

MHS Weekly Announcements - May 12th, 2017

Upcoming Dates

5/12 - Talent Show

5/13- Prom

5/15 - MHS Boosters Meeting, 6:30 in Library

5/17 - Senior Class Trip permission forms/deposit due



Attention Fall Athletes - All fall 2017-2018 athletes need to see Trainer Jim for your yearly baseline concussion testing for the 2017-2018 school year. This needs to be done prior to the end of this school year. Please make appointments with the athletic trainer before June 12th. There will be no summer testing this year.

The Senior Slideshow is well under way, but there are still many students whom we have not received photos. Please send pictures (from infancy to current), with the student's name included in the email, to shanellwakita@rsu57.org, cassandrawiseman@rsu57.org, elizabethnadeau@rsu57.org, or hannacline@rsu57.org. The deadline for sending photos is May 26th.

Final reminder for the senior class trip scheduled for June 4th! Signed permission slips and \$10 deposit must be turned into Liane in the west main office by **Wednesday, May 17th**. We will not accept any slips or deposits after that date, as that is the cut-off for canceling busses and letting the company know how many we're expecting.

Please remember that your dues must be paid in order to attend this trip. If you turn in your slip and deposit but have not paid your dues by May 17th, you will not be able to attend the trip and your deposit will be returned to you. Finally, all deposit money will be returned to students who attend on the day of the trip.

Student Spotlight

Please see Emma Desrochers as the newest member of the Varsity Club:

<http://www.wcsh6.com/sports/varsity-club-emma-desrochersmassabesic-high-school/437135963>

Congratulations to Hope Saucier for being the only female recipient of the Hood Sportsman Scholarship in the State of Maine!

Department Highlight

Wellness B

The Wellness B students have been very active in the gym this semester. They completed a project adventure unit where they were challenged with some low elements., including balance beams and some low ropes and swings . They are currently enjoying a unit on pickle ball, which is a fast moving, paddle sport similar to badminton, ping pong and tennis. It is a lifelong sport that has gained popularity nationwide in recent years.

In the health classroom we have completed a unit on unhealthy relationships, which included the topics of sexual assaults, and domestic violence. We are currently working on a reproductive health unit and will be talking about contraceptives and pregnancies as we move forward.

Wellness D

The Wellness D classes have been continuing to log their workouts in both cardiovascular and strength training components. This semester they have also added workouts for their agility, power, coordination, balance, and speed.

In the health classroom they have or will be working on a unit on substance use and abuse along with a safety and first aid unit.

When the snow was on the ground the some Wellness D students also were able to get out in the snow for some snowshoeing with some games, walking the field, building a snowman... and climbing a mountain of snow.



Guidance Department

Upcoming Events/Deadlines

UMO Junior Transcript Review Day

Tuesday, May 30th at MHS

The University of Maine will be coming to Massabesic to do a Junior Transcript Review Day. Juniors can sign up for a ten minute meeting with a UMO admissions rep. This is a great chance for juniors to see where they stand academically, discuss classes for senior year and review the GPA and test scores that are typically required for admission.

Seniors - "Five Tips for a Smooth Transition to College": See the attached information from the Finance Authority of Maine (FAME).

Seniors - Hoping to go to college someday but not ready now? The College Transitions program at the Massabesic Center for Adult Learning is a complete college preparation program that will help students prepare for success, step by step by providing the following services:

- College & Career Guidance
- Skills Development
- Financial Planning
- College Admission Application Support
- On-Going Support

The College Transitions program is often used by recent high school graduates, as well as those who have been out of school for awhile, who have the desire to go on to higher education, but who may need a little extra support to get there. The College Transitions program can help students with Accuplacer support, math and writing skills - whatever assistance they need to be successful. **Best of all it's FREE** (in most cases). Students can save thousands of dollars by working on the basics at their local adult education center before they step ahead to college. If interested in learning more on this option for next year, please contact the Massabesic Center for Adult Learning (MCAL) at 247-2022.

This year summer CRS will take place on the following dates in July:

Thursday, July 6th, Friday, July 7th, Monday, July 10th, Tuesday, July 11th, Wednesday, July 12th, Thursday, July 13, Friday, July 14, Monday, July 17, Tuesday, July 18, Wednesday, July 19, Thursday, July 20th, Friday, July 21st. In the past summer school has not happened on Fridays, but because we are not able to start summer school until July 6th we will have summer school on Fridays this year. Summer School will start at 7:30 AM and end at 11:30 AM.

York County Community College has expanded their Precision Machining Certificate Program and have new openings available. If you are a graduating senior with mechanical ability or who has a preference for hands on learning, maybe this opportunity is for you. Precision Machining is a career need with good pay in the Southern Maine area. See the attached documents for more information.

The Alfred Water District is looking for a graduating senior for its Apprentice Program. The apprentice would be able to work (for pay) for the Alfred Water District while working on coursework and on-the-job training that could lead to a Water Operators License through this 4 year program. While some math skill is a plus, the program will teach the knowledge and skills needed to someone who wants to learn and who is a responsible and reliable worker. Please call 432-3823 for more information.

Activities Announcements 5/13 – 5/20

Saturday 5/13

Boys Lacrosse vs. Morse	10am JV / 12pm
JV and Varsity Baseball vs. Windham	10am
Junior Prom- Holiday Inn by the Bay	6pm

Monday 5/15

JV and Varsity Boys Lacrosse vs. Westbrook	4:15pm JV / V 6pm
JV and Varsity Softball vs. Gorham	4pm
Boys Tennis vs. Scarborough	3:30pm
Girls Tennis @ Scarborough	3:30pm

Tuesday 5/16

MHS Girls Track @ Marshwood	4pm
JV and Varsity Baseball @ Biddeford	4:30pm
MHS Boys Tennis @ Cheverus	3:30pm
MHS JV and Varsity Girls Lax vs. Scarborough	4:15pm JV / 6pm V

Wednesday 5/17

MHS Boys Tennis @ Westbrook	3:30pm
MHS Girls Tennis vs. Westbrook	3:30pm
MHS JV and Varsity Softball @ Noble	4pm
MHS Boys Track @ Noble	4pm

Thursday 5/18

MHS JV and Varsity Boys Lacrosse @ Marshwood	4pm V / 5:45pm JV
MHS JV and Varsity Baseball @ South Portland	4pm
MHS JV and Varsity Girls Lacrosse @ Windham	4:30pm JV / 6pm V

Friday 5/19

MHS Girls Tennis vs. Gorham	3:30pm
MHS Boys Tennis @ Gorham	3:30pm
JV and Varsity Softball vs. South Portland	4pm

Saturday 5/20

JV and Varsity Baseball vs. Sanford	10am
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