

The Hawk's Eye

Weekly News from Hope Elementary School



8th graders catch up on the World Cup during a break!

**Hope Elementary School
Winter Concerts**

December 8th
Grades K-4
December 15th
Grades 5-8

HES Gym @ 6PM
(both nights)

Upcoming Events for Your Calendar

Dec. 2nd – End of first trimester
 Dec. 6th – Class picture day with Lifetouch
 Dec. 8th – Grades K-4 Winter Concert (6PM)
 Dec. 12th – School Committee meeting (6PM)
 Dec. 15th – Grades 5-8 Winter Concert (6PM)
 Dec. 16th – Family Movie Night (6-8PM)
 Dec. 22nd – Early release (11:30AM) for students & staff
 Dec. 23rd – Jan. 2nd – Holiday break (No School)



"Year's end is neither
 an end nor a
 beginning but a going
 on, with all the wisdom
 that experience can
 instill in us."

~Hal Borland



Christmas by the Sea event tonight!

The HES volunteer group will be holding a school fundraising event tonight in front of Mixed Greens.

The 8th grade class will also be raising money for their class trip in front of the Camden House of Pizza & the Camden Deli (see the flyer). We hope you will stop by! See the flyer for more info!

Pre-K News

Pre-K hosted a Family Friday fall festival right before the Thanksgiving break. Families, including lots of grandparents and fathers made autumn wreaths, printed with vegetables and made their own “Chatterbox Chow,” a trail mix in honor of our backyard resident red squirrel, Chatterbox. Family Fridays are an important and fun part of our early childhood program at HES.





Hello HES Community,

Following our Thanksgiving break, I have fielded a few phone calls about what to do if your student has Covid-19 or has been exposed to Covid-19 but showing no symptoms. Seeing that we are headed into the holiday with a lot of friends and family gathering together, I thought it was an opportune time to revisit the current Covid-19 guidelines from the CDC:

- If your student tests positive for Covid-19, they must self isolate at home for five days. Day 0 is the first day of the onset of symptoms. As an example, if they had a sore throat that started Sunday, that would be Day 0.
- The student may return to school on day 6 if they have been fever free for 24 hours without the use of fever reducing medication and other symptoms are improving.
- If the student is feeling unwell they must remain at home until symptoms improve.
- Students must wear a well-fitting mask at school and in the community until the end of Day 10.
- If a student has been exposed to Covid-19 they must wear a mask until the end of day 10 of their exposure to that person and monitor for symptoms of Covid-19.
- It is recommended that they get tested on day 6 or as soon as the student becomes symptomatic. (You can still develop Covid-19 up to 10 days after you have been exposed.)
- If the test is negative, continue to wear a mask around others at home and indoors in public until the end of day 10.
- If the test is positive, isolate immediately.

As always, please take extra precautions if you will be around people who are more likely to get very sick from Covid-19. Please call the Health Office if your student has recently had Covid-19 or been exposed to someone with Covid-19 so we can ensure we are following the guidelines to keep our school community healthy.

Thanks for your cooperation and understanding and I hope you have a restorative weekend.

Be well,
Reagan
HES Nurse



Hope Elementary School Menu



December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
			Hot Dogs Fruit/Veggies/Milk B: Cereal Bars	Pepperoni Pizza Fruit/Veggies/Milk B: Fruit Salad
5	6	7	8	9
Chicken & Broccoli Stromboli Fruit/Veggies/Milk B: Muffins & Cheese Stick	Chicken Soup with Breadstick Fruit/Veggies/Milk B: Cinnamon Buns	Pancakes & Sausage Fruit/Veggies/Milk B: Cereal	Ham & Cheese Sandwich Fruit/Veggies/Milk B: Yogurt Parfait	Cheese Pizza Fruit/Veggies/Milk B: Muffins & Cheese Stick
12	13	14	15	16
Macaroni & Cheese Fruit/Veggies/Milk B: Cereal Bars	Cheeseburgers with Fries Fruit/Veggies/Milk B: Cinnamon Buns	Beef Chili Fruit/Veggies/Milk B: Cereal	Chicken Caesar Wrap Fruit/Veggies/Milk B: Fruit Salad	Pepperoni Pizza Fruit/Veggies/Milk B: Muffins & Cheese Stick
19	20	21	EARLY RELEASE 22	23
Popcorn Chicken & Fries Fruit/Veggies/Milk B: Cereal Bars	Cheese Raviolis Fruit/Veggies/Milk B: Yogurt Parfait	Spaghetti Fruit/Veggies/Milk B: Fruit Salad	Crispy Chicken Sandwich Fruit/Veggies/Milk B: Muffins & Cheese Stick	NO SCHOOL
26	27	28	29	30
NO SCHOOL	NO SCHOOL	NO SCHOOL	HAPPY HOLIDAYS!!	

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>

Free concert at Town of Hope Library

The community is invited for an afternoon of music and light refreshments at the Hope Library Sunday, Dec. 4 at 2 p.m. featuring the musical stylings of All That Jazz, a trio offering favorites for the holiday season and for any season. This is a free event.

All That Jazz is comprised of Bill Hahn, piano and vocals; Susan Davenport, vocals; Renny Stackpole, bass and vocals and Hank Lunn, percussion and vocals. All That Jazz plays jazz standards from the Great American Songbook, as well as R&B, Latin and some wicked good old rock & roll.

Raffle tickets for a \$100 gift certificate to the Hope General Store will be sold - and the winner will be drawn at 3:30 p.m. You need not be present to win. Please wear a mask if you are more comfortable doing so. The Hope Library, located at the Hope Town Office at 443 Camden Road, can be reached by email at hopelibrary04847@gmail.com





STEWARDSHIP EDUCATION ALLIANCE SEEKS BOARD MEMBER FROM HOPE

S.E.A. is a 501 (c) 3 non-profit that serves schools in Appleton, Camden, Hope, Lincolnville and Rockport, and their communities. The mission of S.E.A is "to increase community awareness of ways to be better stewards of our local watersheds." Members of S.E.A. work towards this goal by hosting community events including Marine Science Day, Poetry on Windows, S.E.A. FAIR and others, by taking our Mobile Marine Tank to schools and libraries, and by giving grants to teachers for projects they choose.

S.E.A. was formed in 2020, and since then has given Hope Elementary School grants to help build the nature trail and purchase bird house. This fall, Dr. Amundsen has applied for a grant to create an ambitious program to measure micro plastics in the atmosphere.

The Board of S.E.A. is looking for someone to represent Hope, and be the Board Liaison to Hope Elementary School and Sweetland School. The S.E.A. Board meets once a month, and there are many ways in which you can contribute, depending on your interests and experience. Please look at the S.E.A. website (StewardshipEducationAlliance.org) and let Ms. Fagonde know if you might be interested. We have a lot of fun, believe we are doing good work, and welcome you to help. Thank you!

THE HES VOLUNTEER GROUP
PRESENTS



Family Movie Night



FRIDAY, DECEMBER 16TH
6-8PM

STUDENTS MUST BE ACCOMPANIED BY AN ADULT!

Pizza & Drinks for sale

R.S.V.P. to: hesoffice@fivetowns.net

Monthly Substance Use Prevention Update:***Keep your children safe and healthy – Be aware of the consequences of underage drinking***

The holiday season is full of merriment and celebration. Christmas and New Year's offer opportunities for families to come together and make lasting memories. These holidays often also mean that children and teens will be around adults drinking alcohol or feel pressure from their social circles to drink alcohol as well. This winter some parents might think that allowing their children to drink at home or allowing their children to have a party involving drinking in the safety of home, will keep teens out of trouble. While their intentions may be good, this reasoning has serious consequences for parents, teens, and the community.

The truth is simple: Alcohol is dangerous for young people. People who drink underage are more likely to have substance use problems in their adulthood. Underage drinking can also lead to dangerous behavior and lasting legal consequences.

Research from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) supports that adults giving teens alcohol makes it more likely they will drink again and in higher quantities. Consider the following additional statistics about underage drinking:

- Youth who begin drinking before turning 15 are 6.7 times more likely to have alcohol use disorder, which includes alcoholism, at some point in their lives, according to research published in the Journal of the American Academy of Child & Adolescent Psychology.
- According to the NIAAA, youth who drink are more likely to be involved in a physical or sexual assault as either victim or assailant after drinking than those who do not drink.
- More than 4,300 youth die each year due to underage drinking, according to the Centers for Disease Control and Prevention.

Parents set an example for their children's alcohol consumption and drinking norms. Parents should be conscious of the drinking habits they model for their children, and never drive drunk or allow underage drinking in the home. Keep lines of communication open and talk to your teen about the dangers of underage drinking. If you suspect your teen is engaging in risky drinking behaviors, start a dialogue about it or contact a school guidance counselor.

If you believe you or someone you love has a problem with substance use, reach out for help.

Call 211 for resources in Maine.

For a list of local recovery meetings visit:

<https://csoaamaine.org/meetings/>

To find out how you can become involved locally, contact Jamie Lovley,
Substance Use Prevention Coordinator, Knox County Community Health Coalition
236-6313 Ext. 4; jamielovleykcchc@gmail.com

Knox County Community Health Coalition provides substance use prevention services in Knox and Waldo Counties, and is a division of the Penobscot Bay YMCA's Community Health Promotion Department.



DESTINATION
IMAGINATION®

MAINE

Start a DI Team!



What is DI?

Destination Imagination is a creative, team-focused, STEAM competition for K-12 and university students.

What Is A Team Manager?

Be an integral part of this positive, lively competition. Team Managers are adult volunteers who guide a group of young learners through a creative journey.

No Experience Required Team Managers receive DI self-paced trainings and support from the Maine DI affiliate organization.

A program of the Reach Project @



Maine State DI Tournament

March 11th, 2023 • Hutchinson Center • Belfast, ME

Questions? Contact Emma Carey, ecarey@mmsa.org

Visit: mmsa.org/projects/destination-imagination



Maine's only dedicated
curling club – est. 1959



YOUTH LEARN-TO-CURL

Curling is a sport where size, gender, strength and speed are of no particular advantage.

It is a game of strategy, sportsmanship and teamwork. All players are naturally equally involved.

Each Learn-to-Curl session will be coached by SafeSport certified experienced club members. We will have fun introducing kids to the sport in a non-competitive environment.



WHO

- Ages 9 through high school

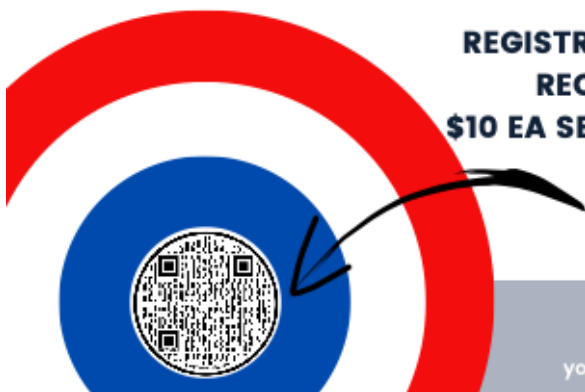
WHEN

- 2 hr sessions, sign up for 1 or all
- Sundays 11/20, 12:30–2:30pm
- Sunday 12/4, 2–4pm
- Sunday 12/11, 12:30–2:30
- Sunday 12/18, TBD either 12:30 or 2 start

WHAT TO BRING

- All equipment is provided
- Under 12 must bring a helmet (bike/ski)
- CLEAN sneakers to change into are required
- Dress warmly in layers
- Your friends!

**REGISTRATION
REQUIRED
\$10 EA SESSION**



youth@belfastcurlingclub.org



belfastcurlingclub.org/youth