visits operate, the better consumers that you will be when it comes to the colleges that your student is really interested in. Remember that during the summer, colleges are in limited operation, meaning that they don't have the full student population there and classes may not be running. It is, however, a good chance to check out the surrounding area and see if the college is one you want to keep on the list and return to visit in the fall. We encourage all of our families, but particularly those of the rising seniors, to use this vacation as a chance to check out some post-secondary options. PRHS will continue to offer a range of college visits, especially some smaller visits to in-state colleges during the fall of senior year and spring of junior year.

SUMMER is also a good time for a job, volunteering experiences, camps, workshops or programs. Check out the Guidance web page to see what we have posted. Many have a June 1 deadline and there are scholarships available. These are the things that look good on your college applications!

COLLEGE FAIR – The next college fair in the region will be at the USM Gorham campus on Tuesday, September 26 from 6:30-8:30 PM.

JUNIORS – did you get your SAT scores back? Think you might need to study? Remember that Khan Academy offers FREE SAT prep! Check it out online or go to your College Board account.

JUNIORS – get another head start by creating your Common App account online and get going on those college applications and essays. Go to commonapp.org to get started.

LRTC – students admitted for the 2017-2018 school year will have their LRTC Orientation on June 13 for 2 blocks. Any student who is still interested in LRTC should check with their counselor because spots may still open in many programs.

Interested seniors and juniors who want to take a college class next year need to talk with their counselor as soon as possible. There are a variety of courses offered at our local colleges: *USM, UMA, CMCC, Western Maine Community College (Oxford), KVCC, UMFK, and St. Joseph's*. Space is still available in college classes but financial assistance is limited. Go to www.collegeformeandrscoggin.org for more information on Early College!

Calling all AP students for next year – There will be a mandatory meeting about the 2017-2018 AP classes on June 12 during both lunches. All students must check in with the AP teacher to get information about summer work. Summer work will also be available in the Guidance Office – books and any paperwork. Remember you can still sign up for AP courses for next year!

The next important date for all AP students is **July 26, 2017** for our mandatory Summer Workshop night from 5:00 -6:30 PM with pizza. This is your chance to meet up with your AP teacher and other AP students and check in on the summer work. Remember to keep in touch via email with your AP teacher if you have questions or issues during the summer.

We are going to expand upon the AP Summer Workshop with a PARENT ROUNDTABLE the night of **July 26, 2017 at 6:30 PM** to chat about college admissions and financial aid. Guest speaker will be Jessica Whittier of FAME. This Parent Roundtable will be open to any K-12 parents.

SUMMER WORK? You know you have it – we will post a comprehensive list of summer work for Humanities 1, 2, and 3, as well as Sr. English and all AP courses on our website.

SPEAKING OF SUMMER! While we will not be in every day, we will be around. Best way to reach your counselor is to leave a voice mail or email message. We will get back to you when we are back in the office

Patience has been the key word for this spring. With many weather related changes, we have managed to get most of our games in.

Summer activities can begin as early as June 19.

The Hands-Off Period will run from August 1-August 13. A great time to plan family activities.

August 13, 6p.m. –**2017 Kick-off Meeting** for parents, players and coaches. All are expected to attend.

August 14-first practices, the 2017 season begins!

All parents will:

-need to register their child on FamilyID.com A link will soon appear on our Polandregionalathletics.org web page.

-be sure to have an updated physical on file for their child. (good for two years)

All Players will:

- attend August practices, they are mandatory.

-be eligible. All incoming freshman are eligible. Everyone else must have passed 6 classes and Round Table to be eligible.

Fall coaches:

Cross Country-Sean Galipeau, Ray Lafreniere

Fall Cheer-TBA

Field Hockey-Kayla Royer, Mara Balboni

Football-Eugene Keene, Kirk Butler, Mike O’Leary, Mark Grose

Golf-Gregg Rose

Boys’ Soccer-David Coyne, TBA

Girls’ Soccer-Tim Dolley, Shannon Briner

Current High school openings:

Boys’ JV Soccer

Fall Cheer

Varsity Girls’ Basketball

Thank you Coach Hediger and Coach Sev for all of your time, energy and caring over the years. You have built an excellent program!

Thank you Coach Susi for all of your time and understanding. From football coach to girls’ basketball coach, you have made a great transition. We wish you well and will miss you.

Summer activities:

- Football lifting
- Summer Soccer-girls and boys
- Summer Basketball-girls and boys
- Summer Field Hockey
- Coach Tracy’s Youth basketball camp*
- Coach Coyne will run youth soccer camp*
- Prime 360 Workouts with BJ Grondin, PRHS Alumni*

*Contact the Co-Curricular Office for more information.

SAVE THIS DATE: Saturday, July 8, 2017



RSU # 16 School to Pool Day

Saturday, July 8, 2017 will be RSU 16 Day at Aquaboggan Water Park in Saco. Every student in the district will receive one **FREE** general admission pass for the event. Coupons will be distributed the week of June 5th at each school. These coupons need to be presented on July 8th for students to gain free admission. Guests will have a \$3 discount off the price of their admission. RSU 16 teachers and staff will receive a \$5.00 discount if they show their school ID while purchasing a ticket. (There is an additional fee for bumper boats, go-karts or water tube rentals.)

The Pines area will be reserved for RSU 16 families who would like to bring in a picnic lunch/coolers for drinks and snacks.

For more information, contact Katie Paiton (kpaiton@rsu16.org) or Carol Brockner (cbrockner@rsu16.org)

REMINDER: If your child has medication at school, a parent or adult must pick it up from the Nurse's Office by the last day of school.

Medication not picked up by June 23rd will be discarded.

13 REASONS WHY TALKING POINTS

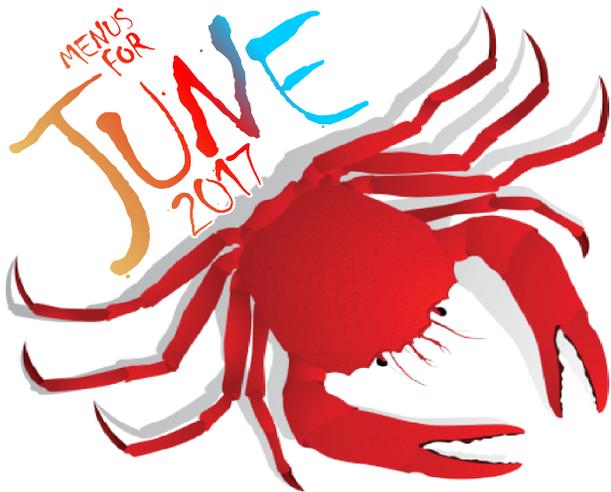
- 13 Reasons Why is a fictional story based on a widely known novel and is meant to be a cautionary tale.
- You may have similar experiences and thoughts as some of the characters in 13RW. People often identify with characters they see on TV or in movies. However, it is important to remember that there are healthy ways to cope with the topics covered in 13RW and acting on suicidal thoughts is not one of them.
- If you have watched the show and feel like you need support or someone to talk to reach out. Talk with a friend, family member, a counselor, or therapist. There is always someone who will listen.
- Suicide is not a common response to life's challenges or adversity. The vast majority of people who experience bullying, the death of a friend, or any other adversity described in 13RW do not die by suicide. In fact, most reach out, talk to others and seek help or find other productive ways of coping. They go on to lead healthy, normal lives.
- Suicide is never a heroic or romantic act. Hannah's suicide (although fictional) is a cautionary tale, not meant to appear heroic and should be viewed as a tragedy.
- It is important to know that, in spite of the portrayal of a serious treatment failure in 13RW, there are many treatment options for life challenges, distress and mental illness. Treatment works.
- Suicide affects everyone and everyone can do something to help if they see or hear warning signs that someone is at risk of suicide.
- Talking openly and honestly about emotional distress and suicide is ok. It will not make someone more suicidal or put the idea of suicide in their mind. If you are concerned about someone, ask them about it.
- Knowing how to acknowledge and respond to someone who shares their thoughts of emotional distress or suicide with you is important. Don't judge them or their thoughts. Listen. Be caring and kind. Offer to stay with them. Offer to go with them to get help or to contact a crisis line.
- How the guidance counselor in 13RW responds to Hannah's thoughts of suicide is not appropriate and not typical of most counselors. School counselors are professionals and a trustworthy source for help. If your experience with a school counselor is unhelpful, seek other sources of support such as a crisis line.
- While not everyone will know what to say or have a helpful reaction, there are people who do, so keep trying to find someone who will help you. If someone tells you they are suicidal, take them seriously and get help.
- When you die you do not get to make a movie or talk to people any more. Leaving messages from beyond the grave is a dramatization produced in Hollywood and is not possible in real life.
- Memorializing someone who died by suicide is not a recommended practice. Decorating someone's locker who died by suicide and/or taking selfies in front of such a memorial is not appropriate and does not honor the life of the person who died by suicide.
- Hannah's tapes blame others for her suicide. Suicide is never the fault of survivors of suicide loss. There are resources and support groups for suicide loss survivors.

If you're struggling with thoughts of suicide...

- Text "START" to 741741
- Call 1-800-273-TALK (8255)

Talking points by:





**RSU 16
PRHS & BWMS**

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily!

Deli Sandwiches

- Ham or Salami Italians
- Egg Salad
- Chicken Salad
- Turkey Italians

Grab & Go

Chef, Caesar & Garden Salads

Fresh Fruit & Salad Bar

- Apples, Bananas,
- Kiwi, Oranges, & more
- Pasta Salad
- Fresh Veggies

Yogurt Parfaits

Vanilla Yogurt, Blueberries,
Strawberries & Granola

Your Favorite Spud

Spiral, Wedge, Tot, or Fries

Milk & Juices

Featured Specials of the Day

Thursday, June 1

- Nachos w/Meat & Cheese
- Pretzel w/ Cheese Sauce
- Quesadilla

Friday, June 2

- Pepperoni Pizza
- Hot Dog w/ Roll
- BBQ Rib Sandwich

Monday, June 5

- Steak Wrap
- Tuna Burger
- Grilled Chicken Patty

Tuesday, June 6

- BBQ Chicken w/Mashed Potato
- Corn Dog
- Cheese/Hamburger

Wednesday, June 7

- Nachos w/ Beef & Cheese
- Pretzel w/Cheese
- Quesadilla

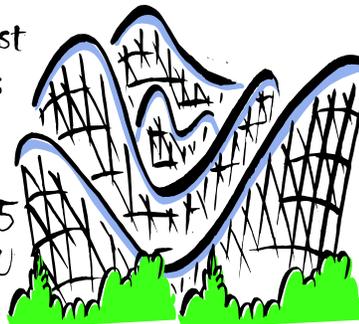
Thursday, June 8

- Sweet & Sour Chicken
- Bosco Sticks
- BBQ Rib Sandwich

Friday, June 9

- Meatlovers Pizza
- Hot Dog
- Fish Nuggets

The world's tallest roller coaster is over 450 feet high and hits speeds up to 125 mph! Would YOU ride it!?!?



NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

RSU 16 Food Service Summer Program

We're here to serve you and your family delicious breakfast and lunch all summer long! Convenient, economical, healthy meals every summer weekday!

All Kids Eat Free!

No paperwork necessary must be 18 or under

Adults:
\$1.75 Breakfast
\$2.50 Lunch



Monday - Friday, 7:30 am - 1:30pm

Please call 207-998-5400 ext. 107 for more info

Featured Specials of the Day

Monday, June 12

Buffalo Chicken Wrap
Deep Dish Pizza
Chicken Patty Sandwich

Tuesday, June 13

Nachos w/Beef & Cheese
Pretzel w/ Cheese Sauce
Quesadilla

Wednesday, June 14

Mac & Cheese
Cheese/Hamburger
Tuna Burger

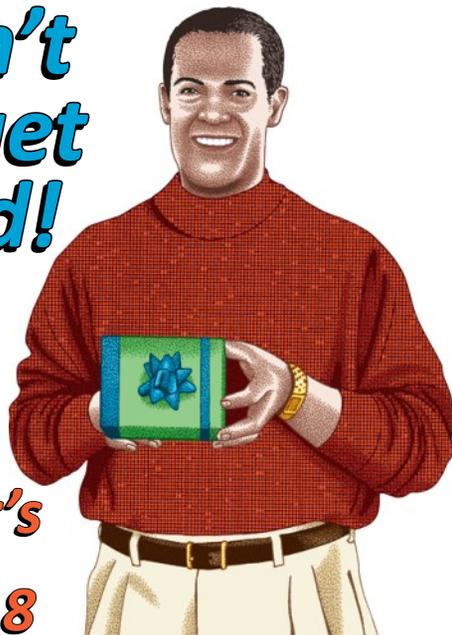
Thursday, June 15

Pulled Pork Wrap
Corn Dog
Bosco Sticks

Friday, June 16

Meatlovers Pizza
Hot Dog
BBQ Rib Sandwich

**Don't
forget
Dad!**



**Father's
Day
June 18**

NAME DROPPING

THE KOREAN POP BAND BTS HAS BEEN A SENSATION IN ASIA AND IS BREAKING THROUGH IN THE U.S. THEY'RE #8 ON THE BILLBOARD HOT 100 ARTISTS CHART AS OF MAY 2017. THE INITIALS BTS STAND FOR THE KOREAN PHRASE "BANGTAN SONYEONDAN" - WHICH TRANSLATES AS "BULLETPROOF BOY SCOUTS."



Featured Specials of the Day

Monday, June 19

Steak Wraps
Deep Dish Pizza

Tuesday, June 20

Managers Choice

Wednesday, June 21

Managers Choice
Nachos w/Meat & Cheese

Thursday, June 22

1/2 Day
Grab & Go Lunch
EZ Jammer Wowbutter & Jelly
Yogurt, Cookie & Drink

Please See Reverse
Side For Items
Available Every Day

THE REAL JAWS



First, the good news. The chances of any swimmer being attacked by a shark in the U.S. are nearly zero. On average, not even one person a year is killed by a shark in our country. Nearly a hundred people a year die from lightning strikes! O.K., now for the bad news. The movie "Jaws" was based on a true story. In 1916, a bull shark killed several people in separate attacks in New Jersey. The shark even attacked several swimmers 10 miles inland up a tidal creek! Check out the whole story by searching for "Jersey Shore shark attacks of 1916." And then make yourself feel better by searching for "shark attack" on Wikipedia and seeing just how rare these encounters are.

42 BY THE NUMBERS
IN MILLIONS, THE NUMBER OF
PEOPLE IN THE UNITED STATES WHO
ARE BETWEEN 10 AND 19 YEARS OLD.

Congratulations and best of luck to
all members of the Class of 2017.



We'll look forward to seeing (and serving!) the rest of you again next fall.



Free Summer Lunches for Kids & Teens in RSU 16

All kids & teens 18 and under are welcome – no application required

Meals must be eaten on site

Lunch Served Monday-Friday 11:30am – 1:30pm

Site Locations

Poland Community School

1250 Maine Street

Poland, ME 04274

Poland Regional High School

1457 Maine Street

Poland, ME 04274

For more information:

Call

Ellen Dore (207) 998-5400 ext 107

Email

edore@rsu16.org



Poland Regional High School Senior Yearbook Photo Requirements

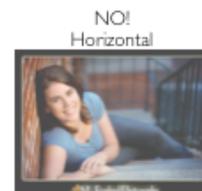
Photo Specifications

Senior Photos submitted to the yearbook **MUST**:

- **Be in color.**
- **Be vertically oriented.**
- **Have the student as the main focus.**

Digital File Specifications

- At least 300DPI (ask your photographer)
- Minimum Width: 4.5”
- Minimum Height: 6”
- **JPEG or JPG** file format



WE DISCOURAGE TAKING PRINTS FROM YOUR PHOTOGRAPHER AND SCANNING THEM. THE QUALITY IS USUALLY NOT AS GOOD AS AN ORIGINAL DIGITAL COPY. PLEASE HAVE YOUR PHOTOGRAPHER SUBMIT VIA EMAIL

SEND TO: *bpoulin@rsu16.org*

*Due date for this year's photo: **October 31, 2018***

ATTENTION: CLASS OF 2018 PARENTS!

Want to congratulate your Senior and help support the PRHS Yearbook?

Purchase a Recognition Ad in the 2018 PRHS Yearbook!

SUMNER EMERY
Summer, your strength and courage has been an inspiration to everyone that knows you. We could not be more proud of the young woman you have become. We know you are prepared to face the next chapter in your life. Always remember we are here to lean on if things get tough.
Love,
Mom, Dad & Allison

MARISSA ZINK
Marissa, you are about to start the greatest improvisation of all... with no script. No idea what's going to happen, often with people and places you have never seen before. So say yes, and if you're lucky you will find people who will say "yes" back. Believe in yourself, because there is no limit to what you can do!
Congratulations! We love you!

KYLIE MARTIN
Dear Kylie,
The love, joy, and pride we feel as we reflect on the incredible young woman you have evolved into is very difficult to convey in only one paragraph. Your poise and humility, relentless work habits, moral compass, profound gift with words, and the deep friendships you've cultivated with such quality people have exceeded our hopes and dreams as parents. We will deeply miss your quiet and elegant presence at the dinner table, the fantastic musical stress and releases you have exposed us to, your playful nature with Mia & Dudley, and watching you gracefully perform in athletics for PRHS. As sad as we are to have you leave the nest, we are also excited to witness what you will do with the rich opportunities that will come your way. You possess the qualities that society needs more of, and we know success and happiness will have little choice but to follow you. The void in our family life will be the world's gain. As you embrace new challenges and experiences, there will be ups and downs. Please know whenever you need the proverbial shoulder, your loyal and loving family will be there in whatever capacity you need. You make us so proud and we love you Kylie more than words can represent.
Congratulations!
Love,
Mom, Dad, and Caleb

ADAM MUCCIOLA
Adam,
Your kind heart and dedication have led you to amazing opportunities. From the day you could walk, you ran and nothing could stop you. You have overcome so many challenges, worked so hard and never gave up. We hope you continue your future with the same persistence and always stay humble. We couldn't have asked for more than what you have accomplished and the person you have become. There is no doubt that with your ambition and kind ways you will obtain a prosperous future. Congratulations on your high school graduation, one of many great accomplishments you have made, and of the many more you will obtain in the future. We love you!
Mom, Dad, Cassie & Emma

ABBY BROWN
Dear Little Brown,
It seems like only yesterday you were 3 years old jumping from rock to rock at the beach singing "I feel like a woman!" You have grown into a fun loving, give life to the fullest, young woman. Abby, you will do great at Husson University studying Hospitality Management. Hold your head high, always have a confident smile, and follow your dreams!
Remember 2015 is our year of change. Daddy would be so proud of his little girl. We are so proud of you. Spread your wings and fly.
We love you!
Mom and Laura

OLIVIA KELLY
Liv, thanks for being funny, smart and crazy! We love you more than you know and we're incredibly proud of the young woman you're becoming.
Mom, Dad and Allie

WHITNEY FROST
Whitney, we are so proud of the woman you have grown up to be. You have a positive & unselfish heart to lead, it is amazing to see how hard you work. Excited to see what the future holds, so privileged to have you in our life!
CONGRATULATIONS!
Mom, Dad & Halle

HOPK KONTALA
Hope,
We are blessed to have you as our daughter. We've enjoyed watching you grow throughout the years and have admired the high standards you've set for yourself. You have been a great role model to your sister and to all of the Panthers kids you've coached. Continue to put others before yourself and you will find great joy.
Congratulations Hope, we love you so much!
Mom, Dad, and Jordyn

JEREMY SAMPOON
Congratulations Jeremy! We are proud of the young man you are becoming. The years have passed quickly and we both cherish the time we have shared with you. Reach for the stars... you can achieve all of you dreams. All of our love ALWAYS... Mom & Dad. Max and Mary too!

BRENDAN MCGLELLAN
Congratulations Brendan!

MARY EVERETT
Great Job Mary!
We love you, Mom and Bobby

Pricing Information

1/2 Page	\$100	5-6 Pictures		Extended Message
1/4 Page	\$50	3-4 Pictures	&	Standard Message
1/8 Page	\$25	1-2 Pictures		Short Message

Please submit hard copies of photos, they will be scanned and returned.

***Submissions and Payment Due to Mr. Poulin
(bpoulin@rsu16.org)
by October 31st, 2018***