



Hampden Academy

Bronco Bulletin



September 4, 2026

Upcoming Events

[School Calendar 2026-27](#)

[Purple & White Calendar](#)

Monday, 9/7 -- No School

Tuesday, 9/8 -- Department Meeting Day

Wednesday, 9/9 -- Open House 6:00 - 7:00 PM (see flyer below) and HAMA BBQ at 5:00 PM (see flyer in Around the School section)





Hampden Academy OPEN HOUSE

**Families are
invited to
HA's
Open House**

**Wednesday, 9/9/26
from 6:00 to 7:00 PM**



Open House is a chance to meet your student's teachers and learn about classes. There is no set schedule, so come when it is convenient.



[Athletics Schedule for week of 9/7](#)

Hampden Academy Athletics

Weekly Events



Monday, September 7

Team	Event	Time	Dismissal	Bus Departure
JV Football	vs Oceanside	1:00 PM	-	-

Tuesday, September 8

Team	Event	Time	Dismissal	Bus Departure
Varsity Golf	@ Ellsworth	3:30 PM	-	-
JV Volleyball	@ Washington Academy	4:30 PM	1:15 PM	1:30 PM
Girls Varsity Soccer	vs Brewer	5:00 PM	-	-
Varsity Volleyball	@ Washington Academy	6:00 PM	1:15 PM	1:30 PM
Boys Varsity Soccer	vs Brewer	7:00 PM	-	-

Wednesday, September 9

Team	Event	Time	Dismissal	Bus Departure
JV Golf	vs Brewer	3:30 PM	-	-
Field Hockey	vs Bangor	7:00 PM	-	-

Thursday, September 10

Team	Event	Time	Dismissal	Bus Departure
Varsity Golf	vs Old Town	3:30 PM	-	-
1st Team Volleyball	vs Ellsworth	3:30 PM	-	-
JV Volleyball	vs Ellsworth	4:30 PM	-	-
Field Hockey	vs Hermon	5:00 PM	-	-
Varsity Volleyball	vs Ellsworth	6:00 PM	-	-

Friday, September 11

Team	Event	Time	Dismissal	Bus Departure
JV Golf	@ Bangor	3:30 PM	-	-
Boys JV Soccer	vs Lewiston	4:00 PM	-	-
Boys Varsity Soccer	vs Lewiston	6:00 PM	-	-

Saturday, September 12

Team	Event	Time	Dismissal	Bus Departure
Cross Country	SM Classic @ Gorham	All Day	-	5:30AM
Girls Varsity Soccer	@ Lewiston	11:00 AM	-	7:45 AM
Girls JV Soccer	@ Lewiston	1:00 PM	-	7:45AM

Principal's Message

Thank you to everyone who made the first week of school a great start – student leaders who organized an awesome first day for 9th graders; custodial and nutrition staff who took care of everyone; teachers and ed techs who welcomed students to their classes; office and student services staff who made sure schedules were organized; and HA students who returned to school ready to learn! I appreciate everyone's help because I have been out recovering from knee surgery, but will be back part-time next week and look forward to seeing students again!



Please see the section below with required forms for families to complete each year. Similar to last year, we will continue a strong social media presence, so if you do not want your student's photo used online, please be sure to complete the Annual Student Notices form. We are asking for parents/guardians to complete these form in the next two weeks. Thank you!

Photo Day was today! You can place your order on mylifetouch.com using your Picture Day ID: **EVTRHRP6Q**. Photo Re-Take Day is 10/6.

Have a great weekend!

School Information

Hampden Academy Forms

Back to school paperwork is available again this year via online forms and links.

One response per student on most forms.

Please let us know if you have any questions.

Please submit these forms no later than SEPTEMBER 18, 2026.

[Annual Health Form](#) (required)

[Annual Student Notices](#) (required)

[Demographic and Emergency Contact Information](#) (required)

[Economic Status Form](#) (required)

[Maine Migrant Survey](#) (if applicable)

[Maine Military Survey](#) (if applicable)

Free/Reduced Meal Application

Even though student meals are served free again this year, your response benefits all RSU 22 students, and helps us secure funding for the school lunch program and academic resources! This year only students at RBMS and Hampden Academy will be asked to complete Meal Applications

The other schools in RSU22 now have Community Eligibility Status and will not be collecting meal applications.

1. Complete the Student Nutrition Information sheet.
2. Review the Income Guideline chart on the Information Sheet. If you think you qualify, complete the attached application. A new application must be submitted each school year.
3. Return the forms to the school by September 18, 2026

Each student at RBMS and HA will receive this information. If you have multiple students enrolled at any schools in the RSU22 district, enter all of their info on one sheet and send it back to the school. You only need to send one sheet per family, whether you're filling out the application form or not.

Everyone should send back the completed Student Nutrition Information form. Only households that qualify based on the Income Guideline Chart should return the actual Application Form.

We are here to help. If you need help, please contact Pete Merritt, RSU 22 Nutrition Director 207-862-3543 pmerritt@rsu22.us

[RSU 22 Free and Reduced Meals Letter](#)

[Student Nutrition Information Form](#) (required)

[Household Application for Free and Reduced School Meals](#) (if applicable)

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.

Student Services Information

SAT and PSAT Information

10th, 11th, and 12th Grade Students and Families,

Hampden Academy will be running the SAT (Scholastic Assessment Test) and the PSAT (Preliminary Scholastic Assessment Test) through the College Board on the week of October 13th during the school day. The cost is \$18 for the PSAT and \$60 for the SAT. If you would like to sign up for the test, please bring a check (made out to Hampden Academy) to Bethany Lothrop in Student Services ***by September 17***. We are unable to accept cash. Specific dates and locations will be assigned after September 18th.

For this testing session, The PSAT test is open to grade 10 and grade 11 students. The SAT is open to grade 12 students. (There will be a session of the SAT that is open for grade 11 students in the winter/spring of 2026).

Should you sign up for the PSAT/SAT? Have further questions? Please make an appointment with your School Counselor, who can help you with the pros and cons of academic testing.

One reminder will be sent to student emails around September 15th.

Student Services Upcoming Dates

Date	
9/8	SAT/PSAT Sign Ups Begin
9/17	SAT/PSAT Deadline--Checks Due
9/24	St. Michael's College Visit (11:30-12)
9/25	Worcester Polytechnic Institute Visit (1-1:30)
9/30	Financial Aid Night (6pm in the PAC)
10/5	Husson University Visit (11-11:30)
10/6	University of Southern Maine Visit (9:30-10:15)
Week of 10/13	SAT/PSAT Testing (Dates to be determined)
10/15	UMaine Farmington Visit (11-11:30)
10/20	Colby College Visit (9:30-10:15)
10/22	University of Chicago Visit (1:30-2)

SERVICE ACADEMY NIGHT

hosted by Maine's U.S. Congressional Delegation in cooperation with Maine Maritime Academy

Thursday, September 10, 2026 | 6 p.m. - 8 p.m. | Doors open at 5:30 p.m.

Clarion Hotel | Portland, Maine

Join us to learn more about the world-class educational opportunities that service academies offer, the Congressional nomination and academy selection processes, and ways to achieve your career goals. Also, get your questions answered by service academy professionals in the areas of admissions, career services, and financial aid. Representatives from the following offices will be in attendance.

Federal Service Academies

U.S. Military Academy
U.S. Naval Academy
U.S. Air Force Academy
U.S. Merchant Marine Academy
U.S. Coast Guard Academy

Private Military Colleges

The Citadel
Virginia Military Institute

Reserve Officer Training Corps

Navy/Marine Corps ROTC
Army ROTC
Air Force ROTC

Congressional Delegation

Senator Susan Collins
Senator Angus King
Rep. Chellie Pingree (1st District)
Rep. Jared Golden (2nd District)

State Maritime Academies

Maine Maritime Academy

National Guard Scholar Programs

Maine Army National Guard
Maine Air National Guard

Confirm your attendance at <https://bit.ly/452vM6n>

207-326-2207 | admissions@mma.edu



Lunch Menu

SEPTEMBER		HAMPDEN ACADEMY			2026
BREAKFAST					
Includes Juice, Milk, Fruit, Grains, & More. Each day of the week has a feature that rotates monthly.					
Breakfast Breads	Iced Donuts	Parfaits	Fresh Baked Muffins	Cinnamon Rolls	
Monday	Tuesday	Wednesday	Thursday	Friday	
LUNCH					
Includes Milk, Fruit, and Salad Bar each day. Check the cafeteria menu board for Chef's Specials and Peanut Butter & Jelly Meal.					
8/31	1	2	3	4	
Chicken Tenders with Dipping Sauces Seasoned French Fries Welcome Cookie	Bronco Burger Croissant Sandwich stuffed with Sausage, Egg, & Cheese Hashbrown Potato	DELI SANDWICHES choice of Ham,Cheese & Veggie toppings Italian Veggie Pasta Salad Gluten Free Bread Available	Chicken Alfredo Roast chicken in a creamy sauce with parmesan cheese & pasta Steamed Broccoli Dinner Roll	Pizza Cheese, Pepperoni, & Special 	
7	8	9	10	11	
LABOR DAY  NO SCHOOL	BBQ Chicken Sandwich Chopped chicken with tangy BBQ sauce on a whole grain Bulkie Roll Coleslaw	Chicken BLT Pasta Salad All white chicken tossed with Ranch sauce, bacon, tomato spinach, & whole grain pasta Garlic Breadstick	Cheeseburger Deluxe USDA beef patty on a whole grain bun, with choice of cheese & toppings Potato Salad	Pizza Cheese, Pepperoni, & Special 	
14	15	16	17	18	
Hot Dog Steamed frankfurter in a toasted bun French Fries	Mac & Cheese Baked Pasta with a creamy cheese sauce Dinner Roll	Popcorn Chicken Bowl Crispy white chicken with Mashed Potato, Corn, & Gravy Roasted Broccoli	Sloppy Joe Seasoned ground beef in a tangy sauce served on a whole grain bun Cole Slaw	Pizza Cheese, Pepperoni, & Special 	
21	22	23	24	25	
Cheesy Breadstick Dippers Savory baked whole grain sticks with Tomato Marinara Dipping Sauce	Thai Salad with Chicken Fresh salad mix with sliced veggies and chicken and scratch made Sweet Chili Dressing Breadstick	Walking Tacos Served with seasoned beef, cheese, salsa, and toppings Mexican Street Corn	Chicken Sandwich Crispy chicken on a whole grain bun with toppings Dilly Cukes	Pizza Cheese, Pepperoni, & Special 	
28	29	30			
French Toast Sticks Baked whole grain french toast served with syrup, Maine Blueberries, and Sausage Hashbrown Potato	Pasta & Meat Sauce Our spaghetti sauce is made in house with herbs, spices, and ground beef Garlic Breadstick	Chicken Caesar Salad Romaine lettuce tossed with chicken, parmesan cheese, homemade croutons, and Caesar Dressing Herb Flatbread		SALAD & FRUIT BAR Offered at Lunch Every Day 	
Menu Subject to Change. This institution is and equal opportunity provider.					

Around the School

AUDITIONS

HA Drama Club's Fall Musical:

HELLO, DOLLY!

Wednesday, September 9th
2:30pm in the PAC

Audition forms and
materials are available
outside 205.

Come join the
Audition Workshop
Friday, 9/4 in the PAC!

Questions?
See Mrs. Oyler or Mrs. Priest!





HAMA

BBQ!

WEDNESDAY, SEPT 9TH

5:00 - 6:00PM @ HA

FOR ALL
CHOIR AND BAND
STUDENTS AND
THEIR FAMILIES!



FIND US
OUTSIDE OF THE
MUSIC WING
DOOR #7

LET US TAKE CARE
OF DINNER BEFORE
GOING TO
OPEN HOUSE!

SPONSORED BY THE HAMPDEN ACADEMY MUSIC ASSOCIATION





COME JOIN US!



**HA DRAMA CLUB
EVERY WEDNESDAY
2:15-3:00
BLACK BOX**





CURIOUS ABOUT AI? THAT'S ENOUGH.

The Mark Cuban Foundation AI Bootcamp is a free in-person experience for students in grades 9–12.

**NO CODING
EXPERIENCE?
NO PROBLEM.**



SPACES ARE LIMITED

**NOT SURE
THIS IS FOR
YOU?
IT IS.**

- Experiment with real AI tools and see how they work
- Focus on a career track such as healthcare, music, sports, business, and more
- Create your own project with support from industry mentors
- Collaborate with other high school students from your community



3 Consecutive Saturdays
Oct 31st, Nov 7th, Nov 14th

This is a FREE program for curious high schoolers to discover how AI is shaping the future. Visit markcubanaifoundation.org/students for more details.

Applications open August 1st! Deadline: September 30th, 2026
Visit markcubanaifoundation.org/apply
Questions? Email hi@markcubanaifoundation.org



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.

Let's Go, Broncos!

Hampden Academy Family and Student Handbook



About Hampden Academy

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



Part of RSU 22, Hampden Academy currently services approximately 700 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.