



Hawk's Eye

Weekly News from Hope Elementary School

hes.fivetowns.net

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[Hope Elementary School Facebook](#)



Upcoming Events for Your Calendar

May 6 – Special Town Meeting for School Budget (6:30PM at HES in the tent. Masks required)

May 10 – HES School Committee meeting (6PM - Zoom)

May 31 – No school (Memorial Day)

June 14 – HES School Committee meeting (6PM - Zoom)

June 17 – Last day of school

“Mistakes are a fact of life. It is the response to the error that counts.”

~ Nikki Giovanni

Dear HES Family,

There will be a special town meeting to vote on the 2021-2022 Hope Elementary School budget on Thursday, May 6th at 6:30 PM. The meeting will be at HES in the tent closest to the road by the soccer field. Masks are required and please keep 3' apart from others who are not in your immediate household. The tent can safely seat 24 people. Seats will be available outside of the tent, if needed.

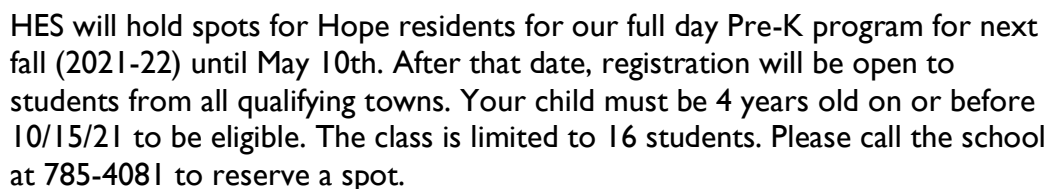
Our school budget is only up 1.2%, budget to budget. However, for taxpayers, it is a 6.7% increase because of a 10.7% decrease in state subsidy.

Our plan for COVID Relief Funding has been used to reduce class sizes, provide extra in-class support, hire a part-time social worker to provide even more social emotional learning, and update and upgrade our facilities in order to provide in-person instruction. It is important to note that these expenditures were grant funded, not added to our local budget.

This is an important vote for HES. Join us in-person on May 6th at 6:30, we look forward to seeing you there!

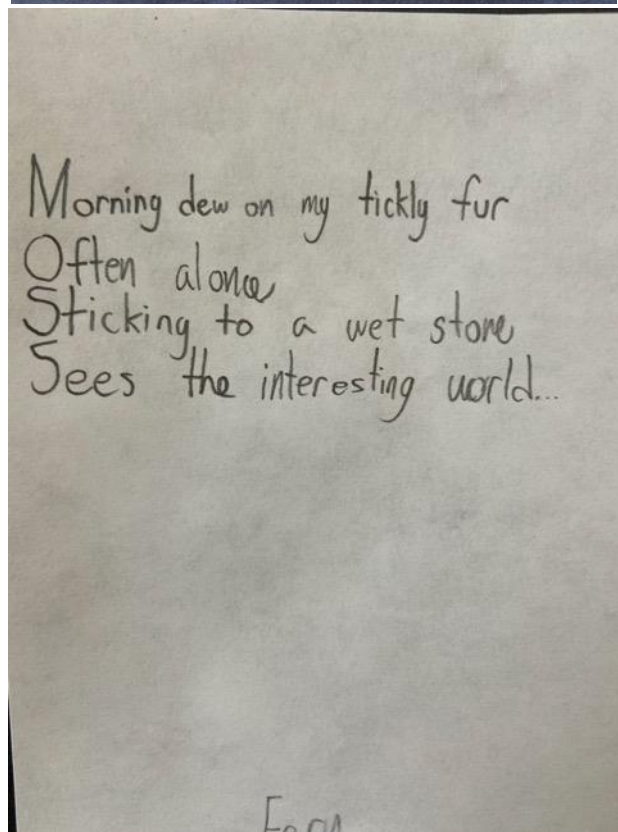
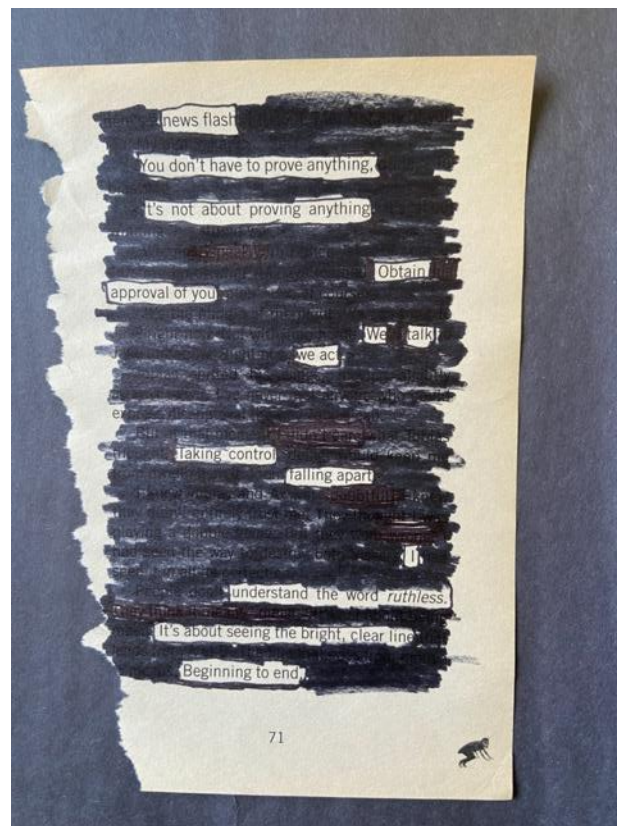
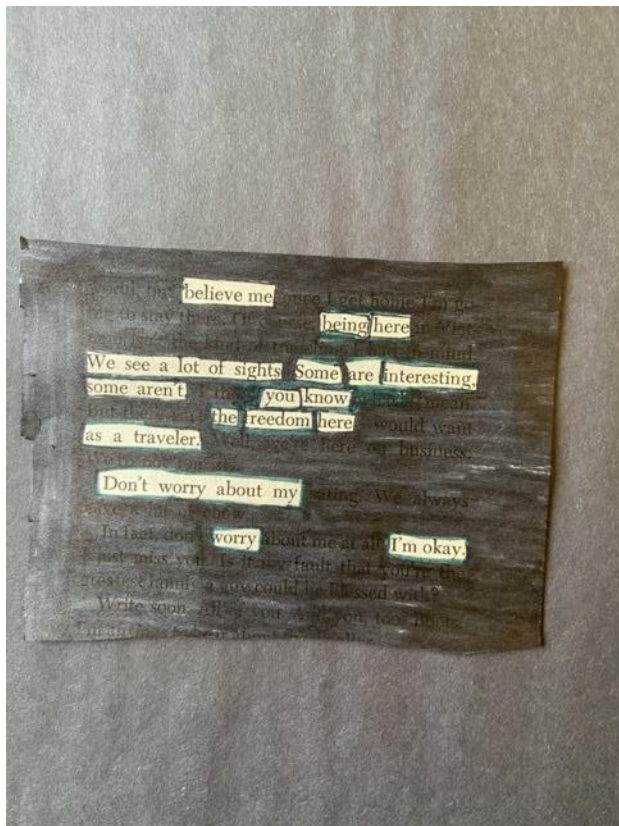


Next week is Staff Appreciation Week! We are very grateful to have such an amazing team of people at HES. Thank you all for everything you do for our students!



Students in 3rd-7th grades celebrated poetry in April during library class with Mrs. Walsh. 3rd-5th graders explored different forms like haiku, acrostic, concrete, routine poems, and more while 6th and 7th graders created blackout poetry. We have so many talented poets at our school but here is a small sampling of some of their work.







HES MENU
5-3 through 5-7

Monday (5/3): Smoothies (Breakfast)
Egg Salad Sandwich (Lunch)

Tuesday (5/4): Cereal (Breakfast)
Chicken Alfredo Pasta with Broccoli (Lunch)

Wednesday (5/5): Muffins (Breakfast)
BBQ Pulled Pork Sandwich (Lunch)

Thursday (5/6): Smoothies (Breakfast)
Taco Beef Wrap (Lunch)

Friday (5/7): Parfait (Breakfast)
Turkey & Cheese Sandwich (Lunch)

Lunch options include a choice of salad, bagel or sandwich of the day. Milk or orange juice is available with all meals. All meals are FREE for students.



TICK TAKE HOME FACTS

Tick identification: *What do ticks look like?*



Deer Tick <ul style="list-style-type: none"> • Dark scutum (dot/shield behind the head) • More common in spring/fall • Carries Lyme disease 	Dog Tick <ul style="list-style-type: none"> • White scutum (looks like racing stripes) • More common in summer
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Habitat and Travel: *Where do ticks live? How do they travel?*

- Prefer leafy, tree or bush covered areas
- Ticks dislike sunny, dry places because they can dry out, so open and dry habitats will reduce the number of ticks
- Ticks cannot jump or fly; ticks grab onto people, clothing, and fur as they walk by and then crawl until they find a feeding area on the skin

Diseases carried by ticks: *Can ticks carry diseases?*

Yes, ticks carry diseases. The most common tick-borne diseases in Maine are:

- Lyme disease
 - Most common in Maine
- Anaplasmosis
 - 2nd most common in Maine
- Babesiosis
 - Emerging in Maine

Symptoms of Lyme disease: *How will I know if I have Lyme disease?*

Not all people exhibit these symptoms. If you do experience these symptoms, see a medical provider.

- Erythema migrans ("bull's-eye" rash)
- Muscle and joint pain
- Fatigue
- Chills, fever, and headache
- Swollen lymph nodes

Tick Removal: *What if I find a tick on me?*

- Scoop off using tick spoon or use tweezers to grasp tick as close to skin as possible and pull *gently* without twisting
- Put tick in a sealed container of rubbing alcohol to kill it and preserve it in case it needs to be tested

MOUNTAINSEA EXPEDITIONS

SUMMER PROGRAMS 2021



BEST of the MIDCOAST: rising 5TH & 7TH graders



SEA KAYAKING EXPEDITION: rising 8-10th graders



SAILING EXPEDITION: rising 9TH graders



EXPLORERS CLUB: 1-2 graders + 3-4 graders

FOR MORE INFO: MOUNTAINSEAEXP.COM

Annual Plant Sale at Camden Hills Regional High School



Last year our regular plant sale did not take place, but we were able to get plants to lots of people and donated lots of money to great organizations that are working to build a strong food system. This year we are back to our somewhat normal plant sale. We have had a small but awesome crew of students hard at work to have as many different types of plants available for sale.

The Horticulture & Gardening class's annual sale will take place Saturday, May 15 and Sunday, May 16 at the greenhouse on campus. The sale always takes place the weekend after Mother's Day. The greenhouse is located in back near the loading dock area of the school. Please be aware that we will be limiting the number of people in the greenhouse and masks will be required so you may want to factor in a little extra time for your visit.

We will have lots of vegetable and herb seedlings as well as a wide variety of annuals and perennials. All plants are grown using organic practices and do really well once planted. There are always new varieties, including heirlooms. In addition to plants, we hope to have bags of compost for sale. We are currently assessing whether it is ready for distribution. Each bag is about 40lbs, is high quality, organic compost and sell for \$6 each.

Sale takes place Saturday, May 15 from 8am – 1 pm and on Sunday, May 16 from 9am - noon. All containers are \$3 each. Buy 3 and get a 4th for free. On Sunday everything is buy one, get one free from 9-11 and the last hour everything is \$1.

All proceeds support the Horticulture/ Gardening & Sustainability programs at CHRHS!!

We hope to see you there!

Food Insecurity in Our Community



Is food insecurity a problem in your house? The Camden Area Christian Food Pantry is open for all families in Camden, Rockport, Appleton, Hope Lincolnville, Union, Searsmont, Washington, and Isleboro two days a week to provide families with a healthy supply of nutritious food. Thanks to the generosity of Good Shepherd Food Bank, Hannaford's, and many local donors, we have meat, eggs, milk, canned goods, bread and pastries, produce, personal necessities, and other goods available each week. The

pantry is open on Tuesdays from 8AM-11AM and on Thursdays from 4PM-6PM. The pantry is located at 128 Mt. Battie Street in Camden (phone: 236-9790).

Department of Health and Human Services Office of Child and Family Services (OCFS) Child Care Subsidy Program

What is the Child Care Subsidy Program?

The Child Care Subsidy Program (CCSP) helps eligible families to pay for child care so they can work, go to school or participate in a job training program.

Who is eligible to receive Child Care Subsidy?

Eligible families must meet the [income guidelines \(Word\)](#)

And

At least one of the following activities:

- ☐ Work
- ☐ School
- ☐ Job Training Program

Who can I choose as my child care provider?

- ☐ Licensed child care centers
- ☐ Licensed family child care homes
- ☐ Adults who provide care in their own homes
- ☐ Adults who come to your home to provide care
- ☐ Relatives over the age of 18

For help with locating child care visit: [Child Care Choices](#)

How do I apply?

- ☐ <https://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm> for printable application. Several languages available.
- ☐ By email CCSP.DHHS@maine.gov
- ☐ Call: 1-877-680-5866 or (207) 624-7999 Monday - Friday 8:00 a.m. to 5:00 p.m.; or
- ☐ Visit your local DHHS Office to receive a printed application. To find your local DHHS Office visit: <https://www.maine.gov/dhhs/dhhs-addresses> or call: 1-877-680-5866 or (207) 624-7900

What are the rules of the Child Care Subsidy Program?

[Child Care Subsidy Program Rules](#)



Maine's Child Care Subsidy Program



Child Care Subsidy Program

2 Anthony Ave.
11 State House Station
Augusta, ME 04333
1-877-680-5866





Five Town CSD

ADULT and COMMUNITY EDUCATION

enriching lives ... strengthening community ... since 1969

Adult Education News for teens and adults!

HEADING OFF TO COLLEGE?

If you are heading to a Maine University or Community College, and you are told you need to take a Developmental Math and/or English class, please call the Adult Education office. We can help you save time and money so that you can begin college in the fall immediately enrolled in classes that will count toward graduation. Don't spend financial aid on Developmental class credits when free services are available to help you right here in Five Town CSD. *See our contact info below to set up a time to meet or reach out to us through your guidance counselor.*

CERTIFICATE CLASSES AVAILABLE

FREE Healthcare certificate training is coming soon. A new grant has become available for adults who wish to pursue one of the following short-term certificate programs. Call us to see if you qualify.

- Medical Assistant
- Certified Nursing Assistant
- Home Health Aide
- Pharmacy Technician

The following certificate programs have start dates in April:

[Data Analysis Certificate](#)
[Social Media for Business Certificate](#)
[Project Management Certificate](#)
[Certificate in Non-Profit Administration](#)
[Certificate in Accounting and Finance](#)

NEED YOUR DRIVER'S LICENSE?

Classes begin every month with Roy's Driver and Rider Education. Instruction is done remotely and at home, CDC guidelines are followed for all driving instruction. Final exams are held at Camden Hills Regional High School.

contact www.roysdriving.com, 784-6245

ENRICHMENT CLASSES STARTING SOON!

[Pickleball Learn to Play](#) - Begins 4/7, in person
[Edible & Medicinal Mushrooms](#) - On 4/7, remote
[Transforming Stress](#) - On 4/7, remote
[I Need Help Organizing my PC](#) - Begins 4/9, remote
[Easy Computer Tune Up](#) - On 4/12, remote
[Making the Most of Your Yard](#) - Begins 4/13, in person
[Weather for Outdoor Enthusiasts](#) - On 4/13, remote
[Chaga Facts](#) - On 4/14, remote
[Farming with Natives](#) - On 4/21, remote
[History of Malaga Island, Maine](#) - On 4/27, remote
[You Want to Open an AirBnB](#) - On 4/27, remote
[Intro to Independent Publishing](#) - On 4/28, remote
[Mindful Yoga](#) - Begins 4/28, remote
[Qigong](#) - Begins 4/28, remote
[Tai Chi for Beginners](#) - Begins 4/28, in person
[Cultivating Healthy Habits](#) - Begins 4/29, in person

[Many more in our full brochure!](#)

OTHER WORKFORCE OPPORTUNITIES

[Excel for Those Who Don't Have a Clue](#) - remote
[Powerpoint for Beginners](#) - remote
[I Need Help with Windows](#) - remote
[Basic Life Support for Healthcare Providers](#)

Sessions start monthly for the following:

[Accounting Fundamentals Series](#)
[Creating WordPress Websites](#)
[Microsoft Excel 2019/Office 365 Series](#)
[Introduction to SQL](#)
 QuickBooks 2019 Series -
[Desktop Version](#) or [Online Version](#)

CONTACT ADULT EDUCATION

236-7800, option 5
adulted@fivetowns.net
www.fivetowns.maineadulted.org

The adult ed office is located in
 Camden Hills Regional High School