



Hampden Academy

Bronco Bulletin



October 23, 2026

Upcoming Events

[School Calendar 2026-27](#)

[Purple & White Calendar](#)

Friday, 10/23 -- Winter Sports Registration Opens (see links in Athletics section)

Wednesday, 10/18 -- JCL Fundraiser (see flyer below)

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

Friday, 10/30 -- AP test registration checks are due to Student Services

Saturday, 10/31 -- Seniors Google Forms for Yearbook Due (check your email)

25% OF EVENT SALES GET DONATED TO THE CAUSE

ORDER ONLINE FOR PICKUP USING CODE **7FQ998T**
OR SHOW THIS FLYER IN RESTAURANT



The Hampden Academy Music Department
proudly presents

FALL JAZZ *Night*

29
OCT

6:30
PM

Hampden Academy
Performing Arts Center

*featuring the HA Jazz Ensemble, Jazz Band, Jazz Combo
and Voices Unlimited Show Choir*





[Athletics Practice Schedule for week of 10/26](#)

Let's Go Broncos!

Hampden Academy Athletics

Weekly Events



Monday, October 26

Team	Event	Time	Dismissal	Bus Departure
No Events				

Tuesday, October 27

Team	Event	Time	Dismissal	Bus Departure
JV Cross Country	@ Bangor	3:30(B), 4:00(G)	1:30 PM	1:45 PM
Varsity Girls Soccer	Quarterfinal @ Camden Hills	3:00 PM	12:30 PM	12:45 PM

Wednesday, October 28

Team	Event	Time	Dismissal	Bus Departure
Varsity Boys Soccer	Quarterfinal @ Camden Hills	3:00 PM	12:30 PM	12:45 PM
Volleyball	Potential Semi Final	TBD	TBD	TBD

Thursday, October 29

Team	Event	Time	Dismissal	Bus Departure
No Events				

Friday, October 30

Team	Event	Time	Dismissal	Bus Departure
Varsity Football	@ Wells	6:30 PM	-	2:45 PM
Varsity Boys/Girls Soccer	Potential Semi Final	TBD	TBD	TBD

Saturday, October 31

Team	Event	Time	Dismissal	Bus Departure
Cross Country	States @ Cony	1:40(B), 2:20(G)	-	10:30 AM

Principal's Message

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!



Sports Boosters are looking for volunteers for soccer playoffs -- see more information in the Athletics section.

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.



THE NURSE'S CORNER

Barb Parent RN

bparent@rsu22.us

862-5570

I am often asked when a child is too sick for school. A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. These tips can help you decide when to keep your child home when they don't feel well,

Send your child to school if:

- They have a runny nose and mild cough with no additional symptoms
- They have been fever free without the use of fever reducing medications for at least 24 hours
- They have a mild stomach ache
- They have not vomited or had diarrhea related to an illness in | 24 hours
- They have a mild rash with no additional symptoms
- They have eye drainage without red eyelids or eye pain
- They have an infectious illness and have been on antibiotics for greater than 12 hours

Keep your child home if:

- They have a fever greater than 100.4
- They have vomited more than once in the last 24 hours
- They have watery diarrhea

Take your child to the doctors if:

- They have a fever greater than 100.4 associated with: a headache, earache, sore throat, rash, stomach ache, or tooth pain
- They have symptoms of dehydration (tired, sleepy, dry mouth) and/or have not urinated in the last 8+ hours
- They have a persistent cough, difficulty breathing, or a fever associated with the cough
- They have eye pain with associated swelling, yellow/crusty drainage, and/or redness
- They have a rash with blisters

Student Services Information

Student Services Upcoming Dates	
Date	
Now	Seniors, it's time to schedule your Senior Meeting with your School Counselor!
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.*

SALAD & FRUIT BAR Offered at Lunch Every Day		HARVEST OF THE MONTH		1	2
		MAINE APPLES Crunch into a fresh crisp apple from a local farm all month long		Cheesey Chicken Pasta <i>Roast chicken in a creamy sauce with parmesan cheese & pasta</i> Dinner Roll	Pizza Cheese, Pepperoni, & Special 
5 Beef Ravioli <i>Italian tomato sauce with beef stuff Ravioli</i> Breadstick	6 Chicken Lo Mein <i>Thin sliced veggies with tender chicken in a delicate Teriyaki Sauce with noodles</i> Egg Roll	7 Cheeseburger Deluxe <i>USDA beef patty on a whole grain bun, with choice of cheese & toppings</i> French Fries	8 Chicken BLT Pasta Salad <i>All white chicken tossed with Ranch sauce, bacon, tomato spinach, & whole grain pasta</i> Garlic Breadstick	9 Bag Lunch TO GO Early Dismissal	
12 INDIGENOUS PEOPLES DAY  NO SCHOOL	13 Mac & Cheese <i>Baked Pasta with a creamy cheese sauce</i> Dinner Roll	14 Popcorn Chicken Bowl <i>Crispy white chicken with Mashed Potato, Corn, & Gravy</i>	15 Sloppy Joe Sandwich <i>Seasoned ground beef in a tangy sauce served on a whole grain bun</i> Cole Slaw	16 Pizza Cheese, Pepperoni, & Special 	
19 Cheesy Breadstick Dippers <i>Savory baked whole grain sticks with Tomato Marinara Dipping Sauce</i>	20 Thai Salad with Chicken <i>Fresh salad mix with sliced veggies and chicken and scratch made Sweet Chili Dressing</i> Breadstick	21 Walking Tacos <i>Served with seasoned beef, cheese, salsa, and toppings</i> Mexican Street Corn	22 Chicken Sandwich <i>Crispy chicken on a whole grain bun with toppings</i> Potato Salad	23 Pizza Cheese, Pepperoni, & Special 	
26 French Toast Sticks <i>Baked whole grain french toast served with syrup, Maine Blueberries, and Sausage</i> Hashbrown Potato	27 Pasta & Meat Sauce <i>Our spaghetti sauce is made in house with herbs, spices, and ground beef</i> Garlic Breadstick	28 Ham & Cheese Croissant <i>A buttery croissant sandwich with sliced Ham and Cheese with veggie toppings</i> Sun Chips	29 Chicken Tenders <i>with Dipping Sauces</i> French Fries	30 Pizza Cheese, Pepperoni, & Special 	

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

Around the School

BIW Field Trip

JMG students attended a trade show at Bath Iron Works & General Dynamics training facilities in Brunswick. They had an opportunity to gather job requirement and payscale information from internal BIW vendors (such as carpentry, security, welding, shipbuilding, health and medical, and more). They practiced welding on a simulator, watched a crane simulation, wore VR goggles, put on an electrical suit, and toured the training facility.



Senior Parking Spots

HA Student Council planned the first annual senior painted parking spot event in August. Seniors donated money to paint a spot, and \$600 was raised for their Project Graduation. Thank you to the amazing student leaders who organized this new, fun tradition! And, thank you to Erickson's Hardware who provided paint at a discount and to Mr Huff for the drone photo!!






VFW YOUTH

SCHOLARSHIP OPPORTUNITIES

Turn Your Patriotism Into Scholarship Dollars!

2026-2027 THEME

"What a Veteran Taught Me About America."



Patriot's Pen

★★★

GRADES 6-8

WRITTEN ESSAY CONTEST

- ★ 300-400 words
- ★ Share your thoughts on this year's patriotic theme
- ★ National awards up to **\$5,000**



Voice of Democracy

★★★

GRADES 9-12

AUDIO ESSAY COMPETITION

- ★ Record a 3-5 minute original audio essay
- ★ Compete for more than **\$2 MILLION** in scholarships
- ★ National First Place Scholarship: **\$35,000**

ENTRY DEADLINE

OCTOBER 31, 2026

Submit your completed entry to your local participating VFW Post.

Scan to Learn More!

- ★ RULES
- ★ ENTRY FORMS
- ★ ELIGIBILITY
- ★ FIND A LOCAL VFW POST





INSPIRE. WRITE. COMPETE. SUCCEED.

State Level Prizes Awarded:

Students who compete in the contests have the opportunity of receiving money awards toward their future school endeavors. All Local Legion Post awards will be determined by the individual Posts, and the district awards by the various districts. On the state level, the first place winner will receive \$1,500, second place \$500, third place \$300, and fourth place \$125.



National Level Prizes Awarded:

At the National level, each department (state) winner who is certified into and participates in the National Oratorical Content's 1st round receives \$2,000 and those who advance through the 1st round get an additional \$2,000. The overall national contest winner is awarded a \$25,000 scholarship. Second place takes home \$22,500, and third receives \$20,000.



More Information

For additional questions and information pertaining to the Oratorical Contest in Maine, please contact Oratorical Chairperson

Debra Couture at:

nayvcaptpomi0031@gmail.com.

More information can be obtained by visiting www.mainelegion.org, your local American Legion Post, or The American Legion, Department of Maine Headquarters at 207-873-3229. Please check out the State and Local Oratorical Contests by visiting National's website at: www.legion.org/oratorical.

The national finals contest will be held May 14-16, 2027 at Hillsdale College in Hillsdale, Michigan.

SCAN TO
LEARN
MORE



The American Legion Department of Maine

5 Verti Drive, Winslow, ME 04901-0727
Phone: 207-873-3229

Fax: 207-872-0501

Email: legionme@mainelegion.org

Website: www.mainelegion.org

<http://www.facebook.com/TALDepartmentofMaine>

AMERICAN LEGION

Department of Maine

High School Oratorical Scholarship Program

February 13, 2027
9:00 a.m.

Snow Date: February 20, 2027
9:00 a.m.

Thomas College
180 West River Rd.
Waterville, ME 04901



Special Olympics Bowling



Andrea Lee, RSU 22 Special Olympics Head of Delegation, reported lots of strikes and that area management said that we were the best trained school team there!! Great job athletes and partners!



Yearbook Information

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 can. Excesses apply. See website for details. All rights reserved. Cannot be combined with other offers. Promo period varies by school, valid only during your school's selected dates. See https://www.jostens.com/inthebook for more.

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QUESTIONS:
HAYEARBOOK@RSU22.US



Athletics

Registration for Winter sports opens today! [Family ID registration](#)

A current sport physical is required for every athlete. They are valid for 2 years. If you would like to check the expiration date, please call Mrs Johnson at 862-5570. [Sport Physical](#)

Winter Sports Information Meeting:
11/10: Girls Basketball, Rm 115, 2:15pm

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!

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Boosters sign-up for Soccer Regionals, November 3-4

We are in our last week of regular season games and now on to playoffs! We need volunteers students/parents to help with the regional soccer tournaments that HA is hosting November 3rd and November 4th. We need people to help in the concessions and to make crockpots! Please sign up!

<https://www.signupgenius.com/go/10C084FA4A923A2FFC25-66910460-northern>

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.