



# 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

Nov. 1<sup>st</sup> – Daylight saving time begins – roll back clocks one hour  
Nov. 9<sup>th</sup> – HES School Committee Meeting (6PM)  
Nov. 11<sup>th</sup> – No School - Veterans Day  
Nov. 25<sup>th</sup> – 27<sup>th</sup> – No School (Thanksgiving Break)  
Dec. 4<sup>th</sup> – End of first trimester

“Normal  
is just a setting on a  
washing machine.”

~Unknown



## Pre-K News

Pre-K students paraded around the school Thursday as little leaves in celebration of autumn. They worked hard painting and crafting leaf headbands and costumes. Here morning students pose before starting their parade and afternoon students stand in front of the Pre-K while their parents drive by. Pre-K would like to wish everyone a Happy Halloween!



## Multi-Age Classroom



The Multi-Age classroom has been studying invertebrates. We learned about different types of invertebrates (minibeasts) and their parts. We thought about which flying invertebrate we would want to be, wrote creatively about what we would do/where would we go if we had wings and then BECAME our minibeast of choice by making a pair of their wings. We also measured how far a REAL grasshopper can jump, learned sign language signs for different minibeasts and did minibeast yoga! Inspired by Mrs. Pride's annual parade at this time of year, we culminated our integrated unit with a *Minibeast Parade* this week! There were dragonflies, monarch butterflies, beetles (potato & Asian longhorn), a luna moth, a mosquito, a bee, a house fly, a ladybug, and a lightning bug. The adults were entomologists!



## 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  
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## **CDC warns against traditional Halloween activities, high risk for COVID spread**

According to the Centers for Disease Control and Prevention (CDC) any traditional Halloween activities can be high-risk for spreading viruses.

There are several safer, alternative ways to participate in Halloween. If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

### **These lower risk activities can be safe alternatives**

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

### **Moderate risk activities**

- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard)
- If you are preparing goodie bags, wash your hands with soap and water for at least 20 second before and after preparing the bags.
- Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart
- Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart
- A costume mask (such as for Halloween) is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.
- Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.
- Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced, and people can remain more than 6 feet apart
- If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Having an outdoor Halloween movie night with local family friends with people spaced at least 6 feet apart
- If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.
- Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.

### **Higher risk activities**

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Traveling to a rural fall festival that is not in your community if you live in an area with community spread of COVID-19



## HES Menu

November 2<sup>nd</sup> - November 6<sup>th</sup>

MEALS ARE FREE FOR ALL STUDENTS

**Monday:** Fruit yogurt/granola (Breakfast)

• Cold Cut Combo with Ham, Salami & Turkey (Lunch)

**Tuesday:** Muffin (Breakfast)

• Beef Taco Wrap (Lunch)

**Wednesday:** Ham, Egg & Cheese Sandwich (Breakfast)

• Chopped Meatball Sandwich (Lunch)

**Thursday:** Fruit Smoothie (Breakfast)

• Chicken Breast Sandwich (Lunch)

**Friday:** Cereal (Breakfast)

• Egg 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

