

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

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

March 19th - End of 2nd trimester

April Ist – Early Release @ 11:30AM Parent/Teacher conferences

April 12th – HES School Committee meeting (6PM – Zoom)

April 16th – Early Release @ 11:30AM for staff & students

April 19th – 23rd: No school (April vacation)

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

May 31 - No school (Memorial Day)

The last day of school is scheduled to be Thursday, June 17th (subject to change if we use another snow day).

"Be who you are because those who mind don't matter and those who matter don't mind."

~Dr. Suess

Second Grade celebrated 100 days!



First Grade - 100 Days!

Ist graders celebrated 100 Days of Learning. They made 100 grids. They brought 100 of one thing. They made crowns with 100 drawings decorating them. They also heard the books, Miss Bindergarten Celebrates the 100th Day and Rocket and The 100th Day of School. Students wrote what they will be doing when they are 100 years old in their journals.







Third Grade

Third graders are building their multiplication fact fluency. They played a socially distanced game of Salute! The dealer hands out a card to each of the two players. Without looking at their cards, the players place them face out on their foreheads. The dealer names the product and the players must figure out the missing factor, which is the number on their foreheads. It's easy to play at home. All you need is 4 of each of the 2-6 cards, 4 of the 10 cards, and 4 aces to act as the number 1. Students really enjoyed this game! For an added challenge you can include the 7, 8, and 9 cards.









HES Menu March 8th - 12th

MEALS ARE FREE FOR ALL STUDENTS

Monday (3/8): Parfait (Breakfast)

·Cheese Raviolis (Lunch)

Tuesday (3/9): Scrambled Eggs w/Ham, Cheese & Peppers (Breakfast)

Cheeseburger (Lunch)

Wednesday (3/10): Muffins (Breakfast)

Chicken Salad Sandwich (Lunch)

Thursday (3/11): Parfait (Breakfast)

Turkey & Cheese Sandwich (Lunch)

Friday (3/12): 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.

Teen Stress

Help your teen identify stressors, learn healthy coping skills, and model positive stress management in your own life.

Sources of Stress







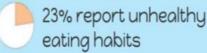


Because of stress...

36% report feeling fatigued

30% report feeling sad or depressed





Signs of Stress

- Irritability
- Anger
- Excessive Worry or Anxiety
- Substance Use
- Disordered Eating (overeating or eating too little)
- Psychosomatic Symptoms
- Insomnia/ Sleep Disturbances
- Neglecting Responsibilities
- Negative Thoughts
- Feeling Overwhelmed
- School Avoidance

Talking to Your Teen About Stress

- 1. Recognize your teen's symptoms and ask them about it.
- 2. Communicate and discuss balance.
- 3. Help your teen identify healthy coping mechanisms.
- 4. Provide support when under stress.
- 5. Model healthy behaviors.
- 6. If needed, seek guidance from a professional.

Talking to teens about stress. (2014, February). Retrieved November 10, 2015, from http://www.apa.org/helpcenter/stress-talk.aspx Bethune, S. (2014). Teen stress rivals that of adults. Monitor on Psychology, 45(4), pg. 20. 2016 KW Survey. N=3,003



Adult Education News for teens and adults!

CERTIFICATE CLASSES AVAILABLE

Behavioral Health Professional (BHP)

W/Certifict ion Training - Children's behavioral health services are vital to Maine's children with intellectual disabilities, autism, and mental health disorders and their families. This online training program can be started any time and finshed at your own pace.

The following have start dates in April:

Data Analysis Certifict e

Social Media for Business Certifict e

Project Management Certifict e

Certifict e in Non- R d it Administration

Certifict e in Accounting and Finance

OTHER WORKFORCE OPPORTUNITIES

Everything Microsoft Word - remote

Excel for Those Who Don't Have a Clue - remote

Powerpoint for Beginners - remote

Standard First Aid, CPR, AED

Basic Life Support for Healthcare Providers

Sessions start monthly for the following:

Accounting Fundamentals Series
Creating WordPress Websites
Microsoft Excel 2019/Offic 365 & ries
Introduction to SQL
QuickBooks 2019 Series Desktop Version or Online Version

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!

Experimental Drawing -Begins 3/3, remote Maine Model Yacht Club -Begins 3/2, in person Begins 3/4, remote Coastal Navigation Level 1 -<u>Lure of Long-distance Hiking</u> - Begins 3/9, in person Recycling 101 -On 3/11, remote Collage Glass Charm -On 3/23, in person Pilates - Gentle -Begins 3/3, remote Birding by Sight, Song, Habitat - Begins 3/15 in person Mindful Yoga -Begins 3/3, remote Trees, Seeds to Streetside Giants - On 3/6, in person Mushrooms, Edible and Medicinal - On 3/10, remote Middle Eastern Dance -Begins 3/11, blended Decluttering 101 -Begins 3/11, remote Spanish for Beginners -Begins 3/8, in person Italian Renaissance Art History - Begins 3/23, remote Prune When Shears are Sharp - On 3/20, in person Farming with Natives -On 3/24, remote Tai Chi for Beginners -Begins 3/3, in person Qigong -Begins 3/3, remote

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 email Five Town Adult Education. 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 finnci à a d 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.

CONTACT ADULT EDUCATION

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

The adult ed offic is loca ted in Camden Hills Regional High School