

MHS NEWS - November 16, 2018

UPCOMING DATES

11/21 - 11/23 Thanksgiving Break
11/26 6:00 - 8:00pm Curriculum & Instruction Community Information Night at the Middle School Cafeteria
12/5 Early release day
12/7 6:00pm Drama Production in the Auditorium
12/8 6:00pm Drama Production in the Auditorium
12/9 2:00pm Drama Production in the Auditorium
12/13 7:00 - 8:30pm MHS Band Concert in the Auditorium
12/17 7:00pm National Honor Society Induction Ceremony in the Auditorium
12/18 7:00 - 8:30pm MHS Choral Concert in the Auditorium
12/22 - 1/1 Winter break



Student parking passes: Students should not be driving to school if they have not purchased a parking pass.

This is just to remind all students to please be prepared for the cold, dark walk to the bus stop in the morning. Please be sure to wear coats, hats, gloves and whatever you need to wear to be warm as winter approaches. Also, it can be a good idea to bring a flashlight to the bus stop, as it is dark out this time of year. It is also important that before you cross the road to please make sure cars have stopped, and you can safely load the bus. Stay Safe.

Massabesic High School is working with Let's Go! 5-2-1-0! Let's Go! provides a framework for schools to create a healthier environment. The strategies and the 5-2-1-0 message are promoted at other Let's Go! schools, child care programs, out-of-school programs, and health care practices in our community and throughout Maine. Together we can help ensure a healthy environment for children throughout the day. The attached memo has some suggestions for healthy snacks that provide nutrition while satisfying hunger and the fuel teens need.

Nancy Sobanik, Massabesic High School Nurse

Our second Financial Fitness Fair for all Juniors was held Thursday, November 1, 2018. Please see the attached information regarding it.

Massabesic High School senior, Aaron Brown, is a bassoonist in our own MHS Band as well as several others. Aaron's talent and diligent training over many years to include concert experiences in Allstate, District, National, Portland Youth Wind Ensemble, and Youth Philharmonic Orchestra out of Boston has qualified him to be featured playing music on on NPR's *From the Top* radio program. This is an honor worthy of note! 

From the Top is "America's largest national platform celebrating the stories, talents, and character of young classically-trained musicians. Through live events, NPR and radio broadcasts, scholarships, and arts education programs, it empowers extraordinary young people to engage and inspire music lovers of all ages.

Aaron Brown's performance will air on NPR's *From the Top* on December 17, 2018.

Veterans Assembly at MHS: Master of Ceremonies was conducted by Cadet/LCDR Ivalani Callahan, the Cadet Company Commander. The Colors were commanded by C/LT Marcus Ratz, the Cadet Executive Officer. The Navy Flag was carried by Cadet/LTJG Keara Galbraith, and the Rifle Bearers were C/LTJG Savannah Burke and C/LTJG Andrew Ireland. The Select Choir sang the National Anthem. Cadet Callahan explained the importance of this year's Veterans Day being the 100th anniversary marking the end of WWI. A special guest, Mr. Tanguay, was asked to stand to be recognized. Cadet Callahan explained to the audience that he was not only a World War II Veteran, but was also a Prisoner of War during that time period. Mr. Tanguay received a standing ovation from the students and staff of MHS. A very proud moment for MHS. During the annual Armed Forces Medley, presented by MHS Band, a cadet came forward to explain how the service songs came to be the service song for that particular service. Many students and staff commented afterwards how awesome it was to understand the meaning and words of each service song. Overall it was a very emotional and entertaining event.

DonateLifeME Poster Contest

Submission deadline: Friday, March 1, 2019

Maine High School students can enter a poster featuring an awareness theme for organ & tissue donation. See attached flyers for more information. The collage flyer gives examples of past winners.

PRIZES:

1st place winner will receive a \$100 Amazon Gift Card

2nd place winner will receive a \$75 Amazon Gift Card

3rd place winner will receive a \$50 Amazon Gift Card

Teacher with the most art submissions will receive a \$100 Amazon Gift Card for classroom materials

Award ceremony will be held in the spring.

GUIDANCE

Are you interested in Architecture? The University of Maine at Augusta has a Bachelor of Architecture Program and is hosting an Architecture Info Day on Saturday, December 8th from 9:30-noon. This event will take place at UMA's Handley Hall located in Augusta, Maine, and prospective students and families are all invited to attend. For more information and to RSVP to attend this event, [visit the UMA event page](#).

Seniors - On The Spot Admissions! This is a great opportunity for seniors to apply to colleges and to have the opportunity to impress a college in person. Please refer to the attached flyer for details on how to participate and an explanation of the benefits. Upcoming Admission Events: Southern Maine Community College, University of Southern Maine, University of New England, & University of Maine at Farmington. Sign up in Guidance ASAP!

Seniors and their Parents/Guardians - The FAFSA (Free Application for Federal Student Aid) is now available for filing and filing early is encouraged! Those who file earlier are likely to receive more financial aid than those who file later.

Need help filing the FAFSA? FAME (Finance Authority of Maine offers on-line help (FAMEmaine.com/FAFSA); phone help (1-800-228-3734). by email (education@famemaine.com).

Use this link for more information from FAME on [Filing the FAFSA](#).

Seniors - Register for the next SAT test:

TEST DATE: December 1, 2018

LATE REGISTRATION DEADLINE: November 20, 2018

Register at Collegeboard.org

THIS IS THE LAST SAT TEST AVAILABLE FOR USE WITH MANY COLLEGE ADMISSION DEADLINES!

Seniors - Register for the next ACT test:

TEST DATE: December 8, 2018

LATE REGISTRATION DEADLINE: November 19, 2018

Register at ACTStudent.org

THIS IS THE LAST ACT TEST AVAILABLE FOR USE WITH MANY COLLEGE ADMISSION DEADLINES!

Seniors and their Parents/Guardians: Concerned about the cost of a college education? Did you know that four Maine Universities offer Tuition Free programs for eligible Maine students who demonstrate financial need? Some limitations apply but check out the links below for more information - and know that as with many things, if interested, applying early is advised!

[University of Maine at Presque Isle](#)

[University of Maine at Fort Kent](#)

[University of Maine at Machias](#)

[University of Maine at Augusta](#)

Seniors and their Parents/Guardians: Want information about [Maine's Community Colleges](#)? Check out their website. [Many majors](#) - related to careers in many industries (mechanical, technical, medical, business, and many more!) are available in ONE AND TWO year programs. Did you know that financial aid is available at all Maine Community Colleges, and that the [average cost for one year at a Maine Community College](#) for students who attend classes and live on campus can be as low as \$10,000 a year (varies by campus)? And if a student did not live on campus, for one year the average cost would be around \$5,000. A Maine Community College education can be an economical way to train for one's future career!

ATHLETICS

Winter sports begin at MHS on Monday, November 19. So far registrations and the clearances that follow registration are behind what we expect to see at this point. No students will be allowed to participate Monday, who have not been cleared to participate by myself and our school nurse. Anyone who is planning to play a Winter Sport should register immediately, so we don't have any delays in beginning practicing with your team.

Boys Basketball tryouts are from 2:15pm to 5:15pm in the West Gym. The Girls Basketball tryouts are from 6pm to 8:30pm.

The bus for Boys Ice Hockey leaves Monday at 2:30pm. Ice hockey equipment can be stored in the boys team locker room during the school day.

The bus for the Swim Team to travel to practice leaves MHS at 3:15pm. Swimmers are to wait in the cafe until the bus leaves.

Indoor Track and Field practice is after school at 2:10pm. Please meet in the hall near Mr. Bowen's room.

Cheering practice will be in the back Gym from 2-4pm.

Congratulations to Cross Country Coach Jennifer Blair on being named Cross Country Coach of the year in her very first year coaching! Great Job Jen!