

Bronco Bulletin

December 5, 2025

2025 Best Public High Schools in Maine



2024 **AP[®] CSP**
Female Diversity Award



Upcoming Events

[School Calendar 2025-26](#)

[Purple and White Calendar](#)

Saturday, 12/6 – Music Fundraiser at Chipotle (see flyer below)

through Friday, 12/12 – Advisory Giving Challenge sponsored by NHS – bring in non-perishable food for the HA Student Pantry

Monday, 12/8 -- FBI Community Presentation on Internet Safety at 6:15 PM in PAC
Wednesday, 12/10 -- Winter Concert at 6:30 PM in PAC

SPORTS

Sat, 12/6

- Boys Varsity Basketball - @ Oxford Hills - 2:30, Bus 10am
- Boys JV Basketball - @ Oxford Hills - 1:00, Bus 10am
- Girls Varsity Basketball - vs Oxford Hills - 2:30
- Girls JV Basketball - vs Oxford Hills - 1:00
- Boys Varsity Ice Hockey - @ Cheverus/Yarmouth - 6:20, Bus 2:30
- Boys JV Ice Hockey - @ Cheverus/Yarmouth - 8:20, Bus 2:30
- Girls Ice Hockey - @ York 1:00, Bus 8:45am
- Indoor Track - EMITL Meet 1B - 2:40, Bus 1:00, Bus 4:15 @ BHS

Mon, 12/8

- Pioneers Girls Ice Hockey - @ Central Maine 8:20

Tue, 12/9

- Boys Varsity Basketball - vs Camden Hills - 6:30
- Boys JV Basketball - vs Camden Hills - 5:00
- Boys Freshman Basketball - vs Camden Hills - 3:30
- Girls Varsity Basketball - @ Camden Hills - 6:30, Bus 3:00
- Girls JV Basketball - @ Camden Hills - 5:00, Bus 3:00

Wed, 12/10

- Boys Varsity Ice Hockey - @ Old Town/Orono - 3:30, Bus 2:00
- Boys JV Ice Hockey - @ Old Town/Orono - 5:30, Bus 2:00
- Wrestling - @ Mt. Blue - 5:00, Bus 1:40

Fri, 12/12

- Winter Sports Picture Day - Commons 2:00





The Hampden Academy Music Department
proudly presents

Winter Concert

December 10th, 2025
HA Performing Arts Center
6:30pm




*Featuring Concert Choir, Treble Choir, Chamber Singers
and The HA Symphonic Band
with a special appearance by Dr. Evanoff*

Free entry! Donations to our Music Boosters appreciated

Password

WE CAN DO THIS!!! FOOD WITH INTEGRITY
COMMUNITY STARTS HERE
FOIL-WRAP
GOODNESS
GENEROUS
HELPING
BURRITOS
CAUSE
EFFECT
TASTE
MADE
FRESH
EVERY
DAY
THING
FOOD
ULTIMATE
BETTER
WORLD

DO GOOD WITH CHIPOTLE




CHIPOTLE FUNDRAISER FOR
**HAMPDEN ACADEMY MUSIC
ASSOCIATION**

25% OF EVENT SALES GET DONATED TO THE CAUSE

SATURDAY, DECEMBER 6TH | 4-8PM
583 STILLWATER AVE, BANGOR, ME, 04401

ORDER ONLINE FOR PICKUP USING CODE **6LPFM98**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

On December 8th at 6:15pm in the PAC, the Bangor Field Office of the FBI will present a program on being safe online. This presentation focuses on how to keep children safe, what to be on the lookout for, and what to do if you are a victim. The evening will include time to ask questions about internet safety. If you have any questions, please contact Mr. Hills (ahills@rsu22.us). Hope to see you there.



Principal's Message

As we approach the middle of quarter 2, families and students should check PowerSchool. This is the time to complete any missing work! If you missed the email about honor roll and UTC students of the quarter, please see the Around the School section.



Our school nurse, Ms Parent provides information about teenagers and sleep in the School Information section below. Also below is a flyer about holiday meals provided to HA students and families through generous donations of the Discover Church. If families are interested in getting holiday help through the Hampden Giving Tree please call or go to the Hampden Town Office (anyone can get help even if you don't live in Hampden).

Have a great weekend!

School Information



THE NURSE'S CORNER

Barb Parent RN

bparent@rsu22.us

862-5570

Teenagers and Sleep

Teenagers typically need about 9-10 hours of sleep per night which is crucial for their health and academic performance. Too many teens get insufficient sleep. [Adequate sleep also plays a significant role in emotional regulation, reducing stress, anxiety and mood swings.](#) Excessive sleepiness is a serious problem in teenagers and is associated with depression, poor performance in school, and increased risk of driving accidents.



Reasons Many Teens Don't Get Enough Sleep

- [Developmental Changes: During puberty, teenagers experience changes in their body clock, often leading to later sleep onset. This shift can make it challenging for them to wake up early for school.](#)
- Obligations like homework, extracurricular activities, and social activities can make it hard for teens to get enough sleep.
- Bad sleep habits such as too much screen time, excessive caffeine intake and lack of a consistent sleep schedule make it hard to fall asleep.

How Can Teens Get Better Sleep?

- Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.
- Following a consistent routine before bed in order to relax and fall asleep
- Limiting screen time prior to going to bed. Stop using electronic devices at least a half hour before bed and silence the devices during sleep.
- Eliminating all caffeine intake including energy drinks especially in the late afternoon and evening.
- Exercising regularly for a deeper sleep. This can include participating in sports or other physical extracurricular activities. It's good to get your blood flowing for even 30 minutes a day.
- Keeping your room cool, dark and quiet while trying to sleep

101 Main St N, Hampden, ME 04444

Wednesdays from 10:00-10:20 AM and 4:30-6:00 PM

Fridays from 9:00-10:00 AM



Winterport & Frankfort 223-4947

[Neighbor's Cupboard](#)

49 Park Dr, Winterport, ME 04496

Wednesdays, 9 - 10am

Newburgh 659-5613

[Newburgh Community Food Pantry](#)



Attendance Procedures

PLANNED ABSENCES

If your student has a planned absence, please be sure to complete the [Pre-approved Planned Absence Form](#). If this form is completed before the absences, then the absences will be excused and students will be allowed to make up their work. If families do not



complete this form, absences will be unexcused and students will not be able to make up assignments missed while absent.

DAILY ATTENDANCE

In order to promote good school attendance and maximize learning opportunities, Hampden Academy adheres to the following attendance guidelines:

1. If a student is absent from school, parents/guardians should email the school at haoffice@rsu22.us before 9:00 a.m. to notify the school of the absence and provide a reason for the absence.
2. Accurate records of student attendance including absence, tardiness and dismissal are maintained in the main office. Reasons for absence, tardiness and dismissals are verified and recorded as either excused or unexcused. Excused absences, tardies and dismissals are determined by state law and school board policy as listed below:
 1. Absence due to personal illness. In the case of illness or suspected truancy, a doctor's statement may be required.
 2. Appointments with health professionals that cannot be made outside of the regular school day.
 3. Observance of recognized religious holidays when the observance is required during the regular school day.
 4. Planned absences for personal/educational purposes that are approved in advance by the Principal or Assistant Principal. A planned absence of three or more days requires the completion of a [Request for Planned Absence Form](#) seven days prior to the absence.
 5. Absence due to emergency family situations.
3. All unexcused absences will be addressed through the school's disciplinary and truancy policies.

DISMISSAL PROCEDURES

Once a student arrives at school, they are expected to stay on school grounds until dismissal. If a student needs to be dismissed before the regular dismissal time, a parent or guardian must notify the office via note or phone call giving permission and indicating the reason for early departure. Excused dismissals are determined by state law and are listed above in the Daily Attendance section.

Students are dismissed under the following guidelines:

1. Students who wish to be dismissed due to illness must be dismissed by the nurse.
 2. The parent/guardian should call the front office if a student is being dismissed by them. The student must report to the office for a dismissal slip.
 3. When dismissed, students must sign out in the office and leave school premises.
 4. Parent/guardian permission is required in writing for the express purpose of the student working at a part-time job (under the provisions of current Maine Labor Laws), and parent/guardian must sign an Early Dismissal Permission form. This permission slip makes it clear that once the student has left the school grounds, the student may not return until after the close of school on that day. Early dismissal is considered a privilege, not a right, and may be revoked (for a given student) by administration for good reason.
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Lunch Menu

School Meals Online Application

Around the School



HA Robotics

HA Robotics Team C qualifies ot state championship competition
-- great job Eli P & Max D!

AP Computer Class Highlights Teachers

Mrs Johnson's AP Computer Science Principles classes is working on teacher videos. Students contacted their chosen teacher, provided the interview questions, arranged a time to shoot the video, and created the video. This video features Science teacher, Mr Wagner.



Wagner Movie 2.mp4

drive.google.com

Honor Roll and UTC Students of the Quarter

Hampden Academy is proud to announce the Quarter 1 honor roll for the 2025-26 school year.

The following students earned Honors with all A and B grades:

Grade 12: Addison Andre, Ella Beaulieu, Brooke Berry, Mason Bethony, Brendan Bowie, Addison Briggs, Sophia Bruce, Lexie Carlsen, Tenley Ceban, Kennedy Corsa, Mia Curtis, Bryson Dameron, Connor Desjardins, Meredith Doucette, Addison Dowling, Breann Downs, Katherine Dysart, Catarina Facchini, Liam Facchini, Jacob Fanjoy, Julia Freeman, Abigail Gregor, Olivia Hanscom, Sarah Haskell, Mitchell Hawkes, Oz Kington, Grace LeVasseur, Lilianne Montgomery-Rice, Gavin Monyok, Nykson Moors, Anna Napolillo, Jake O'Donnell, Ashton Pease, Lydia Powers, Paige Richard, Ian Robichaud, Benjamin Robinson, Jessica Sass, Joshua Sirois, Katelyn Southland, Colby Sproul, Alleigh Stansauk, Peyton Stillman, Mason Studley, Addison Whitcomb, Alexander Wilcox, and Sawyer Worcester.

Grade 11: Lydia Adamo, Stella Ames, Carter Austin, Joel Brinz, Ryann Carlisle, Julie Collins, Zachary Colson, Molly Cowan, Lolah Cowing, Hayden Crane, Breah Curtis, Trent Deane, Jase Deans, Addison Elliott, Shelby Gray, Maia Johnson, Louie Knights, Caylynn Kroll, Edward LaRochelle, Kendra LeBlanc, Annabelle Levesque, Daniella Madore, Ezekiel Manning, Ryan McAlpine, Adam McClure, Julian McEwen, Allison Megno, Esmae Melanson, Isabelle Moors, Caydence Moran, Beckett Mulford-Layne, Aliyah Norton, Evelyn Oyler, Desirae Pacheco, Piper Parker, Gabriel Pennell, Bodie Peterson, Lee Philbrick, Benjamin Phillips, Zoelle Raymond, Owen Reynolds-Harvey, Samantha Russell, Dillan Savage, Jack Scott, Isaiah Shaw, Dresden Sherwood, Emma Small, Kaleb Smith, Emery Stevens, Charlotte Tardif, Allison VandeBogart, McKenna Veazie, Jayden Wengrzycki, Aaron Wentworth, Rowan Whitcomb, Liam White, Eve Wiles, Valerie Woods, Elise Worster, and Samantha Young.

Grade 10: Kamryn Bartlett, Lacey Beaulieu, Sally Beaulieu, Rylynn Bowley, Braylin Brown, Rachel Brown, Aiden Byrne, Collin Chen, Jacob Clotts, Olivia Dery, Paige Desjardins, Caitlin Dionne, Landon Fish, Quinn Fleming, Mason Franz, Aundrea Frost, Christine Gamble, Stella Gregor, Bailey Guastella, Gus Gustafson, Callan Hafford, Alexis Hamel, Tristan Harvey, Austin Haskell, Gracyn Haskell, Mabel Hawkes, Mikayla Hesseltine, Ella Higgins, Liam Hogan, Chloe Huntley, Benjamin Johnston, Jude Keezer, Kalani Kokotovich, Isabella Krummel, Leah LaPointe, Mallory Lausier, Samuel Levesque, Joseph Newell, Grady O'Roak, Benjamin Oliver, Colby Pangburn, Naomi Pratt, Landon Pugsley, Delia Rich, Henry Samoluk, Lydiah Shaw, Steven Spiess, Rhiannon St. Thomas, Peyton Stanevich, Chloe Watson, Asa Wentworth, Abrey White, Eden Whitty, Hayden Wilbur, and Mason Worden.

Grade 9: Finnegan Allen, John Bailey, Kelsey Ball, Austin Beale, Ondine Beaton, Knox Benson, Jillian Blake, Ally Caldwell, Jaiden Carson, Noelle Carter, Melody Caudill, Emily Cloutier, Addison Davis, Elanzo Delvalle, Mason Dicker, Brady Duff, Adrian Ellingwood, Savannah Faulkner, Isabelle Fransen, Addison Giles, Adeline Giles, Riley Hancock, Alexandra Hopkins, Iris Howland, Rebekah Hunt, Owen Isenhour, Abigail Jean-Jacques, Conner Judkins, Seth Jurlina, Ella Kaiman, Kaylee Lewis, Samantha Libby, Bronson Lilly, Lucas Linder, Ayla Lizotte, Mason Lundstrom, Rosalind MacDonald, Aaliyah MacGregor, Morgan Marsh, Olive McHale, Andrew McKenney, Nolan Naughton, Matthew Newbegin, Sydney O'Leary, Elliana Osnoe, Maci Patterson, Eva Pearl, Jenna Quimby, Reece Ramers, Kaia Ratsakongsy, Lyla Records, Grace Richard, Marlaina Roberts, Kason Shaw, Avery Simmons,

Nicholas Staples, Jacob Stimpson, Naia Studley, Natalie Surran, Jack Trennam, Mason Tufts, Everly Turner, Eve Walker, Chloe Williams, and Mason Young.

The following students earned High Honors with all A grades:

Grade 12: Declan Arimond, Coleman Chase, Tatum Cousins, Madelyn DiCentes, Madeline Hellum, Jacqueline James, Ava Kerswell, Alice Knapp, Hannah Littlefield, Ainsley Melia, Ashton O'Roak, Gretchen Plant, Brooke Porter, Isabel Saucier, Makayla Shaw, Kiersten Shayne, Hannah Spahr, Trew Thomas, Braydon Tiensivu, Lilly Anne Tripp, Asher Valentine, Wyatt Waloewandja, Lorelei Wilkerson, Wyatt Wilson, and Lucy Withee.

Grade 11: Katelyn Adams, Madison Austin, Ava Black, Kaitlyn Crosby, Lucas Fachiol, Leif Isenhour, Karlee Kroll, Wyatt Levesque, Charlie MacDonald, Maxwell Nason, Lexi Rolfe, Ashton Russell, Addison Schall, Aubrey Shaw, Phoebe Strong, Mason Thornwall, Frederic Walsh, and Andrew Williams.

Grade 10: Chase Coffey, Megan DeWitt, Jillian Druan, Izaiah Eaton, Khloe Hellum, Lliam Hulsey, Delaney King, Ellura Libby, Samantha Libby, Keegan Lunny, Ella MacArthur, Payton Porter, Lukas Robichaud, Zacharia Stevens, Sophie Walsh, and Madeline Wilkin.

Grade 9: Owen Barnes, Riley Baron, Lawson Beichner, Jace Boron, Jacob Bouchard, Hayley Carleton, Allyson Clement, Elena Domina, Zoey Druan, Olivia Galeano, Chasen Grant, Anne Harris, Annabelle Johnson, Emelia Johnson, Avery Light, Jacob O'Connell, Wyatt Rollins, Sylvia Ruge, Willamina Sarnacki-Wood, Paige Upton, Zachary Valentine, Henry Walters, and Bridgette Weldon.

Hampden Academy is also proud to share the United Technical Center Students of the Quarter for Quarter 1 of the 2025-26 school year.

Ava Black in Video and Audio Production

Desirae Pacheco in Culinary Arts

Katelyn Adams in Medical Assisting 1

Madison Austin in Law Enforcement

Oz Kington in Business Leadership

Rowan Whitcomb in Natural Resources & Outdoor Recreation

Student Services

[Amazon Wish List](#)

Athletics

HA Athletics Facebook page is live! Follow at "Hampden Academy Athletics" to get the latest scheduling information and team updates!

Yearbook Information

Hampden Academy Family and Student Handbook



About Hampden Academy

<https://ha.rsu22.us/>



Part of RSU 22, Hampden Academy currently services 735 students in grades 9-12. Hampden Academy offers strong academics designed to challenge and inspire every student. Beyond the classroom, we celebrate a vibrant community with a wide variety of sports teams, dynamic music and performing arts programs, and numerous clubs to explore your passions. Learn more at our website.