

# Hampden Academy

## *Bronco Bulletin*



**September 25, 2026**

---

### **Upcoming Events**

[School Calendar 2026-27](#)

[Purple & White Calendar](#)

**Saturday, 9/26** -- Homecoming Dance from 7:00 to 9:00 -- guest permission forms are due Monday, 9/21

**Week of 9/28** -- MTYA/NWEA Math testing (see more information about MTYA/NWEA testing in Principal's message section below)

**Wed, 9/30** -- Grade checks for athletes and Extended Advisory and Financial Aid Night (see flyer below)

.....

# LEVEL UP YOUR SKILLS LEVEL UP YOUR PAY

Start by attending a FAME Financial Aid Information Session

## Don't let cost hold you back!

In this free session, you'll have the chance to ask questions and get answers. You'll walk through the financial aid process and learn how to unlock the financial support needed to take the next step.

### Learn more about:

- What financial aid is and how it works
- Tips to make higher education more affordable
- The Free Application for Federal Student Aid (FAFSA)
- Steps to take before starting the FAFSA
- Acing your scholarship search
- Ways FAME can help!

### Who should attend:

This session is designed for Class of 2027 and their parent(s) or trusted adult, but anyone is welcome! Join us even if you're not sure about your plans after high school.

Wednesday  
**Sept 30**  
**5:30 PM**

Performing Arts  
Center



The Finance Authority of Maine (FAME) does not discriminate in the administration of any of its programs or in its employment practices on the basis of race, color, national origin, age, gender, religion, physical or mental disability, political affiliation, marital status, or sexual orientation. FAME is an equal opportunity employer, provider, and lender.



## [Athletics Practice Schedule for week of 9/28](#)

Let's Go Broncos!

## Hampden Academy Athletics Weekly Events



### Monday, September 28

| Team        | Event | Time    | Dismissal | Bus Departure |
|-------------|-------|---------|-----------|---------------|
| JV Football | @ MCI | 5:00 PM | -         | 3:00 PM       |

## Tuesday, September 29

| Team                 | Event                | Time    | Dismissal | Bus Departure |
|----------------------|----------------------|---------|-----------|---------------|
| Varsity Golf         | KVAC Shootout @ PVCC | 10:00AM | 8:00 AM   | -             |
| JV Girls Soccer      | vs Bagnor            | 4:00 PM | -         | -             |
| JV Boys Soccer       | @ Bangor             | 4:00 PM | -         | 2:30 PM       |
| 1st Team Volleyball  | @ Messalonskee       | 4:00 PM | -         | 2:00 PM       |
| JV Volleyball        | @ Messalonskee       | 5:00 PM | -         | 2:00 PM       |
| Field Hockey         | @ Edward Little      | 6:00 PM | -         | 3:00 PM       |
| Varsity Girls Soccer | vs Bangor            | 6:00 PM | -         | -             |
| Varsity Boys Soccer  | @ Bangor             | 6:00 PM | -         | 2:30 PM       |
| Varsity Volleyball   | @ Messalonskee       | 6:30 PM | -         | 2:00 PM       |
|                      |                      |         |           |               |

## Wednesday, September 30

| Team       | Event                      | Time    | Dismissal | Bus Departure |
|------------|----------------------------|---------|-----------|---------------|
| Girls Golf | Qualifier @ Hidden Meadows | 11:00AM | 9:30 AM   | -             |
|            |                            |         |           |               |

## Thursday, October 1

| Team                 | Event                     | Time    | Dismissal | Bus Departure |
|----------------------|---------------------------|---------|-----------|---------------|
| Varsity Golf         | KVAC Shootout Champ Round | TBD     | TBD       | -             |
| JV Golf              | vs JB/MDI/Brewer          | 3:30 PM | -         | -             |
| JV Girls Soccer      | vs Brunswick              | 4:00 PM | -         | -             |
| JV Boys Soccer       | @ Brunswick               | 4:00 PM | 1:00 PM   | 1:15 PM       |
| JV Volleyball        | vs Cony                   | 4:00 PM | -         | -             |
| Varsity Volleyball   | vs Cony                   | 5:30 PM | -         | -             |
| Varsity Girls Soccer | vs Brunswick              | 6:00 PM | -         | -             |
| Varsity Boys Soccer  | @ Brunswick               | 6:00 PM | 1:00 PM   | 1:15 PM       |
|                      |                           |         |           |               |

## Friday, October 2

| Team         | Event       | Time    | Dismissal | Bus Departure |
|--------------|-------------|---------|-----------|---------------|
| Field Hockey | vs Mt. Blue | 5:00 PM | -         | -             |
|              |             |         |           |               |

## Saturday, October 3

| Team                 | Event            | Time    | Dismissal | Bus Departure |
|----------------------|------------------|---------|-----------|---------------|
| Cross Country        | FOC @ Belfast    | 10:30AM | -         | 7:15AM        |
| JV Girls Soccer      | vs Edward Little | 11:00AM | -         | -             |
| JV Boys Soccer       | @ Edward Little  | 11:00AM | -         | 8:00AM        |
| Varsity Football     | @ MCI            | 1:00 PM | -         | 11:15AM       |
| Girls Varsity Soccer | vs Edward Little | 1:00 PM | -         | -             |
| Boys Varsity Soccer  | @ Edward Little  | 1:00 PM | -         | 8:00AM        |

## Principal's Message

State testing will take place over the next few weeks with math testing the week of 9/28 and reading testing the week of 10/5. Make ups will take place the weeks of 10/13 and 10/19. For more information about state testing, please check out this newsletter from Jennifer Nickerson, RSU 22 Director of Curriculum:

<https://app.smores.com/n/5z0gg>



The deadline for the lunch forms is today please complete those forms below. If you haven't completed the other school forms, they are still open for completion. Thank you!

I emailed a message about student parking stickers on Thursday – please check your email for that message.

HA Boosters are still looking for volunteers to sell concessions at home games – please check out the Athletics section for more information. We appreciate those who donate their time to support our programs!

**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 25, 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](mailto: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](mailto: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](mailto: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.



## ***THE NURSE'S CORNER***

***Barb Parent RN***  
***[bparent@rsu22.us](mailto:bparent@rsu22.us)***  
***862-5570***

## 7 Healthy Lifestyle Tips To Share With Your Teen

### **Get plenty of sleep**

Getting enough sleep is so important for growing bodies and minds. It sounds simple but the 'body clock' of teens naturally keeps them up later at night and wants them to sleep in more in the morning. Make sure you get 8-10 hrs of sleep each night to reduce anxiety levels, clean out toxins that build up in your brain, and reduce risky or emotional decisions.

### **Have a passion and practice it regularly!**

Find a healthy interest you get excited about – whether sport, hobby or other activity – and add it into your schedule. Set yourself some short and long term goals and go for it!

### **Eat a well balanced diet**

Our brain needs a lot of energy to function. Actually 20% of the nutrients we eat are used by our brain as energy. If some unhealthy food habits have started, it's not too late! Start simple changes like – drinking more water, reducing processed foods, eating more fruits and vegetables, staying away from saturated fats and added sugar!

### **Exercise regularly**

Make a conscious decision to be active and get moving every day! Studies show exercise is an effective treatment for feelings of anxiety and depression, it can help reduce risk of diseases, increase concentration and confidence and reduce aggression!

### **Find a balance and plan your week**

Work with your family and friends to find a weekly schedule that works for all important areas of your life to include – school work, extra curricular activities, your passion, exercise, family time, social time with friends and possibly a part time job. This balance will reduce the chance of stress and anxiety and ensure you are looking after all the important areas of your life.

### **Learn how to manage stress**

Find an activity that soothes you and clears your mind, and practice it daily! Whether it's sitting quietly in peace, doing some yoga or pilates or listening to music, it's so important to deal with any negativity or issues and open your mind to a new day.

### **Listen to your mind and body**

During the teen years your body and mind undergo major changes, so it's important to know what feels 'normal' in your body and mind, listen to any changes, understand what you can and can't control, and make positive steps to stay healthy and happy! If you feel something is getting on top of you or something just isn't right, speak to your parents, teachers or the school nurse as soon as possible and make some changes for the better.

---

## **Student Services Information**

| Student Services Upcoming Dates |                                                                                       |
|---------------------------------|---------------------------------------------------------------------------------------|
| Date                            |                                                                                       |
| Now                             | <b>Seniors, it's time to schedule your Senior Meeting with your School Counselor!</b> |
| 9/30                            | Financial Aid Night (5:30pm 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)                                                      |
| 10/20                           | UMaine Fort Kent (1-1:30)                                                             |
| 10/22                           | University of Chicago Visit (1:30-2)                                                  |
| 10/23                           | Bates College Visit (11:30-12)                                                        |
| 10/30                           | AP Deadline--Checks Due!                                                              |
| 11/1                            | Common Early Decision or Early Action Deadline                                        |
| 11/3                            | Husson On-The-Spot Day                                                                |
| 11/9                            | MMA On-The-Spot Day                                                                   |
| 11/10                           | EMCC On-The-Spot Day                                                                  |
| 11/15                           | Common Early Decision or Early Action Deadline                                        |
| 11/16                           | UMaine On-The-Spot Day                                                                |
| 11/17                           | ASVAB Test                                                                            |
| 12/1                            | Common Early Decision or Early Action Deadline. Priority Deadline for UMaine.         |
| 2/3                             | Military Day (During lunch)                                                           |




## Hampden Academy's Student Pantry



See below for a link to our Amazon Pantry 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](mailto:blothrop@rsu22.us)

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<br>with Dipping Sauces<br><br>Seasoned French Fries<br>Welcome Cookie                                                 | Bronco Burger<br>Croissant Sandwich stuffed<br>with Sausage, Egg, & Cheese<br><br>Hashbrown Potato                                       | DELI SANDWICHES<br>choice of Ham,Cheese<br>& Veggie toppings<br><br>Italian Veggie Pasta Salad<br>Gluten Free Bread Available                   | Chicken Alfredo<br>Roast chicken in a creamy sauce<br>with parmesan cheese & pasta<br><br>Steamed Broccoli<br>Dinner Roll | Pizza<br>Cheese, Pepperoni, & Special<br>             |      |
| 7                                                                                                                                     | 8                                                                                                                                        | 9                                                                                                                                               | 10                                                                                                                        | 11                                                                                                                                       |      |
| LABOR DAY<br><br>NO SCHOOL                           | BBQ Chicken Sandwich<br>Chopped chicken with tangy<br>BBQ sauce on a whole grain<br>Bulkie Roll<br><br>Coleslaw                          | Chicken BLT Pasta Salad<br>All white chicken tossed with<br>Ranch sauce, bacon, tomato<br>spinach, & whole grain pasta<br><br>Garlic Breadstick | Cheeseburger Deluxe<br>USDA beef patty on a whole grain<br>bun, with choice of cheese<br>& toppings<br><br>Potato Salad   | Pizza<br>Cheese, Pepperoni, & Special<br>             |      |
| 14                                                                                                                                    | 15                                                                                                                                       | 16                                                                                                                                              | 17                                                                                                                        | 18                                                                                                                                       |      |
| Hot Dog<br>Steamed frankfurter in a<br>toasted bun<br><br>French Fries                                                                | Mac & Cheese<br>Baked Pasta with a creamy<br>cheese sauce<br><br>Dinner Roll                                                             | Popcorn Chicken Bowl<br>Crispy white chicken with<br>Mashed Potato, Corn, & Gravy<br><br>Roasted Broccoli                                       | Sloppy Joe<br>Seasoned ground beef in a<br>tangy sauce served on a<br>whole grain bun<br><br>Cole Slaw                    | Pizza<br>Cheese, Pepperoni, & Special<br>           |      |
| 21                                                                                                                                    | 22                                                                                                                                       | 23                                                                                                                                              | 24                                                                                                                        | 25                                                                                                                                       |      |
| Cheesy Breadstick Dippers<br>Savory baked whole grain sticks<br>with Tomato Marinara<br>Dipping Sauce                                 | Thai Salad with Chicken<br>Fresh salad mix with sliced<br>veggies and chicken and<br>scratch made Sweet Chili Dressing<br><br>Breadstick | Walking Tacos<br>Served with seasoned beef,<br>cheese, salsa, and toppings<br><br>Mexican Street Corn                                           | Chicken Sandwich<br>Crispy chicken on a whole grain<br>bun with toppings<br><br>Dilly Cukes                               | Pizza<br>Cheese, Pepperoni, & Special<br>           |      |
| 28                                                                                                                                    | 29                                                                                                                                       | 30                                                                                                                                              |                                                                                                                           | SALAD & FRUIT BAR<br>Offered at Lunch Every Day<br> |      |
| French Toast Sticks<br>Baked whole grain french<br>toast served with syrup,<br>Maine Blueberries, and Sausage<br><br>Hashbrown Potato | Pasta & Meat Sauce<br>Our spaghetti sauce is made<br>in house with herbs, spices,<br>and ground beef<br><br>Garlic Breadstick            | Chicken Caesar Salad<br>Romaine lettuce tossed with<br>chicken, parmesan cheese,<br>homemade croutons, and<br>Caesar Dressing<br>Herb Flatbread |                                                                                                                           |                                                                                                                                          |      |
| Menu Subject to Change. This institution is and equal opportunity provider.                                                           |                                                                                                                                          |                                                                                                                                                 |                                                                                                                           |                                                                                                                                          |      |

Around the School



Hampden Academy  
Staff Dress up  
for Spirit Days



## HOCO 26

Great job decorating the school for the Homecoming theme of "Welcome to the Jungle"



## Results of Coin Drive

4th Place: Juniors +72

3rd Place: Freshman +1065  
2nd Place: Sophomores +2024  
1st Place: Seniors +5699

Thanks so much, we raised over \$400 to be donated to help HA students!

Google  
Classroom  
code  
irtoxwaz



## **Come join Best Buddies!** **Mission:**

*Create friendships together throughout our school. Best Buddies International is a nonprofit 501(c)(3) organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development, inclusive living, and family support for individuals with intellectual and developmental disabilities (IDD).*

## **When:**

LUNCH TABLE EVERY FRIDAY WITH FRIENDS  
NEXT FORMAL MEETING: FRIDAY 10/2 AT  
7:30AM IN THE GARAGE

---

## **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

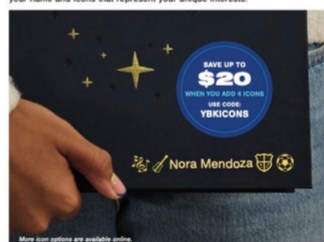


**ORDER YOUR YEARBOOK TODAY!**  
jostens.com/inthebook  
(877) 767-5217

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.



More icon options are available online.



\*Minimum purchase requirements and eligibility restrictions apply. Taxes, service fees and delivery fees will be added, if applicable. One-time use. Excludes apps like shipping, gift wrap, and postcards. Cannot be combined with other offers. Please contact us for more details. ©2026 Jostens Inc. Printed in USA. 10/2026 01/25

#### 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.



©2026 Jostens Inc. Printed in USA. 10/2026 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!

Please help Athletics Booster fill shifts for concessions so we can be open for all sports and support our athletes.



Field Hockey



Boys Soccer



Girls Soccer



Volleyball



Football

## 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.