

# The Hawk's Eye

Weekly News from Hope Elementary School



Second grade students have been learning about the power of the sun. This week we explored the energy of our greenhouse solar panels and made our own solar ovens. The ovens are going to be used for making s'mores with the power of the sun. The temperature rose to 85° in our ovens even though it was only 70° outside.



## Upcoming Events for Your Calendar:

- Oct. 9th - No School - Indigenous Peoples' 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

**Donations 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!



**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](#)

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!!



# Meet the Middle Level Team

**NICE TO MEET YOU!**

**MRS. MORGENSTERN**



**About**  
I teach 6th, 7th, and 8th grade social studies as well as 6th grade math. I've been teaching at HES for 23 years.

**Favorites**  
Breeds: Cornish, Pekingese, Fawn, Maine Coon, Cocker, Lady Dorgi  
Food: Pad Thai  
Show: Suits, Dr. Phil  
Place: Paphos Beach  
Holiday: Christmas

**Contact**  
jmorngstern@fivetowns.net

**Fun Facts**  
I enjoy reading, reading, music, watching movies, and growing flowers in my yard. I have two cats, Nathan & Zach, who both attend HES, and three horses named Athena, Niki & Carl. I also Rockland with a husband, Brian, and two children, Ben & Emily, and two horses, Abby & Abby.

**Quote**  
"Life's most persistent and urgent question is 'What are you doing for others?'"  
Martin Luther King Jr.

**NICE TO MEET YOU!**

**MRS. THORN**



**About**  
I've been teaching at HES for 13 years. I have been teaching Language Arts at HES. I love reading, writing, anything about language and words!

**Favorites**  
Color: Purple  
Food: Fenchies  
Show: Poldark  
Holiday: Thanksgiving

**Contact**  
jthorn@fivetowns.net

**Fun Facts**  
I am originally from Massachusetts and now live in Colorado. I have two kids, both away at college. We'll (20) and Katie (18).

**NICE TO MEET YOU!**

**MRS. LINDHAL**



**About**  
This is my sixth year at HES. I am a special ed teacher in the middle school.

**Favorites**  
Colors: blue/green  
Food: homemade pizza  
What I'm watching: The Morning Show  
Hobbies: reading, baking, gardening, walking with my dogs, watching bad history games (my daughter does year books)  
Holiday: Christmas

**Contact**  
lindhal@fivetowns.net

**Fun Facts**  
I have two children. Ashli is a college freshman & Natalie is a junior at CHHS. We have two cats & two dogs.

**Nice to Meet You!**

**Ms. Greenwood**



**About**  
My 7th year at HES, you can find me teaching a variety of subjects in the Learning Center as well as working librarians in the middle school.

**Favorites**  
Colors: Blue/Green  
Food: Fruit and Coke  
Hobbies: hiking, bicycling, traveling, music, art, history  
Holiday: Thanksgiving

**Fun Facts**  
I have two sons, 22 and 18. My eldest works as a welder and my youngest is a senior at CHHS. My dog Monty loves to go hiking!

**Contact**  
jgreenwood@fivetowns.net

**NICE TO MEET YOU!**

**MRS. GREELEY**



**About**  
After 15 years in different careers, I decided to change my course and try teaching. I am now beginning my second wonderful year at HES!

**Favorites**  
Color: green  
Food: peanut butter  
What I'm Watching: Ted Lasso  
Season: Fall

**Contact**  
mgreeley@fivetowns.net

**Fun Facts**  
I have 2 children and 2 step children all of whom attend Canadian high.

**NICE TO MEET YOU!**

**MR. AMUNDSEN**



**About**  
I've been teaching at HES for about 7 years. Before becoming a science teacher, I was an outdoor educator working in Norway.

**Favorites**  
Color: Green  
Food: Seafood  
Show: Trailer Park Boys  
City: Tromsø  
Holiday: Halloween

**Contact**  
ramundsen@fivetowns.net

**Fun Facts**  
I have a purple bull in Brazilian Jiu Jitsu. A dog named India and a cat named Mr. Torgo. And, I love hiking outdoors in all kind of weather.

**NICE TO MEET YOU!**

**MRS. HOLBROOK**



**About**  
Mrs. Holbrook is an educational technologist in the middle school.

**Coming Soon!**

# 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://k12paymentcenter.com>



Raviolis, breadsticks, green beans, & watermelon day!





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!

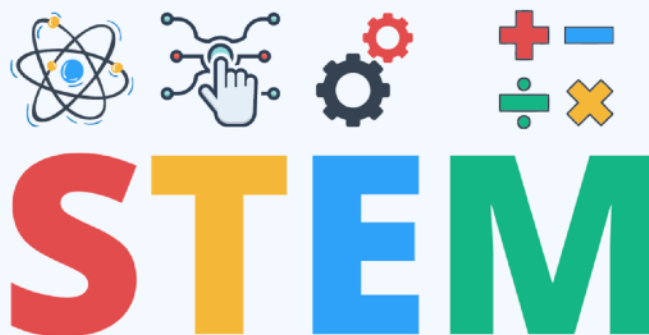
Be well,  
Nurse Reagan





### BUSLINE CROSS COUNTRY MEETS

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)



### FREE AFTER SCHOOL PROGRAM!

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](#)

### 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.		

# HOPE CHESS !

Fridays, 1:45 - 2:45 PM, Yurt  
Starts September 29 thru June 14!  
Play for Trophies!  
Helpful in School, Sports, Work & Life!

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 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 make STEM classes less work and more fun!

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.

My goal in chess is to make your child smarter while having fun. 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. While our best team finish so far is 3rd in the state, Hope could be a powerhouse in chess. The other schools where I teach have a combined fourteen 1st place finishes since 2017 proving that hard work pays off. Work towards being a champion this year!

Chess is the best thing I did with my kids. My son, Will, was Illinois K/3 Champion in 1999. Besides playing chess, Will read at least three hours a day. In high school he took an amazing eleven Advanced Placement classes (they count as semester classes in college). 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! For all Hope kids!

I also Teach after school Mondays-Belfast, Tuesdays, CRES, Wednesdays, LCS and Thursdays - Camden Hills High & CRMS.

Bruce Haffner [BruceHaffner@gmail.com](mailto:BruceHaffner@gmail.com) c: 847-987-3091

[CLICK HERE TO SIGN UP!](#)



## 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 3-10, 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!

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**

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/midcoastcreation](https://Facebook.com/midcoastcreation)

### 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



## Maine Coast Storm Hockey

Ages 8-18, Travel and House Teams

Maine Coast Storm is committed to providing children of all ages and skill levels the opportunity to play hockey. Scholarships available.



### Why Join A Team?

- ✓ Make New Friends!
- ✓ Be Physically Active!
- ✓ Develop Life Skills!
- ✓ Have Fun!

### Registration Open

[www.maine coaststorm.org](http://www.maine coaststorm.org)

### Ice Rink Location

Midcoast Recreation Center  
535 West St. Rockport, ME 04856

### Contact Us:

[mainecoaststorminfo@gmail.com](mailto:mainecoaststorminfo@gmail.com), P.O. Box 1166 Rockport, ME 04856

OCT 2023

## PBCHP SCHOOL NEWSLETTER

### FALL INTO BALANCED HABITS THIS AUTUMN



### NUTRITION TIPS FOR AUTUMN

Autumn offers tasty, nutritious foods and wellness opportunities:

- **Seasonal Produce:** Enjoy a bountiful harvest of farmers market fall favorites like apples, squash, and sweet potatoes, which are packed with essential vitamins and minerals.
- **Warm Soups:** Beat the chill with homemade seasonal veggie soups like butternut squash or pumpkin. Add whole grains for fiber.
- **Outdoor Fun:** Get outdoors before the cold. Walk, hike, or kayak to boost mood and energy.
- **Healthy Snacking:** Swap candy for nuts, roasted pumpkin seeds, or apple slices with peanut butter or yogurt.
- **Stay Hydrated:** Opt for warm herbal teas or lemon-infused hot water to stay hydrated.
- **Mindful Eating:** Savor holiday treats mindfully by listening to hunger and enjoying each bite.
- **Balanced Feasts:** For holidays, include colorful veggies, lean proteins, and whole grains.

Embrace autumn's harvest. Let's make it a time for wellness, warmth, and wonderful experiences! Happy fall!



### SAFELY STORE CANNABIS PRODUCTS AND MEDICATIONS

Make sure that all cannabis products and medications, especially ones that look like candy, food items, or drinks, are safely stored away from other food or kitchen items. Avoid children or pets getting sick by keeping cannabis edibles stored in sealed containers up and out of sight.

ATTEND THE MONSTER MASH OPEN HOUSE AT THE PENOBSCOT BAY YMCA FOR FREE SPOOKY FAMILY GAMES AND TREATS!



SAT Oct 21,  
1 - 4pm



## THE ART SCHOOL

Where 6th-12th grade students can take art classes.

Camden, Maine

### NOW ENROLLING!

After school and evening classes for 6th-12th grade students include painting, drawing, photography, writing, fabric arts and more!

Join our newsletter for all the class schedules and updates!

[www.theartschoolmaine.com](http://www.theartschoolmaine.com)

