



Hawk's Eye

Weekly News from Hope Elementary School

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Upcoming Events for Your Calendar

Nov. 9 – HES School Committee Meeting (6PM)
Nov. 11 – No School - Veterans Day
Nov. 25–27 No School (Thanksgiving Break)
Dec. 4 – End of first trimester

“You can’t have a
rainbow without a
little bit of rain.”

~Unknown

From the Office:

Please remember if someone other than you (parent/guardian) is picking up your child after school we do still need an email/note. Send emails to: hesoffice@fivetowns.net Thank you!

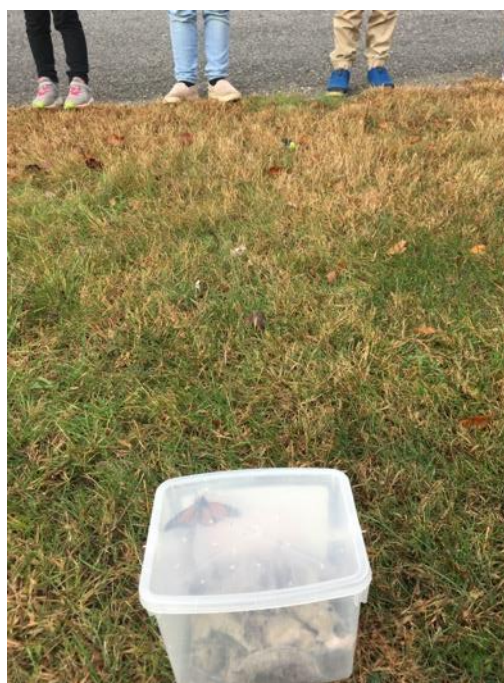
Pre-K Visitors

One of the best parts of having Pre-K outdoors this fall is all the animals we meet and observe. Here students enjoy some wild turkeys feeding and enjoying their visit at school.



Kindergarten News

Kindergarten students released their butterfly this week after watching the transition from caterpillar to chrysalis to butterfly during the last several weeks.



From the Kitchen



We are excited to announce that HES is participating in the Fresh Fruit and Vegetable Program (FFVP) this year!

The FFVP is a federally assisted program providing free fresh fruits and vegetables to children at eligible elementary schools during the school day. The goal of the FFVP is to introduce children to fresh fruits and vegetables, to include new and different varieties, and to increase overall acceptance and consumption of fresh, unprocessed produce among children.

The FFVP also encourages a healthier school environment by promoting nutrition education.

Another great benefit of this program is that this year bags can be sent home with students containing whole fruits and vegetables. These bags will feature Maine grown items. All HES families are eligible to participate in this program.

If you would like your student to receive periodic “to go” bags, please sign up using this [form](#).

Thank you,
Josh Strassburg
HES Director of Food Services
joshua.strassburg@fivetowns.net

Eighth Grade News

Eighth grade science class had a special guest join the class this past Tuesday, October 20th. Kathleen "Katee" Schultz, a physics and astronomy professor from the University of Maine at Orono, zoomed with the class as part of their continued studies of astronomy. Katee shared with the students her journey of how she became an astrophysicist and her current research on stars and how they influence the orbit of planets. Katee was very excited to be sharing her knowledge of planetary science. The eighth grade just finished researching and presenting one pagers and slide shows about a chosen planet, moon, and other objects in our solar system so our visit with an astrophysicist was timely. The class will continue their studies in astronomy by learning about the Big Bang theory, spectrometry of stars, and planetary orbits.





HES Menu for the week of
October 26th - October 30th

MEALS ARE FREE FOR ALL STUDENTS

Monday: Fruit yogurt/granola (Breakfast)

- Turkey Club Sandwich (Lunch)

Tuesday: Muffin (Breakfast)

- Chicken Fajita Wrap (Lunch)

Wednesday: Ham, Egg & Cheese Sandwich (Breakfast)

- BBQ Pork Sandwich (Lunch)

Thursday: Fruit Smoothie (Breakfast)

- PB & J Sandwich made from sunflower seeds -NO NUTS! (Lunch)

Friday: Cereal (Breakfast)

- Chicken Salad Sandwich (Lunch)

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.

HALLOWEEN CHAIRLIFT RIDES



Sa t u r d a y
O C T . 31
1 4 P.M

c O S T U M E s - c a n d y - p u m p k i n - r o l l i n g

20 b a r n e s t o w n r o a d | c a m d e n m a i n e

