



The Deering Weekly Update



Deering wrestlers Lilith Young and Brooke Birkhahn before wrestling practice. We love Title IX!

January 14, 2019- edition 13, Vol 3. Final exam week at Deering. Please make sure your student has completed all classwork / homework and has studied for finals. Teachers don't eat their young--if a student is struggling, encourage them to meet with their teacher to work things out.

DHS GRADUATION DATE and TIME has been changed due to Eid al Fitr. Deering's graduation will be held at the Cross Arena, **Thursday June 6th at 4:30 pm.**

Date	Event and Info	Time	Location	Notes
January 16, Wednesday	8th Grade Open House	6:00 - 8:00	Auditorium	
Jan 17 (bl 1 & 2) & 18 (bl 3 & 4)	FINAL EXAMS	8 am - 11:15 am		Some teachers are not having students take a final if they have met the standards.

For Deering's Sport Schedules, visit www.deeringathletics.com

YEARBOOK INFORMATION

Last year's Yearbooks (2018): \$35. Please see Mr. Lawless if interested.

2019 Yearbooks: \$70. You can order online or see Mr. Lawless.

Online--YBPAY.LIFETOUCH.COM and the code is 11227419.

Installment Plans on Yearbook purchases available!

Contact Mr. Lawless if interested in purchasing a yearbook and paying over time interest free! The payments would be in 4 installments--February, March, April, & May!

PARENT GROUPS

Fellow DHS Parents,

Project Graduation is now a 30+ year tradition for graduating seniors in Maine and throughout the country. And, as you can imagine, the Project Graduation celebration for more than 200 students takes a great deal of effort to coordinate and pay for. Bottom line is:

WE NEED YOUR HELP!

CAN YOU VOLUNTEER OR DONATE?

If you are a business owner or your employer would be willing to donate cash or in-kind items to the celebration, please be in touch with us.

Talented parents, please be in touch: (restaurant owners, massage therapists, and yoga instructors, etc.). EMAIL US: DHSProjectGrad19@gmail.com

We are hoping to start a new tradition with Junior parents (or any underclassmen parent, coach, family member) chaperoning Project Graduation.

Please sign up today if you can – [CHAPERONE Project Graduation](#)

[DHS Project Grad FACEBOOK](#): (Purchase hats, bag, blankets and learn about upcoming fundraising events)

EMAIL US: DHSProjectGrad19@gmail.com

[Go Fund Me Page](#) – please share with friends and family!

Volunteer for upcoming events

Mariner Hockey Game Concessions: **Still need volunteers 1/27 and 2/10!**

Please do what you can. We will be forever thankful for the support of our DHS community.

> Thank you, in advance, from your Senior Class Parent Organizers of DHS Project Graduation 2019

PARENTS of the CLASS OF 2019: Would like to surprise your Senior with a Baby Ad in the 2019 Amethyst Yearbook?

PRICES:

¼ page	\$ 50	½ page	\$ 100	Full Page	\$ 200
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SUBMIT ONE OF THE FOLLOWING:

Picture + write up; we will design your ad	Ad of your own design. Send to: <i>Baby Ads, 370 Stevens Avenue. Portland, ME 04103</i>	Email of digital ad to: deeringyearbook2019@gmail.com
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MAIL CHECKS PAYABLE TO DEERING HIGH SCHOOL, 370 Stevens Ave, 04103. Write **BABY AD** in subject line. **Deadline for Baby Ads is Feb. 8th**

> PTO: The PTO meets the second Monday of every month (second Tuesday when there is a Monday holiday) in the library from 6:00-7:30. Email us at DeeringsPTO@gmail.com Ample parking and elevator access are available.

The **Fall-winter fundraising appeal – SUCCESS!!** The goal for our second annual appeal was \$1750. Donations surpassed this goal for a total of **\$1885!** **Many thanks to everyone who contributed!!** Your gifts have enabled the PTO to supply Hannaford grocery gift cards to many Deering families (totaling \$1,000) and we will be contributing to books for the English department. **THANK YOU!!**

⇒ **Next meeting: Tuesday Jan. 22, 6 PM** DHS Library. Topic: informal discussion of kids, parents and tech, followed by regular meeting including discussion teacher/staff appreciation event in May.

Spring meetings: Mon. 2/25 , Mon. 3/18, Mon. 4/22, Mon. 5/20, Mon. 6/17. 6 -7:30 PM DHS Library. Topics not yet decided – what do you want to discuss and/or hear about?)

Contact us at Deeringspto@gmail.com

- > **Deering Boosters:** The Boosters will meet the first Wednesday of every month in room 219 from 6-7 pm; our next meeting is on February 6.

STEM Newsletter Items

(newsletter with past announcements is [here](#))

For those interested in
Science, Technology, Engineering and Math at Deering
from Ms Karen Shibles

Week of 1/13/19

STEM ELOs:

- [hackME 2019](#) is scheduled for March 16, 2019 at Falmouth High School. This is an all-day event where like-minded computer enthusiasts meet to work together on computer programming. Teams collaborate to build and code something original in the form of websites/apps. It is designed to foster an environment for self-expression through technology. Teams of 3-5 students will work to build a mobile app, program hardware, or create a website that helps your community in any way. This event is open to all Maine high school students. See Mrs. Shibles or Mr. Borland for registration info.
- **Reminder:** The **MERITS** ([Maine Research Internships for Teachers and Students](#)) Program provides summer research opportunities for highly motivated high school **juniors** who are interested in science, technology, engineering and mathematics (STEM) careers to experience “real-time” applications of STEM in a research-focused work world at host institutions conducting research and technology development. This program seeks to expose students to career opportunities in Maine and to provide a direct way by which Maine businesses and research communities can attract young people with high potential for possible future employment. A limited number of research internships for the summer of 2019 are available. **Applications due by January 31, 2019.** Contact Jana Hall with questions Jana.hall@msgc.org
- The [CURIE Academy](#) is a one-week summer residential program for high school girls who excel in math and science and want to learn more about careers in engineering. Cornell University's world-renowned faculty and graduate students will lead CURIE participants in classes, lab sessions, and project research. Social events, panel discussions, and other out-of-classroom activities will provide participants with opportunities to network informally with Cornell faculty, staff, and students. If you are an interested rising junior or senior, apply to the CURIE Academy today! **Deadline is March 1, 2019.** Financial assistance is available.

- The [CATALYST Academy](#) is a one-week summer residential program for rising high school juniors and seniors. The mission of the CATALYST Academy is to advance diversity in engineering and its related disciplines. Therefore, applications from students from backgrounds (African American, Latino/a, or Native American) critically underrepresented in the fields of science, technology, engineering, and math are especially encouraged. During the CATALYST Academy, Cornell University's world-renowned faculty and graduate students lead participants in classes, lab sessions, and project research. Social events, panel discussions, and other out-of-classroom activities provide participants with opportunities to network informally with Cornell faculty, staff, and students. If you are an interested rising junior or senior, apply to the CATALYST Academy today! **Deadline is March 1, 2019**. Financial assistance is available.
- The [Jackson Laboratory Summer Student Program](#) is designed for students who want to immerse themselves in genetics and genomics research. It emphasizes laboratory discovery, communication of knowledge, and professional growth. The 10-week program is offered on two campuses - The Jackson Laboratory, Bar Harbor, Maine, and the Jackson Laboratory for Genomic Medicine, Farmington, Connecticut. Participants receive a stipend of \$5250 and all other costs including room and board, travel, and research supplies are also covered. **Deadline to apply is February 2, 2019**.

STEM Scholarship Opportunities:

- [JAX College Scholarship](#) program for Seniors who plan to Biomedicine & Research; teacher nomination deadline is **February 1, 2019**. Student should approach his/her science teacher before this date to discuss nomination.

⇒ **Please check descriptions/deadlines from [prior posts](#).**

January 14

DHS Guidance News

Note: Ms. Anastasia Alexis has taken over students formerly on Jen Osburn's caseload (students in grades 9-12 with last names starting with the letters F-L).

Would your 9th or 10th grade child just love to learn in a beautiful Maine coastal environment taking educational courses that have strong emphasis in the Environmental Sciences as well

as the Humanities? If so, there will be a representative from **Chewonki** here at Deering on

Monday, Feb. 4th @ 9am

Chewonki offers dynamic one-semester educational programs on their residential campus in Wiscasset, Maine. Former Deering High students have gone to Chewonki for a fall or spring semester and found the experience to be life-changing. If your child wants to listen to the Chewonki rep and find out more about their Coastal Semester program, they can see Ms. Adams to sign up or simply come to the Guidance office at 9am on Feb. 4. For more information, check out the following sites:

<https://mainecoastsemester.org/>

<https://mainecoastsemester.org/admissions/scholarship/> ;

<https://mainecoastsemester.org/apply-now/> and

<https://mainecoastsemester.org/a-new-view-at-maine-coast-semester/>

2019 COLLEGE ADMISSIONS, SAT TESTING DATES, FINANCIAL AID EVENTS, SCHOLARSHIP INFO, and CAREER OPPORTUNITIES

January always proves to be a busy time in Guidance as final exams for the fall semester take place (Yikes! Finals for semester one are Jan. 16th-18th) and students prepare to begin their new spring semester classes on Jan. 22nd.

Parents of 9th, 10th and especially 11th graders-NOW is the time to think about using the upcoming February and/or April school breaks to visit college campuses!!! Start talking with your child about which schools may be cool ones to check out! Take a gander at the following article from Princeton Review on *6 Tips for Contacting Colleges and How to Make the Most of College Visits*: <https://www.princetonreview.com/college-advice/college-visits>

SPEAKING OF COLLEGE VISITS-MARK YOUR CALENDAR FOR THE UPCOMING EVENT AT DEERING TO JUMPSTART THE COLLEGE PROCESS FOR YOUR CHILD!!

Our last College Process & Timeline Workshop in November was a packed event. If you missed that one or want another refresher don't miss this next and last session for the 2018-19 school year.

**College Process & Timeline for Freshman, Sophomore,
and Junior Students and their Families**

Tuesday, February 12th (Snow Date Feb. 13th),

6:00-7:30pm at Deering High

In the Library

(This evening is also open to your child. Make it a family event!)

Find out the ins and outs of how to maneuver through the college admissions process. Topics discussed will include how to create a list of appropriate schools, SAT/ACT testing, how to make the most out of college visits and how college financial aid works.

ALL PARENTS OF COLLEGE BOUND TEENS SHOULD READ THE FOLLOWING GREAT ARTICLE BY LYNN O'SHAUGHNESSY

The college admissions process is a stressful one for teens and parents alike. This is an understatement right? For many teens and adults who feel like the only worthwhile college acceptance is one to an Ivy League or uber selective institution, the process is not just stressful but can actually be toxic to the health and well being of teenagers. Let's ramp down the pressure.. Take a look at this great article called *Looking Beyond the Ivy League*. It is a breath of fresh air in the often tension-filled and sometimes unhealthy world of selective U.S. college admissions. Click here:

<http://www.thecollegesolution.com/looking-beyond-ivy-league-hype/>

\$\$ MONEY MATTERS: FINANCIAL AID FOR COLLEGE \$\$

THE FAFSA (FREE APPLICATION FOR FEDERAL STUDENT AID) IS NOW AVAILABLE FOR COLLEGE BOUND SENIORS AND THEIR PARENTS TO COMPLETE.

The Finance Authority of Maine (FAME) has numerous free resources and helpful checklists for families of college bound seniors. Here are two great links for that information: **Get Ready to File the FAFSA:**

<https://www.famemaine.com/wp-content/uploads/2018/09/FAFSA-Checklist-2019-20.pdf>

And

A Short Video of a Step by Step Guide for Filing the FAFSA

<https://www.youtube.com/watch?v=CO4iwKHJgQo&feature=youtu.be>

DO YOU HAVE QUESTIONS ABOUT COLLEGE FINANCIAL AID? NEED ONE ON ONE HELP TO COMPLETE YOUR FAFSA?

If you or your senior child need any assistance in completing the FAFSA; Floreka Malual of the Finance Authority of Maine is available every Monday in the Make It Happen room next to the Deering Guidance office from 12:25-1:15. Ms. Malual can also be contacted at fmalual@famemaine.com or by phone at 207-620-3530 if you have any questions or want to schedule an appointment with her.



Important Upcoming PSAT and SAT Testing Dates

SAT or Subject Tests- Next Test date is Saturday, March 9, 2019 Registration Deadline is Feb. 8/Late Deadline (for an additional fee) is Feb. 27th

Any 11th grader who wants to take the SAT this March can register here:

<https://collegereadiness.collegeboard.org/sat/register>

PSAT SCORE RESULTS ARE ALMOST HERE!!

Current 10th and 11th graders that took the PSAT in October should be getting their scores online within the week prior to the holiday break. Students are understandably anxious to get them. We are too! CollegeBoard assures us that they are on the way. Your child will receive an email with their scores and important directions on how to create a CollegeBoard account. Students should read the directions carefully and follow them exactly. We recommend that students use another email other than their school email when creating a CollegeBoard account so they will have access to SAT scores and other exams after they graduate from Deering. Guidance Counselors will return hard copies of PSAT scores to students as soon as they arrive and are sorted to distribute. Students will be given info on how to read & understand scores as well as how best to practice through Khan Academy in order to boost performance.

Current Juniors should be practicing NOW via Khan Academy in preparation for the school day SAT scheduled in April! If you or your child have questions about this, please contact the Guidance Office (874-8264).

UPCOMING FREE SAT PREP CLASS FOR HIGH SCHOOL STUDENTS IN PORTLAND

If you are the parent of a current junior, check out this FREE SAT PREP opportunity for your child to boost their scores for the upcoming April 9th test date:

LET'S GET READY offers a free 9-week program that offers SAT preparation via two 3-hour classes per week. These classes are taught by trained college students (mostly from Bowdoin College) that act as SAT tutors and college process mentors. Students that utilize Let's Get Ready must commit to the full 9 week program. The next class will run on Tuesdays and Thursdays at Portland High School from January 31-April 9, 5:30-8:30pm. To learn more and to sign up- go to: <http://letsgetready.org/signup/> . If you have questions, you may contact Katie at Kfloodgerow@letsgetready.org

ERIC JOHNSON, SAT PREP EXPERT WILL BE ON HAND AT BOTH DEERING AND PORTLAND HIGH FOR ONE-NIGHT SESSIONS OF BEST STRATEGIES FOR BOOSTING SAT SCORES WITHOUT AN SAT CLASS OR TUTOR

These prep sessions offered by Mr. Johnson are most helpful to current 11th graders looking to boost their scores on the SAT they will be taking this April. One evening is hosted at Portland High and the other at Deering High. Go to one or both!

Tuesday, January 29, 2019

6:30 – 8:00 pm

Portland High School, room 304

For juniors, sophomores, and parents

If a winter storm closes school on 1/29, the backup date is 1/30.

OR

Wednesday, February 6th

6:00-8:00pm

Deering High School

For juniors, sophomores, and parents

- The best resources & materials you can use for SAT self-preparation
- The most effective strategies to improve your scores
- Which SAT questions may be best to skip, and why.
- Get answers to your questions about the SAT and other tests.
- New SAT prep books will be available at the presentation, \$20 per book.

Eric Johnson can be contacted at:

Johnson Test Prep, 205 Ocean Avenue, Portland, ME 04103. Phone: 207-318-2023. Email: Eric@JohnsonTestPrep.com. Website: www.TestPrepMaine.com.

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Scholarships, and Resources for Finding Them

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Here are some reputable resources for scholarship searches:

FAME (the Financial Authority of Maine) lists many scholarship and financial aid resources on their website (famemaine.com). Look through the [Maine Scholarships](#) list and have your student apply to several. This is the best site we have found for advice on paying for college. **MES** is another scholarship resource, as in the [Maine Community Foundation](#).

We found a good resource for scholarship information from [Reviews.com](#). This is a website “dedicated to conducting data driven and unbiased research about topics that can help make an impact in people's lives.” Below is a link that covers the best scholarship search sites, what you should know about scholarships, and how best to apply, etc: [Reviews.com scholarship search](#)

LendEdU for scholarships and search tips: <http://lendedu.com/blog/scholarships>

ATTENTION PARENTS OF JUNIORS!!! LOOKING FOR SCHOLARSHIP MONEY FOR YOUR CHILD’S COLLEGE? BEGINNING WITH STUDENTS IN THE DHS CLASS OF 2020, COLLEGEBOARD WILL BE AWARDING SCHOLARSHIPS RANGING FROM \$500-\$40,000. WOW!!!!
EVEN BETTER: THIS SCHOLARSHIP DOESN’T REQUIRE AN ESSAY OR AN APPLICATION. READ ON FOR DETAILS.

Juniors have the opportunity to get scholarship \$ just by following the steps necessary to get into college. By clicking on the following link and following the simple guide that tells juniors how to apply and pay for college in six easy steps, they are automatically enrolled in CollegeBoard’s Opportunity Scholarship. Here is the link which includes a video and simple directions for applying: <https://opportunity.collegeboard.org/>

LOCAL PORTLAND AREA AND/OR STATE OF MAINE SCHOLARSHIPS

The Clyde Russell Scholarship Fund

The Clyde Russell Scholarship Fund was created by the Maine Education Association through a trust established by the late Audrey Lewis. Mrs Lewis, President of the Maine Teachers Association in 1958, named the fund after Clyde Russell who served as Executive Director from 1945-1966. High School Seniors who will attend a Four-Year College after graduation can earn an award up to \$10,000. There is a 2nd Clyde Russell Award for High School Seniors planning to attend a Two-Year Community College after graduation. They can receive up to \$2000. Applications must be obtained by going to the following website: www.clyderussellscholarshipfund.org . Applications can be downloaded between Oct. 1, 2018 and Jan. 31, 2019. ⇨ Deadline for submission is **Feb. 1, 2019**.

US JCI Senate Foundation Scholarship

Maine High School seniors are eligible to apply through the Maine JCI Senate representative on the application form. Maine JCI Senate will select two candidates for the next level of judging by the US JCI Senate Foundation. Last year, the US JCI Senate Foundation awarded scholarships of \$1000 each to 20 students from the United States including one from Maine. The Maine JCI Senate will award a small scholarship of \$200 to the two Maine finalists. To download the application form for this scholarship go to this link:

<http://www.usjcisenate.org/scholarship-program>

⇒ Applications must be postmarked no later than **January 11, 2019**.

Mitchell Scholarship

The 2019 recipients of the Mitchell Scholarship, representing more than 130 high schools from every community in Maine, will receive a scholarship award for \$10,000. In an effort to help more Maine students attain higher education, the Mitchell Institute provides scholarships for Maine students planning to attend two and four-year degree programs at colleges both in and out-of-state. The online application is now open at <http://mitchellinstitute.org/scholarship/>. The completed online application, transcript, recommendation letter, and Student Aid Report is due by ⇒ **April 1, 2019**. Copies of an applicant's college acceptance and financial aid award letter is due by May 1.

The Stephen Phillips Memorial Scholarship Fund

The Stephen Phillips Scholarship Fund offers renewable, 4-year scholarships to students from New England with financial need. Successful candidates are those who display academic achievement, service to others, good character, leadership qualities, and a history of part-time employment. We also value demonstrated grit and resiliency in students who have faced significant challenges. This year's Phillips new and renewable awards total over \$3.3 million. Including \$382,000 to 45 Maine students for the 2018-19 academic year. Deering 2018 graduate, Husna Munezero won a Phillips scholarship last year and is currently attending Columbia College in Missouri. Applications will be posted on the website www.phillips-scholarship.org in December 2018.

⇒ Applications are due at noon on **May 1, 2019**.



CAREER OPPORTUNITIES IN MAINE

So . . . What do you want to do? Destination Occupation is the place to go for an insider's look at Maine's best careers with some of the state's most dynamic employers, from entrepreneurial ventures to Maine's largest organizations! This is a great site for teenagers wanting to know more about specific career fields as well as what job opportunities are

available in Maine today. The site is also superb for adults as well. Click here for more information: <https://destinationoccupation.com/>