



# Hawk's Eye

Weekly News from Hope Elementary School

[hes.fivetowns.net](http://hes.fivetowns.net)

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## Upcoming Events for Your Calendar

Dec. 16-20 Winter Book Fair (8-3PM every day)  
Dec. 19 K-4 Winter Concert (6PM)  
Dec. 20 Early Release (11:30AM)  
Dec. 23 - Jan. 1 Winter vacation

"Your important work is  
always ahead of you,  
never behind you."

Stephen Covey



## BOOK FAIR!

Come browse the many great books available in the winter book fair from 8-3PM every day next week - Dec. 16th-20th. There are many great holiday gift options! The proceeds from the fair help support our library and summer reading programs! The fair will also be open during the K-4 Winter Concert on Thursday, Dec. 19th from 5:30 - 7PM.

**Kindergarten News**

Students enjoyed a visit from a representative from Knox-Lincoln Water and Soil Conservation. We learned about pollinators in order to enter a poster contest about this science concept.



# CAN YOU HELP US RAISE SOME DOUGH?



The 8th grade class is selling Original Glazed Krispy Kreme donuts to raise money for the 8th Grade Class Trip.

One box of a dozen donuts is \$10. To place an order, contact an 8th grader or stop by the office. Payment must be made at the time of order.

Orders will be taken until Sunday, 12/15/2019

Donuts will be delivered Friday, 12/20/2019

Questions: contact Ellen Mallow @ [emwmallow@gmail.com](mailto:emwmallow@gmail.com)

## December Phys Ed News

Students have been learning volleyball skills and playing numerous games where they can practice those skills. Students have been using small foam balls, small training volleyballs, and even a beach ball to work on bumping, setting, and serving. Students in younger classes have been getting used to the height of the net and some middle schoolers can spike! In Health class, students have been talking about nutrition, learning about the new food guides, and setting personal goals.



## 2020 Mid-Coast Wrestling Club



### YOUTH WRESTLING PROGRAM

- Who : Any interested boys or girls grades K-4. Kids will be separated by age and weight.
- When & Where : Tuesdays and Thursdays from January 2<sup>nd</sup> 2020 6:15 to 7:30 through March at Camden Hills Regional High School in the Wrestling Room.
- Cost : FREE!

MCWC's Youth Wrestling Program offers a fun, easy, and affordable opportunity for area youth to try the sport of wrestling. This is a good way to be actively involved in a team sport that is focused on individual development.

Some participants may choose to attend the numerous youth tournaments around the state. Tournaments are usually on Sundays.

Wrestling shoes and headgear will be required equipment after the first two weeks of practice. We have some equipment that wrestlers can borrow.

NO EXPERIENCE NECESSARY. Wrestling is a safe sport (less serious injuries per participant than soccer or basketball) that kids of all shapes and sizes can be successful in. Please come and give it a try!

#### For more information, contact:

Taylor Crosby: 975-5097  
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Aaron Henderson: 522-5252  
[ajhendo66@gmail.com](mailto:ajhendo66@gmail.com)

\* Note Taylor more likely to respond to text message

**Join our Facebook Group @ Mid-Coast Peewee Wrestling 2020**

# **MCWC PRE-SEASON MIDDLE SCHOOL WRESTLING 2020**

**The Mid-Coast Wrestling Club has started practices two times a week for wrestlers in grades 5-8 at Camden Hills Regional High Tuesdays and Thursdays 6:00 to 7:30**

Experienced wrestler? Come and get a jump on the competition and train for our own Maine Youth Opener wrestling tournament which is Sunday, January 19<sup>th</sup> at Camden Hills.

New wrestler? Come and learn the basics and get a feel for the sport before the start of the Middle School (Tuesday Jan 22<sup>nd</sup>) season. HAL wrestlers are welcome to join the Camden-Rockport Middle School (CRMS) squad!

**ALL BOYS AND GIRLS 5-8 IN THE FIVETOWN AREA WELCOME!**

Where: Camden Hills Regional High School Wrestling Room

When: Thursday December 12<sup>th</sup> through Thursday January 16<sup>th</sup> 6:00 to 7:30. (Regular season practices will then start at Camden-Rockport Middle School M-F 4:00 to 5:30).

Cost: FREE!!!!

Gear: Clean shorts, t-shirt, and wrestling shoes or clean sneakers.

Please contact me for more information or to try to help arrange transportation. I hope you see you on the mat!

Levi Rollins  
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691-4227

Aaron Henderson  
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522-5252

Visit us on Facebook <https://www.facebook.com/midcoastwrestling/>



# Empty Bowl Supper & Silent Auction

The Camden Hills Regional High School Empty Bowl Club will be hosting their annual Empty Bowl Supper and Silent Auction!

**MONDAY, DECEMBER 16TH FROM 5-7 P.M.**

**IN THE CHRHS WAVE CAFE (SNOW DATE: WEDNESDAY, DECEMBER 18)**



Pottery/Clay students from the Empty Bowl Club work to create ceramic bowls.

The community is invited to a simple, but "Gourmet" meal of soup (not to mention chowdahs, stews, and chilis) excellent bread and water.

In exchange for a donation, guests are asked to keep a bowl as a reminder of all the empty bowls and hunger in the world.

The dinner and auction will benefit local food pantries in the midcoast area.

\$9 for individuals and \$30 for a family of 4 (with 2 small children).

After the dinner there will be a free winter choral and band concert (a donation of a can of food is requested) in the Strom Auditorium starting at 7:00 p.m. **Come and enjoy the evening!**

— Mr. Kahn, CHRHS, Fine Arts Teacher



**5 pm - 7 pm**

**Cookie decorating, ornament making, and holiday movies for kids in elementary or middle school**



# SUNDOG OUTDOOR EXPEDITIONS

**NOW ENROLLING 2020 WINTER PROGRAMS**

**After school outdoor programs for middle schools kids**

technical skills | multi-day expedition | service learning



**FAT TIRE BIKING on  
WINTER TRAILS**  
5th/6th Grade

**COST:**  
\$300 For 5th/6th  
\$350 For 7th/8th  
financial aid  
available

**ALPINE TOURING &  
SPLIT - BOARDING**  
7th/8th Grade

## PROGRAM DATES:

**AFTER SCHOOL SESSIONS | JAN.27-MAR.15**  
**WEEKEND EXPEDITION | MAR. 14 + 15**

In partnership with MRC

**FOR MORE INFO + TO ENROLL: [WWW.SUNDOGOE.COM](http://WWW.SUNDOGOE.COM)**