

## SKOWHEGAN AREA HIGH SCHOOL

January 11, 2019

DAY 1

**Lunch – Quesadilla, Chicken Walking Taco Salsa, lettuce, tomatoes, Cheesy Refried Beans, Crunchy Red Apples, Fruit and Veggie Bar**

Unified Basketball schedule for 1/14-1/18

Every morning: 7:45 AM to 8:05 AM in SAHS Gym

NO Games

SAHS athletic results for Thursday, 1/10:

<b>Bowling:</b>	<b>Skowhegan 18</b>	<b>Bangor 1</b>
<b>Varsity Girls BB:</b>	<b>Skowhegan 82</b>	<b>Erskine 33</b>
<b>JV Girls BB:</b>	<b>Skowhegan 43</b>	<b>Erskine 42</b>
<b>Varsity Boys' BB:</b>	<b>Erskine 42</b>	<b>Skowhegan 40</b>
<b>JV Boys' BB:</b>	<b>Erskine 53</b>	<b>Skowhegan 43</b>
<b>Freshmen Boys' BB:</b>	<b>Erskine 44</b>	<b>Skowhegan 33</b>

### Athletic Events Schedule:

Day	Date	Sport	Opponent	Location	Time	Dismiss	Bus time
Saturday	1/12/2019	Wrestling	Skowhegan Invitational	Skowhegan HS	7:00/9:00am		
Saturday	1/12/2019	JV Girls' BB	Messalonskee	Messalonskee HS	11:00am		9:45am
Saturday	1/12/2019	JV Boys' BB	Messalonskee	Messalonskee HS	12:30pm		9:45am
Saturday	1/12/2019	Varsity Girls' BB	Messalonskee	Messalonskee HS	2:00pm		12:15pm
Saturday	1/12/2019	Varsity Boys' BB	Messalonskee	Messalonskee HS	3:30pm		12:15pm
Monday	1/14/2019	Unified BB	1st Practice	Skowhegan HS	7:45-8:10am		
Monday	1/14/2019	Ice Hockey	Practice	Colby College	5:00-6:00am		4:00am
Tuesday	1/15/2019	Ice Hockey	Practice	Colby College	5:00-6:00am		4:00am
Tuesday	1/15/2019	Alpine Ski	Practice	Titcomb Mtn	3:00-5:00pm		2:30pm
Tuesday	1/15/2019	Freshmen Girls' BB	Mt. Blue	Skowhegan HS	4:00pm		
Tuesday	1/15/2019	JV Girls' BB	Mt. Blue	Skowhegan HS	5:30pm		
Tuesday	1/15/2019	Varsity Girls' BB	Mt. Blue	Skowhegan HS	7:00pm		
Tuesday	1/15/2019	Freshmen Boys' BB	Mt. Blue	Mt. Blue HS	4:00pm		2:45pm
Tuesday	1/15/2019	JV Boys' BB	Mt. Blue	Mt. Blue HS	5:30pm		2:45pm
Tuesday	1/15/2019	Varsity Boys' BB	Mt. Blue	Mt. Blue HS	7:00pm		2:45pm
Wednesday	1/16/2019	Ice Hockey	Practice	Colby College	5:00-6:00am		4:00am
Wednesday	1/16/2019	Alpine Ski	Race - SL	Titcomb Mtn	4:00pm	1:45pm	2:00pm
Wednesday	1/16/2019	Wrestling	MCI & Lincoln Academy	MCI	5:00/6:00pm		4:00pm

Wednesday	1/16/2019	Indoor Track	Practice	Colby College	6:00-8:00pm	5:30pm
Thursday	1/17/2019	JV Girls' BB	Gardiner	Gardiner HS	5:00pm	3:15pm
Thursday	1/17/2019	Varsity Girls' BB	Gardiner	Gardiner HS	6:30pm	3:15pm
Thursday	1/17/2019	Freshmen Boys' BB	Gardiner	Skowhegan HS	4:00pm	
Thursday	1/17/2019	JV Boys' BB	Gardiner	Skowhegan HS	5:30pm	
Thursday	1/17/2019	Varsity Boys' BB	Gardiner	Skowhegan HS	7:00pm	
Thursday	1/17/2019	Ice Hockey	LR/Fryeburg/OH	Bridgton Academy	5:00pm	1:00pm 1:15pm
Thursday	1/17/2019	Alpine Ski	Practice	Titcomb Mtn	3:00-5:00pm	2:30pm
Thursday	1/17/2019	Bowling	Bangor	CMFFC	3:30pm	
Saturday	1/19/2019	Alpine Ski	Race - SL MB, Camden, OH, Gard,	Kents Hill	9:00am	6:45am
Saturday	1/19/2019	Wrestling	Ells	Mt. Blue HS	8:00/9:00am	7:00am
Saturday	1/19/2019	Ice Hockey	Mt. Ararat	Colby College	7:30pm	6:00pm

## Weight Room Schedule:

Fri, 1/11

2:45-4:30pm

Keister

Mon, 1/14	Tues, 1/15	Weds, 1/16	Thurs, 1/17	Fri, 1/18
2:45-4:30pm Goodwin	2:45-4:30pm Goodwin	2:45-4:30pm Keister	2:45-4:30pm Keister	2:45-4:30pm Keister

## SENIOR NEWS:

Seniors interested in receiving Let's Get Ready S.A.T. prep program registration materials can give leave contact info in the main office on the designated sheet. This spring Let's Get Ready will run Mondays and Wednesdays from 3PM to 6PM, February 11 to April 8. Seniors who already shared your contact info do not need to do so again.

Josten's will be here **January 14<sup>th</sup> at 9:25am** to give a presentation to the seniors on cap and gown orders in the auditorium. This meeting should take no longer than 20 minutes. They will return on **January 23<sup>rd</sup>** during lunches to collect orders in the lobby.

The **first Thursday** of every month there will be a senior class meeting at 7:45, in O11. We will be planning our fundraising efforts, as well as discussing other senior class decisions. Any member of the senior class is welcome to attend. Please see Mrs. Ryan or Mr. Clark with any questions.

## JUNIOR NEWS:

Juniors interested in receiving Let's Get Ready S.A.T. prep program registration materials can give leave contact info in the main office on the designated sheet. This spring Let's Get Ready will run Mondays and Wednesdays from 3PM to 6PM, February 11 to April 8. Juniors who already shared your contact info do not need to do so again.

Please pay class dues to Mr. Martin or Lauren Enright.

## **SOPHOMORE:**

If you would like to pay part or all of your \$40 class dues, please see Ms. Strout.

Sophomores interested in attending the Maine Youth Leadership Seminar this spring can pick up information in the Guidance Office. Applications are due **February 8**

## **Freshmen:**

### **Media Center News:**

The next meeting of the Book Club will be after school on **Tuesday, January 22**, in the library. ALL ARE WELCOME! See Mr. LaFlamme for more information.

### **Guidance:**

### **Other:**

Current grade 10, 11 and 12 students who are looking strengthen their job skills, SCTC will be offering a new program semester 2, Job Skills Training. The class will be offered blocks 1-3 on day 2. If you are interested see your guidance counselor to determine if you can work it in to your schedule.

**Math Team** will be meeting in **G3 at 2:30 every Wednesday**. New members always welcome. See Mr. Small in Green 3 for more information.

**Art Club-** Meetings take place Wednesday after school in Y-6. All are welcome!

Upcoming SCTC Events:

SCTC Student Leadership - Every Monday & Tuesday @ 12:15

SkillsUSA @ 12:30 @ TBA

Thursday, January 17 - ASVAB Testing @ SCTC @ 9:00 - 11:00

Monday, January 28 - Program Leader Assembly @ 8:45

Tuesday, January 29 - Program Leader Assembly @ 8:45

Monday, February 4 - Carrabec, Madison and UKV Student Tours

Wednesday, February 6 - RSU54/MSAD54 Early Release Day

Tuesday, February 12 - MCI Student Tours

Tuesday, February 12 - SCTC Advisory Board Meeting @ 11:15

Please contact Mrs. Thiboutot or Mr. Dorr if you have questions regarding the events.

**Teacher News**

Wake up ill? Sub needed? Call Sharon Mellows at 696-4938 between the hours of 5 and 7 AM. Or e-mail her at [sharon.mellows@myfairpoint.net](mailto:sharon.mellows@myfairpoint.net) or [smellows@msad54.org](mailto:smellows@msad54.org).