

**SKOWHEGAN AREA HIGH SCHOOL**

**Sept 11**

**DAY2**

**Lunch – Big Daddy Ham Pizza or Big Daddy Cheese Pizza, Crisp Maine Cucumbers, Watermelon Slices**

**Fruit and veggie bar**

**Weight Room Schedule: Sept 9<sup>th</sup>-Spet 13<sup>th</sup>**

<b>Mon, 9/9</b>	<b>Tues, 9/10</b>	<b>Weds, 9/11</b>	<b>Thurs, 9/12</b>	<b>Fri, 9/13</b>
<b>3:00-4:30pm</b>	<b>2:45-4:15pm</b>	<b>2:45-4:15pm</b>	<b>2:45-4:15pm</b>	
<b>Nadeau</b>	<b>Evans</b>	<b>Nadeau</b>	<b>Evans</b>	

**Athletic Schedule:**

This is just a reminder that SAHS fall sports pictures are pm Wednesday, September 4<sup>th</sup> after school per the email below and the attached schedule. If it is rainy or thunderstorms are on their way during pictures, we will move pictures into the gym. Hopefully, everyone has picked up the picture forms that Talia had put in your coaching mailbox by now. Let us know if you have any questions.

<b>Day</b>	<b>Date</b>	<b>Sport</b>	<b>Opponent</b>	<b>Location</b>	<b>Time</b>	<b>Dismiss</b>	<b>Bus time</b>
Wednesday	9/11/2019	Varsity Golf	Mt Blue	Wilson Lake GC	3:30pm	1:30pm	1:45pm
Thursday	9/12/2019	Varsity Girls' Soccer	MCI	Skowhegan HS	3:30pm		
Thursday	9/12/2019	JV Girls' Soccer	MCI	Skowhegan HS	5:00pm		
Thursday	9/12/2019	Varsity Boys' Soccer	MCI	Alumni Field	3:30pm	1:45pm	2:00pm
Thursday	9/12/2019	JV Boys' Soccer	MCI	Alumni Field	5:00pm	1:45pm	2:00pm
Thursday	9/12/2019	Varsity Field Hockey	Brunswick	Skowhegan HS	4:00pm		
Thursday	9/12/2019	JV Field Hockey	Brunswick	Skowhegan HS	5:15pm		
Thursday	9/12/2019	Varsity Golf	Cony	Natanis GC	3:30pm	1:45pm	2:00pm
Thursday	9/12/2019	JV Golf	Messalonskee	Pine Ridge	3:30pm		2:30pm
Thursday	9/12/2019	Freshmen Football	Oxford Hills	Skowhegan HS	4:30pm		

Friday	9/13/2019	Varsity Golf	Bangor	Bangor Municipal Course	3:30pm	1:30pm	1:45pm
Friday	9/13/2019	Varsity Football	Cony	Skowhegan HS	7:00pm		
Friday	9/13/2019	Varsity Cheering	Cony	Skowhegan HS	7:00pm		
Friday	9/13/2019	Cross Country	Wtvl, Wins, Mess, Bangor, Maran, Hampden, Brewer, OH, Camden, Gardiner	Quarry Road	4:00G/4:30B	1:55pm	2:10pm

SAHS athletic results for Tuesday, 9/12:

**Varsity Field Hockey: Skowhegan 4 Cony 1**

**JV Field Hockey: Skowhegan 1 Cony 0**

**Varsity Boys' Soccer: Mt. Blue 2 Skowhegan 0**

**JV Boys' Soccer: Skowhegan 3 Mt. Blue 2**

**Varsity Girls' Soccer: Mt. Blue 4 Skowhegan 1**

**JV Girls' Soccer: Mt. Blue 6 Skowhegan 0**

**Varsity Golf: Messalonskee 8 Skowhegan 1**

## **SENIOR NEWS:**

## **JUNIOR NEWS:**

## **SOPHOMORE:**

Sophomores: There will be an important meeting for all Sophomore class officers and student council members regarding Homecoming on Thursday, September 12 at 2:20 in O5. Please see Mrs. Chase or Mrs. Grindle prior to the meeting if you cannot attend!

**Freshmen:** Class Officers and Student Council Elections will be September 12<sup>th</sup>. Your class must elect one president, one vice president, one treasurer, one secretary, and 6 student council members. The procedure is as follows:

In order to run you must get a petition form from Mrs. Fitzmaurice (Blue Section/B6 or B8) or Mrs. Norweg (Yellow Section/Y1) and return to either by the close of school on Wednesday, September 11, 2019. ***No forms will be accepted after the deadline.***

You may make campaign posters (school appropriate) and campaign anytime during this election process as long as you complete and hand in this petition form.

Election Day will be in front of the library before school on Thursday, September 12<sup>th</sup>. Good Luck!!

**Math:** 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.

On September 11<sup>th</sup> we will be deciding on team shirts and making other decisions concerning the upcoming season. Please see Mr. Small beforehand if you cannot attend. First meet on October 2<sup>nd</sup> at Carrabec.

**Media Center News:** The Book Club will have its first meeting of the year on Tuesday, September 10, at 2:30 pm in the library. ALL are welcome! Please sign up with Mr. LaFlamme in the library.

Would you like to help in the Media Center this year? Please see Mr. LaFlamme for more information about the responsibilities and perks of being a Media Aide.

### **Guidance:**

### **Other:**

Love the outdoors? Worried about the planet and your future on it? Want to learn how take action to lessen your impact? Come to the first "green club" meeting on Thursday, September 12 at 2:30 pm in G10 with Mr. McFadden and Miss Drummond to learn more.

Auditions for the fall play will be Wednesday, September 11, and Thursday, September 12, at 4:30 in the auditorium. The speech team will meet Friday, September 13, at 2:30 in the library. Any questions, see Ms. Smith

There will be a mandatory Student Council meeting on Thursday, September 12<sup>th</sup> in B6 directly after to school. All elected student council members must plan to attend and if you are not able to **you** must get your absence excused by Mrs. Fitzmaurice or Mrs. Norweg **prior** to the meeting time. We have lots on the agenda such as elections of officers, homecoming decisions, and other topics.

There will Yearbook Committee meeting on Wednesday, September 11<sup>th</sup> in B6 directly after school. This is the first meeting of the year, new and old members welcome. Please plan to join us.

In keeping with our belief that our school should be a place where everyone feels safe, welcome, and respected for who they are, we have elected to host a Rachel's Challenge presentation for Skowhegan Area High School on Tuesday, September 17<sup>th</sup>. Following the presentations, our Rachel's Challenge presenter will work with members of our student body to help spread Rachel Scott's message and legacy of challenging everyone to treat others with kindness and compassion. If you are interested in participating in this opportunity, please sign up in the main office by Friday afternoon. Working together, we can start our own chain reaction of kindness and compassion!

## **Newspaper Club:**

**Art Club-** Art Club meets on Wednesdays from 2:15 to 3:30 in Y-6. All are invited. We are working on a large mural and other projects and will have an art show in the spring!

## **SCTC:** Upcoming SCTC Events:

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

SkillsUSA @ 12:30 @ TBA

## **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).