



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

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

*"Tell me and I will forget.
Show me, and I may not
remember. Involve me,
and I'll understand."*

*~Native American
Proverb*

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.

School Menu Update

Due to nationwide supply and delivery problems, we have recently experienced some last-minute changes to our school menu. We appreciate your patience, and we will do our best to substitute healthy options when necessary.



Pre- K News

Pre-K students enjoyed a seasonal art activity with art teacher, Mrs. Cooper this week. The weather was perfect to take it outside too. Here Mrs. Pride shows children how to press their painted leaves onto their paper. The prints will be on display in the Pre-K classroom.



Middle School students read stories to the Kindergarteners under the pavilion on Monday afternoons. It's magical to watch them interact directly with the younger students, hear them read with great expression and see the stories that they picked out so thoughtfully! The kindergarteners recognize the middle school readers when they pass by them during the school day, say hello enthusiastically and absolutely LOVE IT!





HES MENU for 10-12 through 10-15

☐ **Monday (10/11):** NO SCHOOL - INDIGENOUS PEOPLES' DAY

☐ **Tuesday (10/12):** Parfait (Breakfast)
Ham & Cheese Sandwiches (Lunch)

☐ **Wednesday (10/13):** Cereal (Breakfast)
Chicken Nuggets w/Fries (Lunch)

☐ **Thursday (10/14):** Muffins (Breakfast)
Scrambled Eggs w/Sausage (Lunch)

☐ **Friday (10/15):** 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.

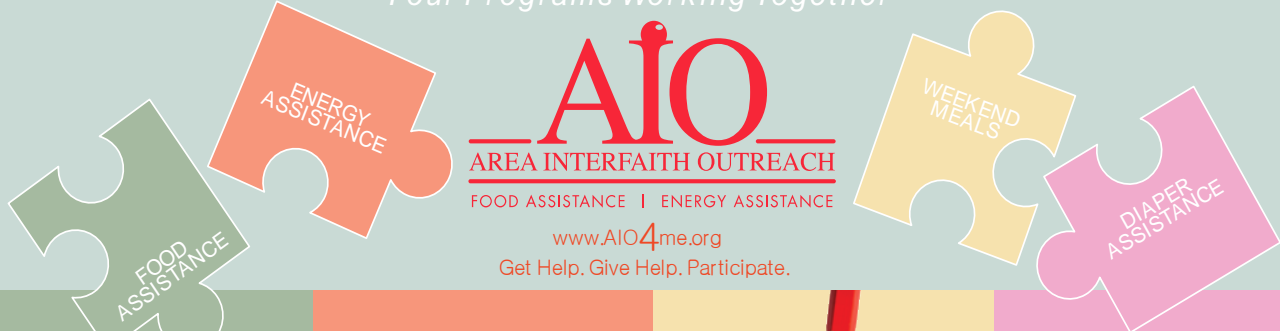
HES Soccer Game Schedule

HES is in the #1 seed for the co-ed N. division. Play-off schedule coming soon!

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

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!

WEEKEND MEAL

an AIO Program

**Hi
friends,**

Welcome to a new school year! We're so happy to invite you all back for OPEN ENROLLMENT in AIO's Weekend Meal Program!

WMP offers students and families a weekly selection of fun, healthy, easy to prepare snacks & meals delivered right to your child's school. There is no cost to enroll and no qualification guidelines. Everyone is welcome! Simply return the permission form to your child's school and we'll take care of the rest!

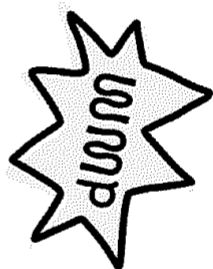
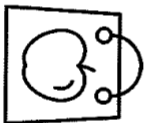
Each Friday, your kiddo will come home with a meal kit featuring foods such as fresh fruit & veggies, cheese sticks, oatmeal & bagels, cereal, tuna & chicken, pasta, rice, mac & cheese, soup, goldfish, granola bars, applesauce, pb&j's, juice boxes and milk to enjoy over the weekend. We aim to make menus that are varied and kid friendly!

For more information about our programming, visit AIO4me.org or email us at weekendmeal@aiofoodpantry.org.

Happy Back-to-School,

Molly O'Rourke

AIO Weekend Meal
Program Manager



Parental Permission Form Weekend Meal Program 2021-22

As a parent or guardian of (Name):

(Please Print Clearly)

I give permission for my child to be enrolled in AIO's Weekend Meal Program for the 2021-2022 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 meal kit

Parent or Guardian Name:

Relationship to Child:

Signature:

Date:

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

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).



**Join From the
Comfort of
Your Own
Home!**

Register By
calling

Danielle

(207) 402-1621

Or email

parentwork-
shops@

community-
concepts.org

**Follow us on
Facebook**

*Advocates for
Children a Pro-
gram of Com-
munity Con-
cepts or Oxford
County CAN
Council visit
our website
for updates
and other
events!*

[https://
www.ccimaine.org/
/children-](https://www.ccimaine.org/children-)

Enrichment & Support Schedule: Making Connections– Parents Supporting Parents! October-December 2021

Have Parenting Questions? Need Parenting Support? You are NOT Alone!
Please join either Jennifer Leonard or Alyson Holland as they facilitate classes and groups with other supportive parents!
All Classes offered at no cost!

1-2-3 Magic!

A simple technique to get kids to STOP doing what you don't want them to do and to START what you want them to do. This program is for parents with children ages 2-12

1. Wednesday October 6 & 20 (10:00AM-12:00PM) With Jennifer
OR
2. Friday's November 5, 12 & 19 (9:30AM-11:30AM) With Alyson
OR
3. Tuesday November 9 (5:30PM-8:30PM) With Jennifer
OR
4. Wednesday's December 1, 8 & 15 7:30pm-9:00pm with Alyson

Active Parenting of Teens :) third edition

10/5, 8, 12, 15, 19, 22 & 26
(9:30am-11:00am)
With Jennifer



In this workshop you can expect to learn more about parenting styles and risks of today's society. Discuss raising responsible children who are able to resist negative peer pressure. Parents will learn effective discipline and communication techniques and learn how to encourage developmental skills. We all want our children to thrive!

1. Mon/Thur– 10/4, 7, 14, 18, 21, 25 & 28
(5:00pm-6:30pm) With Jennifer
OR
2. Wed/Fri– 11/3, 5, 10, 12, 17, 19 & 24
(9:30am-11:00am) With Jennifer

ACTIVE PARENTING First Five Years™

Parenting Birth through age 5

1. Tue/Fri– 10/5, 8, 12, 15, 19 & 22
(12:00pm-1:30pm) With Jennifer
OR
2. Tuesday's 11/2, 9, 16, 23 (9:30am-11:30am)
OR
3. Wed/Fri– 11/10, 12, 17 & 19
(7:30pm-9:00pm) With Alyson
OR
4. Thursday's 12/2, 9, 16 & 23
(7:30-9p) With Alyson

Nurturing Parenting Program

Get together with parents and discuss a variety of parenting topics

1. Monday's 10/18, 25, 11/1, 8, 15, 22, 29, 12/6, 13, & 20 (12:00-1:30PM) with Alyson



All Classes are via Zoom

Take a Picture of this Schedule and Give us a Call To Register!

Revised 8.19.2021

**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**

Learn the Sounds of Fire Safety



Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online.

What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it’s time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

Hear a Beep, Get On Your Feet!

Get out and stay out! Call 9-1-1 from outside.



Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old. If you don't remember how old the unit is, replace it!



**FIRE
PREVENTION
WEEK™**

For fire safety tips, visit firepreventionweek.org and sparky.org
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