



PRHS

Family Newsletter

December 2022

Hello PRHS student and families,

I hope you all are having a good start to December. These almost four full weeks between the Thanksgiving and Christmas breaks are full of engaging and productive teaching and learning in the classroom. The high school is buzzing with the energy of numerous extracurricular activities underway.

A big thank you to students and families for joining Roundtable teachers for student-led conferences recently. These meaningful conversations are so valuable for our students as they reflect on and share their progress about their high school learning journey with their families.

I would also like to share that long-time PRHS assistant principal, Patrick Flynn, is stepping away (beginning Monday 12.5) for an extended leave for personal reasons. Mr. Flynn has been a consistently thoughtful, caring, and passionate educator for many years at the high school as he has worked with students, families, and colleagues. I very much appreciate the collaborative work he and I have done together in the months since I began at the high school. So many of his contributions over the years are what now make it possible for us all to move forward as positively and productively as we will during his extended leave.

Special Education teacher, Kat Meader, will be stepping into the role of interim dean of students, and we will be taking a team approach to covering Mr. Flynn's many responsibilities. Many of you know, as a PRHS graduate and teacher, Mrs. Meader has an inspiring commitment to our school and community. She develops strong connections in working with students and families while working to uphold the highest behavioral and academic expectations.

If you have any questions about this transition or any high school events, please do not hesitate to contact me: eanderson@rsu16.org or 998-5400.

Take care,

Mr. Anderson

SUMMER SCHOOL

Yes, it's only December, but students can do a few things now to avoid attending summer school next July. Summer school is available to students who struggled to meet standards in their core courses (math, ELA, social studies, and science) but who attended class regularly. Students attend for as long as it takes to make up the standards, often just a few days of work, sometimes as long as four weeks.

Students who did not meet standards due to excessive unexcused absences or tardies are NOT eligible for summer school. Students who are not eligible for summer school will make up the missing credit by retaking the course, which may delay graduation, or by staying after school in credit recovery.

Administrators and school counselors make the decision regarding summer school, repeating courses, and credit recovery. Please encourage your child to attend class, complete work, and seek help when they need it. We're hoping everyone can enjoy a relaxing July!

AFTER SCHOOL TIME - TUESDAYS AND THURSDAYS

Beginning Tuesday November 15th, students who are repeatedly tardy to school, late to classes, or missing full class blocks will be requested to make up the time in after school detention until 3:30p. Email notification of this make-up will be sent to families at least the day before the student's scheduled after school session.

YEARBOOK

- 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 ADS

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

PROJECT GRADUATION

Project Graduation 2023 - Wishing everyone a Happy Holiday Season!!

December Calendar of Events

- Upcoming Craft/Vendor Fairs throughout the Community - Volunteer to help or donate food!
 - 12/3 - Minot School Craft Fair - 9a-2p
 - 12/10 - Poland Football Boosters Vendor Fair - Poland Grange - 9a-2p
 - 12/10 - PRHS Vendor/Craft Fair - 9a-2p
- Lottery Ticket Board Raffle - Ticket sales at all Home Basketball Games - Drawing will be Senior Basketball night

January 2023 - Here we go! The clock is ticking now!!

- Senior Roundtable Contest \$20.23 Fundraiser continues - Please consider donating
- Restaurant Dinner nights - George's Pizza, Applebee's
- Paint night

Next meeting: **Thursday December 15th - 7pm** - Poland Library - Please Join us!!!

From the Counselors' Corner...

It feels like there is so much going on these days - 9th graders are getting settled into their schedules, 10th grade is gearing up for Sophomore Exhibitions, 11th grade is working through financial literacy, and 12th grade is preparing for life after PRHS, as well as Senior Celebrations!

PRHS ALUMNI DAY IS BACK! Mark your calendars and help us spread the word about PRHS Alumni

Day on **January 6, 2023**. Start time at 10 AM. Please have any interested PRHS alumni email their school counselor or Ms.

Bush (hbush@rsu16.org) We are SO excited to see our former students and hear what they have been up to, especially those who are in the military.

The **Androscoggin Career Fair** is back! We will be taking the entire 10th grade to Central Maine Community College on **January 5, 2023** for a Career Fair. This was an event we have participated in since PRHS opened in 1999; it was on hold during the pandemic and we are excited to get back to introducing our sophomores to career opportunities. Students started with online career inventories to help them select 3 sessions that they would be interested in listening to. Students will travel by RSU # 16 buses to CMCC that morning, returning for lunch and the last two blocks of that Blue day. *If you do **NOT** want your student to participate in this field trip, please contact Ms. Bush at hbush@rsu16.org.*

FREE COMMUNITY COLLEGE is still on the radar for the Class of 2023. In order to be eligible for free tuition and fees from any of the 7 community colleges in Maine the student must:

- 1.) Apply to the [community college](#). Each community college has its own online application and we find it takes most students 10-15 minutes to complete.
- 2.) Do the FAFSA (Free Application for Federal Student Aid). The Finance Authority of Maine (FAME) has the best [resources](#) to get you started. Their materials, websites, and videos will walk you through step by step.

That's it! Students will need to let their counselor know that they have applied, so that we can send their transcript. Contact your student's school counselor if you have any questions.

LEWISTON REGIONAL TECHNICAL CENTER - The admissions process for LRTC will start soon! All sophomores will hear a presentation about LRTC on January 11 during RT. Any students (sophomores or juniors) interested in visiting LRTC will be able to go on the trip in early February. Applications will be due February 17, 2023. More information will be coming in the next newsletter.

Students interested in the new **Upward Bound** program or **JROTC** at Lewiston HS should check in with their school counselor for more information on both programs. I highlighted both of these in last month's newsletter. These are great opportunities beyond PRHS!

Second semester is coming! January 20, 2023 will be the end of semester 1 and January 23 will start semester 2. Grades and credits will be posted to transcripts at the end of January. Students can check with their counselor now about their courses and any potential changes for next semester.

As we head into the holiday season, we know that this is often a hard time for students and families. Please do not hesitate to reach out to our school counselors to support your students at this time!

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

Athletics & Co-curriculars

WINTER ATHLETICS

Our season kicks off on Friday December 9. Please welcome Coach Chris Cifelli to the girls basketball staff as our new JV coach. Brian Hamlin is working with us as well as a volunteer in the girls program. Indoor track is coached by Josh Kenisson and Eric Hall. We have been unable to fill our third coaching spot with Indoor Track. If you have some experience and interest, please check with the athletic director.

Fandom is intended to support our team. We would love to have people cheering the athletes on, please keep it positive. Negative, taunting behaviors towards officials or the other team is not allowed. The schedules can be found at <https://prhsathletics.rschooteams.com/> Also at this link is the School Spirit Store.

Many student athletes wish to keep their uniforms as a keepsake. Unfortunately, we cannot replace one or two uniforms and the result is that it takes away a uniform for next years' team, essentially eliminating an opportunity for someone. Please be sure your child returns their uniform. Bills are placed on accounts for missing uniforms.

FALL ATHLETICS RECOGNITIONS

Congratulations to Abby Bsullak on being named to the Maine Field Hockey Coaches Association All State Team.

Congratulations to the PRHS Football Players who earned Campbell Conference Honors this year:

- Michael Phillips - 1st Team Defensive Line
- Regan Cohen - 1st Team Linebacker
- Nicholas Aube - 2nd Team Defensive Line
- Brady Martin - 2nd Team Defensive Back
- Brady Martin - 2nd Team Running Back
- 5 Other Players Received Honorable Mention:
 - Isaac Ramsdell
 - Brady Lawrence
 - Shane Yorkey
 - Eli Alexander
 - Lagan O'Driscoll

Congratulations to Coach LeBlanc! He was selected by his peers as the Class D Coach of the Year.

ATHLETIC TRAINER

Athletic Trainer update-we do not have a full time athletic trainer at this time. We are working with Saco Bay Physical Therapy to find one, but for the foreseeable future, we will likely have per diem coverage for games. We are not alone. You can add a shortage of athletic trainers to the shortage of bus drivers and officials.

BOOSTERS

Our Knights PRide Booster Club needs your help. They help teams and clubs out financially, but they can't do that without volunteers. I am hopeful that each team can provide some support. Please contact Jill or Craig Beaucage with your availability please. cbeaucage@me.com

I have asked coaches to hold our kids accountable for behavior and effort. Four simple and understandable expectations:

Be on TIME
Work HARD
Be a good TEAMMATE
Do the RIGHT thing

SPEECH AND DEBATE

Congratulations to the PRHS Speech and Debate Team who attended their first tournament last Saturday. Hunter Oehme took 2nd place in Duo, Kendall Erwin took 2nd place in Storytelling and Duo, Cheyenne Toth took 3rd place in Duo and Drama, and Brady Milton took 3rd place in Duo and 1st place in Humor. The team took 2nd place overall in the Speech Division.

MUSIC

Congratulations to Emma Moreau, who has earned acceptance into the All-Eastern Treble Choir, which will perform in Rochester, NY, in April!

Congratulations to Rylee Smith and Sophia Dolloff for their acceptance to the Maine All State Treble Chorus, and to Dustin Morin, who was accepted on horn to play in the Maine All State Band. These students will perform in Orono, ME in May!

Congratulations to Kayla Massey, who earned placement in the Maine All State Jazz Choir this year! The performance will be in Bangor in January.

Congratulations to the following students for earning placement into the District II Honors Chorus, which will perform at Windham HS in January:

Alex Picard
Rylee Smith
Nolan Garey
Audrey Fryda
Sophia Dolloff
Kayla Massey
Cheyenne Toth
Emma Moreau
Emma Daigneault

Congratulations to Dustin Morin and Hunter Gagnon for earning placement into the District II Honors Band, which will perform at Deering HS in February.

CONCERT

The high school band and chorus concert will be held on **Wednesday December 7th at 7pm**. The theme for this concert is "Comfort and Joy," tapping into the Joy theme in RSU16 this year.

Our ensembles will feature music selections from several historical time periods and a variety of cultures. We will also treat our audience to some traditional holiday music. As always, our concerts are free and open to the public by general admission. The students have worked hard to prepare and we hope you'll be able to come and enjoy the final product!

POLAND PLAYERS

The Poland Players will be doing a Holiday Revue on **Wednesday December 21st at 7pm**. The program will contain several popular holiday songs, comic skits, a reading of *How the Grinch Stole Christmas*, and a live performance by the band *Pandora's Box*. The show is free but we love donations!

Health Office

Just a friendly reminder to please complete the [Annual Health Update](#) and the [Standing Medical Orders Permission Form](#) for your student. These forms need to be completed annually. Your student should return the completed paperwork to the nurse's office or to their roundtable teacher. Prompt return of these papers will allow us to better care for your student while at school. We will not be able to administer standing order medications if we do not have a signed permission form for your student.

COVID TEST KITS

The health office continues to distribute free Sieman Clinitest rapid antigen home tests for Covid 19 to all of our symptomatic RSU 16 employees and students. There are 5 home tests contained in each box. Sieman has just extended the shelf life of these test kits. If the boxes are lot # of 2202077EUA with an expiration date of 2022-12, you may cross that off and write in a new expiration date of 2024-01 (January of 2024). This will allow you to continue to use those remaining tests in their boxes for episodes of future symptoms where testing for Covid might be indicated. If someone has a Clinitest box with a different lot number, please reach out to Dotty Bagley at dbagley@rsu16.org, Dotty will happily cross reference their number to the list of lot numbers that Sieman has shared.

Please continue to report to the school nurse if your student has tested positive for COVID-19.

Thank you.

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



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