Hampden Academy

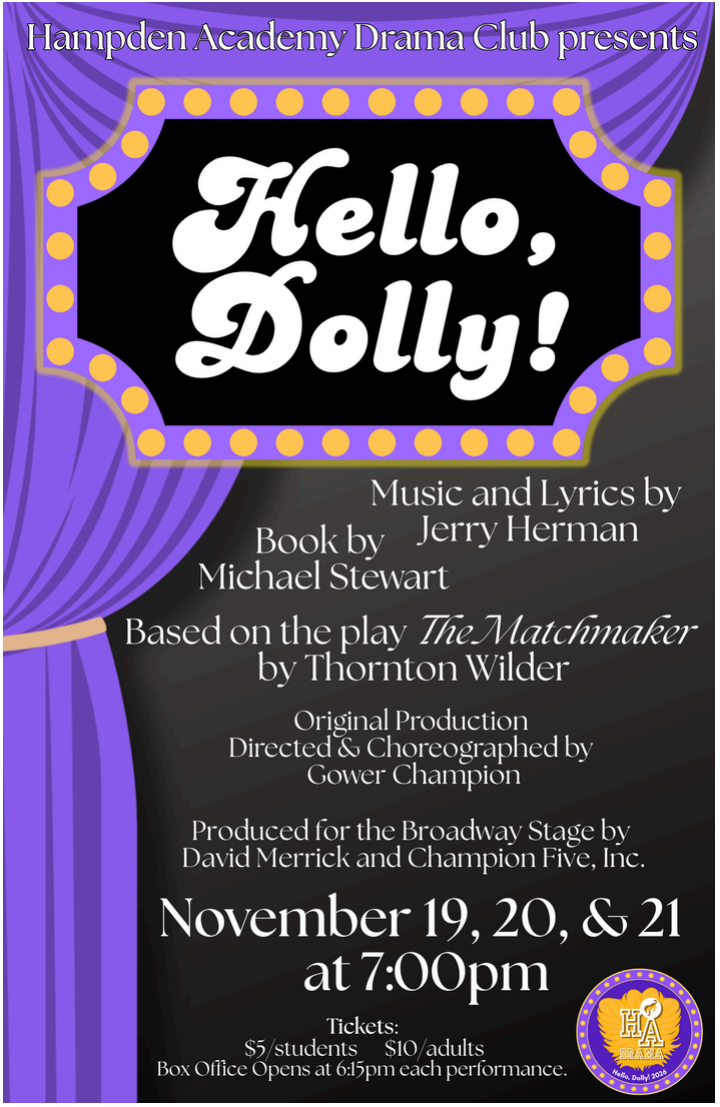
Bronco Bulletin

November 13, 2026

Upcoming Events

School Calendar 2026-27
Purple & White Calendar

Monday, 11/16 -- University of Maine On the Spot Admissions and Winter Sports Begin
Thursday, 11/19 - Saturday, 11/21 -- *Hello Dolly* Performances at 7:00 PM in PAC (see flyer below)
Friday, 11/20 -- Q1 report cards available on PowerSchool and Sports Photos (see flyer below)



PICTURE DAY IS COMING

207 PHOTO

FRIDAY

November 20

Hampden Academy

Picture day is Friday, November 20. Be there at your team's time. Nothing to order ahead of time.

GAME DAY LOOK

- Clean, complete game uniform, jackets off
- Bring your glove, bat, stick, or club
- Hair out of the face

WHAT TO EXPECT

- Every athlete photographed individually
- Team photos assembled digitally from the portraits
- Be there at your team's time
- Galleries online within a week
- Missed it? 207photo.com/makeups

Look them up starting the day after picture day

1. Go to 207photo.com and tap Find My Photos
2. Search Hampden Academy, enter your athlete's details
3. View and order. Not online yet? Sign up there to be notified

Photography by 207 Photo · info@207photo.com · (207) 558-3185 · 207photo.com

Good luck to HA Cross Country at New Englands in Belfast on Saturday, Nov. 14!

Athletic Practice Schedule for week of 11/16/26. Go, Broncos!

Week 1 - HA Winter Athletics Schedule - 11/16

Winter Sports Photos will be Friday, 11/20/26. Your coach will share schedule.

Let's Go Broncos!

Hampden Academy Athletics
Weekly Events

Saturday, November 14

Team	Event	Time	Dismissal	Bus Departure
Cross Country	New Englands @ Belfast		-	-

Principal's Message



Sign ups for conferences is now open. 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. Parents/guardians, please check your email for the link to sign up for conferences with teachers.

As we prepare for winter weather to start, below is information about how to sign up for texts about school closures and other alerts. Also below is a reminder about safety precautions if walking conditions are slippery.

Have a great weekend!

SCHOOLMESSENGER®

Intrado

Parents and Guardians

You can take advantage of our

Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of **"Y"** or **"Yes"** to our school's short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with **"Stop"**.

We recommend saving this short code and Caller ID to the contacts on your phone. This will help prevent any 3rd party call blocking systems from interfering with your receipt of important messages sent by the school or district.



SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.

Opt-In from your mobile phone now!

Just send "Y" or "Yes" to 67587

Information on SMS text messaging and Short Codes:

Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers. If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. Alerts sent over the wireless Public Alerting system are to take precedence over any notifications sent via the short code. See www.schoolmessenger.com/tm for more info.

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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

Cold and Flu Prevention

It is cold and flu season again! While influenza and common cold viruses circulate year round flu activity typically increases during the fall and peaks between December and February, making preventive measures especially important.

Practical Prevention Tips

1. Wash Hands Frequently

Wash your hands with soap and water for at least 20 seconds, especially before eating, after using the restroom, and after touching shared surfaces. When soap and water are not available, hand sanitizer with at least 60% alcohol is a good alternative.

2. Practice Respiratory Etiquette

Cover your mouth and nose with a tissue or their elbow when coughing or sneezing. Dispose of tissues immediately and clean hands afterward. Avoid touching the face, especially eyes, nose, and mouth, as germs easily enter the body this way.

3. Maintain a Healthy Diet

A balanced diet rich in fruits, vegetables, lean proteins, and whole grains helps support the immune system. Encourage drinking plenty of water to stay hydrated, which is important for overall health and mucous membrane function.

4. Get Enough Sleep

Teenagers need 8–10 hours of sleep per night. Adequate rest strengthens immunity and helps the body fight off infections.

5. Stay Physically Active

Moderate physical activity, such as walking, biking, or sports, can improve immune function and reduce stress, which also helps prevent illness.

6. Vaccination

Annual flu shots are recommended for teens. Staying up to date on vaccinations helps prevent infections and reduces the severity of illness if exposure occurs.

7. Limit Close Contact During Peak Illness Times

Advise avoiding sharing drinks, utensils, and personal items. If feeling sick, staying home reduces the spread of germs to classmates and peers.

8. Manage Stress

High stress levels can weaken the immune system. Encourage stress-relief techniques such as deep breathing, mindfulness, or hobbies that help teens relax.

By combining these healthy habits, teens can significantly reduce their risk of getting colds and flu, safeguard themselves, and help maintain a healthier school environment.

Student Services Information

Student Services Upcoming Dates

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

MAINE MARITIME ACADEMY
A COLLEGE OF ENGINEERING, BUSINESS, SCIENCE, AND TRANSPORTATION

HA

Congratulations to students who were accepted during the Maine Maritime Academy On-The-Spot Acceptance Day!







Eastern Maine Community College

HA

Congratulations to students who were accepted during the Eastern Maine Community College On-The-Spot Acceptance Day!





UTC Announces Students of the Quarter for Quarter 1



STUDENT OF QUARTER 1

2026 - 2027

CULINARY ARTS



DESIRAE PACHECO

Des has a great attitude! She is always willing to do whatever is asked of her, never has a complaint, she has great attendance and is all aces with her classroom work! -Chef Flewelling

STUDENT OF QUARTER 1

2026 - 2027

DIESEL MECHANICS



DAVID PEIRCE

David has made tremendous progress in his hand tool knowledge and lab skills this quarter. He consistently comes prepared, works safely, and demonstrates responsibility, maturity, and a strong work ethic. Always willing to help his classmates, David's positive attitude and generosity make him a valued member of the class. Outside of school, he is active in his local church and participates in Special Olympics. David is a wonderful role model for his peers and a valued member of the UTC community. -Mr. Ayres

STUDENT OF QUARTER 1

2026 - 2027

EDUCATOR PREP



LILY TAYLOR

Lily has already made a wonderful impact as a first-year student in our program. She brings enthusiasm and strong leadership to the classroom. She asks thoughtful questions and shows a genuine eagerness to learn and grow. Lily builds positive connections with her classmates and makes a point of showing kindness and ensuring others feel included during group work. Her curiosity, compassion, and ability to connect with others reflect the qualities of a great future teacher. -Mrs. Field

STUDENT OF QUARTER 1

2026 - 2027

ELECTRICAL



LOUIE KNIGHTS

Louie is a natural leader who leads by example, achieves results, and encourages others. His abilities and drive to excel are exceptional, and he is a strong communicator whose voice I trust and value. As a Work Experience student, he has earned high praise from his employer for his character and work ethic, qualities I have witnessed firsthand. He maintains top grades despite missing program days to work on job sites. His dedication and ability to balance these responsibilities speak volumes about his character. -Mr. Jackson

STUDENT OF QUARTER 1

2026 - 2027

EMERGENCY MEDICAL SERVICES



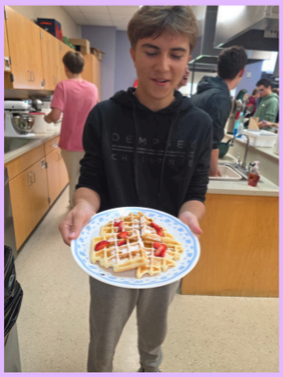
RILEY FRASER

Riley's strong work ethic, dedication, and commitment to excellence make him a strong leader. As an advisory board member, he demonstrates professionalism, integrity, and a willingness to provide valuable, constructive feedback. After earning his EMT certification last year, he continues to expand his knowledge through college coursework. Riley's leadership, integrity, and passion for learning make him highly deserving of this recognition. -Ms. Cousins

Young chefs in Beginning Foods proud of their homemade waffles with fresh berries.









HA Yearbook students made social media posts highlighting HA artists!

HA VISUAL ARTS








Artwork By Students







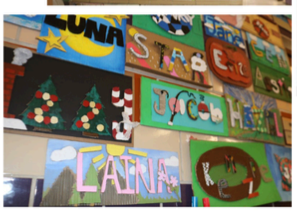
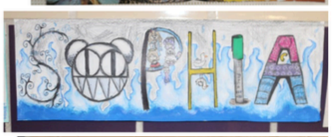
















BRONCO ARTWORKS



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

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.