

# The Hawk's Eye

Weekly News from Hope Elementary School



## Early Release on 10/20!

Parent/Teacher Conferences will be held via Zoom on Thursday, October 20th. Students will be dismissed at 11:30AM and conferences will take place from noon - 7PM. Please sign up here: [Parent/Teacher Conference Sign Up](#)

## School Meal Balances

Student meal balances will be sent out on Friday 10/14 via email (email will come from the School Nutrition Dept.) to anyone who has a balance due. Meals are free this year but if a student only orders milk there is a charge of \$.40. Students in grades 6-8 also have the opportunity to get "seconds" when they are available and that is a charge of \$1. All checks should be made payable to Hope Elementary School. Please contact the office with any questions at [hessoffice@fivetowns.net](mailto:hessoffice@fivetowns.net)

## Upcoming Events for Your Calendar

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)



"We don't see things as they are. We see them as we are."

~Andais Nin



## Substitutes Wanted

HES is always in need of substitutes. If you are interested please contact the Superintendent's office at 763-3818. Applications are available online: [School Union 69](#).



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

## Second Grade

In grade 2 this week we have been learning about bones and why skeletons have so many of them. After learning about the bones in our hand and wrist, we drew our hands and then created an "X-ray" of them using vegetable oil. Students love science!



## 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 makeup day for absent students and any re-takes. Order forms have been sent home with students. Please contact the office with any questions at: 785-4081 or [hessoffice@fivetowns.net](mailto:hessoffice@fivetowns.net)



Hello Hope Elementary Community,

With the cold weather and wood stoves and heaters firing up, I've seen quite a few nosebleeds in the past two weeks. This can be a bit scary and may catch students off guard. You can't always prevent nosebleeds from happening, but here are a few tips on how to lower the chance of getting one.

1. Keep the inside of the nose moist. Dryness causes nosebleeds. You can use a small amount of petroleum jelly on a Q-tip and gently apply to the inside of the nose to help lubricate the nostril.
2. Use a humidifier.
3. Use a saline spray in the nostril.
4. Don't pick your nose (obvious...but it happens).



And if your student gets a bloody nose at home, help them stay calm. Have them sit up and lean forward a little bit to prevent blood from going down the throat. Have them pinch the nostrils closed and breathe through their mouths, holding the pressure for 5 to 10 minutes, until it stops. Once it stops, encourage them to not touch the nose to prevent recurrence of bleeding. If the bleeding lasts longer than 20 minutes or it is making it too hard to breathe, call their doctor.

If your child is prone to nosebleeds you might consider packing an extra shirt for them in case they need to change at school.

Last but not least, a note was sent home that we will be conducting our yearly hearing/vision screenings for grades Pre-K, K, 1, 3, 5, and 7. If you do not wish for your student to be screened, please send a note by Thursday, October 20.

I wish you a relaxing and restorative weekend.

Be well,  
Nurse Reagan



# 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

HES is an equal opportunity provider.

Payments should be made payable to:  
Hope Elementary School  
<https://k12paymentcenter.com>



