



Bronco Bulletin

May 29, 2026

2025 Best Public High Schools in Maine



2024 AP[®] CSP Female Diversity Award



Upcoming Events

[School Calendar 2025-26](#)

[Purple and White Calendar](#)

Fri, 5/29 - Spring Pops Concert at 6:30 PM in PAC (see flyer below)

Mon, 6/1 - Acting Class Final Performance at 6:00 PM in PAC

Tue, 6/2 - Swing into Summer Jazz Concert at 6:30 PM in PAC

Thu, 6/4 - RSU 22 Budget Meeting at 7:00 PM in Gym

Fri, 6/5 - Finals Begin for 9th-11th Graders: [Underclass Final Exam Schedule 2025-26](#)

Last Day of School for Seniors is 6/4/26

Last Day of School for 9th-11th Graders is 6/11/26

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 Celebration/BBQ at 5:00 PM

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

[School Calendar 2026-27](#)



HA ATHLETICS

[Athletics Schedule Week of 6/1/26](#)

Monday 6/1

Team	Event	Time	Dismissal	Bus Departure
JV Softball	@ John Bapst	6:00 PM	-	4:30 PM
Girls Varsity Lacrosse	@ Bangor	6:00 PM	-	4:45 PM
Boys Varsity Lacrosse	vs Houlton	6:00 PM	-	-

Tuesday 6/2

Team	Event	Time	Dismissal	Bus Departure
JV Baseball/Softball	@ Hermon	3:30 PM	1:45 PM	2:00 PM
Varsity Baseball/Softball	vs Hermon	7:00 PM	-	-
Outdoor Track and Field	@ Orono - PVC Frosh Meet	3:30 PM	1:15 PM	1:30 PM

Wednesday 6/3

Team	Event	Time	Dismissal	Bus Departure
No Events - Possible Tennis Semifinals				

Thursday 6/4

Team	Event	Time	Dismissal	Bus Departure
Varsity Softball	Scrimmage @ Bucksport	4:30 PM	-	2:15 PM
Boys Varsity Lacrosse	vs John Bapst	6:00 PM	-	-
Varsity Baseball	Scrimmage vs Cony	7:00 PM	-	-

Friday 6/5

Team	Event	Time	Dismissal	Bus Departure
JV Baseball	vs Messalonskee	4:00 PM	-	-

Saturday 6/6

Team	Event	Time	Dismissal	Bus Departure
Outdoor Track and Field	State Championship @ Bangor			
Boys/Girls Varsity Tennis	Possible Regional Final	TBD	-	TBD

Yearbook Information

YEARBOOKS are HERE!!

Starting Monday, 6/1 we will be distributing yearbooks BEFORE and AFTER school all next week.

Monday - Wednesday SENIORS ONLY

Starting THURSDAY yearbooks are available for everyone 9-12

If you still want to purchase a yearbook, they are \$70 cash or checks (HA Yearbook)l.

Principal's Message

Finals for 9th-11th graders start Friday, 6/5 ([Underclass Final Exam Schedule 2025-26](#))

- Exam days are normal school days. Buses run at their normally scheduled times. Attendance will be taken in all classes/study halls. UTC students will follow their UTC schedule.

- Students must take their finals during the regularly scheduled times. Exceptions to this must be approved by the principal. Students who have an unexcused absence for an exam will not be allowed to make up the exam.
- **Students who arrive late or are dismissed early due to study halls will require permission from parents (email or phone call).**



Senior Information

Tickets for graduation will be given to students starting on Wednesday, May 27. Please see Ms. McKay in the main office. Caps and gowns will be given out after the final marching practice on Thursday, June 4th to seniors who have paid their Graduation Fee.

All seniors are welcome to attend the Senior Class Night and Barbecue held at Hampden Academy on Thursday, June 4, 2026, from 5-7 PM. This event is for members of the graduating class only, who have signed up to attend.

Have a great weekend!

School Information



THE NURSE'S CORNER

Barb Parent RN

bparent@rsu22.us

862-5570



Summer!

Summer is sneaking up fast. With the sunshine and outdoor fun ahead, it's the perfect time for a few friendly reminders to help keep our students happy, healthy, and ready to enjoy the warmer weather.

Summer Health Tips

- **Stay hydrated-** water is your best friend in the heat.
- **Protect your skin-** use sunscreen and seek shade during peak sun hours.
- **Stay active-** swimming, biking, and outdoor play are great, but remember safety gear.
- **Keep up with checkups.** Summer is a great time for annual physicals and dental visits.

Hydration is Key:

- **Please send your child with a water bottle everyday**
- **Encourage your child to drink plenty of fluids throughout the day, even if they don't feel thirsty.**
- **Water is the best choice for hydration.**
- **Avoid drinks with high sugar or caffeine, as they can worsen dehydration.**



Sunscreen:

- **Use a broad-spectrum SPF 30+ daily, reapplying every 2 hours.**

Appropriate Clothing:

- **Make sure your child dresses in loose, lightweight, light-colored clothing.**
- **Light colors reflect sunlight, while loose clothing allows for better airflow.**
- **Consider hats and sunglasses for extra protection.**

.....

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.



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						Maine. RSU 22 chefs wowed judges with a beef and cheese burrito and breakfast parfait, which are both served in our schools. Congratulations to Chef Manager Hannah Liberty and Kitchen Manager Brenda White, pictured here with Nutrition Director Pete Merritt.
4	5	6	7	8	1	
French Toast Sticks <i>Sausage, Hashbrown</i> PIZZA Quesadilla Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> Chicken Burger Buffalo Ranch Chicken Burger Salad & Fruit Bar	Popcorn Chicken <i>Pasta Salad</i> Pizza Rodeo Burger Salad & Fruit Bar	Cheeseburger Deluxe <i>French Fries</i> Rib Sandwich BBQ Chicken Burger Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> Cheeseburger Hamburger Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> Cheeseburger Hamburger Salad & Fruit Bar	
11	12	13	14	15		
Rodeo Burger <i>Pasta Salad</i> PIZZA Quesadilla Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> Spicy Chicken Burger Chicken Bacon Ranch Burger Salad & Fruit Bar	Breadsticks <i>with Marinara Sauce</i> Chicken Tenders Pizza Salad & Fruit Bar	Chicken Burger Deluxe Bacon Cheeseburger Rib Sandwich Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> Cheeseburger Hamburger Salad & Fruit Bar		
18	19	20	21	22		
Chicken Bacon Ranch Burger <i>Pasta Salad</i> PIZZA Quesadilla Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> BBQ Chicken Burger Buffalo Ranch Chicken Burger Salad & Fruit Bar	Bronco Burger <i>Hash Brown</i> PIZZA Popcorn Chicken Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> Hamburger Cheeseburger Salad & Fruit Bar	Early Dismissal Bag Lunch		
25	26	27	28	29		
Memorial Day <i>No School</i> 	PIZZA <i>with assorted toppings</i> Chicken Burger Spicy Chicken Burger Salad & Fruit Bar	Chicken Tenders Mashed Potato PIZZA Bacon Cheeseburger Salad & Fruit Bar	Little Mac Burger <i>French Fries</i> BBQ Chicken Burger Rib Sandwich Salad & Fruit Bar	PIZZA <i>with assorted toppings</i> Cheeseburger Hamburger Salad & Fruit Bar		
<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

Dissection Lab

Ms Johnson and Ms Thornton's science classes worked as a group to dissect a sheep eye. Students learned about parts (Iris, lens, vitreous humor) and properties (reflection and refraction) of the eye.



Skills USA Competition

Eight HA students took part in the Skills USA Competition hosted by UTC. Competitors were Ava B in Photography, Mariah R in Customer Service, and Liam W in Emergency Management Technician Team F. Winners were Madison A with bronze in Crime Scene Investigations Team C, Riley F with bronze in Emergency Management Technician Team D, Andrew G with bronze in Plumbing, Karlee K with bronze in Career Pathway Business Team C, and Brody M with gold in Heating. Great job representing Hampden Academy and UTC!



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. Go Broncos!

Summer girls basketball meeting will be held in Room 111 on Mon, 6/1 in Room 111 at 2:15 om

Coach Sharpe will be holding a girls soccer meeting for athletes interested in playing this fall. Wed, 6/3 at 2:05 pm, in Room 111

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

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

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.