

SKOWHEGAN AREA HIGH SCHOOL

Wednesday, April 9, 2025 – Day 1

Lunch: Chicken & Cheese Sub, Ham Italian or Hot Ham & Cheese Hoagie, Garden Salad, Diced Peaches, Fruit & Veggie Bar.

**Lifting Schedule: Monday, Tuesday, Wednesday @ 2:45pm-4:15pm.
Wait in the lobby for Mr. Salley. He will meet you there.**

Skowhegan Athletic Schedule - April 7-12

Day	Date	Sport	Opponent (s)	Location	Time	Dismissal	Bus times
Monday	4/7	Baseball	PRACTICE 4:30-6:30pm	GYM			
		Softball	PRACTICE 6:30-8:30pm	GYM			
		Boys Tennis	PRACTICE 2:30-3:30pm	GYM			
		Girls Tennis	PRACTICE 3:30-4:30pm	GYM			
		Track & Field	PRACTICE 2:30-4:00pm	WEIGHT RM/TRACK			
Tuesday	4/8	Baseball	Belfast (if practice 2:30-4:30)	Belfast	4:00 PM	1:15 PM	1:30 PM
		Softball	Belfast (if practice 4:30-6:30)	TBD but likely Belfast	4:00 PM	1:15 PM	1:30 PM
		Boys Tennis	MCI (if practice in gym 7:30-8:30)	MCI	4:00 PM		
		Girls Tennis	MCI (if practice in gym 6:30-7:30)	Skowhegan	4:00 PM		2:30 PM
		Track & Field	PRACTICE 2:30-4:00pm	WEIGHT RM/TRACK			
Wednesday	4/9	Baseball	PRACTICE 4:30-6:30pm	GYM			
		Softball	PRACTICE 6:30-8:30pm	GYM			
		Boys Tennis	PRACTICE 2:30-3:30pm	If outside 2:30-4:00pm			
		Girls Tennis	PRACTICE 3:30-4:40pm	If outside 4:00-5:30pm			
		Track & Field	PRACTICE 2:30-4:00pm	WEIGHT RM/TRACK			
Thursday	4/10	Baseball	Hermon (if practice 4:30-6:30)	TBD	4:00 PM		
		Softball	Hermon (If practice 2:30-4:30)	TBD	4:00 PM		
		Boys Tennis	If practice in gym 6:30-7:30	If outside - 2:30-4:00pm			
		Girls Tennis	If practice in gym 6:30-7:30	If outside - 4:00-5:30pm			
		Track & Field	PRACTICE 2:30-4:00pm	WEIGHT RM/TRACK			
Friday	4/11	Baseball	PRACTICE 6:30-8:30pm	GYM			

		Softball	PRACTICE 3:30-5:30pm	GYM			
		Boys Tennis	PRACTICE 2:30-3:30pm	If outside 2:30-4:00pm			
		Girls Tennis	PRACTICE 5:30-6:30	If outside 4:00-5:30pm			
		Track & Field	PRACTICE 2:30-4:00pm	WEIGHT RM/TRACK			
Saturday	4/12	Baseball					
		Softball					
		Boys Tennis					
		Girls Tennis					
		Track & Field					

SENIORS:

JUNIORS: *Dirigo State is a one of the most respected and selective educational programs of the government instruction for US high school students. It is a participatory summer program in which students become part of the operation of local, county, and state government. If you are interested in attending this one week program during the summer of 2025, please stop by the SAHS guidance office for more information.*

The Maine Space Grant Consortium (MSGC) is pleased to announce a special opportunity for Maine high school juniors who are interested in a science, technology, engineering, or mathematics (STEM) paid internship through the MERITS program. This program provides a six-week, paid summer internship research opportunity for highly motivated high school juniors. Students experience ‘real-time’ applications of STEM at various Maine host institutions conducting hands-on research and technology development. If you are interested in this opportunity, please see Miss Drummond in G10 for more information.

SOPHOMORES:

FRESHMEN:

Art Club: *Art Club will meet every Wednesday in room W-3 from 2:30pm-3:45pm.*

Board Games Club:

Book Club:

Bowling Club:

Chess Club:

Civil Rights Team:

Drama/Speech:

Eco Team: Eco Team will be meeting Wednesdays after school in G10 from 2:20pm – 2:45pm. All students are welcome to participate.

The SAHS Eco Team and the honeybee husbandry summer program are selling raw and local honey. They are selling it for \$10 per one pound jar. The money will go toward projects conducted by the Eco-Team at the high school along with maintaining and expanding the beekeeping operation. All honey will be sold on a first come, first served basis with a limit of 3 jars per person. Please see or email Kate Drummond (kdummond@msad54.org), Eco Team Advisor, if you have questions.

E-Sports:

Board Game Club: Board Game Club will meet weekly on Wednesday's from 2:30-4 PM in O1. All are welcome to join!

Guidance Dept:

Knitting/Crochet Club: Knitting/Crochet Club will meet every Wednesday, from 2:30pm-3:30pm in O10A

Math Team:

Outing Club: All students interested in the outing club are welcomed to attend. All students are welcome to participate in the Outing Club at any time.

Poetry Club:

Recycling: The recycling stations have been placed throughout the building and are ready to collect CLEAN recyclables. Mixed paper belongs in the blue bins, metals and glass in the green bins, and #1 and 2 plastics in the gray tubs. Recycling stations are brought to you by the Recycling Team, Eco Team and the Town of Skowhegan, which offers FREE recycling to all residents of Somerset County.

Please recycle #1&2 plastics, mixed paper, glass, metal cans, and returnables at the four hallway recycling stations. Food, food containers and plastic iced coffee cups are considered trash and need to be thrown in a trash can in the lobby, cafeteria, or a classroom.

Student Council:

Yearbook: The yearbook committee is looking for pictures to include in the yearbook this year! School related pictures including dances, prom, spring 2024 sports, fall sports, winter sports, candid shots, assemblies, clubs and organizations, march madness, homecoming etc. Please upload them directly to the josten's yearbook website (<https://photos.jostens.com/74R4DH>) or submit them to bgrenier@msad54.org.

The cost of a yearbook is \$65.00. Please see Ms. Gourley to purchase your yearbook. Checks should be made out to SAHS/Yearbook with your name on the memo line. To purchase a Yearbook online go to: SAHS Homepage, Josten's link. Any questions see Ms. Gourley.

Teacher News: Wake up ill? Sub needed? Call Sharon Mellows at 696-4938 between the hours of 5am to 7 am. Or e-mail her at smellows@msad54.org or smellows022@gmail.com