



Hawk's Eye

Weekly News from Hope Elementary School

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Upcoming Events for Your Calendar

Jan. 28th – 8th Grade Parent/Teacher conferences (via Zoom)

Feb. 8th – HES School Committee meeting (6PM – Zoom)

Feb. 15th – 19th: No School (February vacation)

March 8th – HES School Committee meeting (6PM – Zoom)

*"I look to a day when people will
not be judged by the color of
their skin,
but by the content of their
character."*

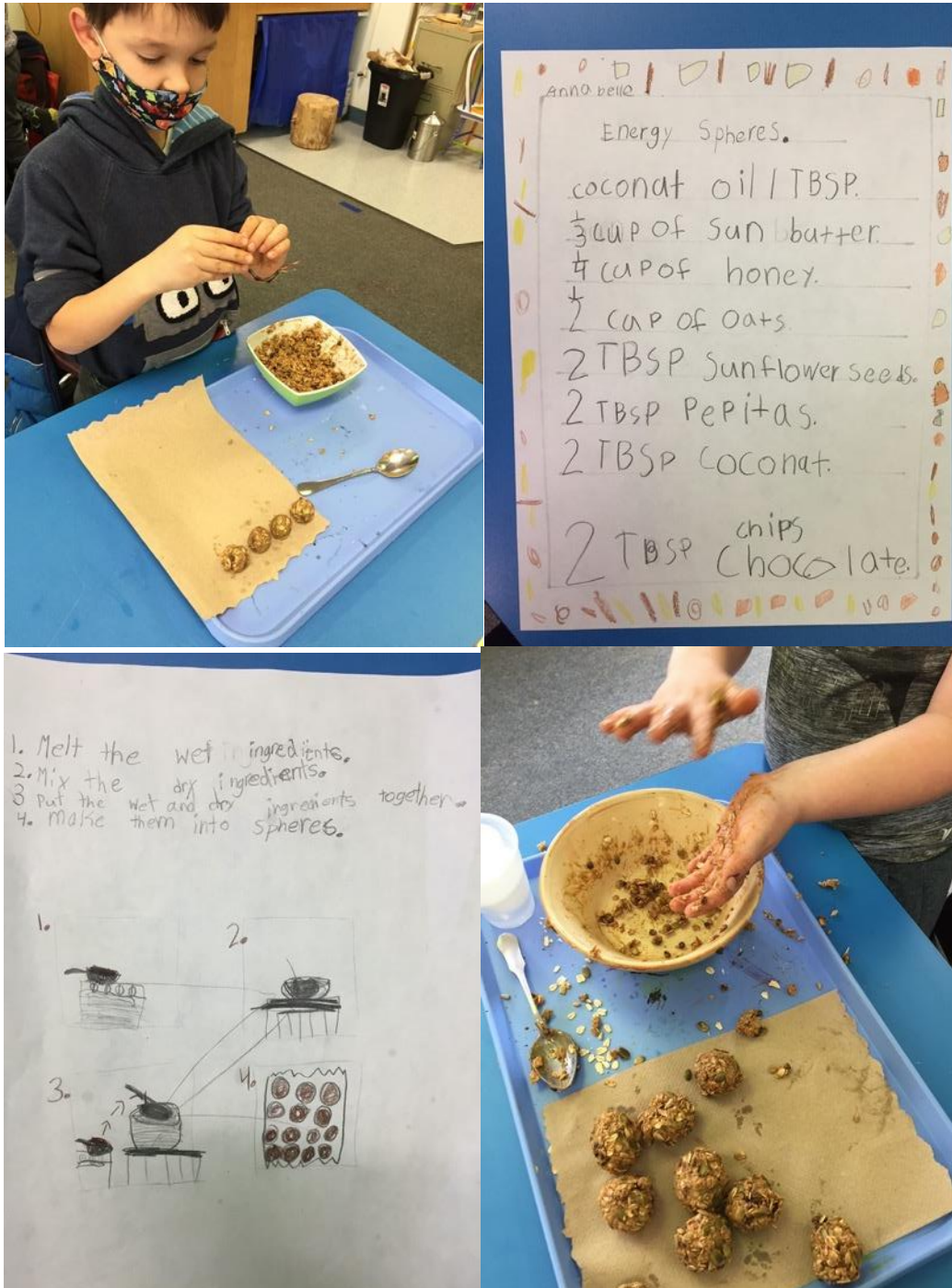
~Martin Luther King, Jr.

Pre-K students enjoy a snowy circle time with Mrs. Eggen out behind the Pre-K.
Some days the red squirrels and songbirds join in too!



News from Multi-Age

Multi-Age has been exploring the essential question, "How can we stay warm and safe while learning outside in the winter?" After an extensive and integrated study about gear and layering, they're learning how certain foods can keep us warm too. Healthy fats (e.g., coconut oil), protein (e.g., seeds), complex carbs (e.g., oats) and natural sweeteners (e.g., honey) give you long-lasting energy and help your body keep warm outside in the cold. We explored volumetric measurement and 3-dimensional shapes while writing the recipe for and making "Energy Spheres." They will be our fuel for Forest Fridays!





HES Menu

January 25th – January 29th

MEALS ARE FREE FOR ALL STUDENTS

Monday (1/25): Muffins (Breakfast)

• Chicken Burrito (Lunch)

Tuesday (1/26): Parfait (Breakfast)

• Ham Italian Sub (Lunch)

Wednesday (1/27): Ham, Egg & Cheese Sandwich (Breakfast)

• Pulled Pork Mac & Cheese (Lunch)

Thursday (1/28): Smoothies (Breakfast)

• Cheeseburger w/ Sweet Potato Fries (Lunch)

Friday (1/29): 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.



Superintendent's Update January 2021

Kate Clark, Superintendent
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***"You must do the
thing you think you
cannot do." –
Eleanor Roosevelt***

***Appleton students
enjoy the ice rink!
Thank you to Mr.
Mitchell for your
inventiveness and
hard work!***



Dear SU #69 Community,

We are at an odd crossroads right now. We can see a way out of the pandemic and perhaps a more normal school day, but we are not there yet. We are not there yet, and there are challenges facing us still. Vaccines are on the horizon, but we are still facing higher case numbers just about every day and the possibility of a new, more contagious strain of the virus reaching Maine. We are told that our health and safety measures are the best way to reduce spreading the virus. In fact, the positivity rate in schools in Maine is a fraction of that in the community. **Therefore, at a time when we are all ready to turn the page and return to normal, we need to double down on our efforts to remain safe in school.**

- Check your child's mask supply-make sure they are well-fitting and meet the guidelines for effective face coverings.
- Continue to complete the daily check in with your children, check for symptoms and keep your children home if you suspect COVID 19 symptoms.
- Remind your children of the importance of hand hygiene and social distancing.
- Continue to practice safe health measures yourself, we are all counting on one another!
- Call our wonderful, knowledgeable nurses if you have any questions.

*Lincolnville 8th
graders present their
data to the LCS
School Board!*



On January 4th, three 8th grade students from LCS, presented data they had collected about technology use among their peers. The students developed interview questions, interviewed students and families and then pulled all the data together in a comprehensive, clear presentation that was then presented to the Board. Congratulations to the LCS 8th graders on a job well done!

Maine Teacher of the Year Nomination Every day, our teachers are working hard to make sure that our students are safe, happy and learning! Annually nominations for Teacher of the Year are requested from the community. Here is a link to a notice from the Maine DOE-teacher of the year nominations are open until **February 5, 2021**.

If you know of a teacher deserving of this honor, click the link below:

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox/FMfcgxwKkRPFgkgPjCfBqRdwgCFzWJC?projector=1&messagePartId=0.1>



Sarah Schrader, an HES teacher, has won a mini-grant for outdoor learning from the Maine Environmental Education Association. Congratulations, Sarah!

All of our teachers and students have done an amazing job embracing opportunities to learn outside whenever possible-one of the positive effects of the pandemic!



Great News! The Triple Chairlift will open Saturday, Jan. 23, 9 a.m. to 4 p.m.

And if that wasn't enough, the Jack Williams Toboggan Chute will open to the public Saturday as well. Toboggans provided, \$10/hour/person.



WEEKEND MEAL

an AIO Program

Call for Open Enrollment

The Weekend Meal Program (WMP) is currently offering open enrollment to students in Knox County for the 2020-21 school year. Run by AIO in Rockland, this program aims to provide Knox County students with a bag of healthy, shelf-stable foods to bring home over the weekend.

Working in partnership with your child's school, WMP will deliver a meal kit every Friday to enrolled students. Families can expect varying menus each week and an assortment of nutritious, ready-to-eat or easy-to-prepare, child-appropriate items for breakfast, lunch, snack & dinner. There is no cost to families or schools to enroll. Simply fill out the permission form below and return to your child's school.

If you would like to participate in this program, please *check the permission box below*, sign and return this form to school. If you were participating in this program last year, you need to re-enroll by filling out this form.

For more information about AIO's programs, including food & energy assistance, please visit www.aiofoodpantry.org

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AIO Weekend Meal Program (WMP) Parental Permission Form / 2020-21 School Year

As a parent or guardian of _____ (please print clearly)

- ☐ I give permission for my child to be enrolled in AIO's Weekend Meal Program for the 2020-2021 school year. I understand that even if I have requested a nut-free bag, Weekend Meal Program cannot guarantee that meal kits are always nut-safe, and I should check labels and ingredients as necessary for my family.
- ☐ Our family requests a nut-free bag.

Printed Name _____ Relationship to child _____

Signature _____ Date _____



Please return signed forms to Mrs. Cole in the office.