



Hawk's Eye

Weekly News from Hope Elementary School

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Upcoming Events for Your Calendar

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)

***“Believe you can
and you’re halfway
there.”***

~ Theodore Roosevelt

HOPE RESIDENTS!
SIGN UP FOR FALL 2022 KINDERGARTEN HERE:
[Kindergarten Registration](#)



Thank you to everyone who helped to make staff appreciation week a big success! The flowers, food and gift cards were very much appreciated.



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

Fourth and fifth graders spend Monday morning on the Nature Trail and soccer field collaborating with visitors from Tanglewood. They participated in a variety of activities to learn more about birds and how they survive.





Dear Parents and Families,

I'm sending my sincere gratitude for making our Book Fair an outstanding success!

Thanks to your contributions, we raised over \$2700 for our school, which we used to buy summer reading books for every student and will use to add books to our library and our classroom libraries.

My reward for hosting a Book Fair is watching your kids discover new books. All that joy wouldn't be possible without the support from our school community – you deserve my special thanks.

If your child missed out on the Fair (or already finished every new book), there's still time to shop! Our Book Fair will continue online through 5/8. Your online purchases benefit our school. Click below to shop our Fair:

<https://www.scholastic.com/bf/hes20>

I hope to see you and your child at our next Fair. Until then, happy reading!

Gratefully,

Liza Walsh
Book Fair Chairperson/Librarian
Hope Elementary School







What's the weather like in your mind?

Over the last two weeks students have begun exploring the concept of Mental Health. Students across all grade levels have considered what it is, why it matters and how they can be an advocate for Mental Health awareness.

To support this learning elementary students were introduced to the concept of internal weather and explored the various forecasts before reflecting on their own forecast. Through discussion students were reminded that just as the weather can change, so too can and will their moods. Sometimes these internal weather patterns will change quickly, while at other times they may be enduring. They came to understand that just as the weather can influence the type of clothing they wear, their internal weather can alert them to the type of support or coping strategies they may need to access or use.

Currently students in 6th and 7th grade have explored their personal attitudes and beliefs about Mental Health, while gaining a general understanding about the Mental Health challenges most commonly impacting youth.

Additionally, time was taken with each class to normalize emotions as a natural part of the human experience, while also highlighting the importance of how they respond to those feelings, their personal coping strategies, as well as the resources available to support them when needed.

Have a restful and fulfilling weekend!

Mrs. C





HES MENU for May 9th - May 13th

This institution is an equal opportunity provider.

- ☐ **Monday (5/9):** Yogurt Parfait (Breakfast)
Pepperoni Stromboli (Lunch)

- ☐ **Tuesday (5/10):** Cereal (Breakfast)
Hot Dogs with Potato Wedges (Lunch)

- ☐ **Wednesday (5/11):** Nutri Grain Bars with Yogurt (Breakfast)
Pancakes with Sausage (Lunch)

- ☐ **Thursday (5/12):** Fruit Smoothies (Breakfast)
Chicken Quesadillas (Lunch)

- ☐ **Friday (5/13):** Cereal (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.



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!

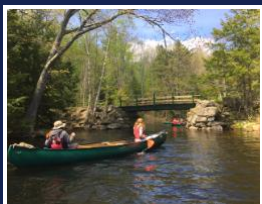
SEA KAYAKING WILDERNESS TRIP

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

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





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!