



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

May 2nd – 5th – Staff Appreciation Week!
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 – HES 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)

***“Better than a
thousand days of
diligent study is one
day with a great
teacher.”***

~ Japanese proverb

HOPE RESIDENTS!

SIGN UP FOR FALL 2022 KINDERGARTEN HERE:

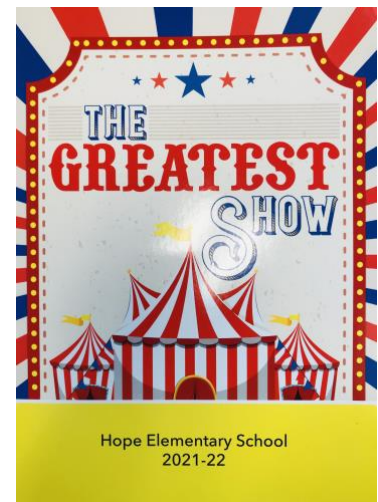
[Kindergarten Registration](#)

**PARENT-TEACHER
CONFERENCES
ARE ON ZOOM**



Parent/Teacher conferences take place on May 5th from noon – 7PM for students in Pre-K through 7th grade. There are no conferences for 8th grade students. Please sign up for a conference time here: [Parent/Teacher Conference Sign Up](#)

YEARBOOKS ARE AVAILABLE ON A FIRST COME, FIRST SERVED BASIS. \$15 – Contact Debra.benner@fivetowns.net to order a copy.



Maple Sugaring in Kindergarten: In Early March we noticed that the Japanese and Silver Maple trees by the yurt had buds on them, so we took a closer look and did observational drawings and sentence writing about what we saw. But those weren't the only maples at HES...we got the pleasure of meeting (and hugging) the maples in the forest too! We learned about fire and its lifecycle (an important component in making syrup) and read sugaring stories around it. We hammered spiles into 3 red maples and collected their sap for many weeks with great anticipation, excitement, heavy-lifting, and some sap-tasting! We graphed our sap collection along the way and kept track of our total in gallons. Finally, Ms. Schrader did the boiling, and we LOVE the sweet syrup we made :)



May is Mental Health Awareness Month!



During the month of May students will begin learning about the brain and discussing the importance of brain wellness through developmentally appropriate classroom guidance lessons. Although supporting mental health and wellness is done year-round, my hope is that intentionally carving out a space for conversations on this topic within the classroom will help decrease the unfortunate stigma surrounding it. This will be done by raising awareness about the importance of brain health, exploring adaptive coping strategies, identifying resources and above all normalizing emotions as a part of the human experience. Students will learn creative ways to communicate the state of their mental health to others as they gain insight into the way they experience and respond to strong emotions. I encourage you to check in with your child each week to see what new learning has taken place and reference any resources that may be sent home or posted in the newsletter.

Together we can nurture youth mental health and wellness!

Should you have any questions or need any resources, please reach out to me via email: patricia.cochran@fivetowns.net

How to nurture a child's mental health



© 2018 Mental Fills Counseling Store



HES MENU for May 2nd - May 6th

This institution is an equal opportunity provider.

- ☐ **Monday (5/2):** Cereal (Breakfast)
Spaghetti with Meat Sauce (Lunch)

- ☐ **Tuesday (5/3):** Egg & Cheese Breakfast Pizza (Breakfast)
Chicken Sandwich with Potato Wedges (Lunch)

- ☐ **Wednesday (5/4):** Berry Smoothies (Breakfast)
Chicken & Broccoli Alfredo (Lunch)

- ☐ **Thursday (5/5) EARLY RELEASE @ 11:30AM:**
Nutri Grain Bars & Yogurt (Breakfast)
Ham Italian with Chips (Lunch)

- ☐ **Friday (5/6):** Fruit & Yogurt Parfait (Breakfast)
Cheese Pizza (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.

Ms. Schrader and her father entertained grades K-2 with a special music assembly last week.



Free Golf Lessons!
4th – 7th Grade

West Appleton Country Club
2306 West Appleton Road
Appleton, ME 04862

WHEN: Every Wednesday Afternoon
Beginning April 20th
TIME: 4-5PM

FREE!! (No Cost)

Please call the Country Club @785-3159 to let us know if you want lessons!

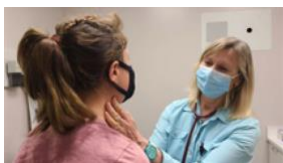
Hey Hope! It's time for our annual roadside clean-up!

Please do your part and share in the springtime cleaning of our roads. It's a great way to get outside with your family and show them how a community works together.

Sign up on the Hope Happenings fb page or contact Marcie Howard at 975-2368 or just get out there. Grab a vest and picker from the town office and drop your bags in the dump trailer at the fire station.

Thank you!! Let's all do our part!





SCHOOL-BASED HEALTH A Key Prevention Strategy

All Maine children and youth deserve to thrive. But too many lack access to health care services. School-based health is the solution, bringing health care to where students spend the majority of their time - in school.

WHAT IS A SCHOOL-BASED HEALTH CENTER?

A School-Based Health Center (SBHC) is a permanent health center located within a school building offering comprehensive health services. It is a collaboration between the school, the community, and a partnering healthcare provider to support operation of the SBHC.

SBHCs are student-focused and provide integrated medical, mental health and prevention services aimed at improving health equity and wellbeing among all students. SBHC services are offered to all eligible students regardless of insurance status or ability to pay.

WHY SBHCs?

School-Based Health Centers are a powerful tool for achieving health equity among children and adolescents who experience disparities in outcomes simply because of their race, ethnicity, or family income. Placing critically needed services like medical, behavioral, dental, and vision care directly in schools means that all young people, no matter their zip code, have equal opportunity to learn and grow. Research shows that adolescents are more likely to seek out preventive services in schools; SBHCs keep youth healthy and connected to care.



HEALTHY CHILDREN ARE BETTER STUDENTS...



OXFORD HILLS
HEALTH CENTER

SBHCs reduce barriers to learning by providing access to medical and mental health care while reducing missed learning time for students. SBHCs coordinate appointments with students' schedules so they will be ready and able to learn. SBHCs have well documented benefits, including:

- Improved student health, overall well-being, and academic success
- Reduced health disparities
- Improved school performance and grade promotion
- Decreased absenteeism and improved graduation rates
- Demonstrated cost benefits for our health care system including lower Medicaid costs
- Reduced emergency room usage

"Thank you for being there for my daughter. The SBHC has treated her several times and it has been so convenient." - Mother of a registered student

WHY IT MATTERS NOW - INCREASED NEED FOR MENTAL HEALTH CARE

The mental health needs of Maine children and youth and demand for services are at an all-time high. The COVID-19 pandemic has exacerbated existing disparities in access to mental health care. In the 2020-2021 school year mental health visits accounted for 77% of school-based health center encounters. The expansion of SBHCs will be critical to improving access to important mental health services and supports.

"The health center makes sure all the kids that go in are helped. The times I've gone in the staff were helpful to me and always made me feel better. It's a safe and friendly environment. Anyone who walks in feels welcomed. Everyone follows the safety regulations as well. If you're in need of anything the health center has your back. A five-star rating!"
- High School Senior

SCHOOL-BASED HEALTH CENTERS Services Offered

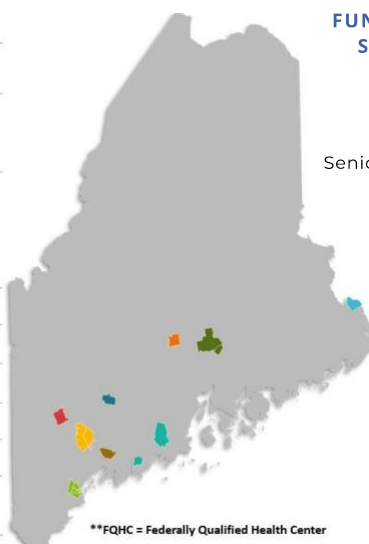
- Preventative Health Exams
- Acute Medical Visits
- Health Risk Assessment
- Individual Health Education
- Acute Vision Care
- Sports Physicals
- Immunizations
- Depression Screening
- Suicide Risk Assessment
- Substance Use Counseling
- Tobacco Cessation
- Referrals to Specialized Medical or Behavioral Health Providers
- Reproductive Health (optional)
- Oral Health Services (optional)



LAWRENCE HIGH SCHOOL
HEALTH CENTER

CURRENT MAINE SCHOOL-BASED HEALTH CENTERS

City of Calais (School District Sponsor) <i>Partnering with St. Croix Regional Family Health Center</i>	Calais Middle and High School
Community Clinical Services* (FQHC** Sponsor) <i>*not operating with state funding</i>	Auburn Middle School Edward Little High School Lewiston High School Lewiston Middle School
Greater Portland Health (FQHC Sponsor)	Casco Bay High School Deering High School King Middle School Portland High School South Portland High School (new site, 2021-22) Westbrook High School (new site, 2021-22)
Hometown Health (FQHC sponsor) <i>(new grantee, 2021-22)</i>	Nokomis High School, Newport
Lincoln Health (Health System Sponsor) <i>(new grantee, 2021-22)</i>	Boothbay High School Medomak Valley High School, Waldoboro
Western Maine Health Care (Health System Sponsor)	Oxford Hills High School Oxford Hills Middle School
Maranacook RSU 38 (School District sponsor)	Maranacook Community Schools
Topsham RSU 75 (School District Sponsor)	Mt. Ararat High School, Topsham
Penobscot Community Health Care (FQHC Sponsor)	Bangor High School (new site, 2021-22) Brewer Community School Brewer High School



**FQHC = Federally Qualified Health Center

**QUESTIONS OR WANT TO LEARN
MORE ABOUT THE CURRENT
FUNDING OPPORTUNITY TO EXPAND
SCHOOL-BASED HEALTH CENTERS?
CONTACT...**

Sarah Squirrell, MS
Senior Advisor School Based Health, DHHS
Email: Sarah.Squirrell@maine.gov

Sheila Nelson, MPH, MSW
Program Manager, Maine CDC
Email: Sheila.Nelson@maine.gov

Mary Herman, Ed.M
Special Projects, Maine DOE
Email: Mary.Herman@maine.gov



*Free Event at the
University of
Southern Maine!*

STRONG GIRLS U @ USM

Sunday, May 1, 2022

Register Now!

3:00-4:30pm

In celebration of the 50th Anniversary of Title IX, the University of Southern Maine is collaborating with the nonprofit organization, Strong Girls United on a **FREE** event open to all girls in **grades K-6**.

Female student-athletes from USM will be coaching and mentoring participants through activities that focus on teamwork, social connection, physical activity, and empowerment! Bring sneakers and a water bottle.

We will be in the Costello Sports Complex. **Space is limited. Each participant must register:** <https://www.eventbrite.com/e/strong-girls-united-event-with-usm-athletes-tickets-309844903447?aff=ebdssbdestsearch>

Masks **OPTIONAL** per current USM COVID-19 protocols.



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!

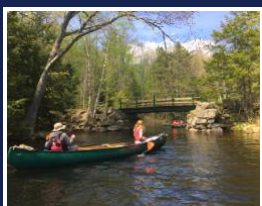
SEA KAYAKING WILDERNESS TRIP

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

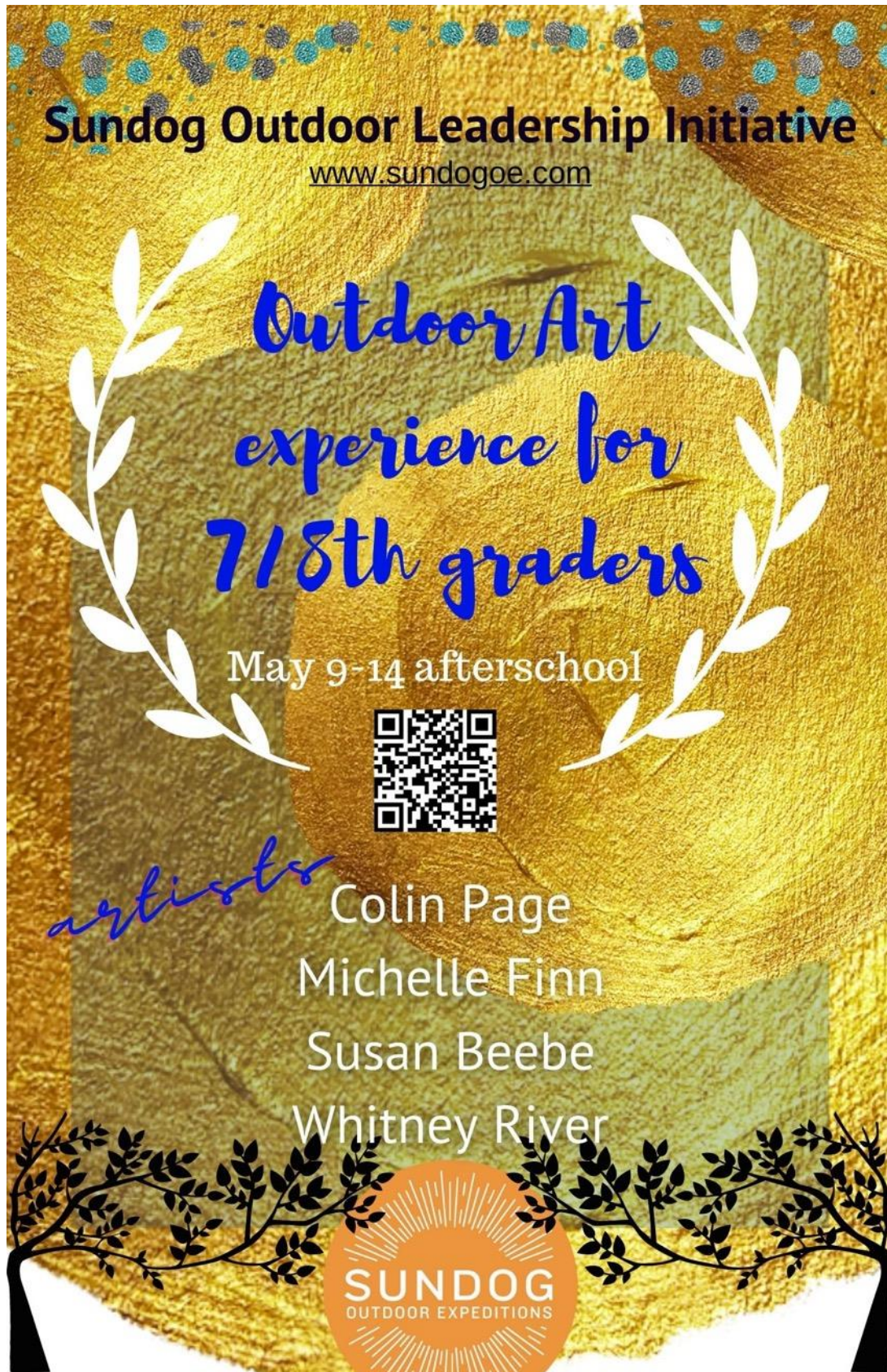
JUNE 27 - 30 & AUG 1 - 4

(choose from 2 sessions)



FOR MORE INFORMATION:


www.mountainseaexp.com

A poster for the Sundog Outdoor Leadership Initiative. The background is a textured, golden-yellow surface with a white laurel wreath in the center. At the top, there are several small, colorful circles in shades of blue, green, and grey. The text is arranged in a central, vertical layout. At the bottom, there are black silhouettes of trees and a circular logo for Sundog Outdoor Expeditions.

Sundog Outdoor Leadership Initiative
www.sundogoe.com

*Outdoor Art
experience for
7/8th graders*

May 9-14 afterschool



artists Colin Page
Michelle Finn
Susan Beebe
Whitney River

SUNDOG
OUTDOOR EXPEDITIONS



Outdoor Art



Day One:

Rockland artist, **Susan Beebe**, will share her knowledge of Andy Goldsworthy and pose **forest sculpture** challenges for the group.

Day Two:

Colin Page of Camden will take us to the Rockport Harbor to **paint, paint, paint** as he shares tips on composition and color.

Day Three:

We are back in the forest with **Michelle Finn**, renown survivalist and expert in "primitive technologies" as she shows us **cordage & clay** & baskets & more.

Day Four:

We'll meet at Fernald's Neck with **Leah Trommer** of Coastal Mt Land Trust who will help us see interconnectedness of nature and art with **forest journalling**.

Day Five:

Boothbay's Botanical Gardens will be our palette as Camden artist, **Whitney River** shares pencil & shading skills and we follow the **Trail of the Trolls**.

For 7th & 8th graders ----- [register here](#)

Run 4 the MONEY 5K



We Are Back and Ready to Run!

- Sunday May 29, 2022
- Children's Fun Run - 9:30 AM
- 5K Event - 10:00 AM
- Register Online at:
moneyathleticfoundaton.org

Race day registration runs from 8:30 to 9:30 AM at the Lincolnville Central School, 523 Hope Road, Lincolnville, Maine.

Participants may pre-register using the online form on the webpage, pay by using the PayPal donate button, and all you will need to do is sign our release form on race day.

The cost is \$25.00 for adults and \$10.00 for children under the age of 12. All Proceeds go to the MONEY Athletic Foundation Scholarship Program.

Can't make it that day? No big deal ... you can "virtually" walk or run your 5K from anywhere. Just make your donation via paypal and send a course description, map, or photo to moneyathleticfoundation@gmail.com, so we can post it to our Facebook page!