Hampden Academy

Bronco Bulletin

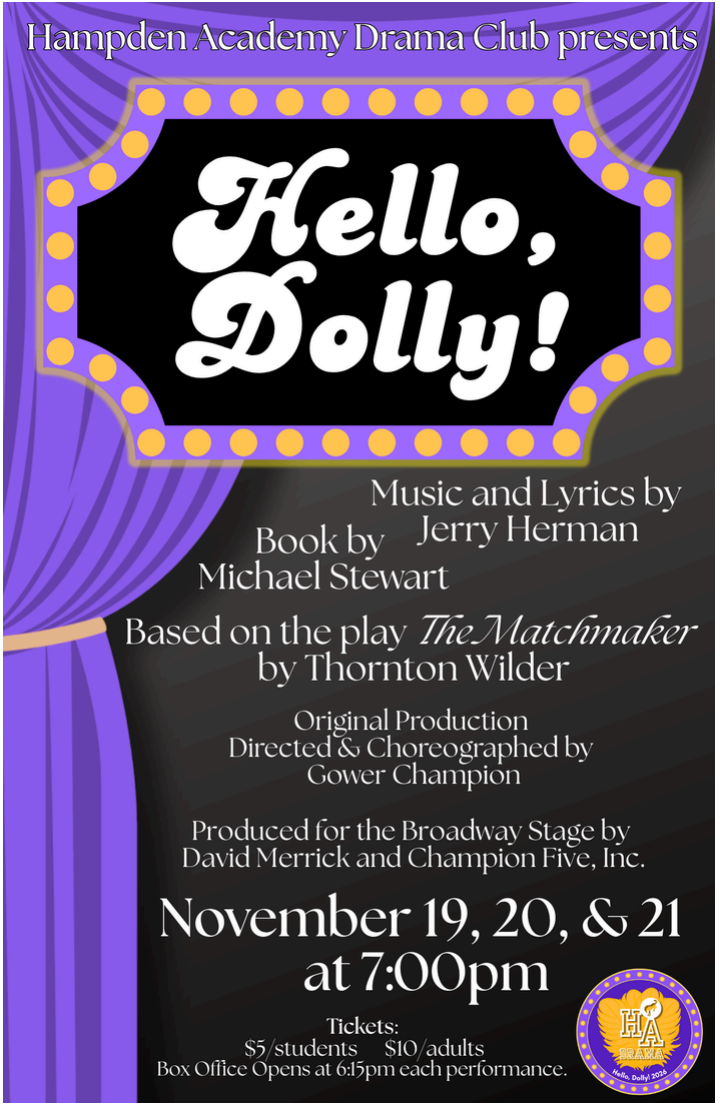
November 20, 2026

Upcoming Events

School Calendar 2026-27
Purple & White Calendar

Friday, 11/20 and Saturday, 11/21 -- *Hello Dolly* Performances at 7:00 PM in PAC (see flyer below)
Friday, 11/20 -- Sports Photos (see flyer below)

Monday, 11/23 -- Family Conferences 2:30-8:00 PM (see email for sign up link)
Tuesday, 11/24 -- Early Dismissal for students at 11:00 AM and Family Conferences from 12:00-4:00 PM (see email for sign up link)
Wednesday, 11/15 - Friday, 11/27 -- No School



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

Athletic Practice Schedule for week of 11/23/26. Go, Broncos!

[Week 2 - HA Winter Athletics Schedule - 11/23]

Let's Go Broncos!

Principal's Message



Sign ups for conferences are still 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.

I wish everyone a wonderful Thanksgiving, enjoying time with family and friends, sharing food, and expressing gratitude. Some historic perspective on thIs holiday offers ways to reflect on our nation's history. In 1621, Plymouth colonists from England and the Native American Wampanoag people shared an autumn harvest feast that is acknowledged as one of the first Thanksgiving celebrations in the colonies. Thanksgiving and Native American Heritage Month allow us to reflect on our collective history and celebrate the beauty, strength, and resilience of the Native tribes of North America. Remember the generosity of the Wampanoag tribe to the European settlers. Remember the hundreds of thousands of Native Americans who lost their lives and the genocide experienced by whole tribes. Remember the vibrant and resilient Native descendants, families, and communities that persist to this day throughout the culture and the country.

Report cards will be available next week, and parents/guardians will be notified by email.. There will be no Bronco Bulletin next Friday due to the vacation.

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:

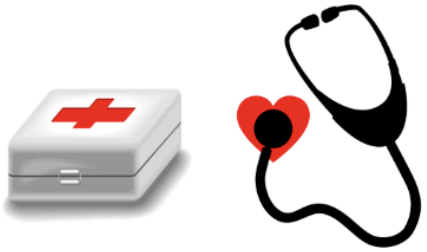
1. If a student is absent from school, parents/guardians should email the school at haoffice@rsu22.us before 9:00 a.m. to notify the school of the absence and provide a reason for the absence.
2. Accurate records of student attendance including absence, tardiness and dismissal are maintained in the main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



Let's Talk Turkey Safety!

Here are some tips to follow so that everyone has a happy and healthy Thanksgiving!

Steps to follow before cooking a turkey:

- **Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days before Thanksgiving.**
- **Purchase two thermometers: a refrigerator thermometer to ensure the turkey is stored at 40 °F or slightly below and a food thermometer to make sure the cooked turkey reaches a safe 165 °F.**
- **The USDA recommends thawing a frozen turkey in the refrigerator 24 hours for each 4 to 5 pounds. Place the turkey in a container to prevent the juices from dripping on other foods.**
- **Cold Water Thawing: If you need to thaw it more quickly, submerge the turkey in cold water, changing the water every 30 minutes. This method takes about 30 minutes per pound.**
- **Do Not Thaw at Room Temperature: Never leave the turkey out on the counter to thaw, as this can allow harmful bacteria to grow.**

Steps to follow when cooking a turkey:

- **Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.**
- **Do not wash the turkey. This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.**
- **Keep raw turkey separated from all other foods at all times.**
- **Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm soap and water or place them in a dishwasher.**
- **Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.**

Student Services Information

Student Services Upcoming Dates

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

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









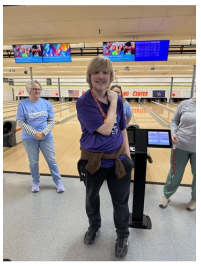


Special Olympics Bowling

HA athletes and partners brought Bronco positivity to their recent bowling match! Coach Lee reported that, "students were focused and engaged. The cheers that started with our team spread throughout the bowling alley. Other teams caught the positive energy and it became a ripple effect."







MAINE
ZILLMAN
ART MUSEUM
UNIVERSITY OF MAINE

Congratulations to HA students whose art work is part of the Spotlight Gallery show at the Zillman Museum of Art in Bangor!



Hayden C
12th Grade
“Dodo”

Aunika M
12th Grade
“Carnivorous Evening”





Naomi P
11th Grade
“Swimming with Sharks”

Jayden V
12th Grade
“Wilted Garden II”



The Student Spotlight show opens in December. A gallery reception will take place Saturday, December 5 at 10am – all are welcome. The Art Department is so proud of our talented art students!

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.