



Hawk's Eye

Weekly News from Hope Elementary School

hes.fivetowns.net

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Upcoming Events for Your Calendar

Oct. 11th – No School (Indigenous Peoples' Day)
Oct. 12th – HES School Committee Meeting (6PM at HES)
Oct. 21st – Early Release (11:30AM) for Parent/Teacher conferences
Nov. 9th – School Picture Day by Lifetouch
Nov. 9th – HES School Committee Meeting (6PM at HES)
Nov. 11th – No School - Veterans Day
Nov. 22nd & 23rd – No School (teacher workshop days)
Nov. 24th – 26th – No School - Thanksgiving Break
Dec. 3rd – End of first trimester
Dec. 22nd – Early Release (staff & students) at 11:30AM
Dec. 23rd – 31st – No School - Holiday break

*"Out of a mountain of
despair, a stone of
HOPE."*

~Martin Luther King, Jr.

Please send messages to hesoffice@fivetowns.net when you need to notify the office about any changes to your child's daily pickup/drop-off schedule. Just a reminder that the school day is from 8:15AM until 2:45PM (Monday – Thursday) and 8:15AM – 1:45PM on Fridays.

Picture Day has been re-scheduled to Tuesday, Nov. 9th. We will send out reminders as we get closer to the date.



Mrs. Holt's second graders enjoy singing under the pavilion with Ms. Carroll (Pre-K through grade 5 music teacher).





First grade has been learning about collaboration. Students work in groups to solve problems and use discussion protocols and report back to the larger group.





HES MENU for 9-27 through 10-1

- ☐ **Monday (9/27):** Cereal (Breakfast)
Cheese Ravioli (Lunch)
- ☐ **Tuesday (9/28):** Parfait (Breakfast)
Mac and Cheese with Ham (Lunch)
- ☐ **Wednesday (9/29):** Muffins (Breakfast)
Meat Lasagna (Lunch)
- ☐ **Thursday (9/30):** Cereal (Breakfast)
Ham & Cheese Sandwich (Lunch)
- ☐ **Friday (10/1):** Parfait (Breakfast)
Cheese Pizza (Lunch)

ALL MEALS ARE FREE FOR STUDENTS

Lunch options include a choice of salad, bagel or sandwich/entrée of the day. Fruit, a whole grain item and milk are offered with all meals.

HES Soccer Game Schedule

DATE	AVS	HES	ICS	LCS	Searsport
Mon, 9/13	Bye	Bye	vs. LCS	@ ICS	vs. VH
Wed, 9/15	Bye	vs. ICS	@ HES	vs. Searsport	@ LCS
Mon, 9/20	@ HES	vs. AVS	Bye	Bye	@ VH
Wed, 9/22	vs. Boothbay	@ Nobleboro	vs. S. Bristol	Bye	Bye
Mon, 9/27	@ LCS	vs. Nobleboro	Bye	vs. AVS	Bye
Wed, 9/29	vs. Searsport	Bye	@ S. Bristol	@ St. George	@ AVS
Mon, 10/4	@ Boothbay	vs. LCS	vs. Searsport	@ HES	@ ICS
Wed, 10/6	vs. ICS	@ Searsport	@ AVS	vs. St. George	vs. HES

Cross Country Schedule for HES/LCS:

October					1 3:15 - 4:15 Practice
	4 3:15 - 4:15 Practice	5 3:15 - 4:15 Practice	6 No Practice	7 Meet at Searsport Boys First 4:00	8 No Practice
	11 No Practice	12 3:15 - 4:15 Practice	13 3:15 - 4:15 Practice	14 Meet at Troy Howard Girls first 4:00	15 3:15 - 4:15 Practice
	18 3:15 - 4:15 Practice	19 3:15 - 4:15 Practice	20 3:15 - 4:15 Practice	21 Championship Meet at Medomak Middle School	22



Help Your Child Succeed In School: Build the Habit of Good Attendance Early

Did you know?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two every few weeks (and can equal 18 days very quickly)
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school-and themselves. Start building this habit so they learn right away that going to school on time, every day is important.

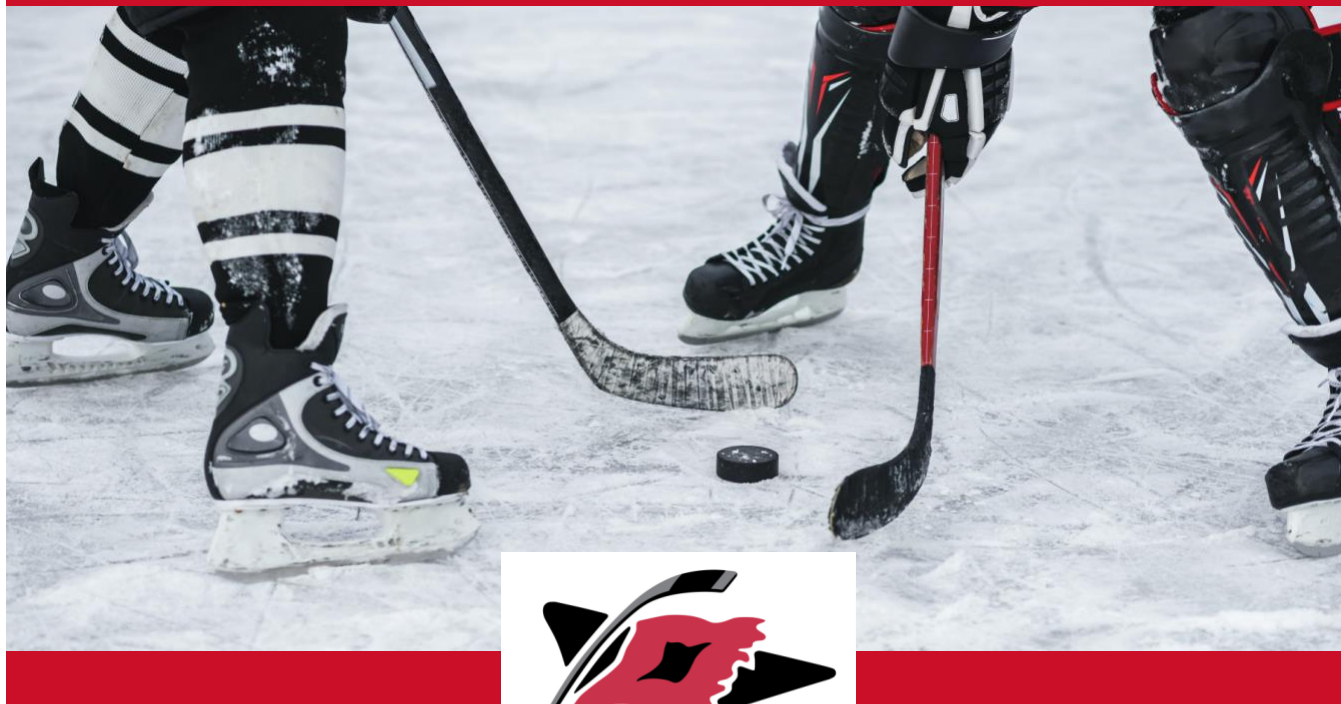
What You Can Do!

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Introduce your child to his or her teachers before school starts to help with the transition.
- Don't let your child stay home unless he or she is truly sick. Sometimes stomachaches can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious to go to school, talk to teachers, school counselors or other parents for advice on how to help your child feel more comfortable and excited about learning.
- Avoid medical appointments and extended trips when school is in session.

**Good attendance will help your child do well
in school, college and at work.**

For more info: Susan Lieberman at slieberman@countmeinmaine.org or www.countmeinmaine.org
This was adapted with permission from Attendance Works at attendanceworks.org

**DEVELOP YOUR HOCKEY SKILLS,
COMPETITIVE GAME PLAY AND HAVE FUN!**



MAINE COAST STORM HOUSE HOCKEY PROGRAM

AGES 9-14 YEARS

2 SKILLS PRACTICES PER WEEK

PLUS IN-HOUSE GAMES

SKATING EXPERIENCE REQUIRED

10/4/21 - 3/4/22

MIDCOAST RECREATION CENTER, ROCKPORT, ME

**FOR MORE INFORMATION OR TO REGISTER
MAINECOASTSTORM.ORG**