<u>HES.FIVETOWNS.NET</u> OCTOBER 14, 2022

# 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: <a href="Parent/Teacher Conference Sign Up">Parent/Teacher Conference Sign Up</a>

## **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 hesoffice@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! <u>HES.FIVETOWNS.NET</u> OCTOBER 14, 2022

## **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 <a href="mailto:mylifetouch.com">mylifetouch.com</a> 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 <a href="hessign: hessign: hessign

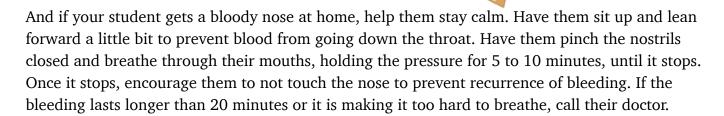
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Hello Hope Elementary Community,

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).



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	Spaghetti with Meat Sauce Fruit/Veggies/Milk	Grilled Cheese w/Chips Fruit/Veggies/Milk	Chicken Noodle Soup w/ Breadstick Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk
B: Cereal	B: Blueberry Muffins	B: Yogurt Parfait	B: Fruit Salad w/Yogurt	B: Cereal Bars w/Cheese Stick
10	11	12	13	14
NO SCHOOL Indigenous Peoples' Day	Chicken Nuggets w/Corn & Potato Wedges	Macaroni & Cheese Fruit/Veggies/Milk	Waffle Sticks, Scrambled Eggs & Sausage Fruit/Veggies/Milk	Pepperoni Pizza Fruit/Veggies/Milk
	B: Yogurt Parfait	B: Fruit Salad w/Yogurt	B: Nutri Grain Bars	B: Cereal
17	18	19	20	21
Hot Dogs w/Potato Wedges Fruit/Veggies/Milk	Chicken & Broccoli with Noodles Fruit/Veggies/Milk	Ham & Cheese Stromboli Fruit/Veggies/Milk	Meatloaf w/Green Beans Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk
B: Cereal Bars w/Cheese Stick	B: Muffins	B: Fruit Salad w/Yogurt	B: Yogurt Parfait	B: Cereal
24	25	26	27	28
Cheese Raviolis w/Garden Salad	Spaghetti w/Meat Sauce Fruit/Veggies/Milk	Chicken Quesadillas Fruit/Veggies/Milk	Pepperoni & Cheese Calzones Fruit/Veggies/Milk	Pepperoni Pizza Fruit/Veggies/Milk
B: Blueberry Muffins	B: Cereal	B: Yogurt Parfait	B: Blueberry Muffins	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
<a href="https://kl2paymentcenter.com">https://kl2paymentcenter.com</a>

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