



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

April 15th - Early release (11:30AM) for staff & students
April 18th - 22nd - No school (Spring Break)
April 19th - HES School Committee meeting (6PM at HES)
April 25th - 29th - Spring Book Fair in the HES music room
May 5th - Early release (11:30AM) for parent/teacher conferences
May 27th - No school (teacher workshop day)
May 30th - No school (Memorial Day)
June 9th - School music concert (5PM)
June 16th - Last day of Pre-K
June 20th - No school (Juneteenth)
June 24th - Last day of school (with 5 snow days used)

***"We grow through
what we go
through."***

~ Dhiman

HOPE RESIDENTS!

SIGN UP FOR FALL 2022 KINDERGARTEN HERE:

[Kindergarten Registration](#)



FRIDAY, APRIL 15th is an early release day (11:30AM) for students and staff.

Creative Writing Club is Back!

First session is for elementary students in grades 2-5.

After school on Fridays from 1:45 - 2:45 PM: join Mrs. Walsh to explore creative writing each Friday. We will work on stories, learn about character development, graphic novel creation, poetry, and other forms of writing. Sign up with Mrs. Walsh in the library or parents can email liza.walsh@fivetowns.net to reserve a spot. Club is limited to 12 students. Elementary (grades 2-5) 3-week session will be held April 1, April 8, and April 29th.

RESERVATIONS ARE REQUIRED! Thank you!



HES MENU for April 11th - April 15th

This institution is an equal opportunity provider.

- **Monday (4/11):** Egg & Cheese Breakfast Pizza (Breakfast)
Popcorn Chicken & Tater Tots (Lunch)
- **Tuesday (4/12):** Blueberry Muffins & Cheese Stick (Breakfast)
Ham & Cheese Italians (Lunch)
- **Wednesday (4/13):** Cereal (Breakfast)
Cheese Pizza (Lunch)
- **Thursday (4/14):** Yogurt Parfait with Granola (Breakfast)
Chili with Chips (Lunch)
- **Friday (4/15) Early Release:** Nutri Grain Bars & Yogurt (Breakfast)
Turkey & Cheese Sandwich (Lunch)

ALL MEALS ARE FREE FOR STUDENTS

Breakfast includes protein, fruit, 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.



Dear Parents and Families:

We're excited to invite you to our upcoming Scholastic Book Fair. Hosted by our staff, this event is an opportunity for students of all ages to build their home libraries and further their love of reading. As always, all purchases benefit our school.

After missing out on many beloved traditions, our spring Book Fair will be a familiar, welcome, and safe event for our students. Here's what you need to know about the Fair, which will take place from **April 25-29 in the Music Room**.

Our Book Fair offers **eWallet**, a safe and secure alternative to cash. Simply create a free account to add funds and/or invite family and friends to contribute so your child can select their own books. Any unused funds can be spent at The Scholastic Store Online or to fund a future eWallet.

If you can't make it to the Fair, then **shop at our school's Online Book Fair**. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:
<https://www.scholastic.com/bf/hes20>

We're excited to celebrate our love of books together at the Book Fair. We look forward to seeing your child there!

Happy reading,

Liza Walsh
Hope Elementary School Librarian

Students in 5th & 7th grades visited Camp Kieve this week for some team building activities.



BABE RUTH TRYOUTS

Five Town Babe Ruth will be holding tryouts this Saturday, April 9th, from 12:15 to 2pm at The Pitch. Returning players are encouraged to attend.

Please pass along this information to all 13–15-year-old baseball players in the Five Town community.

The Registration Link for the 2022 Five Town Babe Ruth season is:

http://fivetownbaberuth.website.sportssignup.com/?_ga=2.249801734.1845159204.1649019177-150967148.1649019177



Hello HES Families,

"Bicycle, bicycle, bicycle..I want to ride my bicycle, I want to ride my bike."

The weather is warming up and bikers of all ages are out of hibernation. Whether you're hitting the trails or the neighborhood streets, here are some facts for keeping it safe on your ride.

Bicycle Safety: Myths and Facts

Myth: My child doesn't need to wear a helmet on short rides around the neighborhood.

Fact: The majority of bike crashes happen near home. Wearing a helmet at all times helps develop good habits.

Myth: Any helmet will work just as well as a bicycle helmet.

Fact: Only a bicycle helmet is made specifically to protect the head from any fall that may occur while biking.

How should a helmet fit? It should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back it will not protect the forehead. It fits well if it doesn't move around on the head or slide down over the eyes when pulled. Adjust chin strap to fit snugly.

Myth: I should buy a bicycle that my child will grow into.

Fact: Oversized bikes are especially dangerous. Your child does not have the skills and coordination needed to handle a bigger bike and may lose control.

Myth: It's safer for my child to ride facing traffic.

Fact: Your child should always ride on the right, with traffic. Riding against traffic confuses or surprises drivers.

Myth: Children shouldn't use hand signals, because signaling may cause them to lose control of their bikes.

Fact: Hand signals are an important part of the rules of the road. Children should be taught before they begin to ride.

Myth: Bike reflectors and a reflective vest will make it safe for my child to ride at night.

Fact: It's never safe for your child to ride a bike at night.

I hope you have a great, safe weekend.

Be well,

Reagan

*Courtesy of American Academy of Pediatrics

To learn more about **tip**: The Injury **P**revention **P**rogram:

<http://patiented.solutions.aap.org/solr/searchresults.aspx?q=bike%20safety&restypeid=1>

Little League Baseball and Softball Registration Is NOW OPEN!



Five Town Little League registration for the 2022 season is now open for all players ages 5 – 12!

Parent volunteers are also needed for all divisions. Please visit the FTLL website today to sign up for the season as well as the below March and April clinics at the PITCH, baseball/softball evaluations and parent volunteer positions.

Please note that signing up for the clinics and/or evaluations will NOT register your player for the season, that must be done separately.

REGISTER FOR CLINICS, EVALUATIONS AND THE 2022 SEASON TODAY AT: <http://ftll.sportsoffice.com/>

Baseball clinics and evaluations at the PITCH:

3/12 - 12:30 - 1:30pm (7 to 9 year old clinic)
 3/12 - 1:30 - 2:30pm (10 to 12 year old clinic)
 3/19 - 12:30 - 1:30pm (7 to 9 year old clinic)
 3/19 - 1:30 - 2:30pm (10 to 12 year old clinic)
 3/29 - 5:30 - 7:00pm (9 to 12 year old clinic)
 4/9 - 2:00 - 5:00pm EVALUATIONS (9 to 12 year olds only)

Softball clinics and evaluations at the PITCH:

3/15 - 5:30 - 7:00pm (10 to 12 year old clinic)
 3/22 - 5:30 - 7:00pm (7 to 9 year old clinic)
 3/26 - 12:30 - 2:30pm (10 to 12 year old clinic)
 4/10 - 2:00 - 3:00pm (7 to 9 year old clinic)
 4/10 - 3:00 - 5:00pm EVALUATIONS (9 to 12 year olds only)



Please email mainefivetownlittleleague@gmail.com with any questions.

You can also follow us on Facebook at Five Town Little League.

Let's play ball!

LACROSSE

**The first 4 weeks of Pen-Bay practices
are Indoor @ The Pitch grades 3-8**

Boys: Mon 5-6pm - Dates: April 4*, 11, 18, 25

*** Only on April 4th: 7/8 grade boys go 6-7pm**

Girls: Wed 5-6pm - Dates: April 6, 13, 20, 27

After the 4 weeks inside every one will move outside

Sign-up at the Pitch or online: <http://www.maineitch.com/lacrosse/>



GIRLS ON THE RUN SPRING 2022



Harbor Park
Camden

Tues & Thurs
4:00-5:30pm

April 5 - June 5

Registration is Open Now!

register here 

www.girlsontherunmaine.org



SUMMER 2022

CANOEING WILDERNESS TRIP

Maine Canoeing & Leadership Expedition



for rising
9th - 11th graders

Aug. 7-12

Canoeing is a traditional way of moving through the Maine wilderness. While paddling through lakes & rivers, we will learn the art of Canoe Expeditioning on crystal clear water while camping on pristine sandy beaches. We'll learn paddling & rescue skills and how to navigate through remote & unique wilderness. We'll also build important skills for personal & expedition success: leadership development, team-building, camp-craft, cooking & more!

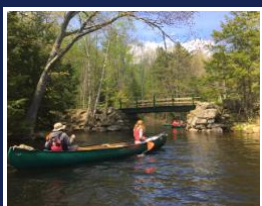
SEA KAYAKING WILDERNESS TRIP

Seas, Skies & Leadership Kayak Expedition

There is no better way to explore the Maine Coast than sea kayaking! We'll paddle through unique pockets of coastline, finding remote islands & sandy beaches to camp on. We'll explore the night sky with telescopes, and learn from our own MountainsSea astronomer! We'll hone our skills as camp cooks (cinnamon buns in the dutch oven!) & expeditionary leaders. This trip will have equal parts fun, personal & group challenge + exploratory science, while developing key leadership skills.

for rising
8th & 9th graders

July 19 - 23



ADVENTURE DAY CAMP

Best of the Midcoast!

for rising 5 - 7 th graders

Aug 1 - 4

We will explore the hills, coast, and waterways of the amazing midcoast! We will canoe, hike, play games and weave together themes of ecology and team-building while making new friends and developing our resiliency as outdoors explorers!

A nature-based day camp integrating ecology, art and play. Children will connect with the natural world, new friends, and themselves during this vibrant 4-day program. Our curiosities will lead the way to new learning, connection and so much fun!

EXPLORER'S CLUB DAY CAMP

for rising 1- 4 th graders

JUNE 27 - 30 & AUG 1 - 4

(choose from 2 sessions)



FOR MORE INFORMATION:

www.mountainseaexp.com