# Hampden Academy

## Bronco Bulletin

**November 6, 2026**

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## Upcoming Events

School Calendar 2026-27
Purple & White Calendar

**Friday, 11/6** -- End of Quarter 1

**Monday, 11/9** -- Maine Maritime Academy On the Spot Admissions
**Tuesday, 11/10** -- Eastern Maine Community College On the Spot Admissions and Girls Basketball Informational Meeting at 2:15 Pm in Room 115
**Wednesday, 11/11** -- No School
**Thursday, 11/12** -- Meet the Coaches Night in HA Commons 6:00-7:00 PM




Fall sports are mostly wrapped up, so no events for most of this week. HA Cross Country heads to Belfast on Saturday, Nov. 14th for New Englands!

Let's Go Broncos!

## Hampden Academy Athletics
## Weekly Events

| Thursday, November 12 | | | | |
|---|---|---|---|---|
| Team | Event | Time | Dismissal | Bus Departure |
| HA Athletics Parent/Athlete Meet the Coaches Night - 6:00 PM | | | | |

| Friday, November 13 | | | | |
|---|---|---|---|---|
| Team | Event | Time | Dismissal | Bus Departure |
| No Events | | | | |

| Saturday, November 14 | | | | |
|---|---|---|---|---|
| Team | Event | Time | Dismissal | Bus Departure |
| Cross Country | New Englands @ Belfast | | - | - |

## Principal's Message



Veterans Day is dedicated to honor American veterans of all wars and held annually on November 11. The holiday dates to November 1918 during World War I. At the 11th hour of the 11th day of the 11th month of that year, an armistice was declared between the Allied nations and Germany. November 11 became a federal holiday in the United States in 1938.

Today is the last day 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.

**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***

## *The Great American Smokeout® is November 19th!*

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event be your day to start your journey toward a smoke-free life!

Youth need to know the dangers of using any type of tobacco now and in the future. People who start using tobacco before the age of 18 are more likely to continue using it as adults. Today's youth report using many kinds of tobacco products, including cigarettes, e-cigarettes (vapes), cigarillos, hookah, smokeless (chewing or dipping) tobacco or snuff, and a variety of new and emerging products.

### Why Children and Teens Start Using Tobacco

**Young people are very influenced by the people they see around them and what they see on social media. They are more likely to try tobacco if:**

- **Their parents or other close family members use tobacco.**
- **Their friends and people they look up to use tobacco around them or urge them to use tobacco.**
- **They think everyone else is using tobacco, so they should as well.**
- **They like to try new things and think that it will be easy to stop using tobacco when they want to.**
- **They see images of attractive people using tobacco in movies**




*Research shows that children and teens whose parents often talk with them about the dangers of tobacco are about half as likely to use it as those who don't have these discussions with their parents. This is true whether or not the parents use tobacco themselves.*

**For more information The American Cancer Society offers education, guidance, quit-smoking programs, and support. To learn about these tools and resources, call 1-800-227-2345 or reach them via live chat on the American Cancer Society website.**

# Student Services Information

| Student Services Upcoming Dates | |
|---|---|
| | |
| Date | |
| **Now** | **Seniors, it's time to schedule your Senior Meeting with your School Counselor!** |
| 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**<br>*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**<br>*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**<br>*Crispy chicken on a whole grain bun with toppings*<br>Potato Salad | **Mac & Cheese**<br>*Baked Pasta with a creamy cheese sauce*<br>Garlic Breadstick | **Walking Tacos**<br>*Served with seasoned beef, cheese, salsa, and toppings*<br>Spanish Rice | **Bronco Burger**<br>*Croissant Sandwich stuffed with Sausage, Egg, & Cheese*<br>Hashbrown Potato | **Pizza**<br>Cheese, Pepperoni, & Special<br> |
| 9 | 10 | 11 | 12 | 13 |
| **Popcorn Chicken Bowl**<br>*Crispy white chicken with Mashed Potato, Corn, & Gravy* | **Cheeseburger Deluxe**<br>*USDA beef patty on a whole grain bun, with choice of cheese & toppings*<br>French Fries | **VETERANS DAY**<br> | **Chicken Caesar Salad**<br>*Romaine lettuce tossed with chicken, parmesan cheese, homemade croutons, and Caesar Dressing*<br>Herb Flatbread | **Pizza**<br>Cheese, Pepperoni, & Special<br> |
| 16 | 17 | 18 | 19 | 20 |
| **Spaghetti & Meat Sauce**<br>*Our spaghetti sauce is made in house with herbs, spices, and ground beef*<br>Garlic Breadstick | **Cheesy Breadstick Dippers**<br>*Savory baked whole grain sticks with Tomato Marinara Dipping Sauce* | **THANKSGIVING MEAL**<br>*Roast Turkey, Carrots Mashed Potato & Gravy Dinner Roll*<br>Apple Crisp | **Chicken Tenders**<br>*with Dipping Sauces*<br>French Fries | **Pizza**<br>Cheese, Pepperoni, & Special<br> |
| 23 | 24 | 25 | 26 | 27 |
| **Hot Dog**<br>*Steamed frankfurter in a toasted bun*<br>Pasta Salad | *EARLY DISMISSAL*<br>**Bag Lunch TO GO** | *NO SCHOOL*<br> | **HAPPY THANKSGIVING**<br> | *NO SCHOOL*<br> |
| 30 | | | | |
| **French Toast Sticks**<br>*Baked whole grain french toast served with syrup, Blueberries, and Sausage*<br>Hashbrown Potato | | | | **SALAD & FRUIT BAR**<br>Offered at Lunch Every Day<br> |
| Menu Subject to Change. This institution is and equal opportunity provider. | | | | |

# Around the School

HUSSON UNIVERSITY

# Congratulations to students who were accepted during the Husson at On-The-Spot Day!

HA















## Tri-M Music Honor Society Induction

The HA Music Department held its annual Tri-M Music Honor Society Induction Ceremony on October 26th, welcoming eight new members in recognition of their character, leadership, academic achievement, and commitment to serving their school and community through music. The new inductees are Jillian B, Olivia G, Anne H, Nevaeh H, Samantha (Sam) L, Samantha (Sammie) L Caleb S, and Isaac S.





## HA Advisory Bronco Cup Challenges

HA Advisory is a time where students engage in fun competitions and practice teamwork and communication!
Social media posts created by students in Yearbook class.

# Seniors Taking Part In Bronco Stampede Challenge














## Advisory Team 4 Winning The Bronco Stampede



**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

11/10: Girls Basketball, Information Meeting, Rm 115, 2:15pm
11/12: Meet the Coaches Night, HA Commons, 6-7pm
11/20: Winter Sport Photos

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!




## 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.