Hampden Academy

Bronco Bulletin

October 16, 2026

Upcoming Events

School Calendar 2026-27
Purple & White Calendar

Tuesday, 10/22 -- Family Resource Nigh (see flyer below for more details)
Wednesday, 10/21 -- Senior Photos and Baby Pictures Due (see Yearbook Information section for more details)

Thursday, 10/29 -- HA Fall Jazz Night at 6:30 PM in PAC (see flyer below)

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**


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.
GRAVY
CRANBERRY SAUCE
STUFFING MIX
CANNED FRUIT
GREEN BEANS
Donations support food cupboards that support the RSU22 community.
DONATION BOXES
Collection boxes will be located outside the front office in the lobby/entrance area.
October 5 - mid-November



[Athletics Practice Schedule for week of 10/19]

Let's Go Broncos!

Hampden Academy Athletics
Weekly Events

Monday, October 19

Team	Event	Time	Dismissal	Bus Departure
No Events				

Tuesday, October 20

Team	Event	Time	Dismissal	Bus Departure
Varsity Boys Soccer	@ Skowhegan	3:30 PM	1:00 PM	1:15 PM
JV Girls Soccer	vs Skowhegan	4:00 PM	-	-
JV Boys Soccer	@ Skowhegan	5:00 PM	1:00 PM	1:15 PM
Varsity Girls Soccer	vs Skowhegan	6:00 PM	-	-

Wednesday, October 21

Team	Event	Time	Dismissal	Bus Departure
No Events				

Thursday, October 22

Team	Event	Time	Dismissal	Bus Departure
Varsity Volleyball	Prelim - TBD	TBD	TBD	TBD

Friday, October 23

Team	Event	Time	Dismissal	Bus Departure
No Events				

Saturday, October 24

Team	Event	Time	Dismissal	Bus Departure
Varsity Volleyball	Quarterfinal - TBD	TBD	TBD	TBD
Cross Country	Regionals @ Belfast	1:40(B), 2:20(G)	-	10:45 AM
Varsity Football	vs York	2:00 PM	-	-

Principal's Message

WIth three weeks left in quarter one, families can check PowerSchool and Google Classroom to support their students in work completion and see progress of quarter one grades.

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!



Please check out the Athletics section if you are interested in volunteering to sell concessions at home games. 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 mak eup 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:

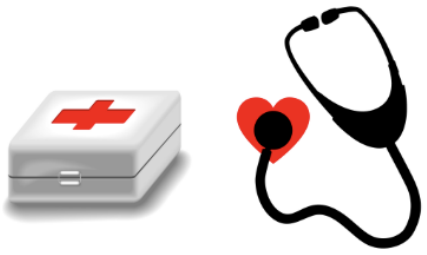
1. If a student is absent from school, parents/guardians should email the school at haoffice@rsu22.us before 9:00 a.m. to notify the school of the absence and provide a reason for the absence.
2. Accurate records of student attendance including absence, tardiness and dismissal are maintained in the main 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.

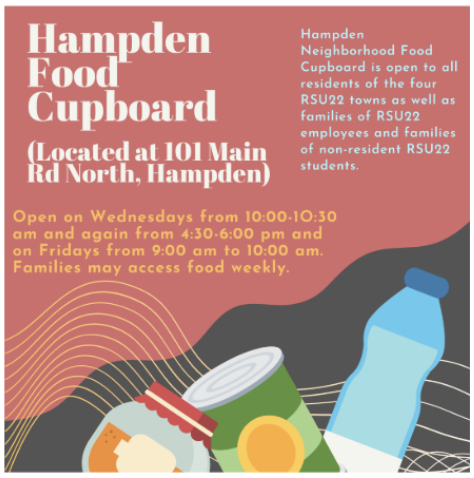


THE NURSE'S CORNER

Barb Parent RN
bparent@rsu22.us
862-5570

Maine has the highest rate of child food insecurity in New England, with 20.7% (about 1 in 5 children) affected. Soaring living costs force families to sacrifice food to pay non-negotiable expenses like housing. Listed below are food pantries for each of the towns in our district that you can reach out to if you need assistance.

If you are experiencing food insecurity, you can also call your child's school counselor or school nurse with any questions regarding assistance.



Hampden 862-5248



Winterport & Frankfort 223-4947
Neighbor's Cupboard
49 Park Dr, Winterport, ME 04496
Wednesdays, 9 - 10am



Newburgh 659-5613
Newburgh Community Food Pantry

Student Services Information

Student Services Upcoming Dates	
Date	
Now	**Seniors, it's time to schedule your Senior Meeting with your School Counselor!**
10/20	Colby College Visit (9:30-10:15)
10/20	UMaine Fort Kent (1-1:30)
10/22	Air Force ROTC Scholarship Meeting (11:30-12:30)
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)



[HA Amazon Pantry List]

Lunch Menu

OCTOBER	HAMPDEN ACADEMY			2026
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

HA Art Students Visit Colby Museum

Ms Crowe, HA art teacher, and her students toured the Colby collection observing how freedom and equality are expressed in art.





Students also created their own art, inspired by painter and sculptor, Daniel Lind-Ramos. Ms Crowe shared that it was an amazing trip, and many students had never been to the museum before. She also said that students gained new insight on how a variety of artists create.





Student Art on Display in HA Lobby

HA art displays show the variety of work completed by students in art classes.











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



QUESTIONS:
HAYEARBOOK@RSU22.US

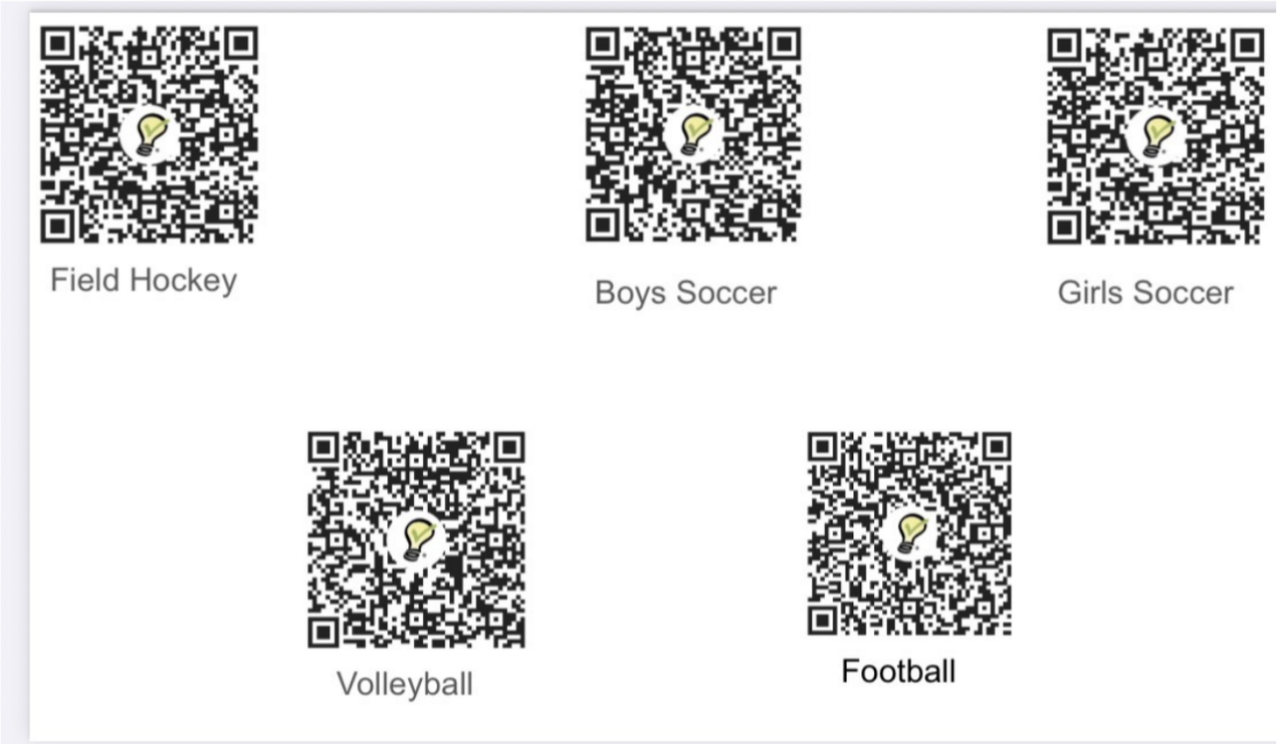


Athletics

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.



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.