

Hampden Academy

Bronco Bulletin



October 9, 2026

Upcoming Events

[School Calendar 2026-27](#)

[Purple & White Calendar](#)

Monday, 10/12 -- No School

Wednesday, 10/14 -- SAT for registered students AND Athletics grade checks

Thursday, 10/15 and Friday, 10/16 -- PSAT for registered students

Week of 10/13-- MTYA/NWEA makeup testing

Wednesday, 10/21 -- Senior Photos and Baby Pictures Due (see Yearbook Information section for more details)

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Fall FOOD DRIVE

Sponsored by Beginning Foods
and JMG

Collecting non-perishable
foods related to
Thanksgiving:

- ★ Gravy
- ★ Gravy mixes
- ★ Cranberry sauces
- ★ Canned vegetables
- ★ Stuffing mixes
- ★ Canned fruits
etc.



Donations support food cupboards
that support the RSU22 community.



Collection boxes will be
located outside the front
office in the lobby/entrance
area.



October 5 -
mid-November

RSU 22 FAMILY RESOURCE NIGHT

Open Doors

Support for your family today, pathways for your student beyond the school doors.



THURSDAY

**October
22**

TIME

**4–6
PM**

LOCATION

**Hampden
Academy**

89 Western Avenue, Hampden, ME 04444

Two Featured Presentations

Attend one, both, or just gather resources!

4:15–4:45 PM

**Behavioral Health Home Case
Management**

Resources to support your whole family

PRESENTED BY
PENQUIS



5:00–5:45 PM

Transition to Adulthood

Services available for students beyond high school

PRESENTED BY UCP OF
MAINE



Visit Agency Resource Tables

Agencies from Penobscot & Waldo County will have tables open all evening, even during the presentations. Stop by to ask questions and take home helpful information and materials on:

 **Behavioral Health
Professionals**

 **Mental Health
Providers**

 **Case Management**

 **Guardianship**

 **Vocational
Rehabilitation**

 **Adult Services**

FREE

**All families & students
welcome!**

Questions? Contact the
Office of Special Services • 862-2774



[Athletics Practice Schedule for week of 10/12](#)

Let's Go Broncos!

Hampden Academy Athletics

Weekly Events



Monday, October 12

Team	Event	Time	Dismissal	Bus Departure
JV Football	@ Medomak Valley	2:00 PM	-	11:30 AM
First Team Volleyball	@ Greely	2:00 PM	-	11:00 AM
JV Volleyball	@ Greely	3:30 PM	-	11:00 AM
Varsity Volleyball	@ Greely	5:00 PM	-	11:00 AM

Tuesday, October 13

Team	Event	Time	Dismissal	Bus Departure
No Events				

Wednesday, October 14

Team	Event	Time	Dismissal	Bus Departure
JV Boys Soccer	vs Brewer	4:00 PM	-	-
JV Girls Soccer	vs Brewer	5:30 PM	-	-

Thursday, October 15

Team	Event	Time	Dismissal	Bus Departure
First Team Volleyball	@ Brewer	3:30 PM	1:45 PM	2:00 PM
Field Hockey	@ Brunswick	4:00 PM	1:00 PM	1:15 PM
JV Volleyball	@ Brewer	4:30 PM	1:45 PM	2:00 PM
Varsity Volleyball	@ Brewer	6:00 PM	1:45 PM	2:00 PM

Friday, October 16

Team	Event	Time	Dismissal	Bus Departure
JV Boys Soccer	vs Mt. Ararat	4:00 PM	-	-
JV Girls Soccer	@ Mt. Ararat	5:00 PM	-	2:30 PM
Varsity Boys Soccer	vs Mt. Ararat	6:00 PM	-	-
Varsity Girls Soccer	@ Mt. Ararat	7:00 PM	-	2:30 PM

Saturday, October 17

Team	Event	Time	Dismissal	Bus Departure
Cross Country	KVAC @ Cony	11:00 AM	-	7:45 AM
Field Hockey	vs Camden Hills	11:00 AM	-	-
Varsity Football	@ Foxcroft Academy	1:00 PM	-	11:00 AM
Cheer	Gameday Competition	2:00 PM	-	-

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Bus Information

Friday, 10/16 – Bus 5 will be doubled with Bus 4 in the afternoon. Bus 4 students (except for Mayo Road) will be 15-25 minutes late getting home.

Principal's Message

This weekend, we honor Indigenous Peoples' Day, an observance that honors the histories, cultures, resilience, and continued presence of Indigenous peoples. Rather than focusing only on the past, it recognizes Native communities as living cultures that continue to shape and strengthen society. In Maine, the Wabanaki Confederacy (Waponahki) – translated as "People of the First Light" or "Dawnland" – currently comprises five principal nations: the Mi'kmaq, Maliseet, Passamaquoddy, Penobscot, and Abenakir. While the Wabanaki Confederacy was disbanded in 1862, the Mi'kmaq, Maliseet, Passamaquoddy, and Penobscot nations still exist and remain closely aligned, in part because all peoples claiming Wabanaki lineage have forbearers from multiple Wabanaki and colonial ancestries.



Please read this letter about our fall [Feedback and Input Survey](#) for families. Students and staff will also complete a similar survey to provide feedback about RSU 22 schools. The survey link is in the letter or use this direct [survey link](#). The survey will be available until October 28th. Thank you for responding!

If anyone is interested in volunteering 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

Attendance Procedures

PLANNED ABSENCES

If your student has a planned absence, please be sure to complete the [HA 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 [HA 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.
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THE NURSE'S CORNER

Barb Parent RN

bparent@rsu22.us

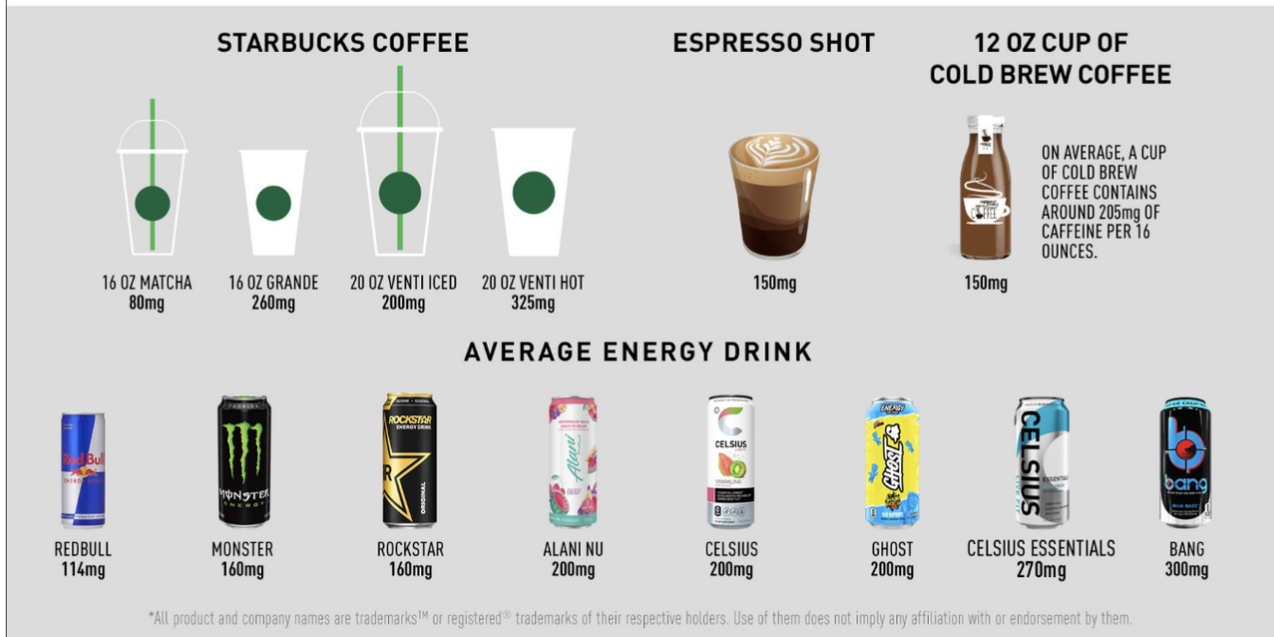
862-5570

Facts about Caffeine- Part 2

Caffeine use in teenagers can cause not only physical effects but can have the following effects on mental health:

- Higher levels of stress hormones and irritability.
- Increased cravings for more caffeine.
- Withdrawal symptoms when they stop caffeine.
- Greater difficulty limiting other substances, like nicotine or alcohol.
- Negative impact on brain growth and development.
- Upset stomach and dehydration.
- Negative effect on memory and cognition, making it harder to learn things from school
- Negative impacts on sleep quality and quantity

CAFFEINE COMPARISON*



Student Services Information

Student Services Upcoming Dates	
Date	
Now	Seniors, it's time to schedule your Senior Meeting with your School Counselor!
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
11/5	Thomas College Visit (12:30-1)
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

[HA Amazon Pantry List](#)

Lunch Menu

BREAKFAST

Includes Juice, Milk, Cereal, Fruit, Grains, & More. Each day of the week has a feature that rotates monthly.

Cini Mini's

Breakfast Sandwich

Parfaits

Fresh Baked Muffins

Donuts

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.

	HARVEST OF THE MONTH		1	2
SALAD & FRUIT BAR Offered at Lunch Every Day 	MAINE APPLES Crunch into a fresh crisp apple from a local farm all month long		Cheesey Chicken Pasta Roast chicken in a creamy sauce with parmesan cheese & pasta Dinner Roll	Pizza Cheese, Pepperoni, & Special 
5	6	7	8	9
Beef Ravioli Italian tomato sauce with beef stuff Ravioli Breadstick	Chicken Lo Mein Thin sliced veggies with tender chicken in a delicate Teriyaki Sauce with noodles Egg Roll	Cheeseburger Deluxe USDA beef patty on a whole grain bun, with choice of cheese & toppings French Fries	Chicken BLT Pasta Salad All white chicken tossed with Ranch sauce, bacon, tomato spinach, & whole grain pasta Garlic Breadstick	Bag Lunch TO GO Early Dismissal
12	13	14	15	16
INDIGENOUS PEOPLES DAY  NO SCHOOL	Mac & Cheese Baked Pasta with a creamy cheese sauce Dinner Roll	Popcorn Chicken Bowl Crispy white chicken with Mashed Potato, Corn, & Gravy	Sloppy Joe Sandwich Seasoned ground beef in a tangy sauce served on a whole grain bun Cole Slaw	Pizza Cheese, Pepperoni, & Special 
19	20	21	22	23
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 Potato Salad	Pizza Cheese, Pepperoni, & Special 
26	27	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	Ham & Cheese Croissant A buttery croissant sandwich with sliced Ham and Cheese with veggie toppings Sun Chips	Chicken Tenders with Dipping Sauces French Fries	Pizza Cheese, Pepperoni, & Special 

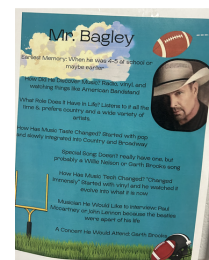
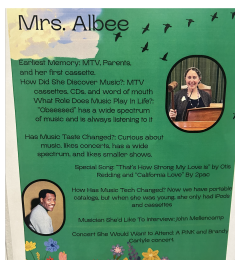
Menu Subject to Change. This institution is and equal opportunity provider.

Around the School



Hampden Academy's Art Club is kicking off the year by bringing more art into our school community! Students have installed a Free Little Art Gallery (F.L.A.G.) in the library, a place where students and staff can take a piece of art, leave a piece of art, or simply enjoy what others have created.

The idea behind F.L.A.G. is simple: build community, encourage creativity, and fill the world with art and ideas.



More posters from the Music and Identity class project interviewing people about their relationship with music.

**HA Art Teachers,
Ms Crowe and
Ms Drake,
Display Their
Art at Hampden
Academy**



A huge thank you from the Purple Iris Foundation to the amazing students from Hampden Academy who stepped up to help at Pound the Pavement! They completely took over the final color station and made it an absolute blast. Their energy and spirit truly made the event special.



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

**SAVE UP TO
\$20**
When you add 4 icons
USE CODE:
YBKICONS

Nora Mendoza

**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.

*Minimum purchase requirements and eligibility restrictions apply. Taxes, service fees and shipping fees will be added, if applicable. One-time use.
Exclusions apply: fees, shipping, gift cards, past purchases. Cannot be combined with other offers. Prices subject to change without notice. See your school's selected dates. See https://www.jostens.com/offers/ha for details.

Jostens

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.