



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

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

"The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart."

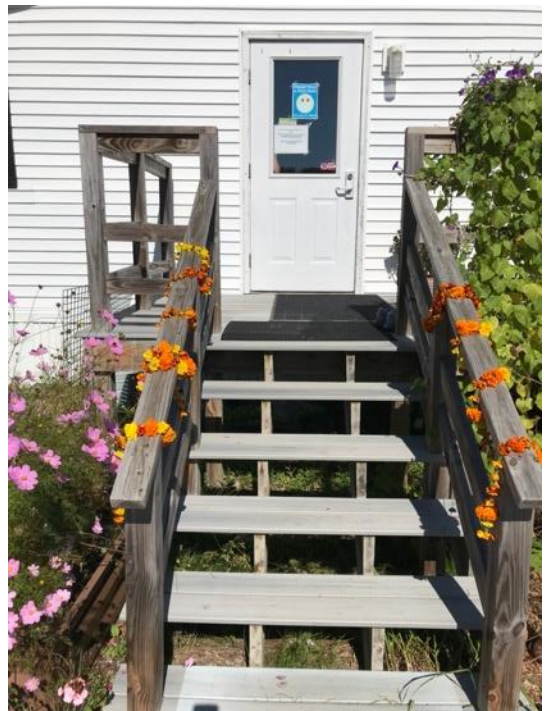
~Helen Keller

Thank you to Mr. Hancox (HES parent) for providing pumpkins for the school!

Pre-K students were welcomed this week by marigold garlands at the entry!



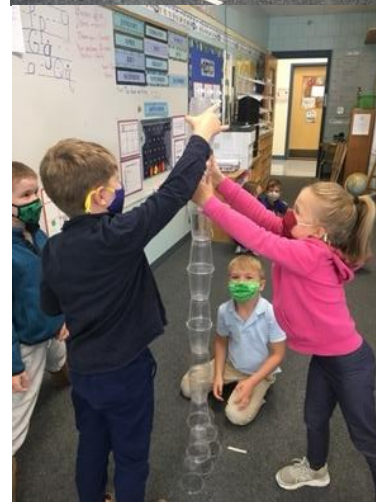
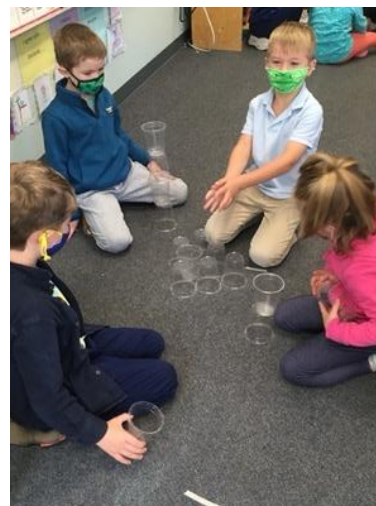
Mandatory MLTI meeting for 6th grade and new middle school parents: 6:00pm Monday, October 4.





Adelaide (grade 6) is shown by the bulletin board she helped create about what "Learning needs to be..." with many petals stating what it could be: engaging, intriguing, satisfying, assisted at times, independent, challenging and many more. Staff members and other students added to the petals.

First grade students collaborate on how to build a cup tower while giving everyone a turn to participate in the plan and execution of the project.



Pre-K News



This year Pre-K is attending full days and enjoying having Spanish, physical education, music, and art classes. Here Pre-K students line up to listen carefully to Mr. Payson. Thank you to Señora Rico, Mr. Payson, Mrs. Cooper, and Ms. Carroll for enriching our school program!

Pre-K students looked at real sunflowers and then created their own. Here are some students showing off their artwork.





HES MENU for 10-4 through 10-8

- ☐ **Monday (10/4):** Cereal (Breakfast)
Spaghetti with Meat Sauce (Lunch)
- ☐ **Tuesday (10/5):** Parfait (Breakfast)
Cheeseburgers with Sweet Potato Fries (Lunch)
- ☐ **Wednesday (10/6):** Muffins (Breakfast)
Grilled Cheese (Lunch)
- ☐ **Thursday (10/7):** Breakfast Pizza
Chicken Nuggets (Lunch)
- ☐ **Friday (10/8):** Cereal (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

COVID-19

Pre-Screening Tool for School Attendance

Within the past 24 hours
have you had a fever
(100.4 and above*) or
used any fever reducing
medicine?

YES =



Do you feel sick with any
of the most common
symptoms?
(see symptom list to the right)

YES =



Have you been in close
contact with a person who
has COVID-19?

YES =



Have you traveled
outside of the state in
the past 14 days?

YES =



Contact
Your School

**Stay home with any YES response to the questions above OR
with two or more of the "less common" symptoms listed to the
right.**

Attend school when all answers are NO. Call or see your
school nurse or other designated person at school if you have
questions.

Updated 8.3.20



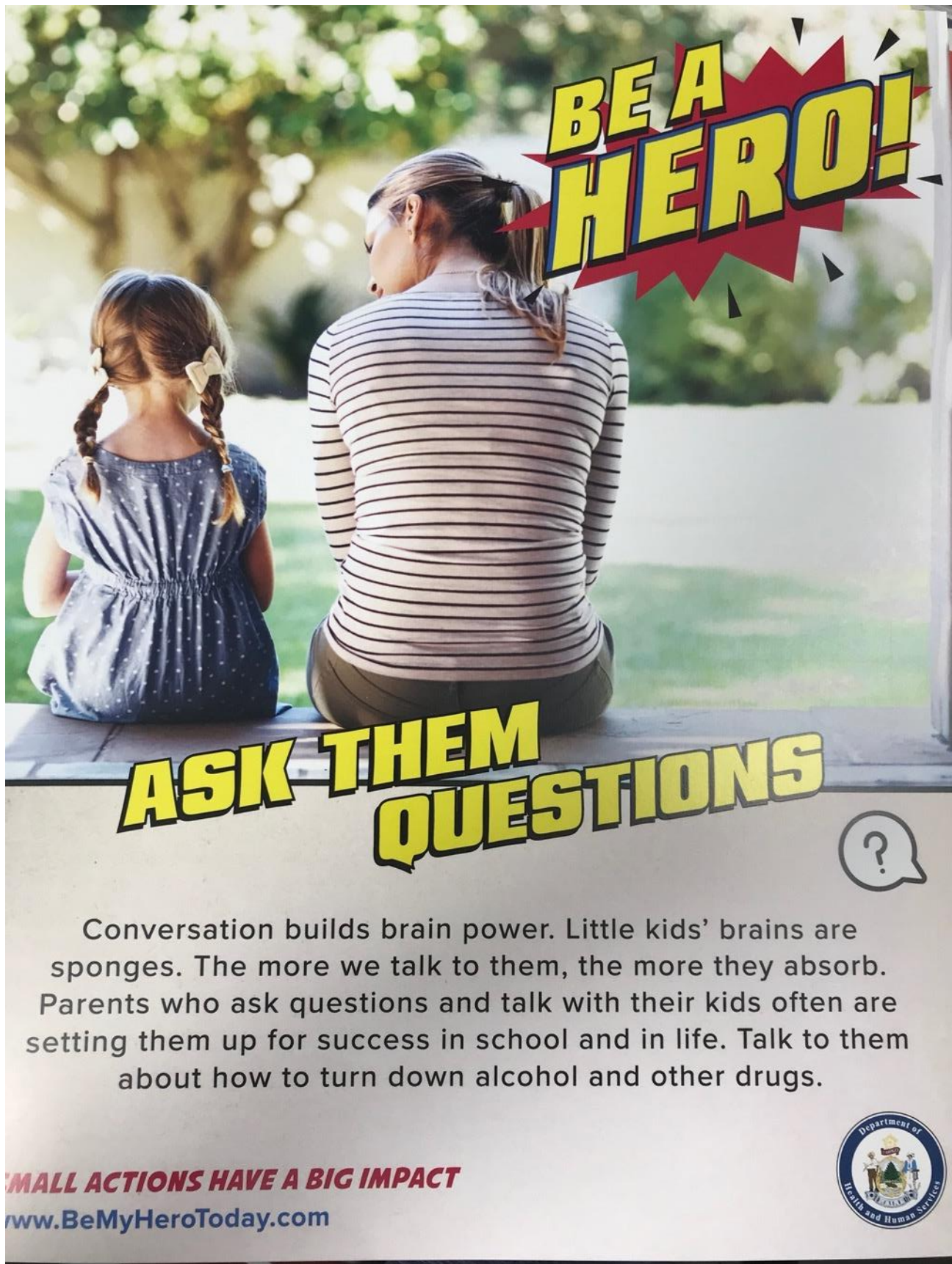
Most Common Symptoms of Covid 19:

Cough
Shortness of
breath
or difficulty
breathing
Fever (100.4 or
greater)*
Chills
Sore throat
New loss of taste
or smell

Less Common Symptoms:

Muscle pain
Nausea or
Vomiting
Stomach pain
Diarrhea
Fatigue
Headache
Rash
Swelling or redness
of hands/feet
Red eyes/eye
drainage
Congestion/
runny nose

*Fever is 100.4
regardless of
measurement
location (oral,
temporal).




BE A HERO!

ASK THEM QUESTIONS

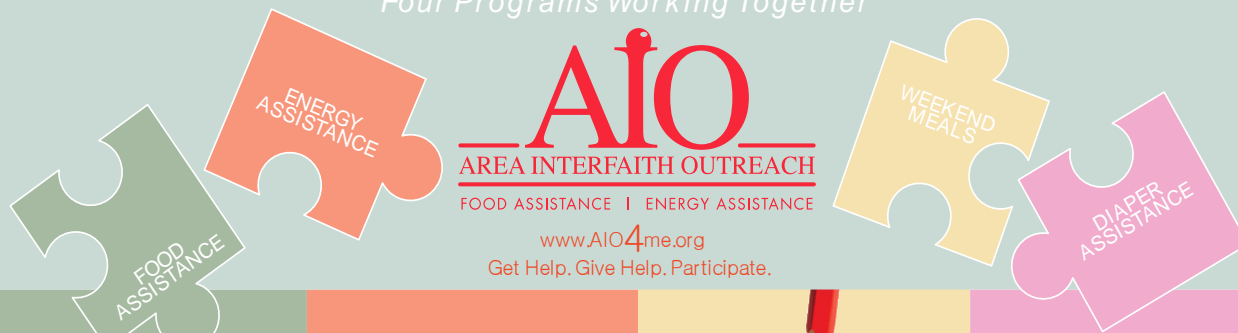
Conversation builds brain power. Little kids' brains are sponges. The more we talk to them, the more they absorb. Parents who ask questions and talk with their kids often are setting them up for success in school and in life. Talk to them about how to turn down alcohol and other drugs.

SMALL ACTIONS HAVE A BIG IMPACT

www.BeMyHeroToday.com



Four Programs Working Together



Feeding America estimates that 182,000 Mainers will experience hunger in 2021. Knox County has the 4th highest food insecurity rate in the state, with food insecurity projected to be 13.5% of all residents. Food insecurity among children is projected to be even higher at 20%.

Our clients are welcome to visit our new market as often as once a week and select the best food for their family. We encourage shoppers to visit us first before they go grocery shopping to see what we have available. For many, visits to our food pantry can save enough money to help meet monthly expenses and make ends meet.

Monday — 10 AM to Noon
Wednesday — 10 AM to 6 PM
Friday — 10 AM to Noon



AIO Energy Assistance provides heating fuel from November through March and emergency electricity disconnection assistance in the spring.

To receive energy assistance, you must be an enrolled AIO client with a current membership card. New members can enroll on our website or in person during food pantry hours.

Once enrolled, we provide each household with a brief consultation appointment to determine how to utilize our programs.

For the 2021-2022 heating season, we will conduct all fuel assistance appointments either online or by phone.

Visit our website for AIO enrollment and Energy Assistance application. Or, call 207-596-1043 — press 2 to leave a message.



The Weekend Meal Program provides meals and snacks for kids in Knox County. We work with participating schools to ensure this supplemental weekend meal program continues to evolve and meet the needs of those participating families.

During the 2020-2021 school year, we provided 8,272 weekend meal kits distributed by sixteen schools in Knox County!

Our Weekend Meals bag contains a different menu of items to make two breakfasts, two lunches, one dinner, and snacks for the weekend, along with a fun letter for the kids that includes educational activities.

Every family can sign up for our weekend meals program at your school. There are no restrictions or requirements.



Approximately 1 in 3 U.S. families experience diaper needs. Babies without clean diapers are exposed to more potential health risks. There are 37,101 children under the age of 3 living in Maine. Maine's cost of infant care is as much as 40% of total income for a single-parent household.

AIO distributes bundles of diapers from the parking lot, offering "Curbside Pickup" at the small building next to AIO every Wednesday. Each diaper-wearing child in your family may receive up to 20-60 diapers plus wipes each week, subject to supply and funding.

Diaper distribution times are: Wednesdays 10 AM — Noon & 4 PM — 6 PM
Enrollment is easy at www.aio4me.org!



aio4me.org



Food Assistance

Health, quality food available for anyone who needs a little help.



Energy Assistance

In Maine, food and energy insecurity go hand-in-hand. We can help.



Weekend Meals

During the school year, we send home almost 300 meal kits each week.



AIO Diaper Project

Free diapers to help families make ends meet. Wednesdays at AIO.



Food Assistance

AIO distributes food from the parking lot offering "Curbside Pickup" on Monday & Friday mornings. Clients will receive pre-packaged bags and boxes which will include a variety of groceries. Indoor shopping occurs all day on Wednesdays where you may come inside to the market and shop with a grocery cart.



Energy Assistance

AIO helps households with either heating fuel or electricity disconnection prevention. A volunteer will call your fuel or electricity provider to make a payment on your behalf. This program is for anyone who needs a little help making ends meet.



Weekend Meals

AIO provides meals and snacks for school-age children and families in Knox County during the school year. Every Friday, bags of kid-friendly food are brought to participating schools for students to eat over the weekend.



Diaper Assistance

AIO distributes bundles of diapers from the parking lot offering "Curbside Pickup". This occurs at the small building next to AIO every Wednesday. Each diaper-wearing child in your family may receive 20-60 diapers per week.

Pantry Hours

Location

1A Gordon Drive, Rockland, Maine 04841
Mail: P.O. Box 113, Rockland, Maine 04841

Monday & Friday

10:00 am — 12:00 Noon

Wednesday

10:00 am — 6:00 pm

Contact

email@aiofoodpantry.org
(207) 596-1043

**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