

MHS NEWS - October 6th, 2017

UPCOMING DATES

- 10/6 - Staff In-Service / No School
- 10/9 - Columbus Day / No School
- 10/16 - Picture Re-take Day & Tooth Protectors
- 10/18 - Early Release Day (11:45)
- 10/23 - Winter Sports Information night, 6:00pm



Parents/Guardians and Students,

The Curriculum Committee met Monday evening to discuss recent parental concerns regarding Advance Placement, S.R.T.C., Dual Enrollment, and transfer students grades. The Curriculum Committee decided to adopt a conversion scale at that time. Next Wednesday at 7:00 p.m. in the East Building, we will be presenting a conversion chart that we believe will reflect all types of student learning while staying true to our proficiency scoring, the UMaine Latin System, and our Latin Honor System. This will allow all scores and grades to calculate into the GPA. I will continue to update you with future decisions. -Mr. Hand

Medication Lock Box Program Offer

One of the greatest risk factors for future opioid abuse is prescription drug misuse. Prescription drugs can be misused and abused in a variety of ways. Someone can take more of a drug than intended, take a drug not prescribed to them, or take a medication for a purpose other than it is intended.

We know that 70% of children who abuse prescription drugs admit to getting them from friends and family. Accessibility is the number one contributing factor to the misuse and abuse of medications. Some key steps you can take to curtail the behaviors, and culture, that lead to prescription drug abuse include:

- Locking medications up when not in use. This sends a message that drugs are potentially dangerous if misused.
- Keeping all medications in their original packaging. This can prevent accidental misuse, inappropriate dosing, and enables families to better track how many doses of a medication have been used.
- Talk with your kids about the differences between taking drugs for health, and for recreation. It is never too early to teach kids about healthy decision making.
- NEVER share a prescribed medication. Prescription medications are assigned to one individual at the discretion of a trained health professional. Sharing a prescription drug is drug misuse. Sharing a prescription for a purpose other than intended is drug ABUSE.

Families and communities play a role in preventing drug abuse. Awareness of risk factors, and action to secure drugs and use them appropriately are the first steps to preventing drug abuse at home. For more information, visit:

<http://www.maine.gov/dhhs/mecdc/phdata/substance-abuse/prescription-drug-misuse.htm>

A lock box is available and can be loaned upon request. Please contact Nancy Sobanik, School Nurse, Tel. 247-3141, ext. 2215

Mustang Stampede - The Homecoming edition is here for your reading pleasure!

themustangstampede.blogspot.com

MHS Varsity Cheering will be hosting a Cheering Clinic for any student in the RSU57 district, 1st grade through 8th grade. This is open to boys and girls, as well as all levels of skill. Please see the attached flyer for details on dates and how to register. We look forward to seeing you there!

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.

Come Join the Mustang Outing Club! This is our 3rd year as a group...Some of our outings have included: Hiking, snowshoeing, rock climbing, exploring, adventuring . . .
Get in on the fun! INFORMATIONAL MEETING in MOD 11/12 on Tuesday, Oct 10th During Advisory.

There will be a Civil Rights Team meeting on Tuesday October 10 in room East 4 to plan for the fundraiser for Puerto Rico. New members are welcome.

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 30 and will be delivered prior to Thanksgiving. If you would like a visual to drool over, please go to <http://izzyscheesecake.com>.

If you have a talent that you would like to share then sign up to perform at the MHS choral department coffee house. Your act can include anything from singing, playing an instrument, or even performing a comedy routine. The coffee house performances will be on October 24th. If you are interested you can sign up in Miss Guilfoyles room, room 2 in the west by October 13th.

Do you love the Arts? If so, think about applying for the York County Regional Fine Arts program.

Applications and information for this year's Regional Fine Arts Program (better known as RFA) are now available in both East and West building Main Offices, Guidance and from Ms. Haws in the East. Return your completed application to Ms. Haws, Guidance, or the main offices by Tuesday Oct. 10th. Students with high ability in Theater, Oil Painting, Creative Writing or Jazz Improv are encouraged to apply for RFA.

Massabesic Coffee House 2017 - The MHS coffee house is a night of entertainment for MHS students and families.

Where? The old cafe at MHS

When? Tuesday, October 24th

Time? From 6-8pm

Cost? It will cost \$5 per person to get in.*

*This price is for food, coffee, and entertainment for the whole night.

GUIDANCE

On October 11th students in grades 9-11 will be participating in either the NWEA or PSAT exam.

Testing will run during blocks 1,2 and advisory. PSAT testing will take place in the East building and NWEA testing will take place in 9th grade classrooms in the West building. 12th graders who have class in the East building will be directed to study hall that morning. Elective courses in the West building will continue as normal. 12th grade vocational students will attend SRTC as normal. Please plan accordingly for this revised schedule.

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!

STUDENT SPOTLIGHT



Big thanks to *Lacey McKay* for not letting others into our building!!!!

DEPARTMENT HIGHLIGHT

NJROTC "snapshot"

NJROTC cadets will march in the Fryeburg Fair Grand parade at 1000 on Saturday, 07 October. Cadets will earn community service hours for their participation and enjoy the Fair Venues with families and friends.

NJROTC special teams gears up for the first drill competition on Saturday 21 October in Fall River, Massachusetts. Cadets recently completed the fitness challenge and scores will be used in selecting the top candidates for participating in that phase of the meet. The academic team will take an exam covering topics from the Cadet Field Manual and the Naval Science textbook. Drill team continues its preparations for the meet. According to Special Teams coordinator, Cadet Lieutenant junior grade Lonnie Callahan, special teams are committed to improving upon last year's third place overall finish. Good luck cadets!

Cadets wore uniforms for the first time this week. Thank you to staff and students for their support and encouragement, especially toward first-year cadets. "Standing out" in uniform can be very uncomfortable and a positive word or a compliment can go a long way in easing the transition.

On Columbus Day, cadets will close Camp Laughing Loon for the winter. The JROTC Camp Laughing Loon connection has been around for 20 years. Many hours of community service and lots of fun have been a winning formula.

MHS ATHLETIC ANNOUNCEMENTS 10/6 - 10/14

Friday 10/6

MHS Varsity Football @ Bonny Eagle	7pm
MHS Cross Country @ Smiling Hill Farm	4pm
MHS JV and Varsity Girls Soccer vs. Sanford	4:15pm JV / 6pm V
First Team Boys Soccer vs. Kennebunk	4pm (Grass)

Saturday 10/7

MHS First Team Football vs. Bonny Eagle 10am

Monday 10/9

MHS Field Hockey @ Marshwood 3:30pm V / 5pm JV

Tuesday 10/10

MHS Boys Soccer @ Kennebunk 4pm JV / 6pm V

MHS Volleyball vs. Marshwood (MMS) 4:30pm JV / 6pm V

MMS Field Hockey VS Kennebunk 3:30pm / 4:45pm

Wednesday 10/11

MHS Girls Soccer @ Maine Girls Academy 4pm

MHS Field Hockey vs. Scarborough 5:15pm JV / 7pm V

MMS Boys Soccer vs Sanford MMS 3:30pm / 4:30pm

MMS Girls Soccer @ Sanford (Blouin) 3:30pm / 4:30pm

Thursday 10/12

MHS Boys Soccer vs Windham 4:15pm JV / 6pm V

MHS Volleyball vs Portland 4:30pm JV / 6pm V

MHS First Team Football @ Kennebunk 4pm

MMS Cross Country @ Shapleigh School (Kittery) 3:30pm

MMS Field Hockey @ Marshwood Middle 4pm / 5pm

Friday 10/13

MHS Cross Country @ Sanford (McDougals) 4pm

MHS Girls Soccer vs Noble 4:15pm JV / 6pm V

MMS Girls Soccer vs Biddeford 4pm / 5:15pm

MMS Boys 7th Soccer @ Biddeford 4pm

Saturday 10/14

MHS Varsity Football @ Bangor Cameron Stadium 1pm

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.

Thank you!