



# Hawk's Eye

Weekly News from Hope Elementary School

[hes.fivetowns.net](http://hes.fivetowns.net)

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[Hope Elementary School Facebook](#)



## Upcoming Events for Your Calendar

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

***“Act as if what  
you do makes a  
difference.  
It DOES.”***

***~William James***

Please send messages to [hesoffice@fivetowns.net](mailto: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.

**Parent/Teacher Conferences on October 21<sup>st</sup> (Noon – 7PM).**



Parent/Teacher Conferences will be held on Thursday, October 21<sup>st</sup> via Zoom. The link to sign up can be found here:

[https://ptcfast.com/schools/Hope Elementary School](https://ptcfast.com/schools/Hope_Elementary_School)

Please note: Ms. Babb's second grade class will hold conferences on a different date (TBA).

## HES Facilities Update:

Please be aware that our school boiler will be replaced the week of October 25th. We are fortunate to be able to replace the boiler before it gets too cold, however, next week is supposed to turn cooler. Since we will not have any heat in the building until November 1st (expected date of project completed), it will be important to wear layers as the temperature in the building may be cooler than normal. We will not have hot water for the week of October 25th and this may affect our menu so please be patient with any last minute changes. Thank you for your understanding.

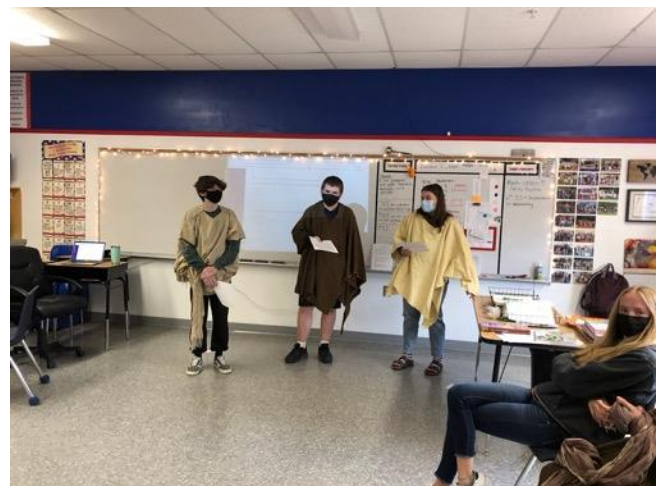
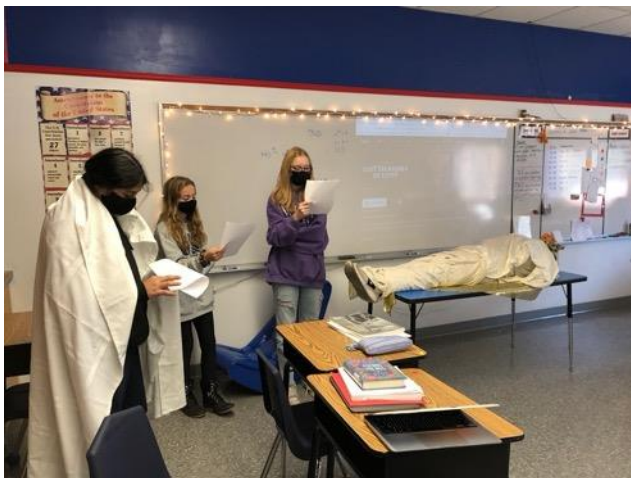
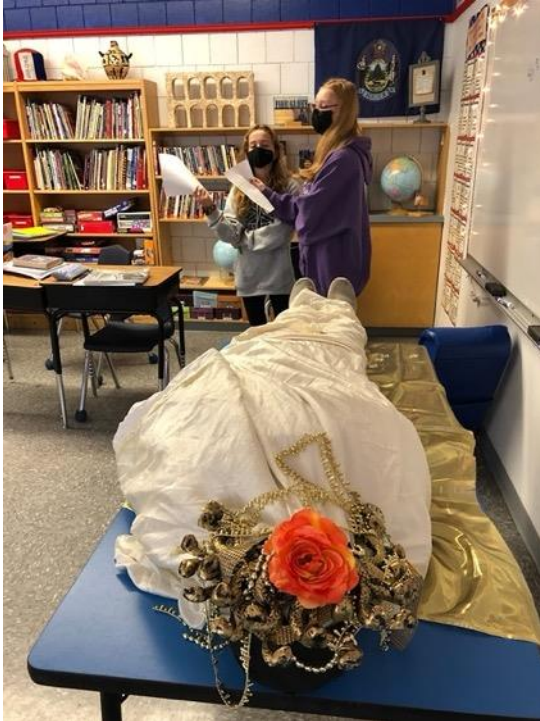
Second & Third grade visited the Botanical Gardens on Tuesday. Thank you to Partners for Enrichment for sponsoring this magical outing!





## Social Studies

The eighth-grade class has been studying ancient Egypt. Students worked in groups to learn how the social classes affected the daily lives of ancient Egyptians. These photos show some of the interactive dramatizations as students taught their classmates about their assigned social classes.



Did you know that the sixth grade class is in charge of raising the school's flag each morning? When learning about the American flag, students noticed that the school's flag was a bit tattered. The class wrote a persuasive letter to Mrs. Fagonde asking to replace the flag. Here they are with the brand-new flag! Great job, sixth grade!





**Outdoor Movement with Studio Red**

Pre-K – second grade had a visit from *Studio Red* and got to enjoy being outside for some dance activities. Thank you to Partners for Enrichment for sponsoring this wonderful movement activity!





### HES MENU for 10-18 through 10-22

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- ☐ **Monday (10/18):** Parfait (Breakfast)  
Macaroni & Cheese with Ham (Lunch)
- ☐ **Tuesday (10/19):** Blueberry Cake (Breakfast)  
Beef Burritos (Lunch)
- ☐ **Wednesday (10/20):** Cereal (Breakfast)  
Spaghetti with Meat Sauce (Lunch)
- ☐ **Thursday (10/21) EARLY RELEASE @ 11:30**  
Nutri-Grain Bars & Yogurt (Breakfast)  
Ham & Cheese Sandwich (Lunch)
- ☐ **Friday (10/22):** 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.



**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](mailto: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

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*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.ccmaine.org/  
children-](https://www.ccmaine.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