



# Deering High School

Aris Ayala Cruz  
*Principal*

Carlie Frederick  
*Assistant Principal*

Ilunga Mutombo  
*Assistant Principal*

Michael Daly  
*Co-Curricular Director*

September 29, 2026

Dear Deering High School Community,

It is with profound sadness that I share that one of our sophomore students, Sage Ingalls, passed away earlier today. Sage was a valued member of our Deering community and previously attended King Middle School and Ocean Elementary School.

Our hearts are with Sage's family, friends, classmates, teachers, and all those who knew and cared for them. We know this loss will be felt deeply across our school community.

Students may respond to this news in many different ways. Some may experience sadness, confusion, anger, anxiety, or other emotions, while others may need time before they are ready to process what has happened. We encourage families to make space for those feelings, listen closely, and maintain familiar routines when possible.

Counselors, social workers, and other members of our Student Support Team will be available at Deering to support students in the days ahead. We are also coordinating with PPS leadership and community partners to ensure additional support is available as needed.

We recognize that information can travel quickly, particularly through social media. Out of care and respect for Sage's family and loved ones, we ask our community to avoid speculation or sharing unconfirmed information. While Sage's family has given us permission to share Sage's name, we will not be sharing additional details about the circumstances of Sage's passing.

If your child is struggling or needs additional support, please contact our counseling team or main office. Families may also access 24/7 crisis support by calling or texting the Maine Crisis Line at 988.

In the days ahead, our focus will remain on caring for our students, staff, and one another. If Sage's family chooses to share information regarding services or other ways the community can offer support, we will communicate that information in accordance with their wishes.

Please keep Sage's family, friends, and loved ones in your thoughts as our community navigates this heartbreaking loss together.

With deepest sympathy,

**Aris Ayala Cruz**  
**Principal**  
**Deering High School**