

Bronco Bulletin

May 15, 2026

2025 Best Public High Schools in Maine



2024 AP[®] CSP Female Diversity Award



Upcoming Events

[School Calendar 2025-26](#)

[Purple and White Calendar](#)

Mon, 5/18 - HA Awards Night at 6:00 PM in PAC

Thu, 5/21 - Step Ahead Night (for incoming 9th graders and their families) at 6:00 PM

Fri, 5/22 - Early Dismissal for Students at 11:00 AM AND Voices Unlimited and R&B Concert at 7:30 PM in PAC (see flyer below)

SENIORS

[Seniors Final Exam Schedule](#)

Wed, 6/3 – Marching Practice at 8:00 AM

Thu, 6/4 – Marching Practice at 8:00 AM and Senior BBQ at 5:00 PM

Sun, 6/7 – Graduation at 1:30 PM in HA Gym (tickets required)

[School Calendar 2026-27](#)



The HA Music Department
proudly presents



Spring Pops Concert

Friday, May 29th, 2026 at 6:30pm
HA Performing Arts Center

Featuring music
from the movies!



Hampden Academy
Symphonic Band, Chamber
Singers, Treble Choir, Concert
Choir and Acafellas

We will also honor our
graduating seniors!

HA ATHLETICS

[Athletic schedule week of 5/18](#)

Monday 5/11

Team	Event	Time	Dismissal	Bus Departure
Varsity Baseball/Softball	vs Camden Hills	4:00 PM	-	-
JV Baseball	@ Camden Hills	5:00 PM	1:45 PM	2:00 PM
Varsity Boys Tennis	@ Mt. Ararat	4:30 PM	1:45 PM	2:00 PM
Varsity Girls Tennis	vs Mt. Ararat	4:00 PM	-	-

Tuesday 5/12

Team	Event	Time	Dismissal	Bus Departure
JV Baseball/Softball	vs Mt. Ararat	4:00 PM	-	-
Varsity Boys Lacrosse	@ Leavitt	4:30 PM	1:15 PM	1:30 PM
JV Boys Lacrosse	@ Leavitt	6:00 PM	1:15 PM	1:30 PM
Varsity Girls Lacrosse	@ Lewiston	5:00 PM	-	2:15 PM
JV Tennis	vs MDI	4:00 PM	-	-

Wednesday 5/13

Team	Event	Time	Dismissal	Bus Departure
Varsity Baseball/Softball	@ Mt. Ararat	4:30 PM	1:00 PM	1:15 PM

Thursday 5/14

Team	Event	Time	Dismissal	Bus Departure
Varsity Girls Lacrosse	vs Lawrence/Winslow	7:00 PM	-	-
Varsity Boys/Girls Tennis	@ MDI	4:00 PM	1:15 PM	1:30 PM

Friday 5/15

Team	Event	Time	Dismissal	Bus Departure
JV Baseball/Softball	@ Lewiston	5:00 PM	-	2:15 PM
Varsity Boys Lacrosse	@ Edward Little	4:30 PM	1:45 PM	2:00 PM
JV Boys Lacrosse	@ Edward Little	6:00 PM	1:45 PM	2:00 PM
Outdoor Track and Field	@ Orono	3:30 PM	1:15 PM	1:30 PM
Varsity Boys Tennis	@ Bangor	3:30 PM	-	2:15 PM
Varsity Girls Tennis	vs Bangor	3:30 PM	-	-

Saturday 5/16

Team	Event	Time	Dismissal	Bus Departure
Varsity Baseball/Softball	vs Lewiston	7:00 PM	-	-
Varsity Boys Lacrosse	vs Oak Hill	2:00 PM	-	-
JV Tennis	vs FA/Old Town	11:00AM	-	-

.....

Bus Information

Mon, 5/18 - Bus 10 will be doubled in the afternoon with Bus 11. Bus 10 students will be 20-30 minutes late getting home.

Tue, 5/19 - Bus 5 will be doubled in the afternoon with Bus 4. Bus 4 students except for Mayo Rd will be 20-30 minutes late getting home. Bus 10 will be doubled in the afternoon with Bus 11. Bus 10 students will be 20-30 minutes late getting home.

Wed, 5/20 - Bus 10 will be doubled in the afternoon with Bus 11. Bus 10 students will be 20-30 minutes late getting home.

Principal's Message

Thank you to the junior class, parents, and staff for organizing an amazing prom last weekend! Students enjoyed the night of dancing and being together. The site manager let us know that they were impressed by our students' behavior at the event. Great job everyone!



Thank you also to district art teachers who held an opening this week displaying and celebrating student art from all of our schools! See photos in the Around the School section.

Parents and Guardians, please access our school climate survey through this letter: [Family PBIS Letter Spring 2026](#). We appreciate you taking the time to give us some feedback!

RSU 22 Budget Meeting Information

Please click here to view the **May 13, 2026** RSU 22 Board Budget Workshop Meeting:

<https://www.youtube.com/watch?v=mmhbgzVx8o>

Documentation for all meetings can be found here:

https://drive.google.com/drive/folders/1iXYDRA5hMOFiTs_tnHZHXrB6ZSszSk4tq

The FY27 Budget Presentation can be found here:

<https://drive.google.com/drive/folders/1QKWNSQnezG1qusRcNw7EMKKw9gtubq8P>

Stay informed and engaged!

Have a great weekend!

School Information



THE NURSE'S CORNER

Barb Parent RN

bparent@rsu22.us

862-5570

Skin Cancer Detection and Prevention Month for Youth

May is both Skin Cancer Awareness Month and National Melanoma Detection and Prevention Month, with special focus on youth education and early detection.

Why It Matters

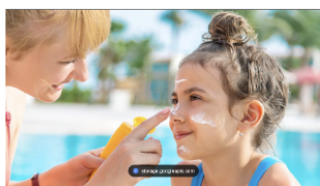
Skin cancer is the most common cancer in the U.S., with over 5 million cases diagnosed annually. Melanoma, the most serious type, can develop anywhere on the skin, including areas rarely exposed to the sun. Early detection is key — caught early, melanoma is highly treatable.



Youth-Focused Prevention

The **Melanoma Research Foundation (MRF)** emphasizes that sun safety starts early. For children and teens, prevention includes:

- **Shade and clothing:** Keep kids in shade, especially under 6 months old; use long sleeves, pants, and wide-brimmed hats.
- **Sunscreen:** For children over 6 months, use broad-spectrum SPF 30+ daily, reapplying every 2 hours or after swimming/sweating.
- **Avoid tanning:** Discourage all intentional tanning, including sunlamps.
- **Education:** Teach kids to check their skin for new, changing, or unusual spots using the ABCDEs of melanoma.



Hampden Food Cupboard 862-5248
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.
-

Lunch Menu

School Meals with a Milk are offered at NO CHARGE Milk for Home lunch \$0.55		HAMPDEN ACADEMY May Lunch Menu			Breakfast Entrée or Cereal Fruit, Juice, Milk
Monday	Tuesday	Wednesday	Thursday	Friday	
RSU 22 Wins State Competition The Farm to School Cook-Off is sponsored by the Maine Child Nutrition Program, and challenges school food service teams to create a hot lunch and breakfast item that meets nutritional standards and 				1 PIZZA <i>with assorted toppings</i> Cheeseburger Hamburger Salad & Fruit Bar	
4 French Toast Sticks <i>Sausage, Hashbrown</i> PIZZA Quesadilla Salad & Fruit Bar				5 PIZZA <i>with assorted toppings</i> Chicken Burger Buffalo Ranch Chicken Burger Salad & Fruit Bar	
11 Rodeo Burger <i>Pasta Salad</i> PIZZA Quesadilla Salad & Fruit Bar				12 PIZZA <i>with assorted toppings</i> Spicy Chicken Burger Chicken Bacon Ranch Burger Salad & Fruit Bar	
18 Chicken Bacon Ranch Burger <i>Pasta Salad</i> PIZZA Quesadilla Salad & Fruit Bar				13 Breadsticks <i>with Marinara Sauce</i> Chicken Tenders Pizza Salad & Fruit Bar	
25 Memorial Day <i>No School</i> 				14 Chicken Burger Deluxe <i>Bacon Cheeseburger</i> Rib Sandwich Salad & Fruit Bar	
26 PIZZA <i>with assorted toppings</i> Chicken Burger Spicy Chicken Burger Salad & Fruit Bar				20 Bronco Burger <i>Hash Brown</i> PIZZA Popcorn Chicken Salad & Fruit Bar	
27 Chicken Tenders Mashed Potato PIZZA Bacon Cheeseburger Salad & Fruit Bar				21 PIZZA <i>with assorted toppings</i> Hamburger Cheeseburger Salad & Fruit Bar	
28 Little Mac Burger <i>French Fries</i> BBQ Chicken Burger Rib Sandwich Salad & Fruit Bar				22 Early Dismissal Bag Lunch	
<i>Alternate Menu Choices - Peanut Butter & Jelly Meal and Daily Chef's Special</i>					
Harvest of the Month Blueberries Maine is the worlds largest producer of wild blueberries		Fruit & Salad Bar Always Offered 		Menu Subject to Change This institution is an equal opportunity provider	
 Did You Know?  Memorial Day originated after the Civil War, as a way to honor fallen soldiers. It was known as Decoration Day. It now serves as a reminder of the sacrifices made by all American service members and their families.					

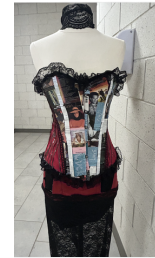
School Meals Online Application

Around the School

RSU 22 Art Show

District Art teachers displayed student work at HA, showing the impressive array of art work created by RSU 22 students!





Freshmen Math Team Dominate Spring Meet

Results from the spring math meet show HA's freshmen team are in it to win it!

Team 1 came in first place and Team 2 came in second place.

Riley B, Jillian B, Elena D, Olivia G, and Zach V all earned a spot in the top ten individual, and Sylvie R came in third, Lawson B came in second, and Owen B came in first.

Not surprisingly, the HA team won first place overall. Way to go Broncos!



Hampden Academy receives a certificate of appreciation from AFS



Exchange students Mari, Rachel, and Luis have been a pleasure to host at Hampden Academy. They have impressed us with their efforts to take advantage of HA academics and extracurriculars. All three said the teachers at HA are amazing!

Maine Forest Service Shows Off Drone

Sgt Monroe of the Maine Forest Service visited the Commercial Drones class and provided an informative and engaging presentation about how drones are used in his work. He plans to return to conduct an outdoor mapping mission and a simulated search and rescue mission. As students in this class take their drone license test, Sgt Monroe inspired them with his demonstration of how drones work in the real world.



Student Services

Senior Spotlight



Student Services would love to celebrate all of our seniors and their postsecondary plans. Please send pictures to Mrs. Lothrop at blothrop@rsu22.us.

Hampden Academy's

Student Pantry



See below for a link to our Amazon Wish List. We accept donations all school year!

DROP-OFF LOCATION

 **Hampden Academy**
89 Western Avenue
Hampden, ME 04444

ITEMS NEEDED

- ▶ Shelf stable meals
- ▶ Snacks

For More Information : 207-862-4111 (Bethany Lothrop) blothrop@rsu22.us

Athletics

Hampden Academy Athletics Facebook page is the best place to see up to date information on all things SPORTS! The practice schedule is shared every Tuesday for the following week.

Coach Poplaski will be holding a Field Hockey meeting for athletes interested in playing this fall. Thursday, 5/28, 2pm, Dining Commons.

HA Boosters is looking for volunteers to help with concessions -- please consider donating some of your time. Thank you!

Lacrosse Concessions: [Boy & Girls Lacrosse](#)

Track Concessions: [Spring Track Concessions](#)


.....

HA Athletes of the Week



Alexis won the pole vault at the home meet last Friday and scored 14 team points en route to the team's victory in the five team meet. Her winning vault of 10 feet set the Outdoor T&F school record. She also qualified for the postseason in the high jump and throughout the week she consistently displayed the work ethic and sportsmanship of a leader on the team.

ALEXIS HAMEL



**HA BRONCOS
ATHLETE OF
THE WEEK**



Yearbook Information

HA YEARBOOKS ORDER NOW

ON SALE NOW

Scan the QR code,
enter Hampden
Academy and order
yours today



2025-2026 HAMPDEN ACADEMY YEARBOOK *Jostens*

COUNTLESS AMAZING MEMORIES. ONE ICONIC YEARBOOK.

NOW \$60.00
That's a savings of \$10.00
Order by 10/10/2025

YEARBOOK	\$60.00
SIGNATURE PACKAGE <small>Includes: Yearbook, Enhanced Personalization, Autograph Penn, Autograph Section</small>	\$83.00
ENHANCED PERSONALIZATION	\$10.00
ICONS	FREE!
AUTOGRAPH SECTION	\$5.00
PHOTO POCKETS	\$5.00
CLEAR PROTECTIVE COVER	\$5.00

TO ORDER:

- Scan the QR Code
- jostens.com/jbstoffer
- 1 (877) 767-5217

SCORE FOUR FREE ICONS
WHEN YOU PERSONALIZE YOUR COVER

More icon options are available online.

QUESTIONS:
HAYEARBOOK@RSU22.US

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.