



PRHS Family Newsletter

May 2023

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
15 6:30p NHS Spring Induction	16 6p Senior class trip meeting	17 6p Grades 9, 10, 11 Awards	18	19
22 Seniors Finals Week	23	24 7p Band & Chorus Concert	25	26 Last day senior classes
29	30 8a graduation practice LRTC Orientation	31 8a Graduation practice 6p Senior Banquet		

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
			1 7:45a Senior Assembly	2 6p Graduation
5 Step Up Day for 2027	6	7	8 Science Field Trip: Boston Aquarium	9
12	13 Finals	14 Finals	15 Finals	16 Finals
19 - Juneteenth No school	20 Last Day of School - 1/2 Day			

Hello PRHS student and families,

Please find above calendars for the final months/weeks of the '22-23 school year - we hope this will be helpful for your planning.

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

Take care,

Mr. Anderson

MEA Science and Maine Through Year Testing

On **May 17th** our third year (11th grade) students will be taking the [MEA Science Assessment](#) during the first two blocks and on **May 18th and 19th** our second year (10th grade students) will be taking the [Maine Through Year Assessment](#) in their English and Biology classes.

Participation in state assessments is a graduation requirement and makeup sessions will be scheduled for any student who is absent (please note that this means the student could be pulled from their regular classes to make up the testing). We encourage students to get a good night's rest, arrive at school on time, and come prepared with a fully charged Chromebook.

SENIOR FAMILIES

A letter has been sent home in the mail and via email from our graduation advisor Kristin Ross that highlights important end of the year information and dates. Final planning is underway for our graduation ceremony on **Friday June 2nd at 6pm in the PRHS gymnasium (doors will open at 5p)**.

Students who still owe fees will receive a bill in the mail. These fees need to be paid by May 26 at 2:10 in order for the student to participate in graduation. Please reach out to your students' guidance counselor if you have any questions regarding fees.

Information regarding senior finals:

In order for seniors to receive their *Outta Here Checklist*, they need to turn in their chromebook, charger and bag to IT. IT will distribute the form upon return of those three items.

- This COMPLETED form is due to guidance by **Friday, May 26 at 2:10pm**. Without it, students are not eligible to participate in the class trip or the graduation ceremony.

Senior schedule May 22 - May 26

- Monday, 5/22: Full Silver Day
- Tuesday, 5/23: Full Blue Day – Final class for B3 and B4
- Wednesday, 5/24: Full Silver Day – Final class for Roundtable, S3 and S4

- Thursday, 5/25: Final class for B1 and B2. Seniors should leave after B2.
- Friday, 5/26: Final class for S1 and S2. Seniors should leave after S2.
 - For those seniors still trying to graduate on time and participate in graduation on June 2, all graduation requirements must be completed, materials returned, bills paid and a COMPLETED form needs to be turned into guidance by 2:10 on Friday, May 26!

PROJECT GRADUATION

The Project Graduation planning committee will be sharing some information at the Senior Class Trip planning meeting on **Tuesday May 16th at 6p.**

From the Counselors' Corner...

This is the time of year where the warmer weather beckons us as we start to finish up the school year. We spend a big part of our time working on the 2023-2024 school year...

AP Exams - We are literally wrapping up and shipping out 12 AP exams. Over 80 PRHS students took over 125 exams the first two weeks of May. Students have been demonstrating their knowledge and understanding in English, Spanish, Calculus, Statistics, US History, World History, US Government, Computer Science, Biology, Chemistry, and Physics. Fees for AP exams are set at \$40.00 for all students thanks to the district; those can be found and paid through Infinite Campus. Students can also pay by check (made out to PRHS) or cash in the Guidance Office. Scores will be available online in July. **It is VERY important for seniors especially to log into their MyAP accounts before June 20 to have those AP scores sent for FREE to their college.**

AP CLASSES for 2023-2024 - In June there will be meetings on each AP course being offered next year. Summer work and the syllabus will be shared at that time. We will post the summer work on the PRHS website as well.

CLASS OF 2027- Step Up Day will be here before we know it on **Jun 5, 2023** . On this day the 8th graders will spend part of their day in the high school learning more about what to expect next year.

SCHEDULES - Students can continue to reach out to their counselor if they change their mind about courses for next year. Each junior will meet one-on-one with their school counselor to review graduation requirements and their schedules. We have started working on the master schedule for next year. As usual, we will aim to have schedules go live in Infinite Campus around **Aug 1, 2023** . We will mail home schedules for the class of 2027.

Class of 2023 - Need \$\$\$ for college? FAME is still ready to help with [Events](#)

[FAME's scholarship information and list](#)

[PRHS list of scholarships](#) - check this now and then continue to check it often! New scholarships will continually be added throughout the school year.

FREE COMMUNITY COLLEGE is still on the radar for the **Class of 2023**, as well as **PRHS AND ADULT ED CLASSES OF 2020, 2021, 2022**. 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.
- 3.) Plan to attend full time with 4-5 classes.. Remember that full time in college looks different than it does for high school.

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. As long as the funding is still available, each of those classes will need to be enrolled by Spring 2024. **Just do it!**

Classes of 2024 and 2025 - we are keeping our eyes and ears open to hear if the proposed legislation passes to continue FREE COMMUNITY COLLEGE- we will let you know as soon as we know.

JROTC (Junior Reserve Officer Training Corps) is available at Lewiston HS for interested PRHS students. We currently have students who attend JROTC at LHS for two blocks every other day. Students travel via the LRTC bus to get to Lewiston HS. While this is an Air Force JROTC program, students are not committed to any branch of the military. This program gives them experience, leadership and drills training, as well as aeronautical training. For more information, students should check in with their school counselor.

SUMMER JOBS - Yup! We have them! One of the bulletin boards in the Guidance Office has a variety of job postings for both summer work and after graduation (18 or over) jobs. Students can swing by the office to check those out!

SUMMER EARLY COLLEGE CLASSES - Many students have been asking about taking a college class this summer. Please know that many college classes start the first 2 weeks of May; the college calendar is very different from high school. There will still be some opportunities for college classes that start later in the summer. Students will need to check with their school counselor to get the links to the EC Portal for the University of Maine system classes, as well as the ME Community College classes.

LRTC 2023-2024 - Students should have received their decision letters in the mail during April break. If they did not, they should see their school counselor. Due to the competitiveness of the programs, especially in the trades, many students are on the wait lists. We are continuing to work through those lists as program seats open up. For those students admitted to LRTC there will be an Orientation on May 30. Permission slips will go out next week.

Carrie Rhoads

Students with last names

A-F

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998-5400 x 125

Hillary Bush

Students with last names

G-M

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Corey McFadden

Students with last names

N-Z

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Athletics & Co-curriculars

CURRENT COACHING OPENINGS

- HS Fall Cheer
- Assistant Football
- HS Golf
- MS Cross Country
- MS Boys Soccer
- HS Winter Cheer
- MS Girls Basketball
- MS Indoor Track

SUMMER AND FALL ATHLETIC REGISTRATION

FAMILYID.com will open for summer and fall registration on **May 22**. We ask parents and athletes to register together. There are both parent and athlete electronic signatures required. Please update physical or doctor's notes as needed. They are required by the school and by the MPA. You must sign up separately for summer and fall activities. Registering allows the coach to have access to permission and emergency contact information. For example, you must sign up for summer soccer and fall soccer.

SWAG

We do have an athletics page, <https://prhsathletics.rschooteams.com/>. Please bookmark this. All of our schedules can be found here. In addition, if you scroll past the pictures there are some helpful links, including FamilyID and a Spirit Store for both PRHS and Whittier.

PET POLICIES

At RSU16, we do have a no pet policy. While many would imagine this is to eliminate feces on the fields, it is more about the safety of others, and our pets. We have had dogs go after other dogs, and honestly, sometimes our loveable pets can get annoyed with lots of people around. Please leave your pets at home. This is consistent with many other school policies.

While on the topic of asking for cooperation, the company that we work with to maintain the track, strongly recommends that we do not allow wheels on the track. Our track is 24 years old, and looks as good as it does because we have worked hard to follow their recommendations. Please no strollers, skates, or bicycles on the track.

COLLEGE ATHLETICS

- If you think you will want to play a sport in college, it is a good idea to view and register in the [NCAA.org portal](http://NCAA.org). There are eligibility requirements for college athletics that include taking an approved course load in high school, GPA, and SAT minimums.

Be on TIME

Work HARD

Be a good TEAMMATE

Do the RIGHT thing

- PRHS Final Band & Chorus Concert
 - **Wednesday, May 24, 7pm, Auditorium**
 - All concerts are free and open to the public!

Health Office

BROWNTAIL MOTHS

As the weather gets warmer, the browntail moth season is upon us from April to early July. The browntail moth is an invasive species that is a human health concern. Maine is the only state in the U.S. currently experiencing widespread problems with this moth. The microscopic hairs found on browntail moth caterpillars, shed skins, and cocoons can cause skin reactions and breathing problems. The symptoms include a localized rash similar to poison ivy that will last for a few hours up to several days. The rash can be severe and last for weeks. The hairs can become airborne and cause trouble breathing, including respiratory distress, if inhaled. The symptoms result from both a chemical reaction to a toxin in the hairs and a physical irritation as the barbed hairs become embedded in the skin and airways. The hairs from caterpillars, shed skins, and cocoons can become airborne and settle on vegetation and other surfaces. They can be stirred up during mowing, raking, sweeping, and other outdoor activities. The hairs remain toxic for 1-3 years in the environment but lose their toxicity over time. There are ways to mitigate exposures to the browntail moths such as avoiding places heavily infested by caterpillars, take cool showers and change clothes after any activity that may expose you to browntail moth hairs, and dry laundry inside during June and July to avoid having the hairs embedded in clothing.

Immunizations

Reminder letters for all students that will need their MCV4 (Meningococcal Meningitis Vaccine) prior to 12th grade entry have been mailed out. One dose of quadrivalent meningococcal conjugate vaccine (MCV4) is required for students entering grade seven. Any student entering grade twelve is required to have received two doses of MCV4. The first dose must have been received on or after the eleventh birthday, and the second dose must have been received on or after

the sixteenth birthday, at least eight weeks after the first dose. However, if the first dose is administered when the student is sixteen years of age or older, only one dose is required. Please reach out to the nurses office if you have any questions and update us once your student has received their vaccine.

Thank you.

For any student health related inquiries, please contact:

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