



Hawk's Eye

Weekly News from Hope Elementary School

hes.fivetowns.net

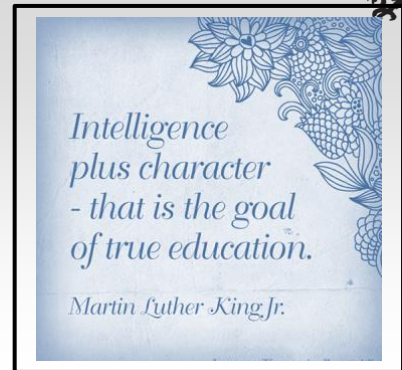
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[Hope Elementary School Facebook](#)



Upcoming Events for Your Calendar

Feb. 10th – 8th grade parent/teacher conferences
Feb. 15th - HES School Committee Meeting (6PM at HES)
Feb. 21st – No school (President's Day)
Feb. 22nd – 25th – No school (Winter Break)
March 15th - HES school Committee Meeting (6PM at HES)
March 18th – No school (teacher workshop day)
April 18th - 22nd – No school (Spring Break)
April 19th - HES School Committee Meeting (6PM at HES)



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.

To send messages to our school nurse, Reagan Thomason, please use email: hesnurse@fivetowns.net

Congratulations to the middle school Geography Bee Winners:



Grade 8- Harris
Grade 7- Thea
Grade 6- Adelaide & Maggie

CRMS WRESTLING WILL START ON TUESDAY, JANUARY 25TH

Practices will be at Camden Hills Regional High School on Tuesday and Thursday evenings 6:15 to 7:30 through Thursday February 17th. Practices will then move to the CRMS gym Monday through Friday 4:00 to 5:30. There will be optional practices scheduled during the week of February break. Meets will start in March with the season ending in late March.

Students need to be fully vaccinated to participate in wrestling this year.

Wrestling is open to Grades 5-8, however, based on registration numbers, we may have to prioritize participation beginning with 8th grade, then 7th, 6th and finally 5th. Please sign up if you are interested, regardless of your grade, and we will let you know if we do have to limit numbers.

Please use the registration form linked below. Some things to know about wrestling and covid:

- At this time athletes need to be masked at all times while practicing or competing.
- All athletes must be vaccinated; a booster is recommended.
- All athletes must have a physical on file and a health history.

If you have already registered you do not need to register again, however if you're not sure you may register again. More information soon!

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLSckGzdAfjTINzH_23uQd78p5ngmf9MnEwwqlyUCCuvZpqC53A/viewform?usp=sf_link

Health History Forms etc: https://crms.fivetowns.net/athletics/health_forms



The first 4 weeks of Pen Bay Practice @ The Pitch:

Dates/Times

Boys: 3rd/4th 5th/6th 7th/8th Grade

Monday April 4th*, 11th, 18th, 25th

Time: 5-6 pm

*** Only on April 4th, 5-6pm 3/4 and 5/6 boys; 6-7pm 7/8 boys***

Girls: 3rd/4th 5th/6th 7th/8th Grade

Wednesday April 6th, 13th, 20th, 27th

Time: 5-6pm



HES MENU for 1-24 through 1-28

This institution is an equal opportunity employer.

☐ **Monday (1/24):** Fruit Smoothies (Breakfast)
Ham & Cheese Wrap (Lunch)

☐ **Tuesday (1/25):** Cereal (Breakfast)
Popcorn Chicken with Sweet Potato Fries (Lunch)

☐ **Wednesday (1/26):** Banana Muffins with Cheese Sticks (Breakfast)
Spaghetti with Meat Sauce (Lunch)

☐ **Thursday (1/27):** Fruit & Yogurt Parfait with Granola (Breakfast)
Chicken & Broccoli Stromboli (Lunch)

☐ **Friday (1/28):** Cereal (Breakfast)
Cheese Pizza (Lunch)

ALL MEALS ARE FREE FOR STUDENTS

Breakfast includes protein, fruit/juice, whole grain and milk.

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.