

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. 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

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)



"I learned the value of hard work by working hard."

~Margaret Mead



Reminder about school meals:

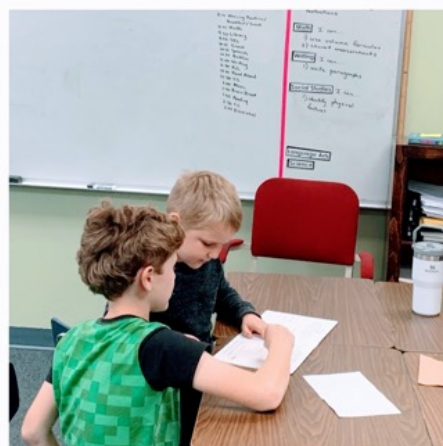
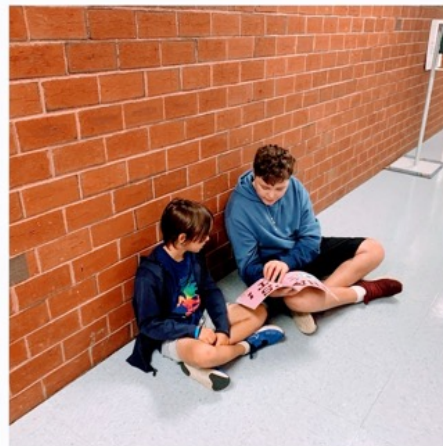
All meals (breakfast and lunch) are free again this year for students. Please note however, if a student gets milk only (no meal) there is a fee of .40¢. Parents will receive bills via email if students accrue a balance for milk. Middle school students (grades 6-8) may also get "seconds" if there is extra food at the end of lunch. There is a fee of \$1 for a second meal. Payments (if applicable) should be made payable to: Hope Elementary School. Sign up online to access your account. Choose School Union 69 as the district. k12payments.com



Click [here](#) to check out Señor Angulo's new HES Spanish page!

Buddy Activity!

We had our first all-school buddy activity on Thursday! Older students are paired with younger buddies for a fun reading event!



HES is always in need of substitutes. If you are interested please contact the Superintendent's office at 763-3818. Applications are available online at: [District Employment Information](#)



Hello HES Community,

“Children are one third of our population and all of our future.”

1981 Panel Select Panel for the Promotion of Child Health

October 3rd is National Child Health Day!

This is the day we nationally recognize, celebrate and advocate for all things supporting, developing and protecting kid's health. But hey, let's make this a 365-day, year-round event! Here are a few tips to ponder.....


1. Help develop healthy eating habits.
 - Eat more fruits, veggies and whole grains.
 - Choose lean meats, fish, poultry or even a vegetarian entree night once a week.
 - Drink more water and limit the sugary drinks.
 - Cut back on sugar and saturated fats.
2. Help kids stay active. Children and adolescents should be physically active at least 60 minutes a day.
 - Walk the dog.
 - Walk home from the bus stop.
 - Play a ball game.
 - Doing chores!!! Yes, this counts!
3. Limit screen time. I know it's easier said than done but the suggested limit of screen time for kids is no more than 2 hours per day.
 - Set a time when devices are turned off for the evening.
 - Make the bedroom a “screen free zone.”
 - Avoid using electronic devices as a reward or punishment. This makes screen time seem more important.
4. Help your student get enough sleep.
 - Set up a nightly routine.
 - Provide a quiet environment.
 - Eat the right amount at the right time and avoid caffeine.

Kids pattern behavior so I encourage you to start adding some of these to your daily routine and you may see that they like it!

Be well,
Reagan
HES Nurse

Hope Elementary School Menu

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Crispy Chicken Sandwich Fruit/Veggies/Milk B: Cereal	Spaghetti with Meat Sauce Fruit/Veggies/Milk B: Blueberry Muffins	Grilled Cheese w/Chips Fruit/Veggies/Milk B: Yogurt Parfait	Chicken Noodle Soup w/ Breadstick Fruit/Veggies/Milk B: Fruit Salad w/Yogurt	Cheese Pizza Fruit/Veggies/Milk B: Cereal Bars w/Cheese Stick
10	11	12	13	14
NO SCHOOL Indigenous Peoples' Day	Chicken Nuggets w/Corn & Potato Wedges B: Yogurt Parfait	Macaroni & Cheese Fruit/Veggies/Milk B: Fruit Salad w/Yogurt	Waffle Sticks, Scrambled Eggs & Sausage Fruit/Veggies/Milk B: Nutri Grain Bars	Pepperoni Pizza Fruit/Veggies/Milk B: Cereal
17	18	19	20	21
Hot Dogs w/Potato Wedges Fruit/Veggies/Milk B: Cereal Bars w/Cheese Stick	Chicken & Broccoli with Noodles Fruit/Veggies/Milk B: Muffins	Ham & Cheese Stromboli Fruit/Veggies/Milk B: Fruit Salad w/Yogurt	Meatloaf w/Green Beans Fruit/Veggies/Milk B: Yogurt Parfait	Cheese Pizza Fruit/Veggies/Milk B: Cereal
24	25	26	27	28
Cheese Raviolis w/Garden Salad B: Blueberry Muffins	Spaghetti w/Meat Sauce Fruit/Veggies/Milk B: Cereal	Chicken Quesadillas Fruit/Veggies/Milk B: Yogurt Parfait	Pepperoni & Cheese Calzones Fruit/Veggies/Milk B: Blueberry Muffins	Pepperoni Pizza Fruit/Veggies/Milk B: Nutri Grain Bars
31	1	2	3	4
Cheeseburgers w/Chips Fruit/Veggies/Milk B: Cereal Bars				

Student meals are free.

Milk without a meal is \$.40

Adult meal: \$4

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.

Menu is subject to change.

HES is an equal opportunity provider.

Payments should be made payable to:
Hope Elementary School

<https://k12paymentcenter.com>



AFTER SCHOOL COURSES FOR MIDCOAST MIDDLE SCHOOLERS

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SAILING



HIKING
SEA KAYAKING

1 and 2 week options

7-9th grade overnight expeditions

Courses weekly: Sept 12-Oct 17



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FALL 2022 EXPEDITIONS

scholarships available
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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

