



PRHS

Family Newsletter

April 2024

April				
Monday	Tuesday	Wednesday	Thursday	Friday
1 - Blue	2 - Silver	3 - Blue	4 - Silver	5 - Blue
8 - Silver	9 - Blue Eid - LRTC potentially closed on both campuses	10 - Silver Eid - LRTC potentially closed on both campuses	11 - Blue Maine Turismo College visits	12 - Silver Wellness Day
15 No School	16 No School	17 No School	18 No School	19 No School
22 - Blue	23 - Silver	24 - Blue	25 - Silver Maine Through Testing - all gr 10 students	26 - Blue Maine Through Testing - all gr 10 students
29 - Silver	30 - Blue			

May				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 - Silver 1:30-3:45p Celebration of Learning	2 - Blue Celebration of Learning	3 - Silver Celebration of Learning
6 - Blue	7 - Silver AP Statistics	8 - Blue AP English Literature	9 - Silver AP Environmental Science	10 - Blue AP US History AP Macroeconomics
13 - Silver AP Calculus AB & BC	14 - Blue AP English Language	15 - Silver AP World History AP Computer Science	16 - Blue AP Spanish AP Biology	17 - Silver AP Physics MEA Science - all Gr 11, except LRTC Silver students
20 - Blue Senior Finals Week MEA Science - Gr 11, LRTC Silver students 6p NHS Spring Induction	21 - Silver	22 - Blue 7p HS Band & Chorus Concert	23 - Silver 6p 9, 10, 11 Awards	24 - Blue Last day senior classes
27 - No School	28 - Silver 8a Graduation Practice	29 - Blue 8a Graduation Practice 6p Senior Banquet	30 - Silver 7:45a Senior Assembly	31 - Blue 6p Graduation

Greetings from Mr. Anderson

Hello PRHS students and families!

Celebration of Learning time is coming up soon! Please note the details below for the CoL events **on May 2nd and 3rd**. These CoL events are important aspects of the high Roundtable curriculum and are graduation requirements. Students unable to participate on the two CoL days will be responsible for making up these learning activities.

In addition to the CoL events, **during the second half of May** our third year (11th grade) students will be taking the [MEA Science Assessment](#) and our second year (10th grade students) will be taking the [Maine Through Year Assessment](#).

All PRHS students will be given eclipse glasses at dismissal **on Monday, April 8th**.

If you have any questions about your student's learning at the high school, please contact the main office staff or me at 998-5400 x129 or eanderson@rsu16.org.

Thank you,

Mr. Anderson

Calendar for LRTC:

The Eid holiday marks the end of the holy month of Ramadan which is observed by many LRTC students. This year Eid will be observed **on either April 9th or April 10th**. The exact date will be confirmed shortly before the 9th as it requires both lunar observations as well as confirmation by religious authorities. Once the date has been confirmed, we will communicate that date to students and families. ***On that confirmed day, LRTC (both Lewiston and Auburn campuses) will observe the Eid holiday and will not be open for any programming, transportation or instruction.***

High School Class Happenings

Project Graduation

Lawn Signs are being purchased for each graduating senior and will be visible at the entrance of the school. If you want to purchase an additional sign, please complete the [attached form](#). If you have any questions please reach out to Carrie Paradis at carrie54452002@yahoo.com.

Class of 2026

The sophomore class will be selling \$10 raffle tickets to win a \$500 Hannaford gift card! Only 250 tickets will be sold - please ask your sophomore or email Jes Elias at jeliascastillo@rsu16.org with questions or to purchase tickets. Proceeds from this fundraiser will help raise money for class specific activities including prom next year and a class trip in 2026. Thank you for your support!

Class of 2027

The freshman and sophomore classes are going to work together to host a [Spring Fundraiser-palooza](#) - a **yard sale**/car wash - **on May 11** (rain date May 18). Please consider donating gently used items to the yard sale as you do your spring cleaning! Thank you for your support and stay tuned for more information and details!!

Junior/Senior Prom

Information regarding this year's big night includes:

Date: Saturday, May 4th

Time: 7:00-11:00 p.m.

Location: Main Building at Agassiz Village

Tickets: \$35

Sales Dates: Lunch/RT April 22-26 and April 29-May 1

*NO TICKETS WILL BE SOLD AFTER MAY 1

Juniors and Seniors are eligible to purchase up to two Prom tickets apiece and can invite an underclassmen on one of their tickets if they wish. Guests who do not attend PRHS are able to attend prom based on the guidelines spelled out in the guest permission slips (available in the main office). Please see Mrs. Meader for any questions or clarifications regarding who is and who is not eligible to attend as a guest.

Prom is a CHEM FREE event, and all rules and policies regarding this expectation will be strictly adhered to.

Any questions or concerns regarding all things Prom can be directed to Ms. Bell.

Celebration of Learning, May 2nd & May 3rd

9th Grade Roundtable

9th graders are responsible for:

1. **Grading** one Sophomore Exhibition project on a panel with faculty
2. **Viewing** 3 Sophomore Exhibition projects and 1 Senior Celebration project as an audience member
3. Completing a **job shadow** on the day they are not grading/viewing projects.

[9th Grade Job Shadow Letter to Families](#)

[9th Grade Job Shadow Reflection & Form](#)

10th Grade Roundtable

10th graders are responsible for:

1. **Presenting** their Sophomore Exhibition on the scheduled day and time
2. **Viewing** at least three other Sophomore Exhibitions
3. **Viewing** at least one Senior Celebration

11th Grade Roundtable

11th graders are responsible for:

1. **Grading** one Senior Celebration on a panel with faculty on their assigned day. Juniors are aware of which day they have been assigned to grade. If Juniors already attend LRTC one of the days, they will attend LRTC on their regular day and stay at PRHS for grading on the other.

2. **Viewing** at least 4 additional Senior Celebrations.
3. Complete at least one activity from the [Choice Board for Celebration of Learning Days](#). This board includes options like college visits and job shadows.

12th Grade Roundtable

Seniors only need to be in school to present at their scheduled time on their scheduled day. ***If a senior DOES NOT show up for their scheduled Senior Celebration time, they will not be eligible to participate in the graduation ceremony and must complete the presentation during summer school.***

Please contact your student's Roundtable Advisor to verify the day your student should be in attendance.

More High School Updates

Host families wanted

Are you looking for a positive experience to help exchange culture from around the world? This year PRHS was able to host 4 exchange students that enriched our community and school environment. In efforts to continue the tradition, we are looking for families who would want to host a student for the 2024-2025 school year through the Greenheart Exchange Program. Please reach out to Kristin Ross at kross@rsu16.org for more information.

Yearbook Info

There are a limited number of PRHS 2024 Yearbooks available for pre-order. Once these pre-orders are filled, we cannot guarantee availability at the end of the year. Order yours today by visiting the PRHS Yearbook Shop at yearbooksforever.com or [using the link](#).

From the Counselors' Corner...

And then it becomes spring (maybe?) and we start to really plan for NEXT YEAR!? Course registration has ended and we welcomed the Class of 2028!

The **Maine Turismo** will visit St. Joseph's College (Standish), the University of Southern Maine (Gorham), and Southern Maine Community College (South Portland) on **April 11**. It will be offered to juniors only, first come first serve - this is filling up fast! Permission slips in Guidance. This is a great chance to visit a range of colleges in person. Our MELMAC grant is helping to fund this trip.

The [Senior Calendar](#) is your one-stop place for all information for seniors. The highly coveted [Scholarship list](#) is here!

Other important dates:

April 8 - Poland Spring Inn & Resort is at PRHS to do interviews for summer jobs with juniors

April 10- UMaine at PRHS to do transcript review with juniors

April 11 - Maine Turismo visiting St. Joe's, USM, SMCC with juniors

April 12 - CMCC at PRHS for help with applications and early college. ALSO visit to CMCC for seniors planning to attend (lunch & tour)

April 25/26- Maine Through Year Assessments for sophomores

May 7-May 17 - AP Exams at PRHS

May 17- MEA Science test for Juniors (except LRTC students)
 May 20 - MEA Science for LRTC juniors
 June 4 - LRTC Orientation for new LRTC students at both campuses

AP EXAMS are coming soon!

DATE		START TIME	EXAM	TIME
Tuesday, May 7	Paper	12:00 PM	AP Stats	3 hours 10 mins
Wednesday, May 8	DIGITAL	8:00 AM	AP English Literature	3 hours 10 mins
Thursday, May 9	Paper	8:00 AM	AP Environmental Sci.	2 hours 50 mins
Friday, May 10	DIGITAL	8:00 AM	AP US History	3 hours 25 mins
Friday, May 10	Paper	12:00 PM	AP Macroeconomics	3 hours 20 mins
Monday, May 13	Paper	8:00 AM	AP Calculus AB	3 hours 25 mins
Monday, May 13	Paper	8:00 AM	AP Calculus BC	3 hours 25 mins
Tuesday, May 14	DIGITAL	8:00 AM	AP English Language	3 hours 25 mins
Wednesday, May 15	DIGITAL	8:00 AM	AP World History	3 hours 25 mins
Wednesday, May 15	DIGITAL	12:00 PM	AP Computer Sci Principle	3 hours 10 mins
Thursday, May 16	DAC	8:00 AM	AP Spanish Language	3 hours 13 min
Thursday, May 16	Paper	12:00 PM	AP Biology	3 hours 10 mins
Friday, May 17	Paper	8:00 AM	AP Physics	3 hours 10 mins

All AP exams will be held in the Presentation Room (back of the Auditorium). All students **must check in at least 30 minutes prior to the start of the exam**. Students should bring pencils, pens, water and snacks with them. Chromebooks must be charged for the AP English Literature, AP US History, AP English Language, AP World History, AP Computer Science Principles, and AP Spanish Language exams. Any questions - ask your AP teacher or your school counselor.

FAFSAs - Hey Senior families! The **FAFSA ([Free Application for Federal Student Aid](#))** is available now. **HOWEVER, there are still issues with the FAFSA being processed and the information getting to colleges.** It has been wonky but they are working out the glitches. Students and parents can each get their FSA IDs now at studentaid.gov ; this takes 2-3 days to process. Find more information on our [website](#). [FAME](#) will also have more information and training around the new FAFSA. Right now FAME offers 30 minute free financial aid coaching for families at [Free FAFSA Help with FAME](#).

FREE COLLEGE is here for the classes of **2024** and **2025!** 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!

Class of 2020-2021 - enroll no later than during the '23-'24 academic year

Class of 2022 - enroll no later than during the '24-'25 academic year

Class of 2023- enroll no later than during the '25-'26 academic year

At this point the class of 2025 is the LAST class to be eligible for free community college in Maine.

Lewiston Regional Technical Center - Applications are in and being processed. Final decisions will be mailed during April vacation.

Other options for next year include **Junior Reserve Officer Training Corps (JROTC)** at Lewiston HS, **AP4ME** offering AP courses that PRHS does not, **early college classes** through the University of Maine system or Maine Community College system, as well as other colleges. Students can contact their counselor to get more information.

Congratulations to our state **Skills USA winners** - many are going on to compete at the national level

Wedding Cake Decorating	Hope Lemont	Culinary I	Gold
Job Skill Demo	Elise Gagnon	Food, Travel, & Tourism	Gold
Employment Application	Aslan Blake	Food, Travel & Tourism	Gold
Plumbing	Johnny Bsullak	Plumbing I	Silver
Carpentry Knowledge Test	Isaah Sewell	Carpentry I	Bronze
Carpentry	Regan Cohen	Carpentry II	Bronze
Heating	Rudy Kyllonen	Plumbing II	Bronze

Any questions or concerns about your students? Start with their counselor and/or advisor. We are happy to help!

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

Co- and Extra- Curricular Update from Mr. King Let's Go Knights!

Open Coaching Positions:

Football Head Coach
Football Assistant Coach

Winter Season Awards:

Congratulations!

Boys Basketball

Noah Hussey - JV Coaches Award

Travis West - Varsity Coaches Award, WMC All Defensive Team, All Academic Team

Damon Martin - 3rd Team All Conference

Girls Basketball

Payton Blake - Coaches Award

Charlotte Grenier - WMC Honorable Mention

Maya Balkir -Coaches Award, All Academic, Sr. Leadership Award

Gretchyn Paradis -All Academic Team, Sr. Leadership Award

Breanna Bartlett - WMC Honorable Mention, WMC All Defensive Team, All Academic Team, Sr. Leadership Award

Thea Thornton - WMC 1st Team All Conference, All Academic, St. Leadership Award, **Butler Award

Nicole Rioux - Sr. Leadership Award

Lilly Bennett - Sr. Leadership Award

Indoor Track & Field

Autumn Demelia - Coaches Award

Cadyn Langlois - Coaches Award, All Academic

Abby Hamilton - Borkowski-All Academic

Dodge Lafrinea - All Academic

Eagan Whitten - All Academic

Cheer

Emma Martin - Coaches Award, All Academic

Courtney Ames - All Academic

Lily Vallee - WMC All Conference, All Academic

Kings' Hockey

Ian Guerin - Coaches Award

Miguel Cyr - Coaches Award

Connor Boulay - 2nd Team All Conference

Breck Langevin - Honorable Mention

Talen Langevin - All Academic

Hunter Bussiere - All Academic

Regan Cohen - All Academic

Swim

Cam Lemieux - All State Team, All Region Team

Regular Season

Baseball, Softball and Lacrosse have all begun their preseason scrimmages. The start for real on April 11. Outdoor track will begin their season after break.

-Please remember that most of our conference schools do have **NO Pet Policies**, as do we.

-Athletes are expected to be in school and in class to be eligible for practices and games.

-Good behavior and good citizenship are expectations for all of our athletes and students.

Fall Athletics begin August 19. We will have a Player, Parent, Coach meeting on Sunday evening, August 18.

Health Office Update

*COVID-19 Guidance as of March 2024:

The latest CDC recommendation says that we can now start treating COVID-19 like other respiratory illnesses. (US CDC issued [this press release](#)). We no longer require isolation and masking for COVID.

- If a staff member or student has symptoms of a respiratory illness or COVID, call the school nurse or district nurse.
- Students or staff whose symptoms have improved and have been fever-free for 24 hours without taking fever-reducing medication can return to school or work and resume normal activities. There is no isolation period for COVID - it is about if your symptoms have improved and you are fever-free. Stay home if you are sick or not improving.
- It is encouraged, not required that during the five (5) days after resuming normal activities a mask be worn.
- RSU 16 will support personal choice for masking. Masks are available upon request in the nurses' office.
- RSU 16 will offer the administration of COVID tests to students who become symptomatic during the school day. To access free rapid antigen testing in their school nurses' office, a signed [Consent to Test Binax NOW](#) must be on file.

As part of the guidance, CDC provides recommendations on core prevention steps and strategies:

- Staying [up to date with vaccination](#) to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- Practicing good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- Taking steps for cleaner air, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

As of April 3, 2024 our school nurses are no longer offering in school rapid antigen testing for students who become ill with symptoms of Covid-19 during the school day. We have free home tests and will continue to offer those to our families through the remainder of this school year and hopefully into the fall and winter of 24-25. If any students or staff have symptoms of an upper respiratory infection and would like to rule out the SARS CO-V2 virus as being the culprit, reach out to their school nurse to request free home test kits.

Please reach out to us if you have any questions or to report illness.
Thank you for helping to keep our community healthy.

Lisa Storer RN, BSN lstorer@rsu16.org 998-5400 Ext. 108
Pamela Tracy LPN ptracy@rsu16.org 998-5400 Ext. 127

Other News

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.

Monthly Newsletters

We will send out a monthly digital newsletter via email throughout the school year to keep you up to date on events at school. 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).



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