

MHS NEWS - February 9th, 2018



UPCOMING DATES

- 2/13 - SRTC Sophomore Field Trip**
- 2/14 - Early Release Day**
- 2/16 - Last day for Yearbook orders**
- 2/19 - 2/23 - February Vacation**
- 2/28 - 18/19 Chamber Singer Auditions**
- 3/1 - AP class final payment deadline**
- 3/3 - Winter Ball, 7pm - 10pm**
- 3/8 - College Planning Workshop, 6:30pm - 8:30pm**

JUULing is a verb slang used by adolescents for a form of e-cigarette similar to vaping with a small device that resembles a flash drive and can be charged in a USB port. These devices are easy to conceal and may be used without detection by teens in class. Ingredients to JUUL include a solution of propylene glycol, vegetable glycerin, flavors and nicotine. The FDA has not yet regulated use of these devices, which are illegal for minors. Illegal drugs such as hash oil are sometimes used. The devices are marketed with flavors added that have cute names to appeal to kids. Besides the health risk of vaping chemical substances into the body, there is a concern that juuling will lead to smoking combustible cigarettes. One JUUL cartridge can contain the Nicotine of a pack of cigarettes.

<https://www.npr.org/sections/health-shots/2017/12/04/568273801/teenagers-embrace-juul-saying-its-discr-eet-enough-to-vape-in-class>

School Nurse, Nancy Sobanik

What's the best way to move on from a crushing defeat? Why, reading the latest issue of [The Mustang Stampedede](#), of course! Highlights from this issue include:

- A recap of the Freshman Film Festival
- Tips on how to ask that special someone to the Winter Ball
- Multiple articles about the arctic blast and how it impacted us
- Some articles about sports like indoor track, basketball, and baseball.
- An extensive article about the District 1 band and choir process.

The absolute last day to order a 2018 Yearbook is February 16th, if paying by cash/check. Order forms **and** payment must be **HAND DELIVERED** to Mrs. Stephenson in East 26 **BEFORE** the end of the school day on the 16th. However, you can order online up until the 23rd. Please note, the deadlines are made by the publishing company and can not be altered. The school will NOT be ordering extra yearbooks so please get your payment in ASAP. You can order online through www.jostens.com or you download an order form or pick one up outside room East 26.

The Winter Ball dance will be held on Saturday night, March 3rd in the MHS gym from 7pm to 10pm. Tickets are \$10 and will be sold during lunches the week of February 26th to March 2nd. They must be purchased in advance and will not be sold at the door. A student ID is required for both the purchase of tickets and entrance into the dance, and a signed Dance Contract must be on file. Guests who are not MHS students must have a completed guest form on file before the day of the dance. Bring some cash for snacks and snow cones!

Donations of bottled water and individually wrapped baked goods or prepackaged snacks for concessions are GREATLY appreciated and can be dropped off in the Main Office. We are also looking for chaperones! Email Mrs. Todd (amandatodd@rsu57.org) or Mrs. Blair (jenniferblair@rsu57.org) for more info!

STUDENT SPOTLIGHT

Congratulations to the following Honored Students for December:

Haley Babcock, Bailey Baldwin, Zachery Bandle, Noah Beal-Hernandez, Demi Beaulieu, Michael Bedell, Sarah Brooks, Gianna Cole, Collier Coleman, Ashley Marie Davis, Bethany Dewitt, Alexis Green, Riley Greenleaf, Colin Harris, Nicholas Janson, Elijah Lavigne, Jackson Ledoux, Candace Lee, Timothy McCoy, Jayden Meserve, Syeira New, Dorothy Pierce, Morgan Pike, Sean Pittfield, Lilly Rabida, Nick Roberge, Tyler Rockwell, Elizabeth Saucier, Katelynn Smith, Curtis Smith, Emma Sweeney, Kaitlyn Washington. Way to go!

GUIDANCE

Attention parents and students taking AP classes: The final payment deadline is approaching for exam fees. All exam balances need to be paid in FULL by March 1, 2018. Checks can be made payable to Massabesic High School and turned in at the West Guidance office. If you would like to verify your child's balance please contact Guidance Secretary, Amanda Cormier at 247-3141 ext. 2217 or amandacormier@rsu57.org.

Class of 2019 - If you are looking to take an SAT prep class the Adult Education Program at Massabesic is offering a seminar this month! More information including registration forms can be found at <https://store.zaps.com/seminarinformation/sat-seminar-details?id=8034>.

Writing Contest for MHS Students: To help recognize Kindness Week at MHS, a writing contest is being held. Two first and second place winners will be chosen from the two groups - 9th and 10th graders and 11th and 12th graders. Cash prizes are available to the four winners. <https://sites.google.com/a/rsu57.org/guidance/kindnessweek>

Parents/Guardians of 10th grade students interested in a Vocational Program for next year: Tuesday, February 13, 2018 will be a morning field trip to visit the Sanford Regional Technical Center Sanford campus. This visit is for students to tour the campus and view their programs of interest. Students whom are attending this trip submitted a survey back in January when a presentation took place here at MHS. If you object to your child missing academic time to attend this visit, please contact Amanda Cormier, Guidance Secretary at 247-3141 ext. 2217 or amandacormier@rsu57.org to opt your child out from attending.

If you are interested in visiting the SRTC Sanford campus with your child, there will be a family open house on Tuesday, February 27th from 6-7:30 pm. The application deadline for students to apply to SRTC Programs is Friday, March 9th. For more information, or to locate the application please visit sanford.mainecte.org

The Guidance Department will be hosting a College Planning workshop on Thursday, March 8th in the MHS Auditorium from 6:30-8:30. Topics will include the college search & application process as well as the financial aid process. All are welcome!

MHS Athletic Announcements- 2-9-18 to 2-19-18

Friday 2/9

Boys Swim Southwesterns @ Cape Elizabeth	3:00 pm
Unified Basketball vs. Marshwood	4:00 pm

Saturday 2/10

MHS Wrestling @ Regional Championship Marshwood HS	9:30 am
Girls Swim Southwesterns @ Cape Elizabeth	3:30 pm
Indoor Track Southwesterns @ USM	8:00 am
MOB Ice Hockey vs. Gorham	6:10 pm
MOB JV Ice Hockey vs. Gorham	8:10 pm

Tuesday 2/13

MOB Ice Hockey vs. Mt. Ararat @ Bowdoin College	6:30pm
Unified Basketball Home vs York	4:00 pm

Wednesday 2/14

MOB Ice Hockey vs. Thornton Academy @ USM	8:30 pm
Boys Varsity Basketball Quarterfinal Game @ South Portland	7:30 pm

Thursday 2/15

Unified Basketball Home vs. Fryeburg	3:30 pm
MOB JV Ice Hockey at Lake Region Bridgton Academy	5:00 pm

Saturday 2/17

Wrestling State Championship @ Sanford	9:00 am
Cheering Scarborough Invitational	3:30 pm
Boys Swim States at Orono	9:00 am
MOB Ice Hockey @ South Portland Troubh Arena	8:00 pm

Monday 2/19

Boys Swim States at Orono	9:00 am
Indoor Track State Championship USM	9:00 am

Spring Sports Information Night will be Monday February 26th at 6pm in the MHS Gym. All spring sports athletes and a parent or guardian are expected to attend.