

# The Hawk's Eye

Weekly News from Hope Elementary School



## Spirit Week: Twin Day!

### Upcoming Events for Your Calendar

- April 3rd - School pictures by Strawbridge Studios
- April 3rd - HES Volunteer meeting (6:30PM)
- April 10th - HES School Committee meeting (6PM) [Zoom Link](#)
- April 11th - HES Board Game Night for grades 1-3 (5-6PM in the gym)
- April 14th - Early release @ 11:30AM for staff & students
- April 17th-21st - No school (Spring Break)
- May 4th - Early release (11:30AM) Parent-Teacher conferences
- May 29th - Memorial Day
- June 1st - K-4 Spring Concert (6PM)
- June 8th - 5-8 Spring Concert (6PM)

We have used four snow days so far this school year.



"Either you run the day or the day runs you." - Jim Rohn

## PRE-K

The HES Pre-K is now accepting applications for fall enrollment. Please register students using the following link: [2023-24 Registration](#)

## Kindergarten

[Registration for 2023-24](#)

## STRAWBRIDGE

studios inc.

### Spring Pictures

We are going to try a new school picture company. This spring will be a trial run so we can be ready to go with school pictures in the fall. Spring picture day is April 3rd. The company we are using is Strawbridge Studios. Information will be coming soon.



Order yearbooks online while supplies last: [ybpay.lifetouch.com](http://ybpay.lifetouch.com)  
Code: 3239823 Cost: \$15







### Guidance News

The 4th grade class has been learning about areas of the brain and the important role they play in keeping us emotionally and physically healthy. They demonstrated their learning by making brain hats.



### Garden Committee News

The HES Garden Committee is looking for donations of the following items as they work toward creating raised beds and school gardens that beautify our school, provide for healthy options in the cafeteria and provide outdoor learning opportunities for students at all grade levels.

- 2 x 10 x 8 boards to make raised beds (any number would help - we need 25 in all)
- landscaping cloth
- bags of soil
- two spades
- two rakes
- hoses
- garden trowels
- water sprinkler with a timer
- compost bin that rotates/turns
- 4-6" pots
- bark mulch
- a strong individual to remove a prickly bush from the front garden.



Please contact Ms. Benner at [debra.benner@fivetowns.net](mailto:debra.benner@fivetowns.net) if you can help!



## Pre-K News

Pre-K students completed their Clothes Study Unit with a visit from Mr. Bill Huntington, fiberarts and Kindergarten teacher at Sweetlands School and four elementary students from his school. Our visitors taught us how to spin wool, make felted balls and finger-knit. This was a wonderful way to end our unit and practice being kind and respectful to visitors at our school.



Hello HES Community,



Norovirus, stomach flu, tummy bug. Whatever you call it, there has been a nationwide spike in this highly contagious virus since February. Signs and symptoms to look for are nausea, vomiting, diarrhea, stomach cramps, fatigue, low grade fever, and body aches.

Unfortunately some of you have experienced this already but if it does happen in your home there is no specific treatment and it typically resolves in a few days. Some management strategies include the following:

1. Replace the fluids that were lost. Oral rehydration beverages for the younger kids, broth and sports drinks for the older kids. Avoid high sugar drinks such as soda and juice as this can worsen diarrhea.
2. Ease back into eating with bland foods.
3. Get plenty of rest.
4. **Seek medical attention if diarrhea does not go away for several days or if you experience severe stomach pain, dehydration, bloody stools or vomiting.**

How do you prevent the spread?

1. Stay home if you are sick.
2. Handwashing is your superpower! Wash your hands with soap and water, alcohol based hand sanitizer is not as effective as soap and water.
3. Avoid handling food or drinks that were prepared by someone who was sick, or if you have been sick.
4. Disinfect surfaces using a bleach solution.
5. Avoid traveling for two to three days after symptoms are gone.

Please reach out with any questions and I hope you have a healthy weekend.

Be well,

Reagan HES Nurse

Go away!!! You  
aren't wanted in  
these here parts!



# Hope Elementary School



## March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	1	2	3
		Chicken Nuggets w/Fries Fruit/Veggies/Milk B: Cereal Bars	Ham & Cheese Stromboli Fruit/Veggies/Milk B: Fruit Salad	Pepperoni Pizza Fruit/Veggies/Milk B: Muffins
6	7	8	9	10
Mac & Cheese Fruit/Veggies/Milk B: Cereal	Beef Tacos Fruit/Veggies/Milk B: Fruit Scones	Hot Dogs w/Fries Fruit/Veggies/Milk B: Muffins	Meatloaf, Mashed Potatoes & Green Beans B: Fruit Salad	Cheese Pizza Fruit/Veggies/Milk B: Breakfast Pizza
13	14	15	16	17
Pancakes & Sausage Fruit/Veggies/Milk B: Cereal	Spaghetti with Breadstick Fruit/Veggies/Milk B: Muffins	Pepperoni & Cheese Stromboli Fruit/Veggies/Milk B: Fruit Salad	Cheeseburger w/Chips Fruit/Veggies/Milk B: Fruit Scones	<b>NO SCHOOL WORKSHOP DAY</b>
20	21	22	23	24
Crispy Chicken Sandwich w/Fries Fruit/Veggies/Milk B: Muffins	Turkey, Mashed Potatoes & Green Beans B: Cereal	American Chop Suey Fruit/Veggies/Milk B: Fruit Scones	Ham Italians Fruit/Veggies/Milk B: Fruit Salad	Pepperoni Pizza Fruit/Veggies/Milk B: Muffins
27	28	29	30	31
Cheese Raviolis Fruit/Veggies B: Cereal	Fettuccini Alfredo w/ Breadstick Fruit/Veggies/Milk B: Fruit Salad	Chicken Nuggets w/Fries Fruit/Veggies/Milk B: Fruit Scones	Waffle Sticks & Sausage Fruit/Veggies/Milk B: Cereal Bars	Cheese Pizza Fruit/Veggies/Milk B: Muffins

**Student meals are FREE.**

Milk only is a fee of \$.40

Adult Hot Lunch: \$4

Adult A la Carte: \$2.50

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>



### HAL BASEBALL REGISTRATION

HAL Baseball is offered to boys from the Hope, Appleton, and Lincolnville Schools in grades 6-8 who are interested in interscholastic competition. Preference is given to 7th and 8th graders in years where large numbers of participants make it unmanageable to successfully include all who wish to play. LCS hosts the Baseball signups, HES hosts the Softball signups.

### HES SOFTBALL REGISTRATION

Softball registration is now open to students in grades 6-8. Please use the link below to register. This is a combined team with students from Hope, Appleton, and Lincolnville. 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 GoogleForm](#).

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 soon.

We look forward to seeing you on the field!





**Windjammer BASKETBALL CAMP**  
For Players entering grades 2-9

**JULY 17-21**  
9:30-11:30, 12:30-2:30  
younger players/older players

At Camden Hills Regional High School

Hosted By **CHRS**  
Coaches and Players

Questions? Contact Jon Moro at  
**JON.MORO@FIVETOWNS.NET**

CALL : 207-691-7564

REGISTRATION FEE  
**\$130**

## MOUNTAINSEA EXPEDITIONS

### SUMMER 2023



#### BEST of the MIDCOAST: ADVENTURE DAY CAMP

A dynamic and active day-camp focused on building ecological awareness, leadership, and team through the technical skills of hiking and paddling. Come get outside, make new friends and explore the best the Midcoast has to offer!

**SESSION 1:**  
for rising 5th-7th graders  
**June 27-30**

**SESSION 2:**  
for rising 6th-8th graders  
**July 18-21**

**SESSION 1:**  
for rising 1st-3rd graders  
**June 27-30**

**SESSION 2:**  
for rising 2nd-4th graders  
**July 10-13**

#### EXPLORER'S CLUB DAY CAMP

A nature-based day-camp for young children fostering connection with ourselves, others, and the natural world through outdoor science, art, music, and play! Our curiosities will lead the way to new learning, friendships, and so much fun!



#### SEAS, SKIES & LEADERSHIP KAYAK EXPEDITION

Sea kayak through the most unique pockets of the Maine coastline! Our adventures will be punctuated by evening explorations of the night sky! We will learn technical skills on sea kayaks, ocean navigation, and camp craft, as well as build our team and leadership skills.



**Overnight Expedition**  
for rising 8th & 9th graders  
**July 8th - 12th**

#### MAINE BACKPACKING & LEADERSHIP EXPEDITION

Backpack through the rugged and remote Maine wilderness! Leaving our screens behind, we will learn the ins and outs of expedition mentality, hone our wilderness survival skills, learn local ecology, and tune into each other and our surroundings.

**Overnight Expedition**  
for rising 9th-11th graders

**August 7th - 12th**



INFO & REGISTRATION: [www.mountainseaexp.com](http://www.mountainseaexp.com)

**APRIL**  
**11th**  
**5-6PM**

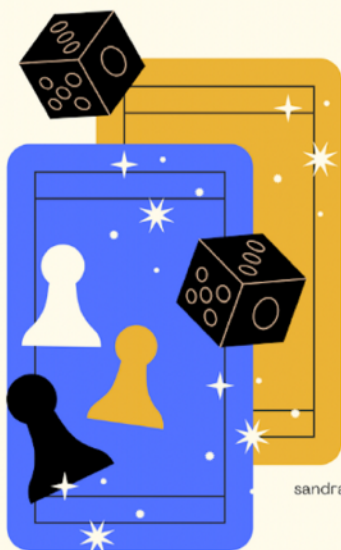
## Board Game Night

**GRADES 1-3**

**HES GYM**  
**FREE**  
**ENTRY**

Hosted by:  
**Sandra Faunce**

More Info:  
[sandra.faunce@fivetowns.net](mailto:sandra.faunce@fivetowns.net)



## YOUTH ARTS ART SWAP

Your art in storage is another's Picasso.

Join us for the First Annual Youth Arts Art Swap & help support art in schools.

Donate or consign artwork from your collection.  
Purchase new pieces to adorn your walls.

April 29th, 9 AM - 3 PM  
Atlantic Academy  
10 Knowlton Street (the former Teen Center)  
Camden

DONATION DROP OFF ON FRIDAY BETWEEN  
3:00 PM AND 7:00 PM  
ON APRIL 28TH, ATLANTIC ACADEMY

