

Hampden Academy

Bronco Bulletin



September 11, 2026

Upcoming Events

[School Calendar 2026-27](#)

[Purple & White Calendar](#)

Wednesday, 9/16 -- Short Advisory AND Grade Checks for Athletics

Week of 9/21 -- Homecoming Week

Saturday, 9/26 -- Homecoming Dance -- guest permission forms are due Monday, 9/21

.....



[Athletics Schedule for week of 9/14](#)

Let's Go Broncos!

Hampden Academy Athletics

Weekly Events



Monday, September 14

Team	Event	Time	Dismissal	Bus Departure
JV Golf	@ MDI	3:30 PM	12:45 PM	1:00 PM
JV Football	vs Brewer	4:00 PM	-	-
JV Volleyball	@ Lewiston	5:00 PM	1:45 PM	2:00 PM
Field Hockey	@ Lewiston	6:00 PM	-	3:00 PM
Varsity Volleyball	@ Lewiston	6:30 PM	1:45 PM	2:00 PM

Tuesday, September 15

Team	Event	Time	Dismissal	Bus Departure
Varsity Golf	@ Hermon	3:30 PM	-	-

Wednesday, September 16

Team	Event	Time	Dismissal	Bus Departure
Cross Country	Practice @ SAXL	2:30 PM	1:45 PM	2:00 PM
Girls Golf	@ Pine Hill	3:30 PM	-	-
Field Hockey	@ Skowhegan	4:30 PM	-	2:30 PM

Thursday, September 17

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

Friday, September 18

Team	Event	Time	Dismissal	Bus Departure
JV Golf	@ Brewer	3:30 PM	-	-
Varsity Football	vs Hermon	7:00 PM	-	-

Saturday, September 19

Team	Event	Time	Dismissal	Bus Departure
Girls Varsity Soccer	@ Messalonskee	10:00AM	-	8:00AM
Cross Country	@ Bangor	11:00AM/11:30AM	-	9:00AM
Boys JV Soccer	vs Messalonskee	11:00AM	-	-
Field Hockey	@ Camden Hills	12:00 PM	-	9:30AM
Girls JV Soccer	@ Messalonskee	12:00 PM	-	8:00AM
Boys Varsity Soccer	vs Messalonskee	1:00 PM	-	-

Bus Information

Mon 9/14 - Bus 5 will double up in the afternoon with Bus 4. Bus 4 students on the first half will be 20 minutes late getting home.

Fri 9/18 - Bus 5 will double up in the afternoon with Bus 4. Bus 4 students on the first half will be 20 minutes late getting home.

Principal's Message

Clubs are starting to have their first meetings -- I encourage students to get involved in clubs. HA has a wide range of clubs available, so students can pursue a current interest or explore a new passion. Please see more information about clubs on the flyer below and in the Around the School section. Seniors, please also see the Yearbook Information for due dates for senior photos and baby pictures.



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 forms by Friday .Thank you!

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)

Please return completed forms to haoffice@rsu22.us or drop off in the HA main office.

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

Students interested in taking the PSAT or SAT at school, 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. The cost is \$18 for the PSAT and \$60 for the SAT.

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).

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)

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 an equal opportunity provider.						

Around the School

Chess Club

The Hampden Academy Chess Club meets every Monday from 2:00 to 3:00 in the Library. Whether you are a competitive player or would just like to learn how to play chess, all are welcome.

Key Club

Key Club meets the first and third Thursdays of each month, at 7:30 am, in the library garage.

Robotics Club

Robotics Club meets on Mondays & Wednesdays from 2:05-4:00. See Mr Huff or Mr Moore for more information.

Math Team

[Sign-Up for Math Team](#)



JOIN THE ENGLISH NATIONAL HONOR SOCIETY



GRAB AN APPLICATION OUTSIDE OF
MS. GUARE'S OR MS. SHAW'S
CLASSROOMS
OR FROM YOUR ENGLISH TEACHER!

APPLICATIONS DUE
← JOIN US NOW **9.25**



HAMPDEN ACADEMY ENVIROTHON TEAM

Envirothon is a natural resources
problem solving competition. Learn
about forestry, aquatics, soils,
wildlife and how these all interact
here in Maine!

We meet after school
in Rm 313 every other
Monday during first
semester and every
Monday during the
second semester!

See Ms
Thornton or Ms
Sidell for more
information!

Introductory Meeting
Monday Sept 21
Right after school
in Rm 313

GOOGLE CLASSROOM CODE: URATWYZU



COME JOIN US!



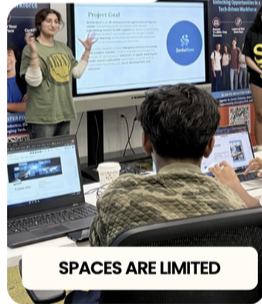
**HA DRAMA CLUB
EVERY WEDNESDAY
2:15-3:00
BLACK BOX**



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.



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



Yearbook Information

DUE: 10/21

HAMPDEN ACADEMY YEARBOOK
IS CURRENTLY ACCEPTING

2027 SENIOR PHOTOS & BABY PHOTOS

PHOTO SPECS:
MUST RENAME IMAGE WITH
STUDENTS LAST NAME, FIRST INITIAL
ORIGINAL IMAGE (NO SCREEN SHOTS)
AT LEAST 300 DPI (RESOLUTION)



QUESTIONS: MELANIE CROWE: ADVISOR

SEND IMAGE TO:

HAYEARBOOK@RSU22.US

HA YEARBOOKS ORDER NOW

ON SALE NOW

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



2026-2027 HAMPDEN ACADEMY YEARBOOK

**IT'S MORE THAN A
YEARBOOK**

It's a collection of moments that define your year.

NOW \$ 65.00
Order by 10/23/2026

ORDER YOUR YEARBOOK TODAY!
jostens.com/inthebook
(877) 767-5217
Choose from a variety of easy payment
options at checkout.*

PERSONALIZE YOUR COVER
Make your yearbook one of a kind by personalizing the cover with
your name and icons that represent your unique interests.

**SHARE
YOUR PHOTOS**
See more of yourself
and your friends in
the yearbook.

STEP 1:
Scan the QR code to
get started.

Or go to:
photos.jostens.com/upload

STEP 2:
Upload your favorite
photos from the year.

STEP 3:
Tag yourself and your
friends in the photos.

**SAVE UP TO
\$20
WHEN YOU ADD 4 ICONS
USE CODE:
YBKICONS**

Nora Mendoza

More icon options are available online.

*Minimum purchase requirements and eligibility restrictions apply. Taxes, service fees and delivery fees will be added, if applicable. Over-time use.
Excesses apply. See website, get ready your purchase. Cannot be combined with other offers. Promo period starts by school, valid only during
your school's ordered dates. See https://www.jostens.com/inthebook for more.

Jostens®

©2026 Jostens, Inc. All Rights Reserved. 10/26/2025 01/25

**QUESTIONS:
HAYEARBOOK@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.

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.

