



PRHS

Family Newsletter

October 2022

Hello PRHS students and families!

Last Tuesday the high school had a positive, all-school day of community-building and academics. If you missed it, there were [terrific photos in the Lewiston Sun Journal](#) of the Juniors in action at one of the many service sites that their R/T advisors worked tirelessly to coordinate. The 9th grade continued to develop positive relationships and practice being kind to one another with their day of Wayfinder activities. The 10th grade dug deep to focus their attention to providing a snapshot of their learning through the NWEA testing. The Senior breakfast featured the students all together, in their class shirts, planning Senior activities, ordering caps and gowns, and even filling out their voter registration cards....some important milestone moments!

If you have any questions, please reach out to Erik Anderson, eanderson@rsu16.org 998-5400, our school counselors, or your student's Roundtable teacher. Thank you!

STUDENT LED CONFERENCES

Fall student led conferences will take place **1:30p - 7p on Wednesday November 16th** for approximately 30 minutes. Your student's Roundtable teacher will be reaching out to schedule your conference. If the afternoon or evening of the 16th does not work for your schedule, we can find a time that works that week of November 14th. The most engaging conferences happen in-person. These conferences are a component of the students' Roundtable grades.

SNOWE WOMEN'S LEADERSHIP INSTITUTE FALL FORUM

Reflections from the students:

The Forum was eventful and new to all of us. We learned a lot about ourselves and others while going over some core memories in our lives. We went into break out rooms where we heard speakers talk about how they found their voice and how we could potentially find ours, and we went over our values and how we use them today. The food was also great! Overall it was a great experience.

When I first walked into the giant room where all the Olympia's Leaders, or OLs, would collectively gather, I was dazzled. I was so excited for what the day would bring. Throughout the day we met some incredible people, musicians, and leaders and I think it forever changed my life. It made me recognize how many people can really understand me and my enthusiasm toward my endeavors. There are so many people in the world who truly will give everything they have to achieve something they want. It inspired me to belong to a group of people with those ideals. Thank you to everyone who helped me get into Olympia Snowe and to that Forum. It was my first and my last, but it will stay in my heart forever.

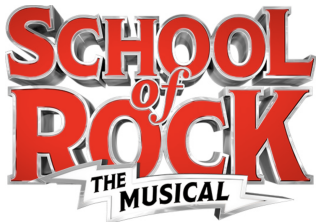
MARINE BIO FIELD TRIP

A few reflections from the students:

I greatly enjoyed the trip to the ocean, I wasn't expecting to find Horseshoe Crab shells where we went, because I've only ever seen them in one place before. If I go tide pooling with my friends or family again I will show them some cool things about snails and crabs.

My favorite experience at the ocean would have to be the overall exploring that we were allowed to do. I liked being able to just go on my own or work with a group. Some things that I found included; snails, seaweed, clams, etc. What I would tell friends/family is to just look and enjoy everything around you as well as wear proper clothing.

The experience was pretty cool. It was fun to explore searching for more creatures to find. I found a living green crab. We also took some funny pictures. I would probably show all the cool spots to people.



POLAND PLAYERS

Poland Players are thrilled to put on their next big show: SCHOOL OF ROCK! Yes, we're going to melt some faces and slap it, shoot it, and ka-boot it. Performances of Andrew Lloyd Webber's award-winning smash hit musical will be **November 3rd - 5th** at the Robert Wall Theater at PRHS. Admission to the show is \$8 for adults and \$5 for students. To make a reservation, contact D'Arcy Robinson at drobinson@rsu16.org. Come live hardcore for an evening of live theater!

MINI FALL FRENCH FILM FESTIVAL AT PRHS!

The PRHS Foreign Language Club will present the (first-ever?) mini Fall French Film Festival on **Thursday, November 10 from 5-9pm**. Two short films ("The Red Balloon" & a documentary on the French-speaking community in Lewiston called "The Intersection") along with one feature-length film ("The Odyssey," a biopic about French oceanographer Jacques Cousteau) will be shown in the PRHS auditorium. Tickets will be sold at the door (\$10 for adults, \$5 for students, and \$4 for PRHS seniors). All proceeds will go to support costs for students who are going on the Quebec trip in February 2023. Email acantone@rsu16.org for more info.

QUEBEC CITY TRIP FEBRUARY 2023

Open to all PRHS students! We are planning a trip with Jumpstreet Tours to Quebec City February 3-5, 2023. This is during Quebec City's annual Winter Carnival and will be lots of fun. Please contact Madame Chase (dchase@rsu16.org) or Monsieur Cantone (acantone@rsu16.org) for the sign up link or more information.

BELIZE 2024

If your student is going to be in high school during the 2023-2024 school year, then they are invited to join us on an upcoming educational travel experience to Belize in Spring 2024!

When students travel, they expand their knowledge of the world around them, discover more about themselves, and grow more confident. These skills are critical for creating the global citizens of tomorrow, and we would love to have your student join us on this adventure.

Come hear all about the itinerary, activities, academic opportunities, cost of the trip, and EF's risk-free enrollment period at our informational Zoom meeting on **October 27th at 6 pm**.

Please click here to register for the meeting ASAP to save your seat: <https://bit.ly/3VtM56r>

There are limited spots on this trip, so we would love to have you attend this meeting to learn more about this exciting opportunity!

Thank you and hope to see you there!

SCHOLASTIC BOOK FAIR

The library will be hosting a Scholastic Book Fair **November 7th - November 14th!** The book fair will be open everyday with the exception of the holiday, Friday, November 11th. There will be lots of late afternoon hours, so feel free to stop

by after school! The book fair will be stocked with lots of great books and fun gifts. Profits from the book fair help to support our middle school reading challenge and our high school co-curricular book club! Please contact Julie Purdy in the library at jpurdy@rsu16.org or 207-998-5400, ext. 210 for more information!

STUDENT HANDBOOK

Please take some time to familiarize yourself with [the Student Handbook](#). The first half of the handbook pertains to all students in the RSU and the second part is specific to PRHS.

ED TECHS NEEDED

If you, or someone you know, likes teenagers, enjoys helping them find success in school, and wants a school day work schedule with no work to bring home, please have them email me, Erik Anderson, at eanderson@rsu16.org.

PARKING SPOT RESERVATIONS

Students who are interested in parking on campus must first register their vehicle with the school. Bring a current 1) drivers license; 2) insurance card; 3) state registration; and \$2 to Mrs. Picard in the main office. She will issue a tag for the student to hang from the rearview mirror. Vehicles in the student lot without a tag will be ticketed.

MENTORING & STUDENT AMBASSADORS

We are looking for students to serve as mentors and/or Student Ambassadors. Mentors meet once a week with middle school students and help them get ready for high school. 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 friendly, interested in helping people, and a good listener, please ask them to check in with Mr. Flynn in the main office for details.

YEARBOOK

The Poland Regional High School Yearbook is now available for purchase! PRHS students are excited to be able to offer our families an online portal for all their yearbook needs. By using online ordering families can purchase a Yearbook only or one of our Yearbook packages (Basic or Deluxe). The online portal also makes creating Senior Ads simple and easy!

- Early bird pricing of \$50 is available until **December 21st**.
- \$70 final after that!!!

To order online today, visit yearbookforever.com and search for Poland Regional High School. Or use the link <https://bit.ly/3BDc2IE>."

SENIOR PICTURES AND ADS

Please follow the link for more information about [Senior Pictures](#) due on **November 14th**.

Please follow the link for more information about [Senior Ads](#) due **February 1st**.

PROJECT GRADUATION SENIOR FAMILIES SURVEY + MEETING

The survey link below is from the Project Grad Committee to help with participation and getting the word out for the upcoming need for Volunteers.

<https://www.surveymonkey.com/r/QF2C6C3>

Calling ALL Senior Parents! Join us! Next meeting:

Thursday October 27th - 7pm - Poland Town Library, basement activity rom

PROJECT GRADUATION FUNDRAISERS

Fire Pit Raffle - Ticket sales at all Fall Sports Home Games - Drawing will be **October 28th** - Senior Football Game
Christmas Wreath Sale - **On sale until **November 4th** - Order forms available through Roundtable
Flamingo Flocking - throughout the Fall months - [See linked flyer!](#)

TRI-TOWN OPTIMIST CLUB

For more information, please [follow this link](#).

FAMILY REPRESENTATION ON HIGH SCHOOL LEADERSHIP TEAM

The high school's leadership team is seeking two members of the community to participate in school decision making. We meet every Tuesday, 2:30-4, in the high school's main office conference room. Your role will be to provide a parent/community perspective on school issues and help us shape a positive school community, curriculum, and faculty professional development. If you are interested or have questions, please email Principal Erik Anderson (eanderson@rsu16.org).

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From the Counselors' Corner...

We have the first semester off to a good start. Classes are (very) full, teachers and students are ready to delve into teaching and learning, and we are gearing up to get our seniors on track to graduate, as well as to finalize their future plans. Lots of exciting things are happening in our corner of the school! Lots of events that we want to share with our families below -

NACAC VIRTUAL COLLEGE FAIR is **November 9th**. More information [here](#).

COLLEGE VISITS are back! We are excited to be able to travel to Maine colleges again with interested students. Priority goes to seniors, then juniors. We will be visiting [Thomas College \(Waterville\)](#) on **October 26**. Space is limited. Sign ups will be in the Guidance Office.

COLLEGE APPLICATION HELP after school in the Guidance Office until 4:00 PM on **October 26th** and **November 9th** with the school counselors. Any senior can drop in to get help on their college essay, applications, getting recommendations, or to talk through financial aid or scholarships.

OCTOBER 1st is the big date **to start to fill out** financial aid applications with the [FAFSA](#) and [CSS/Profile](#) both available for seniors and their families. [FAME](#) has a wealth of information, resources, videos, and fall events available for Maine families to help them with the college financial aid process.

FINANCIAL AID IN PERSON HELP at PRHS will be with Jessica Whittier of FAME. **November 8th** is the date to remember to vote and to get help with your financial aid forms. Jessica will be available at PRHS in person and then via zoom. Sign up with Ms. Langlois in the Guidance Office (ext. 102)

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

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Athletics & Co-curriculars

WINTER ATHLETICS

Practices begin **November 21st**. FamilyID is open now, Please sign up early and update your physical if necessary.

Congratulations to the following Fall athletes that are **All Academic**:

Abigale Bsullak-Field Hockey	Brooke Chase-Field Hockey	Hunter Bracket-Golf
Hayden Christner-Golf	Nick Garey-Golf	Nolan Garey-Soccer
Lytic Levasseur-Soccer	Drew Saylor-Soccer	Ava Anderson-Soccer
Sayla Bergeron-Soccer	Alexis Corriveau-Soccer	Alyssa Hart-Soccer
Ragyn Harvey-Soccer	Emma Jenkins-Soccer	Maggie McGlauflin-Soccer
Rylee Smith-Soccer	Selena Walgreen-Soccer	Parker Hackett-Football
Brady Martin-Football	Lagan O'Driscoll-Football	Shane Yorkey-Football
Mason Brousseau-Football	Michael Phillips-Football	

MUSIC WEBSITE

The [RSU16 music website](#) has been updated for 2022-23! Please check it out to learn about the opportunities for and offerings by our student musicians!

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Health Office

ORAL HEALTH PROGRAM

The Maine School Oral Health Program will be at PRHS on **November 15th**. With your permission, they can provide a free oral health screening and apply fluoride varnish treatment to help strengthen teeth. If you have not signed up your student and would like to, please contact us and we can send you the necessary paperwork to complete.

We mailed out medical forms over the summer that include the [Annual Health Update](#) and the [Standing Medical Orders Permission Form](#). Your child should return the completed paperwork to the nurse's office or to their roundtable teacher. Prompt return of these papers allow us to better care for your child while at school.

Vision Screening

We will start our vision screening process this week at school. The Maine Department of Education requires that all 9th grade students have a vision screen. If a vision problem is detected, a referral will be sent home recommending that the student have a complete eye exam. If you have concerns about your students' vision, please reach out to us and we can provide a vision screening at school for your student.

For any student health related inquiries, please contact:

Lisa Storer RN, BSN lstorer@rsu16.org 998-5400 Ext. 108

Pamela Tracy LPN ptracy@rsu16.org 998-5400 Ext. 127

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