

# The Hawk's Eye

Weekly News from Hope Elementary School



## School Pictures

Lifetouch will be here on Tuesday, October 25th for fall picture day. In addition to the traditional order form, you can order portraits on-line at [mylifetouch.com](http://mylifetouch.com). The HES picture day ID is: **EVTR7VW7K**.

On-line orders will be tracked and printed just as if a paper order form had been given to the photographer. All students will have their pictures taken for student records. There will be a make-up day for absent students and any re-takes. Order forms will be sent home soon. Please contact the office with any questions at: 785-4081 or [hessoffice@fivetowns.net](mailto:hessoffice@fivetowns.net)

## Upcoming Events for Your Calendar

Oct. 3rd - Fall NWEA testing window opens  
 Oct. 10th - Indigenous Peoples Day (NO SCHOOL)  
 Oct. 20th - Parent/Teacher conferences (Early release at 11:30AM)  
 Oct. 25th - School pictures  
 Oct. 28th - Fall NWEA testing window closes  
 Nov 2nd - Student Assembly  
 Nov 11th - Veterans Day (NO SCHOOL)  
 Nov 21st - 25th - Thanksgiving Break (NO SCHOOL)



"The healthiest response to life is joy."

~Deepak Chopra

### Reminder from the office:

Please email [the office](mailto:hessoffice@fivetowns.net) if your child/children will be arriving late to school or have any other changes to their daily schedule. Thank you!



### Reminder about school meals:

All meals (breakfast and lunch) are free again this year for students. Please note however, if a student gets milk only (no meal) there is a fee of .40¢. Parents will receive bills via email if students accrue a balance for milk. Middle school students (grades 6-8) may also get "seconds" if there is extra food at the end of lunch. There is a fee of \$1 for a second meal. Let us know if you have any questions at [hessoffice@fivetowns.net](mailto:hessoffice@fivetowns.net)

## Volunteer Group

HES would like to restart a school / staff volunteer group. This group will organize family events and fundraisers to raise money for students. If you had a chance to sign up last night, thank you. If you are interested, please email [danielle.fagonde@fivetowns.net](mailto:danielle.fagonde@fivetowns.net). The group will meet monthly.



Check out the new HES Spanish page created by Señor Angulo at: <https://sites.google.com/fivetowns.net/hopespanish/home>

## Soccer Schedule

9/19 @ Searsport Middle School (AWAY)  
 9/21 vs. CRMS (HOME)  
 9/26 @ AVS (AWAY)  
 9/28 vs. LCS (HOME)  
 10/3 @ Islesboro Central School  
 10/5 BYE  
 10/12 @ Saint George Middle School (AWAY)

## Cross Country Schedule

9/15 @ Camden-Rockport  
           Boys 4:00      Girls 4:45  
 9/22 @ Troy Howard  
           Girls 4:00      Boys 4:45  
 9/29 @ Home Meet  
           Boys 4:00      Girls 4:45  
 10/6 @ Searsport  
           Girls 4:00      Boys 4:45  
 10/13 @ Great Salt Bay  
           Boys 4:00      Girls 4:45  
 10/20 Busline League Championship  
 @ Troy Howard Middle School  
           Girls 3:45      Boys 4:30



## News from the Library

The school year is already in full swing and so are library checkouts! Every week each class visits the library to learn more about the world of books and check out a few of their own. Students can check out the number of books that matches their grade, ex. 3rd graders can check out 3 books at a time. Book checkout periods last two weeks; if a student is still using a book they can check in with me when their class visits during the week and we can renew it together.

We've also restarted our lending library program with Rockport Public Library and Camden Public Library! If a student wants a book that's not on the Hope Elementary School Library's shelves, I can place a hold on those books and pick them up at either library. Students can pick up their interlibrary loan books during their weekly class visit. If your student still has books checked out from the last school year, please return them over the next few weeks! Unless a book is truly lost and needs to be replaced, overdue books are fine free at our library.

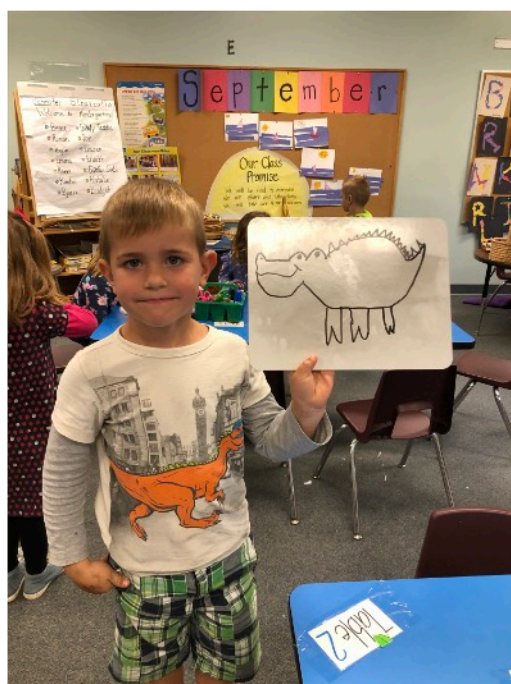
Happy reading!

Ms. Gluck  
[charlie.gluck@fivetowns.net](mailto:charlie.gluck@fivetowns.net)



## Kindergarten!

Kindergarten has been busy this week, and lots of learning going on. This week, we took a nature hike and made observations by wrapping different color yarn around a cardboard cut-out of a leaf. You can see Teddie's in the picture! And we started learning our letters. "A" is for Alligator! Check out the drawings by Beau and Jon. Keep up the hard work, Kindergarten!





Hello Hope Elementary Community,

“There is no sunrise so beautiful it is worth waking me up to see it.” Comedian Mindy Kaling  
One of my favorite parts of this job is welcoming the students as they arrive from the bus. I love that it is our chance to say “Hey, we are glad you are here.” Two years into this I now know who is the morning person, who is not, the greeters, the grunTERS, and all of those in between. It reaffirms the importance of children getting enough sleep. So the question is.....Is your student getting enough sleep? I encourage you to check out this article and hope you find it helpful.

<https://www.hopkinsallchildrens.org/ACH-News/General-News/The-importance-of-sleep-for-kids>

Thursday we hosted our first of two dental screenings. Please check your student's backpack/folder/pocket's for the results of their screening to see if follow up care is suggested. The next one will be held in March.

And lastly.....Open House!! Wow! It was so wonderful to see and meet everyone, what great energy surrounded us last night!

I wish you a restorative weekend.

Be well,

Reagan

HES Nurse

## News from Dr. Tee

Last spring, Ashlyn, Isla, and Ellie read the book "Welcome to the Ark" by Stephanie Tolan. It made a big impression on them, so they wrote letters to the author thanking her for the book and explaining why it meant so much to them. Right as school started this year Ms. Tolan sent them each a copy of the next book in the series with a personal note and an autograph! They were thrilled!





SEPTEMBER 2022

HOPE ELEMENTARY SCHOOL

LUNCH

Meals are FREE for all students.

MILK ONLY IS .40¢

This institution is an equal opportunity provider.

Adult/Staff lunch is \$4 / Breakfast is \$2

MONDAY

Breakfast includes protein, fruit, whole grain & milk. Lunch options include a choice of bagel, salad or sandwich/entrée of the day. Fruit, a whole grain item, veggie and milk are offered with all meals.

5  
NO SCHOOL – LABOR DAY

B: Cereal Bars &amp; Fruit

L: American Chop Suey &amp; Salad

B: Cereal

L: Popcorn Chicken with Fries

B: Cereal

L: Cheese Ravioli w/Garden Salad

TUESDAY



B: Cereal with Fruit

L: Hot Dogs with Potato Wedges

B: Fruit &amp; Yogurt Parfait

L: Cheeseburgers with Chips

B: Fruit &amp; Yogurt Parfait

L: Ham Italian Sandwich w/Chips

B: Blueberry Muffins with Yogurt

L: Pepperoni &amp; Cheese Stromboli

WEDNESDAY

B: Blueberry Muffins w/Cheese Stick

L: Macaroni &amp; Cheese

B: Cereal

L: Chicken &amp; Broccoli Stromboli

B: Fruit Smoothies

L: Beef Tacos

B: Fruit &amp; Yogurt Parfait

L: Mac &amp; Cheese w/ Green Beans

THURSDAY

B: Strawberry Parfait

L: Spaghetti with Meat Sauce

B: Blueberry Muffins w/Cheese Stick

L: Pancakes &amp; Sausage

B: Blueberry Muffins w/Cheese Stick

L: Chicken &amp; Broccoli with Noodles

B: Cereal Bars with Cheese Stick

L: Chili with Meat

FRIDAY

B: Fruit Smoothies

L: Cheese Pizza

B: Fruit Smoothies

L: Cheese Pizza

B: Nutri Grain Bars &amp; Cheese Stick

L: Pepperoni Pizza

B: Fruit Smoothies

L: Cheese Pizza



## AFTER SCHOOL COURSES FOR MIDCOAST MIDDLE SCHOOLERS

### NOW ENROLLING FALL 2022

technical skills | expeditions | building confidence



ROCK CLIMBING



SAILING



HIKING  
SEA KAYAKING

1 and 2 week options

7-9th grade overnight expeditions

Courses weekly: Sept 12-Oct 17



SIGN UP: [WWW.SUNDOGOE.COM](http://WWW.SUNDOGOE.COM)

Need based ***scholarships available*** for all families



# FALL 2022 EXPEDITIONS

**scholarships available**  
[www.sundogoe.com](http://www.sundogoe.com)

register now



## ROCK & WATER

9/12-9/24  
ONE WEEK ROCK CLIMBING  
ONE WEEK SAILING  
BURNT ISLAND ROCK CLIMBING OVERNIGHT EXPED  
\$350



grades  
**7-9**



## ROCK & WATER 2

9/19-10/01  
ONE WEEK ROCK CLIMBING  
ONE WEEK KAYAKING  
WHEELER BAY ISLANDS KAYAK OVERNIGHT EXPED  
\$350

## WATER & ROCK

09/26-10/8  
ONE WEEK CANOEING  
ONE WEEK ROCK CLIMBING  
MINI EXPED COMBINING BOTH  
\$250



grades  
**5/6**

## ROCK OR DIRT

10/10-10/16  
ONE WEEK ROCK CLIMBING  
\$175  
10/17-10/22  
ONE WEEK HIKING

