



Hawk's Eye

Weekly News from Hope Elementary School

hes.fivetowns.net

Phone: 785-4081 Fax: 785-2671

[Hope Elementary School Facebook](#)



Upcoming Events for Your Calendar

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

March 19th - End of 2nd trimester

April 1st – 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!

1st 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



Academics



Extracurricular Activities



Friends/Family



Post-High School Plans

Because of stress...



36% report feeling fatigued



30% report feeling sad or depressed



31% report feeling overwhelmed



23% report unhealthy eating habits

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



Five Town CSD

ADULT and COMMUNITY EDUCATION
enriching lives ... strengthening community ... since 1969

Adult Education News for teens and adults!

CERTIFICATE CLASSES AVAILABLE

[Behavioral Health Professional \(BHP\) W/Certification 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 finished at your own pace.

The following 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](#)

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/Office 365 Series](#)
[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!

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

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