

# The Hawk's Eye

Weekly News from Hope Elementary School



## WELCOME BACK TO SCHOOL!

### Upcoming Events for Your Calendar:

- Sept. 18th - School Committee meeting (6PM)
- Sept. 18th - STEM club (K-2)
- Sept. 19th - STEM Club (3-5)
- Sept. 21st - Open House (6-7PM)
- Oct. 9th - No School - Indigenous People's Day
- Oct. 16th - School Committee meeting (6PM)
- Oct. 19th - School Picture Day
- Oct. 26th - Early release for parent/teacher conferences (11:30AM)
- Nov. 10th - No School - Veterans Day observed
- Nov. 20th - 24th - No School for Thanksgiving Break



**REMINDER:** School meals are FREE for students. If students purchase "milk only" there is a charge of 40 cents. Bills will be sent to parents by email twice per month. Checks should be made payable to Hope Elementary School and can be dropped off in the office, or you can pay online at [K12 Payment Center](#)

**K**indergarten had such a great first week at HES! We played with toys, created many amazing art projects, and familiarized ourselves with our school. We are loving kindergarten!

**REMINDER FROM THE OFFICE:** Please let the office know by 8:30AM at [hesoffice@fivetowns.net](mailto:hesoffice@fivetowns.net) or by phone (785-4081) if your child will be late or absent from school. If there is a change to your child's regular dismissal routine we ask that you email the office by 2PM. We will confirm receipt of your email so please contact us if you do not get a timely response from the office. THANK YOU!!



We are very pleased to welcome our new staff members to the HES team:



Christian Dickinson - SOAR program Ed Tech

Amanda Little - SOAR program SPED teacher

Emma Goltz - Pre-K Ed Tech

Ben Angulo (not pictured) - World Language (Spanish) and Gifted & Talented

**D**onations needed! We are in need of extra shirts & pants for ages 3-7 to keep on hand when students need to borrow a change of clothing from school. Mishaps happen and it's great to have some small sizes on hand! If you have used items you can donate please drop them off in the office! We could also use nut-free prepackaged snacks (pretzels, popcorn, granola bars, etc.) for students who may need a snack and forgot to pack one! THANK YOU!





Pre-K is off to a great start! The children took advantage of a sunny day to harvest potatoes. Now the question is should we make mashed potatoes or french fries?



Buddy Activity! Thursday's "Dot Day" was a celebration of Peter H. Reynold's book, *The Dot*. Students wore polka-dot clothes, made dot-themed art, and collaborated on creative projects.



Hello HES Community,

Welcome back! I hope everyone had a great summer.. even though the weather this week is teasing us after all the rain we had in July. It's great to see the kids back in the hallways.

Speaking of weather, it is hot out there. Please make sure your child has appropriate clothing for the heat and a refillable water bottle for the school day.

If your child requires an inhaler, please have their Asthma Action Plan faxed to our office as well as the Authorization to Administer Medication form from their physician. For those who have already done so, thank you!

Any medications, including OTC medications, must be dropped off in the original container, by an adult, at the Main Office or to myself, along with the Authorization to Administer Medication form.

It's a new year but Covid-19 Guidelines have not changed. Please note the following from the CDC :

### **COVID-19 protocols**

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your [symptoms](#) started

Students and staff may return to school when they are symptom free or symptoms have improved and they are fever free for 24 hours without the use of fever reducing medication. They must wear a mask through day 10. If they are feeling unwell, please keep them home.

Please reach out with any questions or concerns and I wish everyone a great 2023 -24 school year!

Be well,  
Nurse Reagan



# Hope Elementary School Menu



## September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
	Cheese Burgers w/Fries Fruit/Veggies/Milk	Spaghetti w/Meat Sauce Fruit/Veggies/Milk	Chicken Tacos Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk
	B: Muffins	B: Fruit Salad	B: Fruit & Yogurt Parfait	B: Banana Bread
11	12	13	14	15
Mac & Cheese Fruit/Veggies/Milk	Hot Dogs with Chips Fruit/Veggies/Milk	Chicken Noodle Soup Fruit/Veggies/Milk	Chicken Nuggets w/Fries Fruit/Veggies/Milk	Pepperoni Pizza Fruit/Veggies/Milk
B: Muffins	B: Cinnamon Buns	B: Scones	B: Fruit Salad	B: Fruit & Yogurt Parfait
18	19	20	21	22
Pancakes & Sausage Fruit/Veggies/Milk	Cheese Raviolis Fruit/Veggies/Milk	American Chop Suey Fruit/Veggies/Milk	Ham & Cheese Sandwich Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk
B: Fruit Salad	B: Banana Bread	B: Muffins	B: Fruit Salad	B: Scones
25	26	27	28	29
Crispy Chicken Sandwich Fruit/Veggies/Milk	Meatloaf & Mashed Potatoes Fruit/Veggies/Milk	Chicken & Broccoli Stromboli Fruit/Veggies/Milk	Beef Chili Fruit/Veggies/Milk	Pepperoni Pizza Fruit/Veggies/Milk
B: Blueberry Breakfast Cake	B: Fruit & Yogurt Parfait	B: Muffins	B: Fruit Salad	B: Banana Bread

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://kl2paymentcenter.com>



Mrs. H. & Miss Billie, our awesome cafeteria crew, want to welcome everyone back to school!

HOPE  
ELEMENTARY  
SCHOOL

# OPEN HOUSE

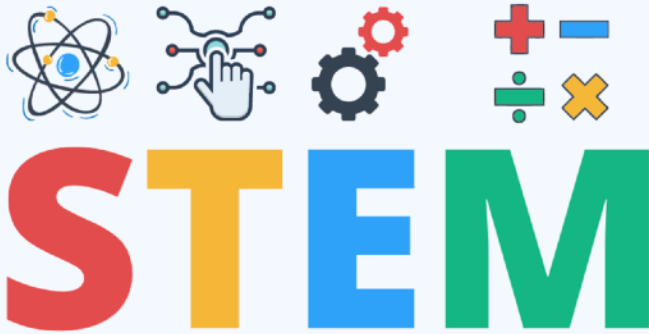
6-7PM

SEPT  
**21**  
2023

8th grade will be  
holding a BAKE  
SALE!

COME VISIT YOUR CHILD'S CLASSROOM!





Sign up your child for after school STEM Club sponsored by the Owls Head Transportation Museum. Offered on Mondays (K-2) and Tuesdays (3-5) in the yurt from 3-4PM. This is a FREE after school activity! Programs start on 9/18 and will run for 15 weeks.

[SIGN UP HERE](#)

Farnsworth Art Museum

Indigo ARTS ALLIANCE

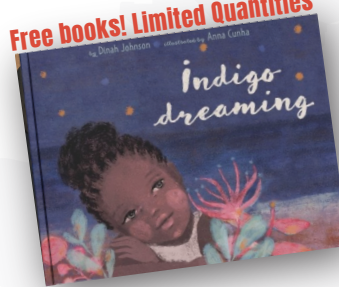
CMCN

present

in honor of Ashley Bryan's 100th birthday

## BEAUTIFUL BLACKBIRD CHILDREN'S BOOK FESTIVAL

Free books! Limited Quantities



Join us

MEET AUTHOR DINAH JOHNSON  
READING *INDIGO DREAMING*

ART MAKING ACTIVITY

BOOK GIVEAWAY  
ON A FIRST COME, FIRST  
SERVED BASIS

**Sunday, September 24**

1-2 PM | FARNSWORTH ART MUSEUM LIBRARY  
2-3 PM | GAMBLE EDUCATION CENTER



## Registration for MRC Fall & Winter programs available!

MRC is committed to the promotion of healthy living in our community through sports and fitness programs. We aim to keep sports affordable for all families in the Midcoast area.

### Arena Programs

MRC offers both *Learn to Skate* classes, for kids ages 3-18, and *Learn to Play Hockey* programs, for kids ages 3-14! These programs are perfect for any child who enjoys skating or playing hockey, regardless of their skill level.

Additionally, MRC offers advanced Figure Skating programs and in-house Hockey teams for kids already experienced with skating!

### Tennis Programs

MRC offers tennis programs for kids ages 4-18 with our Tiny Tots program, Red, Green, and Orange programs, and High School program. All skills levels are welcome, whether your child is just starting or has been playing for a few years!

Additionally, MRC offers Academy and Junior Academy for kids with more tennis experience. Contact Seth Meyer at [seth@midcoastrec.org](mailto:seth@midcoastrec.org) for more info BEFORE registering for these!

Financial aid is available!

Visit [www.midcoastrec.org/forms](http://www.midcoastrec.org/forms), or stop by MRC's front desk for an application.

### Community Appreciation Day

Join us Saturday, September 30th, for our Community Appreciation Day at MRC! Admission is FREE, and the event will include fun activities in all MRC programs and more! Visit our Facebook page for more info [Facebook.com/midcoastrecreation](https://www.facebook.com/midcoastrecreation)

### Public Skate



Scan this QR code to visit our Public Skate Page for the full Public Skate schedule!

MRC has Public Skate available all year round, with ice skating in the winter and roller skating in the summer, and skate rentals available in a wide range of sizes for both types of skating!

Skate passes: \$7  
Skate rentals: \$5

For complete details on all our Fall & Winter programs, visit [www.midcoastrec.org](http://www.midcoastrec.org)

535 West St. Rockport, ME 04856 [www.midcoastrec.org](http://www.midcoastrec.org) (207) 236-9400

**MRC**



## CUB SCOUT PACK 200 OPEN HOUSE

(GRADES K-5)

FUN CRAFTS + ACTIVITIES

SNACKS + DRINKS + S'MORES!

**SUNDAY, SEPT. 17 3:00-5:00 PM**

First Congregational Church of Camden  
55 Elm Street., Camden  
Parking lot (inside if it rains)





### BUSLINE CROSS COUNTRY MEETS

9/14 @ HOME - LCS (4PM Girls, 4:45PM Boys)  
 9/21 @ HOME - LCS (4PM Girls, 4:45PM Boys)  
 9/28 @ Troy Howard (4PM Girls, 4:45PM Boys)  
 10/5 @ Great Salt Bay (4PM Girls, 4:45PM Boys)  
 10/12 @ Boothbay (4PM Girls, 4:45PM Boys)



Thank you to Ms. Benner and the garden club members for keeping the school grounds looking so lovely!

### HES BUSLINE SOCCER SCHEDULE

DATE	HES	Bus leaves:
Wed, 9/6	AVS @ HES	-----
Mon, 9/11	@ LCS	2:45
Wed, 9/13	ICS @ HES	-----
Mon, 9/18	HES @ ICS	1:15
Wed, 9/20	CRMS @ HES	-----
Mon, 9/25	@ AVS	2:45
Wed, 9/27	LCS @ HES	-----
Mon, 10/2	@ SGS	2:30
Wed, 10/4	@ CRMS	2:45
Wed, 10/11	SGS @ HES	-----
Sat, 10/14	Play-in	
Mon, 10/16	Quarter-finals	
Wed, 10/18	Semi-finals	
Sat, 10/21	Coed Busline Championship	

All games start  
 at 3:45PM  
 unless  
 otherwise noted.



# CHESS !

Play for Trophies!  
Work Towards Becoming a Maine Chess Champion!

Chess teaches:

1. Creativity
2. Problem solving
3. Logic
4. Planning
5. Time management
6. Confidence



My students who started with me in 2nd and 3rd grade and are now at Camden Hills High know me and trust me. They listen when I tell them work starts when school is over. I tell them good jobs depend on what they've learned, what they can do and what they've done that is exceptional. Skills learned in chess enrich STEM!

No other teacher in the system will have your kids as long as I can. Chess is the long game: become a part of it. Chess is my favorite activity for kids. Search (or click) "[Bruce Haffner Chess NBC](#)" for a four minute video on my program and advice from Kate Kaplan, a great chess mom.

I try to motivate your child to want to learn on his/her own. I urge my students to read three hours a day and use their time wisely. My many State Championship teams prove that hard work pays off.

Chess is the best thing I did with my kids. My son, Will, was Illinois K/3 Champion in (1999). We still play when we get together. Come to class any time or meet with me anywhere to learn how you can get involved. Let's work together to motivate your child(ren)!

Starting 9/29 - Chess Club on Fridays 1:45-2:45PM in the yurt!

[CLICK HERE TO SIGN UP!](#)