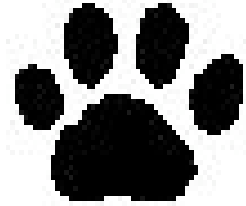


Panther Pride News



Medomak Valley High School

320 Manktown Rd.

Waldoboro, ME 04572

Harold E. Wilson, Principal
Andrew J. Cavanaugh, Assistant Principal
Ann M. Hassett, Director of Instruction

PH: (207) 832-5389 / FX: (207) 832-2280
Main Office Hours: 7:15-3 p.m.

Matthew J. Lash, Athletic Director

January 9, 2009

Upcoming Events

Saturday, Jan. 10:

Boys Basketball Home Game w/Gardiner
Fresh: 3:00 JV: 4:30 Varsity: 6:00
Girls Basketball Game at Gardiner
Fresh: 3:00 JV: 4:30 Varsity: 6:00
Wrestling Meet at Oak Hills Weigh In 8:00, Meet 9:00

Monday, Jan. 12:

Wrestling Home Meet w/Morse Weigh In 6:30, Meet 7:30

Tuesday, Jan. 13:

Wednesday, Jan. 14:

Thursday, Jan. 15:

Friday, Jan. 16:

Freshman Girls Basketball Home Game w/Mt Ararat 4:00
Boys Basketball Game at Maranacook
Fresh: 4:00 JV: 5:30 Varsity: 7:00
Girls Basketball Home Game w/Maranacook
JV: 5:30 Varsity: 7:00

Saturday, Jan. 17:

Varsity Home Game w/GV Girls 6:00, Boys 7:30
Wrestling Invitational Hermon, weigh in 9:00, Meet 10:00

[Visit the Medomak Valley High School website at
http://www.msad40.org/schools/mvhs](http://www.msad40.org/schools/mvhs)

Please submit news items to be published in the MVHS
newsletter via e-mail to lisa_gunn@sad40.k12.me.us or deliver
news items to the MVHS main office by Wednesday morning
for Thursday publication.

Keeping Waldoboro Warm and Fed

With winter upon us, who is making sure residents of Waldoboro have adequate food and fuel? A community forum, "Keeping Waldoboro Warm and Fed," will look at the agencies and groups responding to residents'™ needs on Tues., Jan. 20, starting with a Potluck Supper at 6 p.m. The supper and the following short presentations will be held at Broad Bay Congregational United Church of Christ, 941 Main St.

The forum is designed to provide answers for those who need help, as well as those who would like to learn more about what help is provided and where they can offer to help.

Childcare will be provided by an adult, with a movie being shown after supper. Those who are able are welcome to bring a casserole, salad or dessert. Drinks will be provided.

Organizations scheduled to have a speaker include Community Housing Improvement Project, LIHEAP, In a Pinch, Waldoboro Food Pantry, Salvation Army, Lincoln County Energy Fund and the Waldoboro Board of Selectmen. Representatives from other groups are encouraged to attend, but due to time limitations are not on the regular speaking roster.

In case of stormy weather, check for a cancellation notice on the church phone line, 832-6898, or WCSH-Channel 6. Snow date is Feb. 3. If you have questions, call Broad Bay at 832-6898.

School Cancellations

Television:

WCHS-Channel 6
WMTW-Channel 8
WGME-Channel 13

Radio:

93.5, 94.5, 99.9, 102.9, 106.5

Internet:

www.msad40.org
www.WGME.com
www.wcsh6.com
www.villageSoup.com/knox



From the Principal's Desk:

Welcome back from what I hope was a joyous holiday and restful time spent with family and friends. The next few weeks for our students will be very important to their second quarter grades with semester exams beginning on January 16th and ending on January 22nd. Does your student need extra help in school? Medomak Valley High School provides several options for students to get the support they need. Here are some suggestions for how parents can help the process along:

Monitor your child's progress weekly using the Powerschool computer program. If you don't have access to Powerschool, it's easy to get it. Come to MVHS with a valid ID, fill out a form, and you'll be given a password and a brochure with simple instructions for getting started.

Communicate with MVHS teachers and administrators. We all take our responsibility to communicate seriously, and we want to hear from you. Please call the school at 832-5389 and leave a call back number for staff to reach you if you can't speak to someone right away. Everyone checks email, and we have the following address:

firstname_lastname@sad40.k12.me.us (There's an underscore between the first and last name.)

Encourage and assist your student in seeing the teacher for extra help. MVHS teachers are here before and after school every day, and all teachers have posted their "office hours" so that students can easily see when they are available. Teachers will also make an appointment to help your student at other times.

Our basketball teams are off to a good start. Have an evening out and enjoy high school basketball at Medomak Valley; you will be glad you did. I know the student-athletes would be honored by your support. If you do not know the game dates, please call the office at 832-5389, we will be happy to help.

Have you noticed the days are getting longer?? It is true; we have gained over 10 minutes since the first day of winter.

Dental Appointments

Prevention Partners, a non-profit public charity organization, has been rescheduled, to be at MVHS on January 26th & 27th to provide dental/oral health care. This free program is available to all Maine Care children under the age of 21. Others without regular dental care may self-pay.

We are pleased to offer this dental program to MVHS students. A certified dental hygienist will come to our school and set up portable dental equipment. The hygienist can provide sealants, fluoride treatments, oral hygiene instruction, cleaning, tobacco and nutrition counseling, etc.

Applications are available in the Main Office and Health Office. Please call the Health Office at 832-5566 with any questions or to have an application mailed.

Parent/guardian permission, health history of child and Maine Care # of child, are all required for a student to receive oral preventive service at school.

Scholarship Information

| | | | |
|---|----------------|--|---------------------------------|
| Humane Society of US | March 16, 2009 | Animal Protection | 2,000.00 |
| Maine Nurses Assoc. | July 1, 2009 | Nursing Program | (3) 1,000.00 |
| American Society of Civil Engineers | Jan. 31, 2009 | Proof of enrollment in a civil engineering program | (2) 2,000. 00 |
| Agriculture scholarship by Monsanto Company | Feb. 15 2009 | On-line application www.monsanto.com or www.ffa.org | |
| Clyde Russell | Feb 1, 2009 | Four-year college/or Maine Community College | |
| UMO Visual Arts | Jan. 28, 2009 | Acceptance into UMaine's College of Liberal Arts & Sciences | 1,000.00 or 2,000.00 |
| UMO Pulp Paper 1st year students | Feb. 1, 2009 | Engineering | FULL TUITION pending 3.0 GPA |
| American Lung Assoc. Golf Scholarship | March 15, 2009 | Involved in Golf | (2) 500.00 |
| KFC | | Apply on-line www.kfcscholars.org Application available Dec. 1, 2008 through Feb. 10, 2009 | |
| McKelvey Foundation | Jan. 25, 2009 | must have owned/operated own business Apply on-line www.mckelveyfoundation.org | |



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|--|--------------|---|------------------------------------|
| Elks National Foundation (not local) | Jan. 9, 2009 | On-line application www.elks.org/enf/scholars | Multiple awards |
| Elks Legacy Awards www.elks.org/enf/scholars | Jan. 9 2009 | On-line application | Multiple awards (Elk Members Only) |