

MHS NEWS - October 20th, 2017

UPCOMING DATES

10/20 - Civil Rights Fundraiser for Puerto Rico/ Football Game, 7pm

10/23 - Winter Sports Information night, 6:00pm

10/24 - MHS Coffee House, 6-8pm - Cafeteria



Winter Sports Information Night - MHS will host our Winter Sports Information Night on Monday 10/23 at 6pm in the MHS West Gym. All students who plan to play a winter sport are expected to attend with a parent or guardian. Our winter sports are, boys and girls indoor track and field, boys and girls basketball, competition cheering, boys (co-op with Bonny Eagle) and girls (co-op with Gorham) ice hockey, boys and girls swimming and wrestling which is co-ed. Please share this information with anyone you know who may be interested.

Attack on Titan @ your Library

Manga is Japanese for comics and is extremely popular with teens and young adults. The library just received new copies of Attack on Titan, Fullmetal Alchemist, Ouran Highschool Host Club, and Black Butler. We're filling our shelves with Japanese gold! Come in and check them out. If you would like to see more manga in the library, please email Miss O'Hara or see her in person in the library.



The MHS choral department will be putting on a coffee house fundraiser with entertainment, coffee, and food. The coffee house will be on Tuesday October 24th from 6 to 8 in the Cafeteria. There is a \$5 fee to get in and that will cover food and entertainment. Come on out and support the MHS choral department.

The 2nd semester 2016/2017 Honor Roll has been released. Please see attached document.

Influenza Vaccines: Did you know?

A flu shot cannot cause flu illness. Flu vaccines given with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.

- CDC recommends that children and adults receive an influenza vaccine by the end of October if possible. However, as long as flu viruses are circulating, vaccination should continue throughout the flu season (January or later).
- Again for the 2017-2018 season, CDC recommends use of injectable influenza vaccines only. CDC does not prefer one injectable influenza vaccine over another. However, we continue to recommend against the use of the live attenuated influenza vaccine (LAIV), also known as the "nasal spray flu vaccine," because of concerns about how well it works.
- Previously unvaccinated children aged 6 months to younger than 9 years need two doses of influenza vaccine spaced 1 month apart when receiving influenza vaccine for the first time.

Influenza can be fatal, even in healthy children. Less than one third of the children who died with confirmed influenza had been vaccinated, and vaccination rates among adolescents and children without high-risk conditions were even lower. Increasing influenza vaccine coverage can save more children's lives. Protect yourself and your family with a flu shot and stay healthy!

Nancy Sobanik, RN, School Nurse

We are looking for volunteers to help at the Parsonsfield Seminary Haunted House. The hours are from 6:30 - 9:30 on October 20th, 21st, 27th, and 28th. We need volunteers for one, two, three, or all four nights - whatever you can do. It's good to be there early around 5:30 to find a costume if you don't have one. It's also time to walk around the rest of the building as well. We need people to pretend that they are the Cook or the kitchen help. We need wacky helpers in the science lab. We also need scarers in the hallways and in the really cool maze. Any scary costume is great. Contact Mrs. Kendall in Room 20 for more information.

Don't miss another fundraiser for Puerto Rico on October 27th from 8-11 at School Street Pub in Gorham. All proceeds will go to the fund started by our student Ana Ortiz with the help of the Civil Right Team and other staff members to be sent to the relief efforts for Puerto Rico. Thanks Mr. Ryan and his band for donating their music, time and talent! It will be a fun night for sure!

The 9th grade Integrated Math classes will be kicking off their Putt Putt project with a field trip to Shaw's Ridge Mini Golf on Friday 10/20. Students will apply their math skills to measure and sketch mini golf holes. Back in the classroom students will be drawing blueprints and then building scale models of mini golf holes that they have designed following specific guidelines. Student projects will be judged and the winning design will be built full scale.

CLUB NEWS

The Civil Rights Team will be sponsoring a fundraiser to help one of our team members send the money raised to relief efforts to the people of Puerto Rico. We will have a food stand at the football game on October 20. All money will be donated to one of the main agencies supporting these efforts. Please support us while you enjoy "churros" and "buñuelos" while watching the game.

The Culture Club is selling cheesecakes again this year. Each cheesecake is \$17 and weighs 20 ounces, 6" in diameter and will serve 6 at your holiday table. The flavors are Classic Plain (Gluten Free option too), Turtle, Pumpkin White Chocolate, Triple Chocolate, GF lemon (last year's top seller) and Maine Blueberry Swirl. The proceeds will go to fund a Boston trip via The Downeaster in November and New York City in April. Please see any Culture Club member to order or Mrs. Chamoff or Mrs. Buckley in the West. There is also an order form in the West Teacher's Room. Orders will be accepted until October 30th and will be delivered prior to Thanksgiving. If you would like a visual to drool over, please go to <http://izzyscheesecake.com>.

Massabesic Coffee House 2017 - The MHS coffee house is a night of entertainment for MHS students and families. It will be in the old cafe at MHS on Tuesday, October 24th from 6-8pm. \$5 per person and includes food, coffee and entertainment.

GUIDANCE

UMaine Athletic Training High School Student Workshop

Saturday, October 28, 2017 9:30 am-3:00 pm

Cost: Free!

The graduating class of UMaine's Athletic training program would like to welcome student to their workshop. The workshop is offered to all students in the State of Maine to raise awareness about the athletic training profession. The participants will engage in hands on activities to teach them basic skills used. Students will dine in one of the campus dining halls free of charge. After lunch there will be a campus tour to include the athletic training facilities. The last part of the day will be attending the UMaine football game.

The deadline to turn in the application is Monday October 23, 2017. The application is attached and can be emailed to sherrie.weeks@maine.edu. You can also come to Guidance Monday to have Ms. Cormier assist you in emailing your registration form.

Transportation to the UMaine facilities to participate in this event, is your responsibility.

SENIORS - Are you applying to college this fall? Did you know that colleges usually want grades from fall of senior year. This means that your PROGRESS REPORT is sent to colleges to update schools on how your senior year is progressing. As you work in your classes this fall, please keep this in mind. Keep those grades up!

SENIORS - FINANCIAL AID FOR COLLEGE: If you are planning to attend college during the 2018-2019 school year, the FAFSA (Free Application for Federal Student Aid) is *NOW* available at <https://fafsa.ed.gov/> Experts encourage the filing of the FAFSA early to ensure that students receive the maximum aid possible.

In-Person FAFSA Help Event for the FAFSA sponsored by the FAME at the Sanford Regional Technical Center at 6:00 PM on October 30, 2017; to register or for more information <https://www.famemaine.com/education/topics/filing-the-fafsa/in-person-help-sessions/>

SENIORS - SAT and ACT TESTING: Many times student scores on the SAT test improve if a student retakes the test. The December 2nd SAT test may be too late for some Early Action/Decision Application deadlines but is usually fine for most Regular Decision and Rolling Admission deadlines. Another test that colleges use for admission purposes is the ACT. Many schools will accept either the SAT or the ACT test and some students do better on one test than the other.

SAT TEST DATE: Saturday, December 2, 2017
Registration Deadline: November 2, 2017 at collegeboard.org

ACT TEST DATE: Saturday, December 9, 2017
Registration Deadline: November 3, 2017 at actstudent.org

Seniors: On the Spot Admissions at MHS

Four colleges have scheduled upcoming on-the-spot admissions days at MHS. During on the spot admissions, an admissions counselor will review a student's application in person, give an admissions decision on the spot or offer suggestions for further testing or other majors for which the student might be suited. Students will need to submit all pieces of the application ahead of time and sign up for a time slot in guidance in order to participate. See the [attached flyer for more info!](#)

UMO On the Spot: Nov. 6th
UNE On the Spot: Nov. 20th
SMCC On the Spot: Nov. 21st
UMF On the Spot: Nov. 30th

JUNIORS & SENIORS: College Rep Visits

Over the next few months, dozens of college admissions representatives will be visiting Massabesic to meet with students. These visits are a great way for students to learn more about colleges & universities and we encourage students to attend. Upcoming visits include:

25- Saint Joseph's College @ 10:00 am
25- University of Massachusetts Boston @ 12:30 pm
30- Emerson College @ 12:30 pm
31- Endicott College @ 12:30 pm

Visit the [MHS Counseling Website](#) for a full list of upcoming rep visits. Students are asked to sign up ahead of time in the counseling office.

Upcoming College/Career Events

MHS Counseling department maintains a list of upcoming events that may be of interest to students and families. Check our [online](#) list for upcoming open houses, college fairs, deadlines and more!

Weekly Factoid

Today, 34% of men in the USA who hold only a high school diploma "drive something" for employment (truck driver, delivery driver, dump truck driver, taxi driver, etc.) but with automation there is a concern that in the future, many of these type jobs will not be needed.~~Glenn Cummings, President of the University of Southern Maine shared this at a recent York County Counselors meeting.

STUDENT SPOTLIGHT

Congratulations go to Emily Cyr - The University of Maine Chapter of the Society of Women Engineers has awarded Emily Cyr with the Certificate of Merit for her academic achievements during high school in her STEM courses (Science, Technology, Engineering, and Mathematics). Congratulations, Emily!

Congratulations go to Elijah Stitson - for being named a Semifinalist in the 2018 National Merit Scholarship Program and has the opportunity to continue in the National Merit Scholarship competition. 1.6 million juniors entered the 2018 National Merit Scholarship Program by taking the 2016 PSAT/NMSQT which serves as the initial screening for program entrants. 16,000 student Semifinalists have been named and 7,500 will receive, in the spring of 2018, National Merit Scholarships worth more than \$32 million. The nationwide pool of Semifinalists, representing less than one percent of U.S. high school seniors, includes the highest-scoring entrants in each state. Congratulations, Elijah!

Congratulations to the following Honored students for September: Caitlin Alderson, Nicholas Amabile, Bailey Baldwin, Jacob Beaulieu, Kendrick Belair, Julia Blackington, Collin Bruns, Amy Burke, Adrianna Carreira, Izabella Caruolo, Whitney Cass, Hailey Champagne, Alyvia Cormier, Andrew Cotton, Colin Crawford, Emily Davison, Grace Desimone, Cameron Desrochers, Noelle DesVergnes, Kaitlyn Doyle, Madison Drain, Owen Easley, Evan Foglio, Jared Fournier, Colby Gary, Nick Haskell, Rhiannon Hutchins, Hunter Hutchins, Quinn Judkins, Ethan Killer, Hannah Kimball, Andreanna Lariviere, Benjamin Levesque, Blake Masse, Halie McFarland, Joseph Merry, Jayden Meserve, Nicholas Myers, Teneyce Nadeau, Ana Ortiz, Ryan Sabine, Elizabeth Saucier, Taylor Scott, Ryan Topham, Karlee Wescott, Trie Yale.

DEPARTMENT HIGHLIGHT

SPED

The WEP program completed a summer job program where students went out to work and got paid for jobs through Vocational Rehabilitation and had soft skills classes taught by Alpha 1. Alpha1 has continued to work with the WEP program to enhance the soft skills teaching. Pictures of students in WEP and working with Alpha 1 staff.



MHS Athletic Announcements 10/20 - 10/28

Friday 10/20

MHS Varsity Football VS. Deering 7pm

Saturday 10/21

Cross Country Regional Meet @ Twinbrooks 10am

Field Hockey Regional Semifinal vs Westbrook 11am

Monday 10/23

Winter Sports Information Night- MHS Gym 6pm

Saturday 10/28

Cross Country State Championships @ Twinbrooks Cumberland 10am

Winter Sports Information Night

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Ski Bus Information

Please see attached flyers for more information on this year's Ski Bus!

Open Gym will begin on Monday, October 23rd.

Deputy's Dispatch

10-13-2017



Did you know?

§1912. Mufflers

1. Muffler required. A person may not operate a motor vehicle unless that vehicle is equipped with an adequate muffler properly maintained to prevent excessive or unusual noise. For purposes of this subsection, "excessive or unusual noise" includes motor noise emitted by a motor vehicle that is noticeably louder than similar vehicles in the environment:

3. Amplification prohibited. A person may not operate a motor vehicle with an exhaust system that has been modified when the result of that modification is the amplification or increase of noise emitted by the motor above that emitted by the muffler originally installed on the vehicle.

Fine \$137.00

Deputy Jason M Solomon