

The Hawk's Eye

Weekly News from Hope Elementary School



The Hope Elementary School Civil Rights Team is proud to announce that we have finished our 2022-2023 "Welcome Everybody" sign in the school lobby, incorporating the six civil rights categories: races and skin colors, national origins and ancestries, religions, disabilities, genders (including gender identity and expression), and sexual orientations.

Upcoming Events for Your Calendar

Nov. 7th-14th - HES Canned Food Drive (see flyer)
 Nov. 7th - Middle School Book Group after school meeting (ends at 3:30PM)
 Nov. 7th - Family Volunteer Meeting (6:30PM)
 Nov. 10th - Donuts & coffee for veterans (8:30-11:30AM - school parking lot)
 Nov. 10th - HES Middle School Dance (7-9PM) for grades 6-8
 Nov. 11th - Veterans Day (No School)
 Nov. 14th - School Committee meeting with Restorative Practices info session (6PM)
 Nov. 15th - Book Talk for grades K-2
 Nov. 21st - 25th - Teacher workshop days & Thanksgiving Break (No School)
 Nov. 29th - Lifetouch re-take day and class photo day
 Dec. 2nd - End of first trimester
 Dec. 15th - Grades 5-8 Winter Concert (6PM)
 Dec. 22nd - Early release (11:30AM) for students & staff
 Dec. 23rd - Jan. 2nd - Holiday break (No School)



"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

~Albert Schweitzer



Congrats to the Hope / LCS Cross-Country team on second place in their division! HES runners are Cael, Jack, Adelaide, Quinn, Oliver & Mason.



Reminder:

There are lots of lost & found items in the gym. Please remind students to check for missing items!

The **first** and **second grade** students spent some time in the garden this week. First graders raked leaves too. We are great community helpers!



Fourth Grade

4th grade students made masks at their class party on Monday. Thank you to our class parents for setting up this fun activity!



Wounded Warrior Fundraiser



WOUNDED WARRIOR PROJECT

Our middle school social studies classes are holding a fundraiser next week for Wounded Warrior as part of our Veterans Day unit. Their goal is to raise \$100 by Friday, Nov. 11th. Last year, HES raised almost \$400 for our wounded veterans, many of whom suffer from wounds that are invisible. On behalf of our students and veterans, thank you for your consideration and support.



HES took part in another fun all-school buddy activity this week! Students enjoyed a Halloween – themed scavenger hunt outside on the playground. Older students are paired with younger buddies for these activities. Special thanks to Ms. Gluck for organizing this very successful event!

Busline Basketball



We are excited to announce that Busline League Basketball is now open for registration. The teams are currently open to students in 6th, 7th and 8th grades. Players must have a current physical form on file (no older than two years) to participate in practices and games. The physical form can be found [here](#). Parents must register through [this Google Form](#).

The season will not start until after Thanksgiving with our first game scheduled for December 5th and the last game of the regular season on January 21st. This is generally a five day a week program, Monday-Friday with two games per week. Games usually start at 3:45 PM. Girls will play first in 2022 and boys will play first in 2023. Students will take a bus to and from away games and will be brought back to HES. A final schedule will be coming soon.

We will be using TeamReach, a mobile team app for communication. All registered parents will be invited to join TeamReach. If you choose not to use TeamReach, let us know and we will find an alternate way to inform you of schedules, information, etc. A game schedule will also be posted on our website. Stay tuned.

We look forward to seeing you on the court!

<https://forms.gle/XVu2esNyCbKTwXdZ7>



Many of our communities are experiencing a surge of cases of hospitalizations and Emergency Department visits of children with Respiratory Syncytial Virus (RSV).

RSV is a common respiratory virus that causes mild, cold-like symptoms but **can be serious in infants and older adults, causing bronchiolitis (inflammation of the small airways) and pneumonia**. RSV is contagious and is spread through contact with droplets from the nose and throat of infected people when they cough or sneeze. It can remain on surfaces for several hours and skin for shorter amounts of time.

Symptoms include:

- Runny nose
- Decreased appetite
- Coughing
- Sneezing
- Wheezing
- Fever
- Some kids with RSV can develop a bacterial infection, such as an ear infection.

Please call your physician if your child develops increased effort in breathing, dehydration, decreased level of alertness, blue or grey coloring of the lips, tongue or skin.

Comforting measures for kids with RSV include nasal saline with gentle suctioning for easier breathing and feeding. Use a cold mist humidifier to break up mucus and ease breathing effort. Keep your child hydrated and treat the fever as prescribed by their physician.

As always, good and frequent hand hygiene helps prevent the spread of germs.

Be well,
Nurse Reagan

Hope Elementary School Menu



November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
	Chicken Noodle Soup Fruit/Veggies/Milk	Popcorn Chicken & Potato Wedges	Pancakes & Sausage Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk
	B: Cereal	B: Muffins & Cheese Stick	B: Yogurt parfait	B: Fruit Salad
7	8	9	10	11
Hot Dogs w/Chips Fruit/ Veggies/Milk	Macaroni & Cheese Fruit/Veggies/Milk	Spaghetti with Meat Sauce Fruit/Veggies/Milk	Pepperoni Pizza Fruit/Veggies/Milk	No School - Veterans Day
B: Muffins & Cheese Stick	B: Cereal	B: Yogurt Parfait	B: Fruit Salad	
14	15	16	17	18
Ham Italian w/Chips Fruit/Veggies/Milk	Pepperoni Stromboli Fruit/Veggies/Milk	Cheeseburgers Fruit/Veggies/Milk	Turkey Dinner w/Stuffing & Mashed Potatoes	Cheese Pizza Fruit/Veggies/Milk
B: Muffins & Cheese Stick	B: Cereal	B: Yogurt Parfait	B: Fruit Salad	B: Cereal Bars
21	22	23	24	25
No School	No School	No School	Happy Thanksgiving!	No School
28	29	30		
Crispy Chicken Sandwich Fruit/Veggies/Milk	American Chop Suey Fruit/Veggies/Milk	Popcorn Chicken w/Macaroni & Cheese		
B: Cereal	B: Muffins & Cheese Stick	B: Yogurt Parfait		

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://ki2paymentcenter.com>

Annual CHRHS Ski Team Ski Sale

A Great event that supports affordable outdoor fun

Have your kids outgrown their winter gear? Do you have gear that is no longer working for you or your family? The best way to enjoy Winter is to get outside! The best deal in town to get your Winter gear is the annual Camden Hills Regional High School Ski Team Ski Sale. Gear for sale includes skis (both nordic and alpine), boots, poles, snowboards, skates, helmets, skates, winter clothing and more.

To sell your gear pre-register equipment online at <https://sites.google.com/site/chrhsskisale>. Bring items you want to sell to Camden Hills Regional High School on Friday, November 18th from 3:30 PM until 8 PM. Unfortunately we don't have space to store items ahead of time. You set the price; the high school ski team keeps 25% and you get 75%. You can set a lower Sunday price for any items that do not sell on Saturday. On Sunday between noon and 1:30 pm, pick up a check for 75% of what was sold and take home any items that didn't sell. You can watch online what sells by going to the website. If your items don't sell they must be picked up by 1:30pm on Sunday or they will become the property of the CHRHS ski teams.

The sale itself happens at Camden Hills Regional High School on Saturday, November 19th from 9 am until 1 pm and Sunday, November 20th from 10 am until 1:00 pm. SideCountry Sports and Ragged Mountain Sports will be selling new and used gear at great prices. Selection is better on Saturday but there are bargains on Sunday. Sunday prices will be available on the website after 5 pm Saturday.

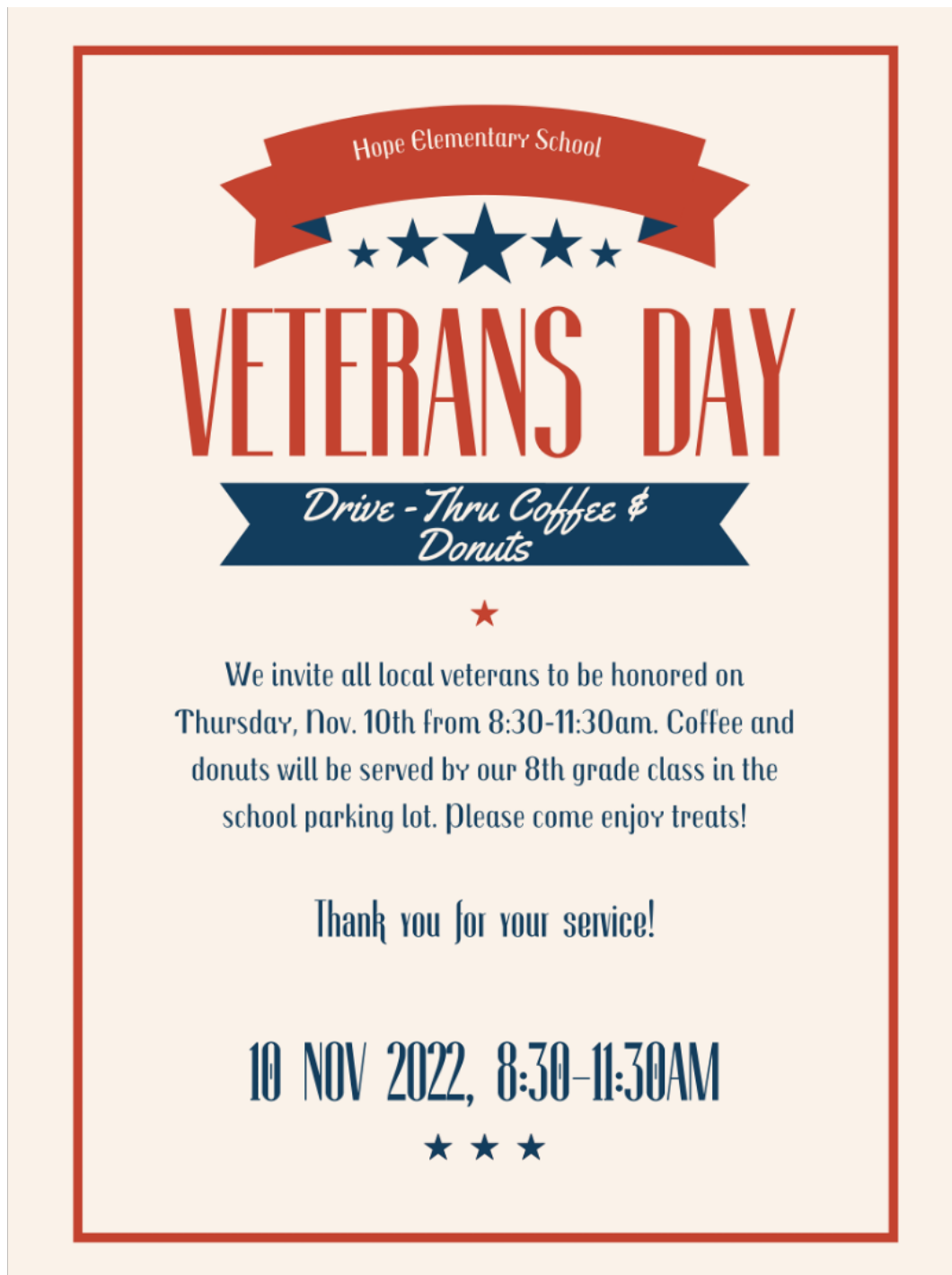
The annual CHRHS Ski Team Ski Sale is the only one of its kind in the midcoast- you won't want to miss it. For more information, go to <http://sites.google.com/site/chrhsskisale> or call 542-7571.

HES CANNED FOOD DRIVE

Please help us collect non-perishable
canned foods for our local food pantry.
Donations of cereal, canned fruit &
veggies and canned meats all
appreciated!

DROP-OFF LOCATION:
HOPE ELEMENTARY SCHOOL
NOVEMBER 7th-14th





A poster for Veterans Day at Hope Elementary School. The poster has a cream-colored background with a red border. At the top, a red banner contains the text "Hope Elementary School". Below the banner are five blue stars of varying sizes. The words "VETERANS DAY" are written in large, bold, red capital letters. Below this, a dark blue banner contains the text "Drive - Thru Coffee & Donuts" in white cursive. A single red star is centered below the banner. The text "We invite all local veterans to be honored on Thursday, Nov. 10th from 8:30-11:30am. Coffee and donuts will be served by our 8th grade class in the school parking lot. Please come enjoy treats!" is centered in a dark blue serif font. Below this, the text "Thank you for your service!" is centered in the same font. At the bottom, the date and time "10 NOV 2022, 8:30-11:30AM" are centered in a large, bold, dark blue serif font. Three blue stars are centered at the very bottom.

Hope Elementary School

VETERANS DAY

Drive - Thru Coffee & Donuts

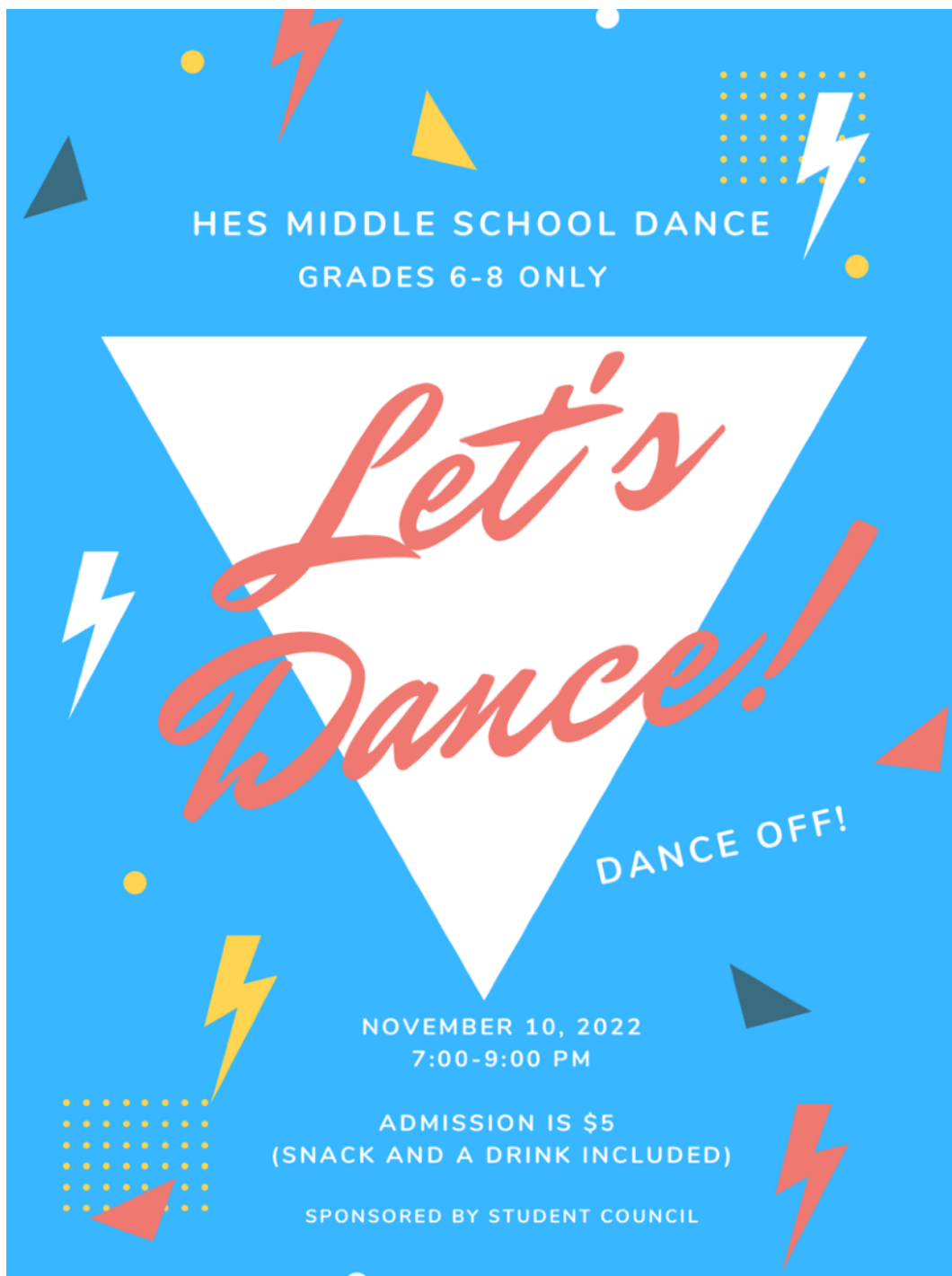
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We invite all local veterans to be honored on Thursday, Nov. 10th from 8:30-11:30am. Coffee and donuts will be served by our 8th grade class in the school parking lot. Please come enjoy treats!

Thank you for your service!

10 NOV 2022, 8:30-11:30AM

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AFTER SCHOOL CARE

2022-2023 School Year

NOW ENROLLING



NURTURING YOUR CHILD'S POTENTIAL

Penobscot Bay YMCA & Rockland Harbor YMCA

AFTER SCHOOL PROGRAMS

Grades Kindergarten & Up

The Y's Afterschool Programs provide school age kids a safe environment for learning and imaginative activities that encourage exploration of who they are and what they can achieve!

DAILY ACTIVITIES!

- STEM (Science, Technology, Engineering & Math)
- Games • Physical Activity • Arts and Crafts



To Confirm your Registration for the 2022-23 School Year:

1. Visit www.penbayymca.org to download the Afterschool Enrollment Packet.
2. Please submit the enrollment packet, with billing information for each child you would like to register, to Benjie Blake at bblake@penbayymca.org or drop off at the Rockport branch location.
3. Submit a signed acknowledgement of receipt of the Parent Handbook.
4. Submit Immunization Records: your child's Pediatrician's office may fax records directly to the Y at 236.8458. Records may also be dropped off at our Rockport location or emailed directly to bblake@penbayymca.org.
5. You will receive an email confirmation when your child's enrollment is confirmed.
6. Payments will be electronically drafted the Friday before each week of care.

- The Y accepts DHHS subsidy and childcare vouchers.



PROGRAM LOCATION	AFTERSCHOOL RATE	PROGRAM TIME
Camden/Rockport Elementary (CRES)	3 Days: \$57 or 5 Days: \$85	Afterschool - 5:30 PM
Lincolnville Central School (LCS) Grades K -5	3 Days: \$53 or 5 Days: \$80	Afterschool - 5:30 PM
Ash Point Community School (Owls Head)	Fee waived - paid by RSU 13	Afterschool - 5:30 PM
Rockland South School	3 Days: \$53 or 5 Days: \$80	Afterschool - 5:30 PM

WWW.PENBAYYMCA.ORG • 236.8201 • BBLAKE@PENBAYYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENCE ON AND OFF THE COURT

YOUTH BASKETBALL

VOLUNTEERS NEEDED!

The success of our youth sports programs rely on volunteers, coaches, and refs. If you are able to help out in any capacity, please contact Benjie Blake, Director of Sports & Camping, at 236-8201 or bblake@penbayymca.org.

FINANCIAL ASSISTANCE:

As always, we strive to provide programming where all are welcome and able to participate, regardless of age or income. Please contact the Y at 236-3375 with questions about financial assistance and details on how to apply.

REGISTER TODAY!

☆ Call - 207.236.3375

☆ Register online - visit penbayymca.org and click on the purple "register" button located on the home page.

CO-ED KINDERGARTEN CLINIC

November 9th - December 21 (6-Week Session)

Wednesdays: 5:00-6:00 PM

Introduction to basketball, through skills stations and age appropriate skill based games. Beginning to learn basketball lingo as well as developing a love for the game.

Location: Penobscot Bay YMCA Gymnasium

Instructor: Ryan Economy

Cost: \$45 - includes t-shirt!

GRADES 1 & 2

November 19 - January 28 (8-Week Session)

Saturday: Rotating 1 hour time slots between 9AM-1PM

Our 1st & 2nd grade basketball program is a co-ed development league that will place the emphasis on skill development, sportsmanship, and fair play. It is our goal for as many children as possible to have a positive experience, during their time in the 1st & 2nd grade basketball league. The first week will consist of a 1-hour clinic. Week 2 will be a full hour practice with their team. The remainder of the season will consist of each team having a 30 minute practice and 30 minute game.

Location: Penobscot Bay YMCA Gymnasium

Cost: \$45 - includes team t-shirt!

GRADES 3 & 4

November 14- February 11

Grades 3 & 4 will play in the Mid-Coast League which allow players to play different opponents and play in gyms from St. George to Rockport. Teams will be encouraged to work on skill development, fair play, teamwork, while having FUN! Each player will develop or fine tune their ball handling, shooting, passing, and defensive skills during practices and games.

Skill Assessment: Penobscot Bay YMCA

● **BOYS: Monday, November 14 @ 5:30-6:30 PM**

● **GIRLS: Tuesday, November 15 @ 5:30-6:30 PM**

Practice Schedule: Penobscot Bay YMCA & CRES (Days & Times TBA). Each team will have 2 (1 hour) practices each week.

Games: Saturdays

Cost: \$50 Member/Participant - includes team t-shirt!

GRADES 5 & 6

November 14- February 11

Grades 5 & 6 will play in the Mid-Coast League which allows players to play different opponents in gyms from St. George to Rockport. Coaches will focus on refining individual skills with an emphasis on team concepts needed for the next level of play.

Skill Assessment: Penobscot Bay YMCA

● **BOYS: Monday, November 14 @ 6:45-7:45 PM**

● **GIRLS: Tuesday, November 15 @ 6:45-7:45 PM**

Practice Schedule: Penobscot Bay YMCA & CRES (Days & Times TBA). Each team will have 2 (1 hour) practices each week.

Games: Saturdays (with the potential of Wednesday)

Cost: \$50 Member/Participant - includes team t-shirt!

PLEASE NOTE: Game schedules for the Grades 3/4 and 5/6 leagues will be published after registration and the skills assessment nights are complete and the number of teams from all participating communities are determined.

No games or practices will be held: December 24 or 31