# Scarborough High School

Red Storm News Quarter 2, 2021



## Principal's Message

Monday, November 8, 2021

#### Happy Monday,

Today is the start up day for Quarter Two. The winter season begins today with the Girls Hockey team kicking us off! The other winter teams begin two weeks from today. I hope you get to see "HONK!", Oak Hill Players fall show (based on Hans Christian Anderson's The Ugly Duckling) – it continues this Friday (7:00) and Saturday (2:00 & 7:00). I can't wait to see it!

Quarter One grades should be available for viewing in PowerSchool on Tuesday, November 16, if all goes as planned. Our usual timing has been pushed out one day due to the holiday this week. I hope everyone is enjoying this incredible fall weather – we've had some great autumn days! Be safe and well,

Susan J. Ketch

Principal



## What's Happening in Career Pathways?

#### Community Partners Connecting with Students for their Futures

We are grateful to the following businesses and organizations for welcoming our students for internships, job shadows and informational interviews this fall.

Casco Bay Steel Structures Coffee By Design

#### Groff Video

Maine Academy of Modern Music Prime Motor Cars of Scarborough Voices of Hope & Recovery Blue Point School - Mrs. Taylor's First Grade Pleasant Hill School - Mrs. Caufield's Kindergarten Wentworth School - Mrs. Labonte, Mrs. Tait & Ms. Plummer

#### Join the Career Exploration Opportunities Google Classroom: GNFDLVX

SHS students are encouraged to join the Career Exploration Opportunities Google Classroom where they will find opportunities for job shadows, workshops, field visits, internships, employment opportunities and more. G-Classroom code: gnfdlvx *Turn on notifications to stay informed.* 

#### **Casco Bay Steel Structures Hosts Future Welders and Engineers**

On October 26th, Casco Bay Steel Structurers hosted 10 SHS students for a private tour of their bridge structures fabrication facility in South Portland. Students interested in welding, building trades and engineering learned about the skills and processes used to build the bridges we cross in Maine and beyond. Stay tuned for an upcoming visit to Graybar in November! Students with interest in business, electrical and supply chain management are encouraged to attend.

#### ACE Mentor Program

SHS students are now actively participating in weekly virtual workshops with architects, engineers and construction planners to learn about these professions. The ACE Mentor Program is made possible through volunteers from local architectural, construction and engineering firms. ACE mentors meet with students every Tuesday from 3:30-5:00 pm along with students from South Portland High School from October through April in a program that includes meeting professionals in the field, learning some technical drawing, designing projects, virtual field visits to work sites and much more.

#### MaineHealth Programs for Students Interested in Medicine

Several SHS students took advantage of MaineHealth's Virtual Career Exploration Event on Oct. 28th via Zoom to learn about training programs and career paths for patient care support services, CNA, RN, radiology/imaging and many other job sectors.

In addition, the monthly virtual Inside Medicine Club (for sophomores, juniors & seniors) is up and running with SHS students actively participating in a program offering a variety of engaging sessions that explore not only various health careers but detailed aspects of health care, such as anatomy, physiology and epidemiology.

On Tuesday, November 9th (12:45-2:00 pm) medical school students in the Tufts/MaineTrack program will discuss the path to medical school. In this virtual session, med students will present sample cases to provide students with an example of the kind of topics covered and skills you develop in medical school programs. Students interested in connecting with medical students will learn about ways to continue developing experience and skills important to working in a health profession should plan to attend. FMI: <u>czavasnik@scarboroughschools.org</u>

#### **CIEE Student International Travel Programs**

Portland-based <u>CIEE has abroad programs</u> in over 30 destinations across Africa, Asia, Latin America and Europe. Generous scholarships are available to make these opportunities more affordable for high school students. Students interested in learning more about these programs will have the opportunity to meet with a representative on Tuesday, November 9th To learn more about these and other <u>opportunities for career exploration</u>, contact Christy Zavasnik, Career Pathways Coordinator, <u>czavasnik@scarboroughschools.org</u>, 730-5061



SHS Students Visit Casco Bay Steel Structures







## Visual Arts News

#### Field Trip to ICA / Adventures in Art Fieldtrip: 11/19/21

This November, Advanced Art students have an amazing opportunity to participate in a program through Maine College of Art & Design called *Adventures in Art. Adventures in Art* is a contemporary art education program whereby MECA&D's Art Education teacher candidates present artwork and a hands-on art-making experience to cooperating schools and students. This year the project includes a site visit and a field trip to the Institute of Contemporary Art (ICA) and the SPACE gallery. For more information, see Ms. Landry-Fowler.

# Scholastic Art Award Competition and the 2022 Congressional Art Competition - Deadline: 12/14/21

The 2022 Maine Region Scholastic Art Award Competition and the 2022 Congressional Art Competition are underway! Students are invited to participate by submitting artwork for iuried competitions. Last year, many Scarborough High School students won awards!

The Scholastics competition is open to students currently in grades 7–12 in all public, private, homeschooled and after school art programs. Students can compete in up to 18 different art categories, and may submit individual works of art or portfolios. The Scholastics national website is open for submissions for the 2020 competition.

For complete details on student eligibility, competition categories, jury criteria, important dates and deadlines, and more, please see your art teacher or visit meca.edu/maine-region-art-awards/ and artandwriting.org.

Important Upcoming Dates:

- + Tuesday, Dec 14: Final day to submit artwork no late entries will be accepted
- + March 2022: Exhibition at Maine College of Art (date and time TBD)

#### Senior Risa Sanders Exhibits Photography

Scarborough High School senior Risa Sanders was one of many talented photographers and artists who participated in the *One Island Art Show* on Diamond Cove (Casco Bay). This past July, Risa had six of her photos on display for visitors and residents of the island to enjoy. Congratulations to Risa for being included in the show. Check out Risa's amazing photography below:









## GOT MUSIC? - YES, WE DO!!!!!!!!!!!!

On November 30, the Scarborough High School Band and Chorus will present their first live performance since December of 2019. Long months went by last year with no live music in school at all. When we returned to singing and playing music at school, it was in small cohorts and big distances - not ideal, but better than nothing.

Fast forward to September 2021. For the first time in 18 months, the Chorus has been able to work on items of intonation and corporate rhythm. With smaller numbers of band students, we are combining Concert Band, Wind Ensemble and Symphonic Band into one performing ensemble. Our rehearsals as a full group don't happen very often, but each time we are together we hear noticeable progress in all of the pieces.

Band and Chorus will join forces on November 30 in a shared performance. Audience members will have the choice of attending in person, or via livestream. We will be sharing the livestream link with all families just before the November 30th date. Please feel free to share the livestream link with family and friends near and far. We're very excited about this and hope that you can join us.

Seating for attending in person will be set up in 4 seat family "pods" with single seating also available. Pods will be separated by one empty seat in the middle. Masks are required for all while in the school building.

Concert time is 7 pm.



## Oak Hill Players At Winslow Homer Auditorium

Friday, November 5th @ 7pm Saturday, November 6th @ 2pm and 7pm

Friday, November 12th @ 7pm Saturday, November 13th @ 2pm and 7pm

Tickets can be purchased online at www.scarboroughredstorm.org/ohp

Streaming directly to YOU on Thanksgiving Weekend! <u>https://www.scarboroughredstorm.org/ohp</u>



## Sources of Strength Peer Leader Program

Sources of Strength is a nationally recognized evidence-based prevention program. The mission is to provide high quality, evidence-based prevention for some of the most pressing mental health issues students face: suicide, violence, bullying, and substance abuse. Our peer leaders and advisors have received training from the National Alliance of Mental Illness (NAMI) in Maine, which oversees all Sources of Strength programs in schools throughout Maine. Our Scarborough High School group includes over 30 students who serve as "peer leaders," and plan ways to identify individual strengths to provide hope and connection. Peer leaders and adult advisors work together with the common goal of helping all students identify and use their strengths and support networks and offer to connect people to help when needed. We recognize that all of us go through good times and tough times. It is our mission to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up. We will be running a variety of campaigns throughout the school year to draw attention to the ways in which people can use their strengths to increase hope and resilience. Our current campaign during November and December is called the Thankfulness Challenge. We are planning activities for this campaign and hope to engage students and staff in understanding and practicing gratitude as we move through these months. We receive ongoing support and information for our campaigns through the national Sources of Strength website. For more detailed information about Sources of Strength as a nationally recognized prevention program, click on the links below For more information, go to https://sourcesofstrength.org/ https://sourcesofstrength.org/wp-content/uploads/GH2017\_share.pdf

Advisors: Mary Record, Jen Adams, Molly Montgomery



## THANK YOU!

The Athletic and Student Activities Department would like to thank members of the ECOS and Key Club for doing a turf field clean up. These students recognized a need within our school community and worked hard to help provide service to their community. We should certainly all be proud of these young men and women and their understanding of the importance of service to the community. THANK YOU !!!!



## Fall Sports

Congratulations to all the Fall 2021 Sports Teams!!

• Volleyball won their third state title with a win over Biddeford 3-2

- Football won their first playoff game versus Bangor on the road Friday night. To read the full recap of the game <u>click here</u>.
- Boys and Girls Cross Country both had athletes compete in the state championship meet at Belfast. The boys earned a team bid to compete at state while the girls had an individual compete at the State meet.
- Field Hockey earned their way to the South Regional final game, but ended their season with a 2-1 lose to #1 seeded Cheverus
- Girls Soccer competed in the South Quarterfinals ending their season with a 2-1 lose to TA. They ended the regular season with a record of 12-1-1
- Boys Soccer held a 12-2 regular season record and made it to the south quarterfinal round of the state playoffs.
- Golf would finish their season 4th overall at the state championship and had multiple individuals finish in the top 20.



Environmental Club Members Working on Fall Cleanup



Harvesting End of Season Vegetables



ECOS Members Recycling Efforts

## The Environmental Club of Scarborough

The Environmental Club of Scarborough (ECOS) is up & running with members recycling bottles, paper and cardboard throughout the high school each week and working on the courtyard garden. Members also collaborated with the Key Club to pick up trash under the bleachers and around track after homecoming events. Upcoming projects include bringing back composting in the cafeteria and helping to increase understanding of the value of reducing waste. New members are always welcome and can learn more on the ECOS G-Classroom: obhgraz or by reaching out to ECOS advisor Ms. Zavasnik.

## Math Team

The Math Team meets Tuesdays after school in Mr. Hayward's room, A104. After two meets, the team is again proving to be highly competitive and ranks second in the Pi-Cone South and 4th overall in the state.

The team was led by Jayson Thatcher, Quentin Wu and Varsha Yarram in the first meet, while Quentin Wu, Simon Hayward and Harsha Yarram led the way in the second meet.

Practices are held in Mr. Hayward's room, A104, on Tuesdays. The next meet is Wednesday, December 8 at Cape Elizabeth.

The team can be tracked at https://www.pi-cone.org/mathhome.asp.

The 2021-22 SHS Math Team is pictured below.



## CybertStart Competition is Here!

#### Hello Students!

We're happy to announce that the annual CyberStart Competition is here! CyberStart is a free national program for high school students to master cybersecurity as a gateway to the industry, up their digital skills, and compete for college scholarships. It is open to any student and you do not need prior knowledge in cybersecurity or computer science to get started. To learn more about the competition, check out this video (<u>What is the CyberStart game?</u>)

If interested you can then register using <u>this link</u>. You can use Mr. McCormack as the teacher contact when registering. It's a ton of fun and a great time to get started!

Teacher Contact: Albert McCormack (amccormack@scarboroughschools.org)

Please reach out with any questions!

## The Chess Club

The Chess Club meets in Mr. Hayward's room, A104, after school on Mondays. Everyone is welcome! Email or visit Mr. Hayward if you would like to join the google classroom for Chess and join the email list.







2021-22 Key Club Members 2021-22 Key Club Members

#### SHS Key Club November Events

On Saturday, November 13th, members of the SHS Key Club will be raking leaves and doing fall clean up in the yards of 10 Scarborough residents. We have provided this service for many years and Scarborough residents are always very appreciative! This is a great way for students to be social, get some exercise outdoors, and connect with the Scarborough community.

Our Key Club is also running a Penny Wars fundraiser during the month of November to benefit the *Thirst Project*, an organization working to deliver clean drinking water around the world. Last year we raised approximately \$350 to help build wells and develop clean water infrastructure where it is most needed. Two years ago, representatives from the *Thirst Project* visited Scarborough High School and gave a presentation about their work and the challenges many people face accessing clean water every day. Members of Key Club were energized by the discussion and have taken this on as one of our primary causes.



## Senior Placement Office News

The Senior Placement Office will be hosting On-The-Spot Admissions Days for the following colleges:

University of New England Virtual Same Day Admission - Monday, November 15, 2021.

University of Southern Maine In-House Same Day Admissions - Thursday, December 2, 2021.

#### University of Maine Orono - In-House Same Day Admissions - Friday, December 10, 2021.

During these meetings, you will connect with an Admissions Counselor to review your application. The Admissions Counselor may be able to give you a decision right then and there - no waiting!

We have sent out the information for UNE day and will be sending out information for USM and UMaine Orono days later this week.

If you have any questions about these upcoming events, please contact Mrs. Henderson in the Senior Placement Office - <u>ehenderson@scarboroughschools.org</u>.



## SHS SCHOOL STORE HOLIDAY ORDERS

RED STORM Gear Sale.... just in time for the holidays.

The school store is working with our vendor to open up the online webstore to sell Scarborough Red Storm gear.

This will be **<u>open for one week only</u>** starting Nov 16. There will be various items to choose from for holiday gift giving ideas.

Please check your email as we will share the live link at the start date.

Proceeds help to support the Backpack Program.



## Yearbooks for Sale!

The 2022 yearbook is now for sale!

Books can be purchased online at

YBPAY.com (enter customer ID number 12872321) **OR** forms are available in the main office and outside room E112 for purchasing with cash or check. (Please make checks payable to Scarborough Yearbook.)

Orders are open until January 31, 2022. Personalized book orders are open until January 23, 2022. Please forward questions to Lorraine Aromando or Lisa Ruhman.

## AP Exams

Thank you to everyone who has paid for their AP Exam. If you haven't paid for your AP Exam the deadline was November 1st and online payment is now closed. Please bring a check made out to Scarborough High School as soon as possible to the guidance office. Fee waivers are available to those who need financial assistance. All exams ordered after November 12th will incur a late fee from College Board. Please see your school counselor with any questions.



## 2022 SAT UPDATE

2022 School Day SAT Update

After several years, the Maine DOE has shifted away from using the SAT Exam as a statewide assessment for 3rd year high school students and is no longer requiring schools to administer it each spring. As a result, Scarborough High School will not be administering the SAT Exam during the 2021-2022 school year.

Any SHS students wishing to take the SAT Exam for college admissions purposes should plan to register for their own exam at <u>https://collegereadiness.collegeboard.org/sat</u>. The exam is offered at various testing locations throughout the Southern Maine area on the first Saturday of each month *(except for January, February, & April)* during the 2021-2022 school year.

Fee waivers are available for any SHS student who qualifies, and students should see either Student Services or Senior Placement for more info



A quick message and reference guide from your Health Services Team:

With cold and flu season approaching we want to clarify our protocol regarding when students need to stay home from school and what we are asking of you prior to their return.

If your student has 1 of the following:	Your student is required to:
<ul> <li>A cough</li> <li>Sore throat</li> <li>Shortness of Breath/Difficulty Breathing</li> <li>Fever/Chills</li> <li>New loss of taste or smell</li> </ul>	1. Stay Home and either get: 2a. A PCR or rapid COVID test, (home tests are NOT accepted) OR 2b. A physician's note clearing them to come back to school. "even if they are fully vaccinated
If your student has 2 or more of the following:	Your student is required to:
Congestion/runny nose     Headache     Fatigue     Nausea or Vomiting     Diarrhea     Stomach pains     Muscle pains     Swelling or redness of hands/feet     Red eyes/eye drainage     Rash	<ol> <li>Stay Home and either get:</li> <li>2a. A PCR or rapid COVID test, (home tests are NOT accepted)         OR         2b. A physician's note clearing them to come back to school.         *even if they are fully vaccinated</li> </ol>

Test results or doctor's notes may be faxed to 207-730-5196, emailed to one of the Health Services Staff members below, or a physical copy brought in with the student.

We appreciate your cooperation and support. Please reach out with any questions.

Stacey Hang, RN, BSN shang@scarboroughschools.org 207-730-5017 Suzanne Kenney, MA skenney@scarboroughschools.org 207-730-5015 Lisa Verzoni, Rn, BSN <u>Iverzoni@scarboroughschools.org</u> 207-730-5016

## **Clinic Notes**

#### **CLINIC NOTES**

**CLINIC SET UP:** We have two clinics set up at the high school again this year. One clinic will be used for routine care and the second clinic will be used for students/staff who feel ill.

**IMMUNIZATIONS:** Please send updated immunization records to the clinic whenever your student receives a required vaccine. In addition to the vaccines required for kindergarten entry, a Tdap and one dose of MCV4 is required for all students entering 7th grade. Two doses of MCV4 are required for students entering 12th grade. If the first dose of MCV4 was administered on or after the 16th birthday, a second dose is not required.

MEDIATION DOOD OFF. Disconstant the elisists also formediation does off

HEALTH: Please contact the clinic staff if your child has a health issue (acute or chronic) or sustains a physical injury that may require accommodations while at school.
Stacey Hang, RN 730-5015
Lisa Verzoni, RN 730-5016
Suzanne Kenney, Medical Assistant 730-5189



Stay home with any YES response to the questions above.



## CALENDAR OF EVENTS

Friday, November 5, 2021: QUARTER 1 ENDS Thursday, November 11, 2021: NO SCHOOL - Veteran's Day Tuesday, November 16, 2021: School Store Open - Online Orders for Holidays Wednesday, November 17, 2021: EARLY RELEASE DAY (12:55 pm dismissal) Wednesday, November 24, 2021: NO SCHOOL Thursday, November 25, 2021: NO SCHOOL - Thanksgiving Friday, November 26, 2021: NO SCHOOL Tuesday, November 30, 2021: SHS Band & Chorus Concert (7:00 pm) Wednesday, December 8, 2021: Parent Night (6:00 pm - In Person - SHS AP Room) Wednesday, December 15, 2021: EARLY RELEASE DAY (12:55 pm dismissal) December 23 - 31, 2021: NO SCHOOL - Winter Break Wednesday, January 12, 2022: EARLY RELEASE DAY (12:55 pm dismissal) Tuesday- Friday, January 18-21, 2022: Mid-Term Exams Friday, January 21, 2022: QUARTER 2/SEMESTER 1 ENDS



## Scarborough High School Building Supports

2021-22

SHS Building Supports

#### **Principal:**

- Susan J. Ketch, 730-5002, <u>sketch@scarboroughschools.org</u>
- Karen Sprague, Admin. Assistant, 730-5002, <a href="https://www.ksprague@scarboroughschools.org">ksprague@scarboroughschools.org</a>
- Paula Davis, Attendance/Receptionist, 730-5000, <u>pdavis@scarboroughschools.org</u>

#### **Assistant Principals:**

- Jacob Brown, 730-5133, jabrown@scarboroughschools.org
- Nathan Theriault, 730-5101, <a href="mailto:ntheriault@scarboroughschools.org">ntheriault@scarboroughschools.org</a>
- Lisa Newcomb, Admin. Assistant, 730-5102, <u>Inewcomb@scarboroughschools.org</u>

#### **Director of Athletics and Activities:**

- Michael LeGage, 730-5012, <u>mlegage@scarboroughschools.org</u>
- Jordan Ferreira, Asst. for Athletics & Activities, 730-5086, jferreira@scarboroughschools.org
- Heather Paonessa, Admin. Assistant, 730-5012, <u>hpaonessa@scarboroughschools.org</u>

#### Study Center:

- Chris Hasson, 730-5114, <u>chasson@scarboroughschools.org</u>
- Dru Sullivan, 730-5115, dsullivan@scarboroughschools.org

#### **Student Services:**

- Alyson Murtha, Counselor, 730-5026, <u>amurtha@scarborughschools.org</u> (Gr. 9 & 11: L-Z)
- Ryan Soucie, Counselor, 730-5024, <u>rsoucie@scarboroughschools.org</u> (Gr. 9 & 11: A-K)
- Mandy Chaulding Counceler 720 E022 wanaulding Charter aucharbands are (Cr. 10 & 12: A K)

- Tim Walker, Counselor, 730-5025, <u>twalker@scarboroughschools.org</u> (Gr. 10 & 12: L-Z)
- Scott Harris, Senior Placement Counselor, 730-5031, <a href="mailto:sharris@scarboroughschools.org">sharris@scarboroughschools.org</a>
- Jaclyn D'Annibale, Social Worker, 730-5029, jdannibale@scarboroughschools.org
- Christina Gerber, Social Worker, 730-5028, <u>cgerber@scarboroughschools.org</u>
- Elise Lehostsky, Social Worker, 730-5020 <u>elehotsky@scarboroughschools.org</u>
- Molly Montgomery, Student Assistance Counselor, <u>mmontgomery@scarboroughschools.org</u>
- Amy Ranco, Social Worker, 730-5027, <u>aranco@scarboroughschools.org</u>
- Vickie Sutyak, Admin. Assistant, 730-5020, vsutyak@scarboroughschools.org
- Betsy Henderson, Sr. Placement Admin. Assistant, 730-5030, <u>bhenderson@scarboroughschools.org</u>

#### School Resource Officer:

• Frank Plourd, 730-5014, fplourd@scarboroughschools.org

#### **Building Ed Techs:**

- Tim Coombs, Safety & Vocational Students, 730-5009, tcoombs@scarboroughschools.org
- David Yeo, Safety & Attendance, 730-5005, <u>dyeo@scarboroughschools.org</u>

#### Nurses:

- Stacey Hang, 730-5015, <a href="mailto:shang@scarboroughschools.org">shang@scarboroughschools.org</a>
- Lisa Verzoni, 730-5016, <u>lverzoni@scarboroughschools.org</u>
- Suzanne Kenney, Medical Assistant, 730-5015, <a href="mailto:skenney@scarboroughschools.org">skenney@scarboroughschools.org</a>



## Scarborough Community Thanksgiving Dinner

The 6th Annual Scarborough Community Thanksgiving Dinner is gearing up for another curbside event! As much as we'd like to be back inside, sharing a sit down dinner on Thanksgiving Day, it's just not safe for everyone to do so. The same delicious dinner you've come to expect from us will be packaged up and ready for you to enjoy in the comfort of your own home. Please make your dinner reservation by calling 207-730-4171 or by registering on our website www.scarboroughcommunitythanksgiving.org

https://drive.google.com/file/d/1V-RiNKcLjcJe2MxU6V6UW-PRJ0tAFRRQ/view?usp=sharing



## HAPPY THANKSGIVING TO ALL!

