



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

Dec. 3rd – End of first trimester
Dec. 21st – HES School Committee Meeting (6PM at HES)
Dec. 22nd – Early release (staff & students) at 11:30AM
Dec. 23rd – 31st – No school - Holiday break
Jan. 17th – No School (Martin Luther King, Jr. Day)
Feb. 10th – 8th grade parent/teacher conferences
Feb. 21st – No School (President's Day)
Feb. 22nd – 25th – No School (Winter Break)
March 18th – No School (teacher workshop day)

***“The world is
changed by your
example, not by
your opinion.”***

~Paul Coelho

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.

Basketball Stream Link: <https://seasoncast.com/AVS> for our Monday away game at Appleton!

Lost & Found Items

There are lots of items in the Lost & Found! Please remind your child to check for missing items (bin is in the gym) as we donate the pile to Goodwill after the holidays!

*Hope 8th Grade
Wreath Sale*

Help support our class trip!

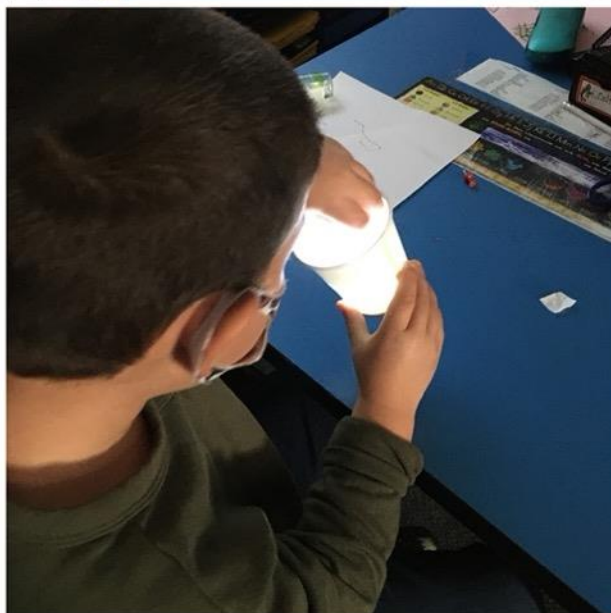
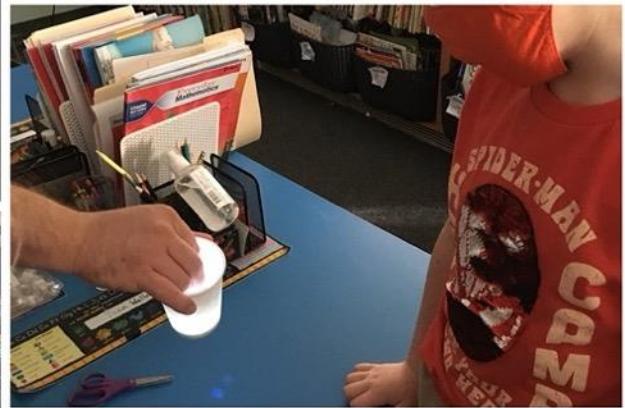
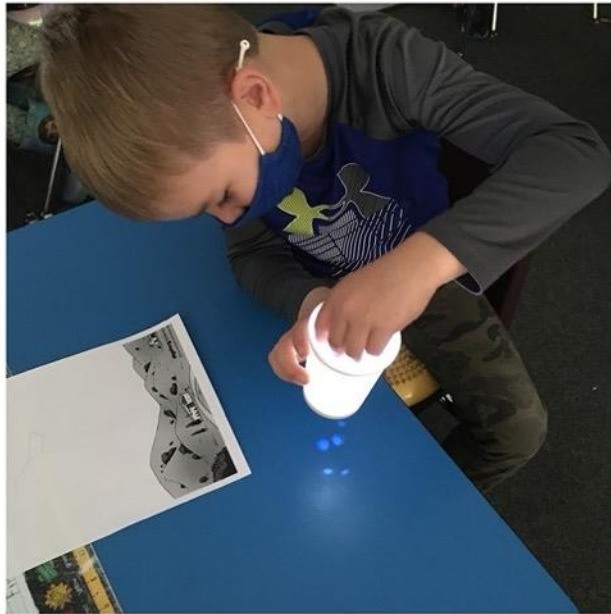
12 inch decorated double-sided wreaths
for sale for \$22

Pick up is on Saturday 12/11 between
9am-11am at Hope School. Payment is due
at pickup. For ordering information, email
Liza Walsh at liza.walsh@fivetowns.net

Note from Mr. Payson

During the food drive before Thanksgiving, students were challenged to run as many laps as possible around the soccer field during Physical Education class. For every 10 laps, 1 can of food was donated to their class. After 570 laps, close to 100 miles, 57 cans were donated!

First grade is learning about the sun, moon and stars. We made stars shine on our desks.





HES MENU for 12-6 through 12-10

This institution is an equal opportunity employer.

- ☐ **Monday (12/6):** Yogurt & Fruit Parfait with Granola (Breakfast)
American Chop Suey (Lunch)
- ☐ **Tuesday (12/7):** Muffins (Breakfast)
Chicken Patties with Cheese (Lunch)
- ☐ **Wednesday (12/8):** Cereal (Breakfast)
Turkey & Cheese Wrap with Red Pepper Hummus (Lunch)
- ☐ **Thursday (12/9):** Smoothies (Breakfast)
Cheeseburgers with Sweet Potato Fries (Lunch)
- ☐ **Friday (12/10):** Yogurt & Fruit Parfait with Granola (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, veggie slices and milk are offered with all meals.

Superintendent's Update November 29, 2021

Kate Clark, Superintendent.
kate.clark@fivetowns.net

**Hope everyone enjoyed a relaxing, cozy Thanksgiving Holiday
and is back to school rested and rejuvenated!**
It was so exciting to see our first snow! Time to gear up for fun in the winter sun!



Classrooms: The last few weeks have been busy with visits to PreK-2 classes at all three schools! I was able to read with the students, play math games, work on art projects, play music and had lots of fun with the parachute in PE! Research tells us that predictable routines and engaging content provide our students with high quality educational experiences, and I am so proud to say that our administrators, staff and teachers are focused on student well-being and academic success. The students are engaged and engaging! I will be visiting grades 3-5 over the next few months.



**Searching for sight words and playing music
with Kindergarten at HES**



AVS Turkey Trot: Tuesday was the first Turkey Trot at AVS! It was a brisk day, and the trail was muddy, but all the students were geared up to run/walk the trail and everyone had a great time! To get the trail ready, the third graders and I walked the trail with Mr. Mitchell and Mrs. Stilwell, (photo below) and the 8th graders worked hard to get things set up.



: As always, we appreciate your efforts in keeping the pandemic out of our schools! Aside from an outbreak at AVS and a closure at LCS in October, we have been minimally affected by quarantines and closures, compared to other districts around us. Despite the fact that numbers in the state continue to rise, we have been able to hold school in person with few interruptions. Of course, we would like to keep this trend going! Please keep your children home if you notice COVID symptoms and let your school nurse know if you suspect an exposure.

One final request: Our nurses have taken on an incredible amount of extra work and responsibility due to the pandemic. While we are keenly aware that the pandemic has put pressure on families, please understand that the nurses are doing their very best to do what is best for all the students in their care and follow required protocols and procedures. Our nurses have been subjected to angry words from parents, guardians and in some cases, students! **Please practice kindness whenever you have a chance to speak to one of the nurses.** They are all dedicated, kind, thoughtful professionals who are doing their best in a difficult situation. If you do happen to have a complaint or concern, contact your school principal or the superintendent's office.

Warm wishes,

Kate

Below is an updated school calendar. Please note the last day of school is now June 24th with five snow days built in.

**Hope Elementary School
2021-2022 School Calendar**

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

First Trimester (57 days)

September 1-2	Teacher Workshop Days
September 6	Labor Day
September 7	First Day of School K-8
September 13	First Day for Pre-K
September 16	Open House
October 11	Indigenous Peoples Day
October 21	Early Release (11:30)/PT Conference
November 11	Veterans Day
November 22 & 23	Teacher Workshop Days
November 24-26	No School
November 25	Thanksgiving
December 3	End of First Trimester

SEPTEMBER (18)						
S	M	T	W	T	F	S
			W	W	3	4
5	H	O	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER (20)						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	H	12	13	14	15	16
17	18	19	20	E	22	23
24	25	26	27	28	29	30
31						

NOVEMBER (16)						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	H	12	13
14	15	16	17	18	19	20
21	W	W	X	H	X	27
28	29	30				

DECEMBER (16)						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	E	X	H	25
26	X	X	X	X	H	

Second Trimester (61 days)

December 22	Early Release (11:30)/Staff & Student
December 23-31	Holiday Vacation
December 25	Christmas Day
January 1	New Year's Day
January 1 /	Martin Luther King, Jr. Day

JANUARY (20)						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	H	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY (15)						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	H	X	X	X	X	26
27	28					

February 10	PT Conferences 8th Grade
February 21	Presidents' Day
February 21-25	School Vacation
March 17	End of 2nd Trimester
March 18	Teacher Workshop Day

MARCH (22)						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	W	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL (16)						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	E	16
17	H	X	X	X	X	23
24	25	26	27	28	29	30

April 15	Early Release (11:30)/Staff & Student
April 18	Patriot's Day
April 18-22	School Vacation
May 5	Early Release (11:30)/PT Conference
May 27	Teacher Workshop Day
May 30	Memorial Day

MAY (20)						
S	M	T	W	T	F	S
1	2	3	4	E	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	W	28
29	H	31				

JUNE (17)						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	H	21	22	23	O	25
26	27	28	29	30		

June 16	Last Day for Pre-K
June 19	Juneteenth
June 23	Early Release/Last Day (with 5 snow days used)

H - School Holidays (10)
O - First/Last days (2)
X - School Vacation Days (15)
E - Early Release Days @ 11:30 (4)
W - Teacher Workshop Days (8)

180 Student Days (5 snow days built in)
175 Actual Student Days

***Last day of school is subject to change.
If there is delay, there will be no morning Pre-K.**

Monthly Substance Use Prevention Update:***Keep your children safe and healthy – Be aware of prescription stimulant abuse***

The arrival of the holiday season means end of semester exams are coming up fast! Did you know that almost 10% of high school seniors admit to abusing ADHD medications in the past year, according to the National Institute on Drug Abuse? At school, teens may be tempted to misuse prescription stimulants to stay up late to do last minute studying, lose weight or feel a high. Stimulants may seem like a quick solution to last minute studying, but students who abuse prescription stimulants actually had *lower* GPAs than those who didn't, according to the NIH.

Prescription stimulants, also known as Amphetamines (Eg: Adderall and Dexedrine) and Methylphenidate (Eg: Ritalin and Concerta), might be prescribed for:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Narcolepsy
- Depression

If you or your family member has medication at home, be aware of where your medication is stored and keep an eye out for sudden changes in supply. If you notice medication missing or that your child has a sudden unexplained increase in cash flow, talk to them about it.

Even a teen who is prescribed stimulants can misuse them by taking them differently than medically directed. This can look like taking too many, crushing and snorting, or injecting. These forms of administering stimulants can cause severe damage to the heart, brain and other organs because inactive ingredients in the tablets can block small blood vessels.

Abuse of these prescriptions can cause increased blood pressure, irregular heartbeat, and risk for seizures and stroke. Red flags for prescription stimulant abuse include:

- Insomnia
- Excessive weight loss
- Twitching
- Memory problems

Keep lines of communication open and talk about the dangers of prescription stimulant abuse. If you notice or suspect signs of a drug problem in your teen, take action right away. Consult their primary care provider or school guidance counselor.

To find out how you can become involved locally, contact Jamie Lovley, Substance Use Prevention Coordinator, Knox County Community Health Coalition – 236-6313 Ext. 2; jamielovleykcchc@gmail.com Knox County Community Health Coalition provides substance use prevention services in Knox and Waldo Counties, and is a division of the Penobscot Bay YMCA's Community Health Promotion Department.

TIME TO EXPLORE

AFTERSCHOOL AT THE Y

PARENTS TRUST US...KIDS LOVE US!

Penobscot Bay YMCA & Rockland Harbor YMCA

AFTERSCHOOL PROGRAMS

Grades Kindergarten & Up

The Y's Afterschool Programs provide school age kids a safe environment for learning and imaginative activities that encourage exploration of who they are and what they can achieve!

DAILY ACTIVITIES!

- STEM (Science, Technology, Engineering & Math)
- Games • Physical Activity • Arts and Crafts

To Confirm your Registration for the 2021-22 School Year!

1. Visit www.penbayymca.org to download the Before/Afterschool Enrollment Packet.
2. Please submit the enrollment packet, with billing information for each child you would like to register, to Benjie Blake at bblake@penbayymca.org or drop off at the Rockport branch location.
3. Submit a signed acknowledgement of receipt of the Parent Handbook.
4. Payments will be electronically drafted the Friday before each week of care.
5. You will receive an email confirmation when your child's enrollment is confirmed.

- The Y accepts DHHS subsidy and childcare vouchers.
- Qualifying families may receive this program free of charge through 12/31/21 via the YMCA Alliance of Maine Community Block Development Grant. Please email bblake@penbayymca.org or details.

PROGRAM LOCATION	AFTERSCHOOL RATE*	PROGRAM TIME
Camden/Rockport Elementary (CRES)	3 Days: \$57 or 5 Days: \$85	Afterschool - 5:30 PM
Lincolntonville Central School (LCS) Grades K-5	3 Days: \$53 or 5 Days: \$80	Afterschool - 5:30 PM
Thomaston Grammar School (Kids bused from Cushing)	3 Days: \$53 or 5 Days: \$80	Afterschool - 5:30 PM
Rockland South School	3 Days: \$53 or 5 Days: \$80	Afterschool - 5:30 PM

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