



# Hawk's Eye

Weekly News from Hope Elementary School

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

Phone: 785-4081 Fax: 785-2671

[Hope Elementary School Facebook](#)



## Upcoming Events for Your Calendar

Nov. 25<sup>th</sup> – 27<sup>th</sup> – No School (Thanksgiving Break)  
Dec. 4<sup>th</sup> – End of first trimester  
Dec. 14<sup>th</sup> – HES School Committee meeting (6PM)  
Dec. 23<sup>rd</sup> – Early Release (11:30AM)  
Dec. 24<sup>th</sup> – Jan 1<sup>st</sup> – No School (Holiday vacation)  
Jan. 11<sup>th</sup> – HES School Committee meeting (6PM)  
Jan. 18<sup>th</sup> – No School (Martin Luther King, Jr. Day)

“Learn from yesterday,  
live for today,  
hope for tomorrow.”

~ Albert Einstein



## Important documents

Please make sure you have provided a copy of your child's birth certificate to the school office. This is required by the state and we are still missing quite a few from the start of the year paperwork!



## Quarantine guidelines for holiday travel



At this time, families who are traveling outside of Maine, New Hampshire, or Vermont are required by the state of Maine to self-quarantine for 14 days upon return. If you would like your child to “test out” of quarantine, you need to wait until at least 5 days upon your return before getting a test. Once the student has a negative test result, they are welcome back into the building. A student does not have to get a test in order to return to school after the 14-day

quarantine is complete. If your child will miss more than 3 days of school, we do require that you complete a vacation form. The HES vacation form that you fill out should indicate these quarantine days. Please request vacation forms from your child's teacher or the main office. If your family plans to travel, we would appreciate notification via email.

**THANK YOU!**

HES recently celebrated our awesome bus drivers (Shannon, Jason & Ed) for bus appreciation week by saying thank you for taking great care of our students!

**Pre-K News**

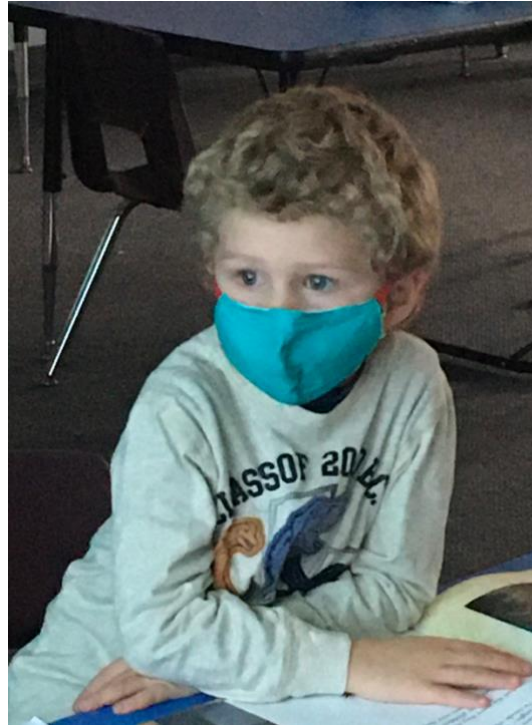
Pre-K students have been talking about what they are grateful for at Thanksgiving time. We are very grateful to the 'Knitwits' who knit all Pre-K students hats and mittens this fall. We are also grateful to the Midcoast Maine Chapter of the Audubon Society for our wonderful bird feeding station and supplies. Happy Thanksgiving!





**Kindergarten News**

The Kindergarten is learning about having a growth mindset. We don't say "we can't" or "we don't know." Instead, we say "we can't do that YET." Also, instead of saying "I'm done," we say "what can I do to make this better."

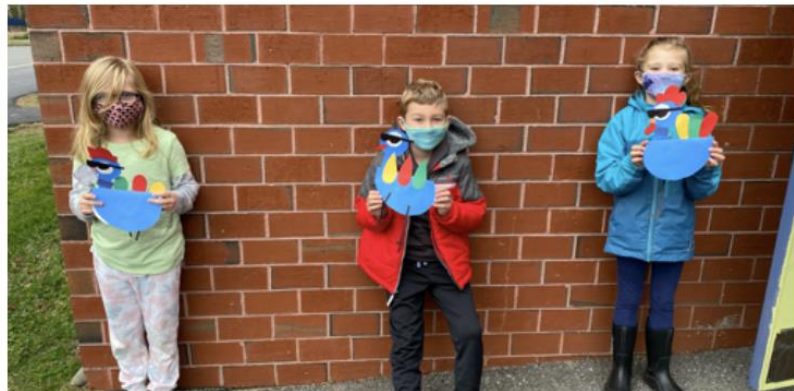


Many thanks to Sam Mengual for making our littlest students some extra cute masks!

## Second Grade News

Second graders helped to disguise Tom Turkey to save him from being the main menu item during the holidays! Students did a persuasive writing activity where they came up with ideas to convince people that hot dogs really are better. Here are some of the reasons they came up with and why.

- Hot dogs are delicious!
- They go great with chips and chips would be great to have on Thanksgiving day.
- Hot dogs are easy to make and fun to share.
- There would be less cleaning to do and so Mommy wouldn't have to work all day in the kitchen.
- Eating turkey might give you a tummy ache.
- Hot dogs would be less work for Dad and then he'd have more time to watch football.
- Eating hot dogs won't make you sleepy.
- There might be more baby turkeys in the world if we ate hot dogs on Thanksgiving.





## 6-8<sup>th</sup> Grade News

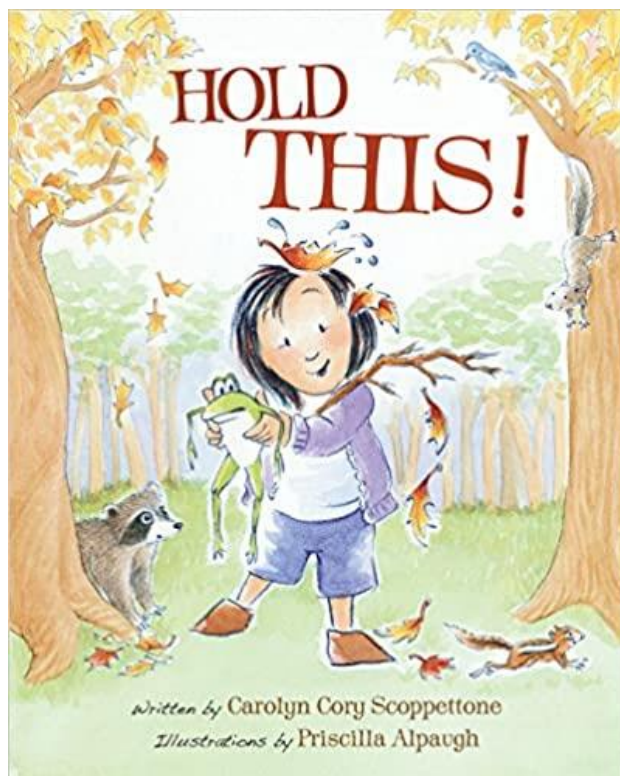


During the Midcoast Music Academy workshops, our middle school students are diving into creating digital music from scratch on GarageBand. We started by learning how to translate popular melodies into digital data using the software instruments in GarageBand. With the notes entered, students then experimented with layering tracks and manipulating their melodies using different plugins to alter the sound into many different variations. Long term, students will create their own tv or radio jingles to play for the class!

## Library News

Thanks to Partners for Enrichment, Hope Elementary students now have access to three rotating story walks shared between Hope, Appleton, and Lincolnville. A Story Walk is a way for students and families to enjoy reading and the outdoors at the same time. Laminated pages from a children's book are attached to stakes, which are installed along an outdoor path. Our story walk is located at the edge of our fields, behind our playground, at the border of the woods.

Our first story walk is called *Hold This* written by Carolyn Cory Scoppettone and illustrated by Priscilla Alpaugh. The story is about a girl and her father who go for a walk, experiencing all the sights, sounds, smells, and feels of the woods. As Mika asks her father to hold each and every one of her found treasures, he, in turn, urges her to be a big girl and only carry what she is able to. With every step and stumble, Mika finds both the wonders and treasures of nature, and the ability to pick herself up after a fall. But the true discovery for both daughter and parent comes at the end, when they both realize a true treasure is a hand to hold.



Students at Hope have checked out 735 books this year! Woohoo!



## HES Menu

November 23<sup>rd</sup> & November 24<sup>th</sup>

MEALS ARE FREE FOR ALL STUDENTS

**Monday (11/23):** Muffin (Breakfast)

• Tuna Noodle Casserole (Lunch)

**Tuesday (11/24):** Fruit Smoothie (Breakfast)

• Jumbo Pasta Shells with Cheese (Lunch)

**Wednesday (11/25):** NO SCHOOL

**Thursday (11/26):** NO SCHOOL

**Friday (11/27):** NO SCHOOL

Lunch options include a choice of salad, bagel or sandwich of the day. Milk (regular or chocolate) or orange juice are available with all meals.



## General Information

We welcome you to AIO - we will treat you with compassion, dignity & respect.

You are invited to visit the food pantry as often as you need to. The amount of food we provide is based on the size of your family. We can help your household with groceries at the food pantry, weekend food through the schools, and possible energy assistance (heating or energy).

We are also happy to help make referrals to other support services in the region should you need them. Please discuss your needs with our volunteers when you visit us; we are here to listen and to help however we can.



## Food Pantry

### Client Service Hours

Monday, Wednesday & Friday  
9:00AM - 12:00PM

Wednesday  
4:30PM - 7:00PM

Upon arrival at AIO, you will be greeted and receive a number. When your number is called, you will meet with our front desk intake volunteer to discuss your needs.

On your first visit to the AIO Market you will be asked to fill out a brief form and we will answer any questions you have.

Each time you come, please show us identification, such as a driver's license. AIO clients must be residents of Knox County.

We follow a client-choice food pantry model where you will be paired with a volunteer shopper. Together, you will walk around the market choosing items that your household would like.



(207) 596-1043  
email@aiofoodpantry.org  
www.aiofoodpantry.org





## Weekend Meal Program

AIO'S WMP provides meals and snacks for school-age children and families in Knox County.

There is a food gap on the weekends for many families in our area. WMP works with participating schools to ensure that supplemental weekend meal kits continue to evolve and meet the needs of those participating families.

We offer open enrollment to all students. If you would like to sign up for Weekend Meal, please ask your school nurse, teacher or office staff about getting your child enrolled. If you are a homeschooling family, we now offer WMP kits for pick up during open pantry hours on Friday mornings at AIO in Rockland.

For more information email [weekendmeal@aiofoodpantry.org](mailto:weekendmeal@aiofoodpantry.org)

## Energy Assistance

AIO's Energy Assistance Program helps households with either heating or electricity disconnection prevention.



For FY19-20, AIO issued 450 energy assistance vouchers totaling \$108,000 in support. Due to COVID-19, we anticipate an increased demand for heating assistance and are making plans to meet this need. We provide each household with a 30-minute consultation appointment during which we place an order for 100 gallons of heating product using the client's fuel company.

### EA Client Service Hours

Monday  
1:00PM - 4:30PM

Tuesday  
9:00AM - 12:30PM  
1:00PM - 4:30PM

Thursday  
9:00AM - 12:30PM

For more information email [energyassistance@aiofoodpantry.org](mailto:energyassistance@aiofoodpantry.org)

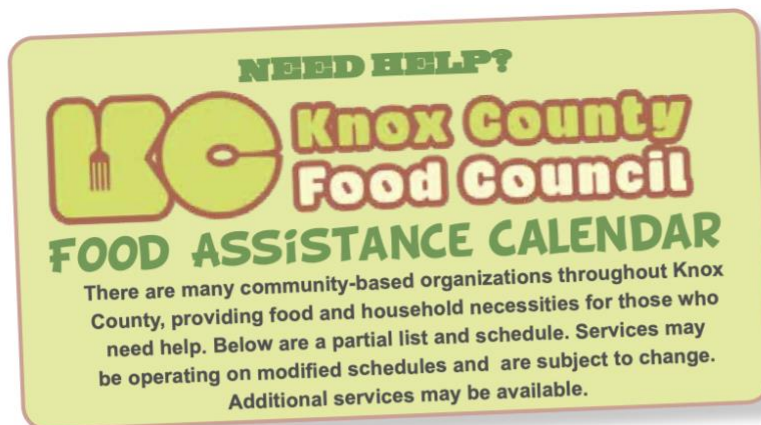
## Visit Us

1A Gordon Drive  
Rockland, ME

## Contact

(207) 596-1043  
[email@aiofoodpantry.org](mailto:email@aiofoodpantry.org)  
[www.aiofoodpantry.org](http://www.aiofoodpantry.org)





### **Mondays**

**AIO FOOD PANTRY**  
Must live in Knox County  
9:00 AM — 12:00 PM  
1A Gordon Dr., Rockland

**ST. BERNARD PARISH  
SOUP KITCHEN**  
A hot meal to go.  
11:30 AM — 12:30 PM  
150 Broadway, Rockland

### **Tuesdays**

**CAMDEN FOOD PANTRY**  
All residents of our service area are welcome.  
8:00 — 11:00 AM  
128 Mt. Battie St., Camden

**THOMASTON FOOD  
PANTRY**  
Thomaston Inter-Church Fellowship Food Pantry  
9:00 — 11:00 AM  
Lura Libby School (13 Valley Street), Thomaston

**ROCKLAND SALVATION  
ARMY**  
Packed Food Boxes  
10:00 AM — 1:00 PM  
27 Payne St., Rockland

**ST. BERNARD PARISH  
SOUP KITCHEN**  
A hot meal to go.  
11:30 AM — 12:30 PM  
150 Broadway, Rockland

**WALDOBORO FOOD  
PANTRY**  
First and Third Tuesday of each month  
12:30 — 4:30 PM  
251 Jefferson St., Waldoboro

### **Wednesdays**

**NORTHPORT FOOD  
PANTRY**  
Third Wednesday of each month  
8:00 — 11:00 AM  
491 Atlantic Highway, Northport

**ROCKLAND SALVATION  
ARMY**  
"Fresh Rescue" Fresh food and produce  
10:00 AM — 1:00 PM  
27 Payne St., Rockland

**AIO FOOD PANTRY**  
Must live in Knox County  
9:00 AM — 12:00 PM  
And 4:30 — 7:00 PM  
1A Gordon Dr., Rockland

**WASHINGTON FOOD  
PANTRY**  
Open on the first Wednesday after the first Tuesday of each month.  
8:00 — 10:00 AM  
33 Liberty, Washington

**UNION - COME SPRING  
FOOD PANTRY**  
Second and Fourth Wednesday of each month  
9:30 — 11:30 AM  
51 So. Union Rd., Union (Thom. Ctr.)

**ST. BERNARD PARISH  
SOUP KITCHEN**  
A hot meal to go.  
11:30 AM — 12:30 PM  
150 Broadway, Rockland

### **Thursdays**

**BREAD FOR THE  
JOURNEY FOOD PANTRY**  
Warren Baptist Church  
9:00 — 11:00 AM  
44 School Street, Warren

**ROCKLAND SALVATION  
ARMY**  
Packed Food Boxes & "Fresh Rescue"  
10:00 AM — 1:00 PM  
27 Payne St., Rockland

**THOMASTON FOOD  
PANTRY**  
Thomaston Inter-Church Fellowship Food Pantry  
9:00 — 11:00 AM  
Lura Libby School, Thomaston

**ST. BERNARD PARISH  
SOUP KITCHEN**  
A hot meal to go.  
11:30 AM — 12:30 PM  
150 Broadway, Rockland

**ST. GEORGE COMMUNITY  
CUPBOARD**  
Orders must be placed online at [StGeorgeCommunity.org](http://StGeorgeCommunity.org) before 8pm Wednesdays for pick up on Thursday.  
2:00 — 7:00 PM  
47 Main St, Tenants Harbor

**CAMDEN FOOD PANTRY**  
All residents of our service area are welcome.  
4:00 — 6:00 PM  
128 Mt. Battie St., Camden

### **Fridays**

**ROCKLAND SALVATION  
ARMY**  
"Fresh Rescue" Fresh food and produce  
10:00 AM — 1:00 PM  
27 Payne St., Rockland

**AIO FOOD PANTRY**  
Must live in Knox County with identification  
9:00 AM — 12:00 PM  
1A Gordon Dr., Rockland

**ST. BERNARD PARISH  
SOUP KITCHEN**  
A hot meal to go.  
11:30 AM — 12:30 PM  
150 Broadway, Rockland

### **Saturdays**

**ROCKLAND SALVATION  
ARMY**  
"Fresh Rescue" Fresh food and produce  
10:00 AM — 12:00 PM  
27 Payne St., Rockland

**FRIENDSHIP - CUSHING  
FOOD PANTRY**  
Second and Third Saturday of each month  
9:00 — 11:00 AM  
255 Cushing Rd Friendship

**LOAVES AND FISHES,  
ST. PETER'S EPISCOPAL  
CHURCH**  
Meals To Go  
12:30 PM  
11 White St. Rockland

### **Sundays**

**LOAVES AND FISHES,  
ST. PETER'S EPISCOPAL  
CHURCH**  
Meals To Go  
1:00 PM  
11 White St. Rockland

**More Information at**  
**[www.KCFoodCouncil.com](http://www.KCFoodCouncil.com)**