Hampden Academy

Bronco Bulletin

October 30, 2026

Upcoming Events

School Calendar 2026-27
Purple & White Calendar

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

Monday, 11/3 -- Husson On-the-Spot Admissions Day
Thursday, 11/5 -- Indoor Track Meeting at 2:15 in the MPR
Friday, 11/6 -- End of Quarter 1

Winter Sports Sign Ups Open on Family ID

Let's Go Broncos!

Hampden Academy Athletics
Weekly Events

Monday, November 2

Team	Event	Time	Dismissal	Bus Departure
JV Football	vs Brewer	4:00	-	-

Tuesday, November 3

Team	Event	Time	Dismissal	Bus Departure
Boys/Girls Class C Regional Finals				

Wednesday, November 4

Team	Event	Time	Dismissal	Bus Departure
Boys/Girls Class B Regional Finals				

Thursday, November 5

Team	Event	Time	Dismissal	Bus Departure
No Events				

Friday, November 6

Team	Event	Time	Dismissal	Bus Departure
No Events				

Saturday, November 7

Team	Event	Time	Dismissal	Bus Departure
No Events				

Principal's Message

Next week is the last week of Quarter 1! Grades close on Friday, 11/6. Quarter 1 report cards will be available on PowerSchool on Friday, 11/20.

Family Teacher Conferences will be held on Monday, 11/23 from 2:30-8:00 and on Tuesday, 11/24 from 12:00 to 4:00. More information will be sent out via email on 11/10/26 for parents/guardians to sign up for conferences with teachers.

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

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.

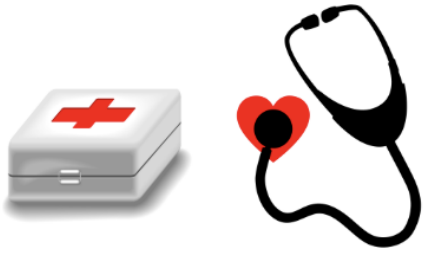
DISMISSAL PROCEDURES

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

Teenagers typically need about 9-10 hours of sleep per night which is crucial for their health and academic performance. Too many teens get insufficient sleep. Adequate sleep also plays a significant role in emotional regulation, reducing stress, anxiety and mood swings. Excessive sleepiness is a serious problem in teenagers and is associated with depression, poor performance in school, and increased risk of driving accidents.

Reasons Many Teens Don't Get Enough Sleep

- Developmental Changes: During puberty, teenagers experience changes in their body clock, often leading to later sleep onset. This shift can make it challenging for them to wake up early for school.
- Obligations like homework, extracurricular activities, and social activities can make it hard for teens to get enough sleep.
- Bad sleep habits such as too much screen time, excessive caffeine intake and lack of a consistent sleep schedule make it hard to fall asleep.

How Can Teens Get Better Sleep?

- Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.
- Following a consistent routine before bed in order to relax and fall asleep
- Limiting screen time prior to going to bed. Stop using electronic devices at least a half hour before bed and silence the devices during sleep.
- Eliminating all caffeine intake including energy drinks especially in the late afternoon and evening.
- Exercising regularly for a deeper sleep. This can include participating in sports or other physical extracurricular activities. It's good to get your blood flowing for even 30 minutes a day.
- Keeping your room cool, dark and quiet while trying to sleep

Student Services Information

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

NOVEMBER	HAMPDEN ACADEMY			2026
BREAKFAST *Includes Juice, Milk, Cereal, Fruit, Grains, & More. Each day of the week has a feature that rotates monthly.*				
Sweet Breads	**Hotcakes & Sausage**	**Cinnamon Buns**	**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.*				
2	3	4	5	6
Chicken Sandwich *Crispy chicken on a whole grain bun with toppings* Potato Salad	**Mac & Cheese** *Baked Pasta with a creamy cheese sauce* Garlic Breadstick	**Walking Tacos** *Served with seasoned beef, cheese, salsa, and toppings* Spanish Rice	**Bronco Burger** *Croissant Sandwich stuffed with Sausage, Egg, & Cheese* Hashbrown Potato	**Pizza** Cheese, Pepperoni, & Special
9	10	11	12	13
Popcorn Chicken Bowl *Crispy white chicken with Mashed Potato, Corn, & Gravy*	**Cheeseburger Deluxe** *USDA beef patty on a whole grain bun, with choice of cheese & toppings* French Fries	**VETERANS DAY** 	**Chicken Caesar Salad** *Romaine lettuce tossed with chicken, parmesan cheese, homemade croutons, and Caesar Dressing* Herb Flatbread	**Pizza** Cheese, Pepperoni, & Special
16	17	18	19	20
Spaghetti & Meat Sauce *Our spaghetti sauce is made in house with herbs, spices, and ground beef* Garlic Breadstick	**Cheesy Breadstick Dippers** *Savory baked whole grain sticks with Tomato Marinara Dipping Sauce*	**THANKSGIVING MEAL** *Roast Turkey, Carrots* *Mashed Potato & Gravy* *Dinner Roll* Apple Crisp	**Chicken Tenders** *with Dipping Sauces* French Fries	**Pizza** Cheese, Pepperoni, & Special
23	24	25	26	27
Hot Dog *Steamed frankfurter in a toasted bun* Pasta Salad	*EARLY DISMISSAL* **Bag Lunch TO GO**	*NO SCHOOL* 	**HAPPY THANKSGIVING** 	*NO SCHOOL*
30				
French Toast Sticks *Baked whole grain french toast served with syrup, Blueberries, and Sausage* Hashbrown Potato				**SALAD & FRUIT BAR** Offered at Lunch Every Day
Menu Subject to Change. This institution is and equal opportunity provider.				

Around the School

World Languages Day Field Trip

Level 3 and 4 French and Spanish students participated in World Languages Day at UMaine last Friday. They shared their love of cheese, of sleeping, and of learning a language by performing original rap songs in French. They proclaimed poems in French and Spanish. They showed their creativity and ability to work as a team to create a skit in the target language.They learned dances from Quebec and South America, and they tried their best at the spelling bee.

Spanish claimed the crown in their Poetry and Spelling Bee as well as the Skits category, while French SWEPT THE BOARD, bringing home Poetry, Spelling Bee, Skits, and Culture Bowl! A big victory for Hampden Academy!

HA Students in the News

Recently HA students were interviewed by local news. Seniors on HA Student Council describe how they organized senior painted parking spots to WABI. Mr Huff and Mr Moore's drone students showcase the HA Drone classes to WFVX.

Hampden Academy seniors put the ‘fun’ in fundraiser by painting parking spaces

Project Graduation hosts students overnight at a venue with games, prizes, and activities to eliminate the risk of drinking and driving.

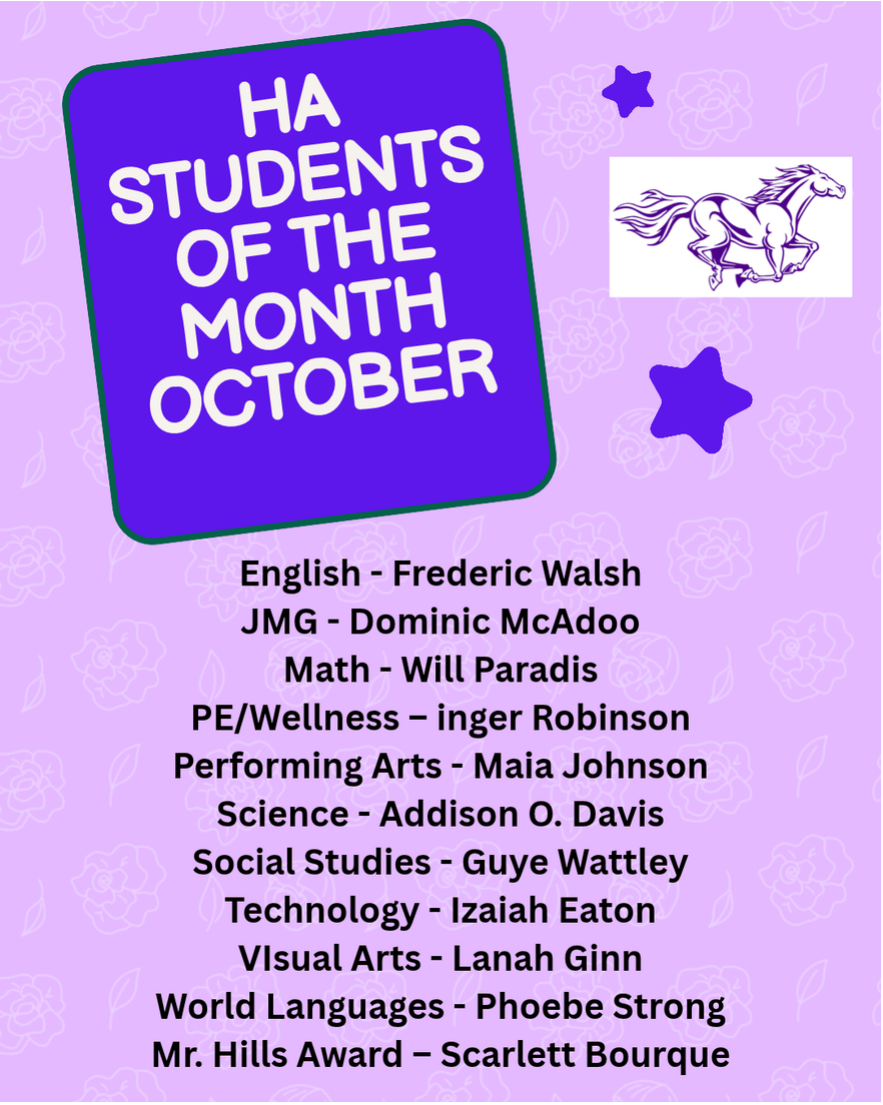
wabi.tv

Drone classes help students soar

HAMPDEN -- Hampden Academy students have their sights set on the skies as they learn what it takes to be a drone pilot. In fact, RSU 22 is the only

foxbangor.com

Congratulations to this month's Students of the Month!



Belated congratulations to September Students of the Month!

Social Media Posts Created by HA Yearbook Class

Broncos In The Wild!

Bubble Lab With Ms. Thornton

VFW
VETERANS OF FOREIGN WARS.
VFW
AUXILIARY
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: navycaptpomi0031@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

"A Constitutional Speech Contest"

Yearbook Information

HA YEARBOOKS
ORDER NOW

ON SALE NOW

Scan the QR code, enter Hampden Academy and order yours today

QUESTIONS: HAYEARBOOK@RSU22.US

Athletics

Registration for Winter sports is now open! Family ID registration

A current sports physical is required for every athlete. They are valid for two years. If you would like to check the expiration date, please call Mrs Johnson at 862-5570. Sports Physical

Winter Sports information meeting:
11/5: Indoor Track, 2:15 - 2:45pm in the MPR
11/10: Girls Basketball, Rm 115, 2:15pm
11/12: Meet the Coaches Night, HA Commons, 6-7pm

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!

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

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.