

The Hawk's Eye

Weekly News from Hope Elementary School

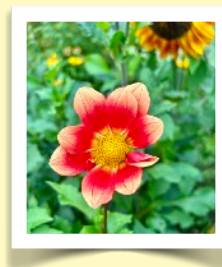


Seventh & eighth graders from Mr. Amundsen's earth science class installed birdhouses and constructed pollinator gardens last week as part of their ongoing work on the school nature trail. Monies for this project were awarded to Hope Elementary School by the Stewardship Education Alliance (S.E.A.).



Upcoming Events for Your Calendar:

- Oct. 2nd - HES volunteer meeting in the library (6PM)
- 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. 9th - Middle School Dance (grades 6-8)
- 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 and socks 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 from the office: Please let the office know by 8:30AM at [hesoffice@fivetowns.net](mailto:hесoffice@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!!

FIRST GRADE



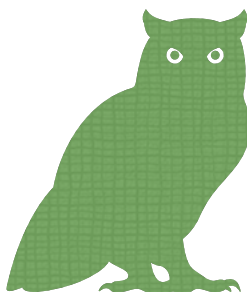
The first grade classroom was gifted copies of Dinah Johnson's newest book *Indigo Dreaming* by the Beautiful Blackbird Children's Book Festival and the Farnsworth Art Museum. Indigo Arts Alliance sponsored the event and The Farnsworth Art Museum hosted it locally. Thank you!



The first graders investigated a sunflower! We read the Book, *Camille and the Sunflower: a story about Vincent Van Gogh*. We also released a monarch butterfly!

ART IN THE YURT!

After reading *Up, Tall, and High* by Ethan Long in art class, Kindergarten students practiced drawing their own birds. Here is Maverick showing his masterpiece.



Pre-K students are introduced to Specials slowly at the start of the year after they settle into a routine. Our youngest students have once weekly lessons with our wonderful Specials teachers throughout the year. Here they are enjoying their first visit with Ms. Gluck, librarian, for a library lesson. We love our Specials teachers!



WELCOME!

We would like to extend a warm welcome to our new school nurse, Allison McNeil! She has been a nurse for 16 years with experience in med-surg, oncology, and hospice. She is certified as a hospice and palliative care nurse with 10 years experience. Nurse Allison became involved with Circle Camps, a grief camp for girls who have lost a parent, in 2019 and she has been their head nurse for five years. She liked it so much that she thought she would give school nursing a try! After substituting for the past year, she decided to change careers and become a school nurse. She is very excited to be here and looks forward to becoming part of the HES community!

Nurse Reagan has taken a new position at LCS and we wish her all the best at her new school!



Feliz Mes de la Herencia Hispana!

Hispanic Heritage Month (HHM) takes place September 15 to October 15 every year as a time to recognize and celebrate the many contributions, diverse cultures, and extensive histories of the American Latino community.

JOIN TWO
STUDENT
PRODUCTIONS!

**GRADES 4-8
REGISTER FOR
DRAMA CLUB!**

**WEDNESDAYS
2:45-4:00 PM
FIRST MEETING 10/11**

ACTING AND
THEATER
DESIGN 101

**REGISTER HERE
CLICK ON THIS LINK TO
REGISTER YOUR STUDENT
FOR DRAMA CLUB**



Stem Club students creating projects in the yurt! Thank you to the Owls Head Transportation Museum for sponsoring this free after-school activity!



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](#)

Hope Elementary School Menu



October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Cheeseburgers with Chips Fruit/Veggies/Milk B: Scones	Macaroni & Cheese Fruit/Veggies/Milk B: Fruit Salad	Hot Ham & Cheese Sandwich Fruit/Veggies/Milk B: Muffins	Spaghetti Fruit/Veggies/Milk B: Banana Bread	Cheese Pizza Fruit/Veggies/Milk B: Yogurt Parfait
9	10	11	12	13
NO SCHOOL Indigenous People's Day	Hot Dogs with Fries Fruit/Veggies/Milk B: Scones	Beef Tacos Fruit/Veggies/Milk B: Fruit Salad	Chop Suey Fruit/Veggies/Milk B: Yogurt Parfait	Pepperoni Pizza Fruit/Veggies/Milk B: Muffins
16	17	18	19	20
Crispy Chicken Sandwich Fruit/Veggies/Milk B: Fruit Salad	Breakfast Pizza Fruit/Veggies/Milk B: Yogurt Parfait	Cheese Raviolis Fruit/Veggies/Milk B: Scones	Chicken Nuggets with Fries Fruit/Veggies/Milk B: Fruit Salad	Cheese Pizza Fruit/Veggies/Milk B: Muffins
23	24	25	26	27
Pancakes & Sausage Fruit/Veggies/Milk B: Fruit Salad	Macaroni & Cheese Fruit/Veggies/Milk B: Banana Bread	Ham & Cheese Stromboli Fruit/Veggies/Milk B: Scones	Beef Chili Fruit/Veggies/Milk B: Yogurt Parfait	Pepperoni Pizza Fruit/Veggies/Milk B: Bagels
30	31			
Chicken, Broccoli & Rice Fruit/Veggies/Milk B: Fruit Salad	Chicken Tacos Fruit/Veggies/Milk B: Muffins			

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>

Physical Education Schedule

Here is the physical education schedule for the 2023/24 school year. Please have your child wear clothes and shoes that are comfortable and safe on these days. Also, if there is a reason that your child should not participate in PE class due to illness or injury, please email or send a note to Mr. Payson at jeff.payson@fivetowns.net

Kindergarten - Mon/Wed
1st Grade - Mon/Wed
2nd Grade - Tue/Thur
3rd Grade - Mon/Wed
4th Grade - Tue/Thur
5th Grade - Mon/Thur
6th Grade - Mon/Wed

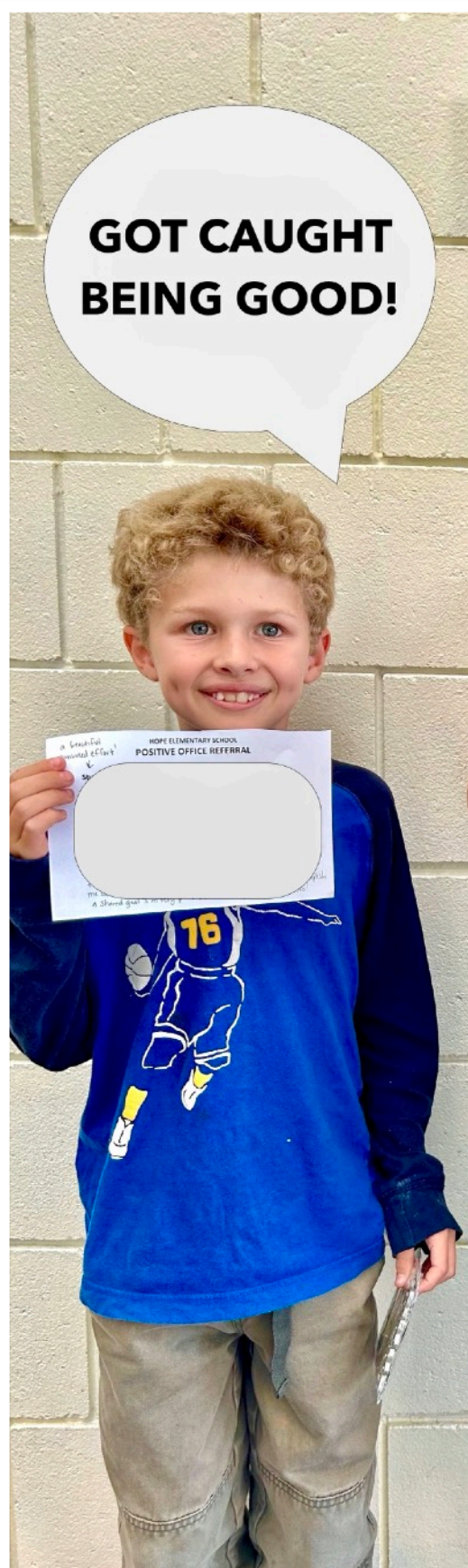


BUSLINE CROSS COUNTRY MEETS

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)

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 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 3-18, 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 for more info BEFORE registering for these!

Financial aid is available! Visit 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 view 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

535 West St. Rockport, ME 04856 www.midcoastrec.org (207) 236-9400

MRC



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

Ice Rink Location



Midcoast Recreation Center
535 West St. Rockport, ME 04856

Contact Us:

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





Penobscot Bay YMCA

MONSTER MASH

HALLOWEEN OPEN HOUSE

SATURDAY, OCTOBER 21

1:00 – 4:00 PM

Free to the community!



SPONSORS

SINK YOUR TEETH:



FRIENDS OF FRANKENSTEIN:



BOO CREW:

Beth's Farm Market
Hope Orchards
Rockland Savings Bank

Cold Mountain Builders
Johnstone Chiropractic Center
Rockport Fire Department

- **THE VAMPIRE'S BALL**
Presented by BANGOR SAVINGS BANK

- **WICKED FUN INFLATABLES**
Chucklin Chickens, T-Ball, Twister
and All Star Basketball
Sponsored by CAMDEN NATIONAL BANK

- FLOATING PUMPKIN PATCH
- BOUNCY HOUSE
- CAN YOUR MEMBERSHIP FEE KICK-OFF
- MAKE YOUR OWN MONSTER CRAFT & TATTOOS
- HAUNTED PHOTO BOOTH
- GYMNASTICS FOR GOBLINS AND GHOULS
- FAMILY SWIM
- ROCK CLIMBING
- APPLE BOBBING ON A STRING GAME
- FIRE TRUCK TOURS
- FRANKENSTEIN'S LAB

Penobscot Bay Community Health Partnerships

- **NO TRICKS...JUST TREATS FOR SALE!**
Sailfish Swim Team Fundraiser



WWW.PENBAYYMCA.ORG • 207.236.3375