



PRHS

Family Newsletter

February 2024

| February | | | | |
|------------------------|--|------------------------|------------------------|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 Sophomores visit LRTC |
| 12 | 13 3:30p Unified Basketball home vs Lewiston | 14 | 15 | 16 Winter Carnival Dance LRTC applications due |
| 19 No School | 20 No School | 21 No School | 22 No School | 23 No School |
| 26 | 27 '24-25 Course Registration begins | 28 | 29 | |

| March | | | | |
|------------------------------------|---|---------------------------------------|----------------------|------------------------|
| | | | | 1 |
| 4 | 5 3:30p Unified Basketball home vs Lisbon | 6 6p 8th Grade Parent Night | 7 7p One Act Play | 8 |
| 11 | 12 | 13 6p 11th Grade Parent Night | 14 | 15 No School |
| 18 Pitchers & Catchers begin | 19 | 20 7p WMS & PRHS Chorus Concert | 21 | 22 |
| 25 Spring Athletics begin | 26 | 27 7p WMS & PRHS Band Concert | 28 | 29 |

Greetings from Mr. Anderson

Hello PRHS students and families!

It is Winter Carnival time at PRHS! The **week of February 12th**, the students will bring their school spirit for dress up days throughout the week, a day of all school competitions and team building activities on Friday, and then a school dance on **Friday from 7 - 10p** (please be sure to pick up your student promptly **at 10p**). Students need positive school behavior and class participation throughout the week as well as they must be in school on Friday to attend the dance on Friday evening. Guest permission slips have been available for students to pick up, they are **due on Tuesday February 13th at 2:10p**.

In recent days student bills have been sent home in the mail for technology fees, class dues, and outstanding balances for athletics or missing books. Please pay the fees as soon as possible [online](#) or with cash or check to the high school main office. Class dues help pay for student activities through their years at the high school including dance expenses, field trips, and class commemorations.

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

High School Class Happenings

Class of 2024

A newsletter has gone out from graduation advisor, Kristin Ross, with many important announcements regarding end of the year festivities and important dates for all Senior guardians. Please feel free to reach out to her at kross@rsu16.org with any further questions.

More High School Updates

Yearbook Info

Would you like to place a personalized ad in the PRHS 2024 Yearbook for your Senior? You can now create an ad for your Senior online at Yearbooksforever.com. Please see the [attached Flyer](#) for more detailed information.

The 2024 Poland Regional High School Yearbook is available for pre-orders. Order yours today by visiting the PRHS Yearbook Shop at yearbooksforever.com or [using the link](#).

Galapagos Trip 2025

Enrollment is now open for the June 2025 trip to the Galapagos Islands. This trip allows access to a natural site that is rarely able to be visited by tourists and provides your student (and even yourself) with an amazing educational experience in science, culture and international perspective. There are limited spots so enrollment

with the deposit will lock in your spot. Go to the [Galapagos Enrollment Page](#) to see all the details about the trip including proposed dates of travel, a full itinerary, and what is included in the price.

Email pmartin@rsu16.org with any questions.

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From the Counselors' Corner...

Things have gotten real as second semester is rocking and rolling....

LRTC (Lewiston Regional Technical Center). The process for LRTC started! The new program for next year is **Firefighting**, which will be housed at Edward Little HS. ALL sophomores learned about LRTC's offerings on January 3, 2024. Any interested juniors and sophomores visited LRTC's programs (both at LRTC and at EL) on **February 9, 2024**. A slideshow on the steps of the application process is [here](#). Counselors will hold sessions to help students with applications. First round of applications will be **due the Friday before February break (Feb 16)**. We will accept applications after that date, but first round applicants will be considered priority.

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

FAFSAs - Hey Senior families! The **FAFSA (Free Application for Federal Student Aid)** is available now! **HOWEVER, the information will not be shared to colleges until mid March**. It has been a 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

JUNIORS - we are about to start to transition our focus to you, Class of 2025! Class meetings, junior appointments, cover letters, mock interviews, college visits - oh, the fun we'll have this spring! This semester is a great time for juniors and their families to get out to visit colleges - [here](#) is an article to get you thinking! We have a tentative college visit day scheduled for April to go to St Joseph's College (Standish), USM (Gorham) and SMCC (So Portland) in one day.

COURSE REGISTRATION - the prep work starts next week in Roundtables with transcript reviews and preliminary course selections. We will run the course registration process after break. Families will see the selections during Student Led Conferences. Updated information will be shared [here](#) soon. There are many new courses being offered for 2024-2025, including *Maine Forestry, Fisheries, and Wildlife; Intro to Social Sciences; AP Spanish Language; and Nets & Racquets*, plus more!

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

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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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998-5400 x 106

From the Substance Use Counselors corner...

Cannabis Use Among Youth

Current statistics:

In 2019, 37% of US high school students reported lifetime use of marijuana and 22% reported use in the past 30 days. Large percentages of middle and high school students reported past-year cannabis vaping—8% of eighth graders, 19% of 10th graders, and 22% of 12th graders (cdc.gov).

Cannabis, AKA -weed, marijuana, herb, pot, grass, bud, mary jane is derived from the dried flowers of cannabis sativa. The mind-altering chemical in cannabis is **delta-9-tetrahydrocannabinol (THC)**. Individuals smoke cannabis by rolling the dried flower into cigarettes called joints, using pipes or bowls, water pipes (known as bongs) or blunts using cigar wraps. It can also be found in brewed tea, or mixed into food which is known as an “edible.” Sinsemilla (aka dabs, concentrates) is a stronger form of cannabis where concentrated resins are found with ingredients that can make hash oil, budder and shatter. Many utilize a “dab pen” or “vape” where the THC level is also extraordinarily high. 1 gram of concentrates (1 gram of dabs, or 1 gram in a vape) is over 500% more potent than cannabis flower.

Risks for Youth according to the CDC:

- Difficulty thinking and problem-solving
- Problems with memory and learning
- Reduced coordination
- Difficulty maintaining attention
- Problems with school and social life

Signs of cannabis use:

- New health issues, coughing, bloodshot eyes, drowsiness
- Behavior changes: **anxiety**, irritability, difficulty concentrating and loss of appetite or increase in appetite
- Skunk or chemical smells on clothes.
- Small devices like a vape.

How to support your teen:

- Know the facts - educate yourself on health impacts and consequences of use
- Be open and ask - have the conversation (use open ended questions, be curious, focus on “health & safety vs. threats and punishment.”)
- Try to understand their “why?” of beginning
- Set clear expectations

Resources for quitting:

<https://scheduler.drugfree.org/>: is a helpline that provides an opportunity to connect over the phone with a trained specialist. These calls are free and confidential and offer support to family members of a loved one or someone who is struggling with addiction.

Mariah Matson, LMSW-cc, CADC

mmatson@rsu16.org

998-5400 x 123

Co- and Extra- Curricular Update from Mr. King

Open Coaching Positions

Middle School Baseball

Athletic Updates

- Congratulations to our Cheerleaders for taking 4th in the Class B South Regionals. They have done a great job this season and have shown a lot of promise for years to come. They will perform at the Class B State Championships on Saturday February 10 at the Augusta Civic Center. Tickets must be purchased online.
- The State Class B Indoor Track Meet will be held at Bates College on February 19. Please note that all MPA tickets must be purchased online.
- Girls Basketball has had a tremendous rebound (there is a pun here) this season. They will compete in the Class C tournament after finishing the regular season at 12-6. Way to go Ladies! They will host Buckfield on Tuesday, February 13, time is TBA. The winner will move on to the Class C Tournament in Augusta. Tickets for the Augusta Civic Center must be purchased online.
- Poland Regional has two swimmers this year, Paige Tetreault and Cam Lemieux. They are part of the Co-op team, **Swim United**. The team is composed of students from Poland Regional, Edward Little, and Leavitt High School. Cam has qualified for the Class A State Championships **on February 19** at Bowdoin College.
- Freshman Dylan Cobb has participated with Gray New Gloucester Alpine Ski. He had a great showing at the conference championship held at Pleasant Mtn. Good luck at Black Mtn. in Rumford for the State Championships **on February 14 & 15**.

State Venues are requiring Online Ticket purchases. www.GoFan.com

Parents, we continue to work with our kids to promote a positive image for them. I ask for your help. It is not okay for kids to taunt opponents. There has been some harsh language, swearing at opponents, and calling out of names and numbers at a few events this winter. Surely professional sports are not always the best model for us. If you see your child doing any of these things, please help by having a conversation with them.

Livestream

We apologize for the technical difficulties with the Pixelot Livestream. The camera has gone offline twice which has resulted in games not being broadcast. We believe the issues have been addressed. Our recent weather has been an issue.

Athletic Registration

FamilyID has been purchased by Arbiter Sports. You may have noticed a change when you log in to your account. Please continue to use the same account and password for signups.

Spring registration will open February 12. It is appreciated if you can sign up early!

Team Photos

The team/player photographs for the high school and middle school are active and ready for parents to view and enjoy:

Start at <https://pefxmaine.gotphoto.com> and enter access code:

For Poland Regional High School: **PRHS-TEAMS-W23-24**

For Bruce Whittier Middle School: **BWMS-TEAMS-W23-24**

Enter your student's name to find your student (EITHER first name or last name, not both), then select your student. Enter your personal information.

Select a package, then choose a pose for each part of that package. The -POSTER pose should only be used if purchasing a poster. Add To Cart, then checkout to pay securely by credit/debit card.

Finished portraits can be delivered to the school at no charge if you order by Jan. 26. Otherwise, portraits will be mailed directly home at an additional charge.

Questions? Please call PortraitEFX of Maine at (207) 657-6372 for help !

Nathan Tsukroff

PortraitEFX of Maine

12 Portland Rd

Gray, ME 04039

Music Updates from Mr. Williams and Mrs. Edwards

District II Instrumental Festival

For more information and updates about these concerts, folks can check the [District II website](#).

We had five students represent PRHS at the Maine Music Educators District II Instrumental Music Festival on February 2nd and 3rd at Deering High School in Portland. They endured two full days of rehearsals that



culminated in a concert performance. This was an honors festival that students audition for. MMEA District II comprises more than 20 school districts in the southwest region of Maine.

Students representing PRHS (L to R) Isaac Mckellick, Dustin Morin, Eli Culleton, Cameron Cunningham and Kaleb Christner.

District II Honors Vocal Festival

On Saturday, January 27th, RSU 16 musicians from WMS and PRHS gathered with other select students from around the region to participate in the MMEA District II Honors Vocal Festival. Due to inclement weather, the would-be two-day festival was shortened to just Saturday. The RSU 16 students who participated showed up and demonstrated great leadership and preparedness amidst their ensembles and represented our district well! Our students continued the RSU 16 reputation of being humble, hardworking, kind, respectful, prepared, and classy. Students who participated sang songs from different eras and various parts of the world, and the day culminated in a successful concert before a full audience at the Windham Performing Arts Center.

The PRHS students selected to the Treble Chorus (grades 9 & 11 upper voices) were **Ayla Dyer** (11), **Irelyn Smith** (9), **Olivia Snowman** (9), and **Aurora Holden** (11). Students from PRHS selected to the Mixed Chorus (grades 9-12 lower voices and grades 10 & 12 upper voices) were **Emma Daigneault** (12), **Faith Bustamante** (10), **Audrey Fryda** (12), **Cheyenne Toth** (12), **Max Benton** (10), **Jack Desrosiers** (11), **Jason Garneau** (11), **Andrew Mitchell** (9), and **Cayden Michaud** (10).

Mrs. Edwards, who was managing the Treble Choir, was able to sneak away to snap a few pictures. For more photos and some brief sound clips, find @rsu16music on Instagram or RSU 16 Music on Facebook. Thanks to all of the parents who support these students and encourage their participation and preparation!



Drama:

PRHS will compete in the One Act Play Festival held March 8-9, 2023. The show will be a staging of the famous short story *A Rose For Emily* by Pulitzer prize winning author William Faulkner. The Southern Gothic tale set in the Deep South in the 1930's revolves around a spinster lady who falls in love with the wrong man. It can only lead to tragedy. The students will do a show for the community **on March 7th at 7:00p** in the theater. The students are excited to share their show before they go to the competition in Skowhegan.

Speech & Debate:

Speech and Debate is now finishing up their season with competition in the National Qualifying Tournaments. Already students have qualified for the Nationals in Chicago in May. These students who have already qualified are Audry Fryda, Cheyenne Toth, Brady Milton and Braiden Stickney in Duo interpretation, and Robert Fuller and David Crump in Public Forum.

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Health Office Update

As we are experiencing an uptick in community illnesses, here is a reminder of our school guidelines. Please notify the school office if your child is ill and will not be attending school. When

you call the school office please state the child's symptoms and whether or not there is a fever over 100.4 degrees. The school nurse, prior to dismissal, should see all students who are ill at school. Students who notify parents they are ill via text or cell phone during school hours will not be dismissed by the school Principal. The phone call home to notify parents of dismissal will be made from the main office or nurse's office. Following this procedure allows us to track common illnesses. Students who have a fever and/or a sore throat or cough should stay home until they are fever-free for 24 hours (without the use of anti-fever medicine). Students with diarrhea or vomiting should also stay home for 24 hours after diarrhea or vomiting has stopped, before returning to school. Students with diseases that are contagious/infectious shall be excluded from school until signs of contagion are passed. (Healthcare provider includes MD, DO, NP, PA) Exclusions are as follows:

- Coronavirus (SARS COV-2) Covid 19 - Students must isolate themselves from others/stay home from school from the day of the onset of their symptoms (Day 0) through Day 5. If symptoms have improved, they may return to school wearing a snug fitting mask on Days 6-10 of their illness.
- Chicken Pox- until all lesions have crusted over or are dry, usually 5-7 days, or longer.
- Conjunctivitis- 24 hours after medication started or a note from a healthcare provider.
- Impetigo- 24 hours after medication started or a note from a healthcare provider.
- Pertussis- healthcare provider note needed.
- Measles- healthcare provider note needed.
- Scabies- may return after treatment started with a note from a healthcare provider.
- Strep- 24 hours after medication started.
- Ringworm-24 hours after medication started.
- Fifth Disease-No exclusion necessary, but notify the nurse's office of the illness.
- Hand, Foot and Mouth Disease (Coxsackievirus A16 or A 6)- The student should be excluded from school during the acute phase when they have: Draining lesions from the hand and feet, lesions in the mouth, or if the student is abnormally drooling.

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

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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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