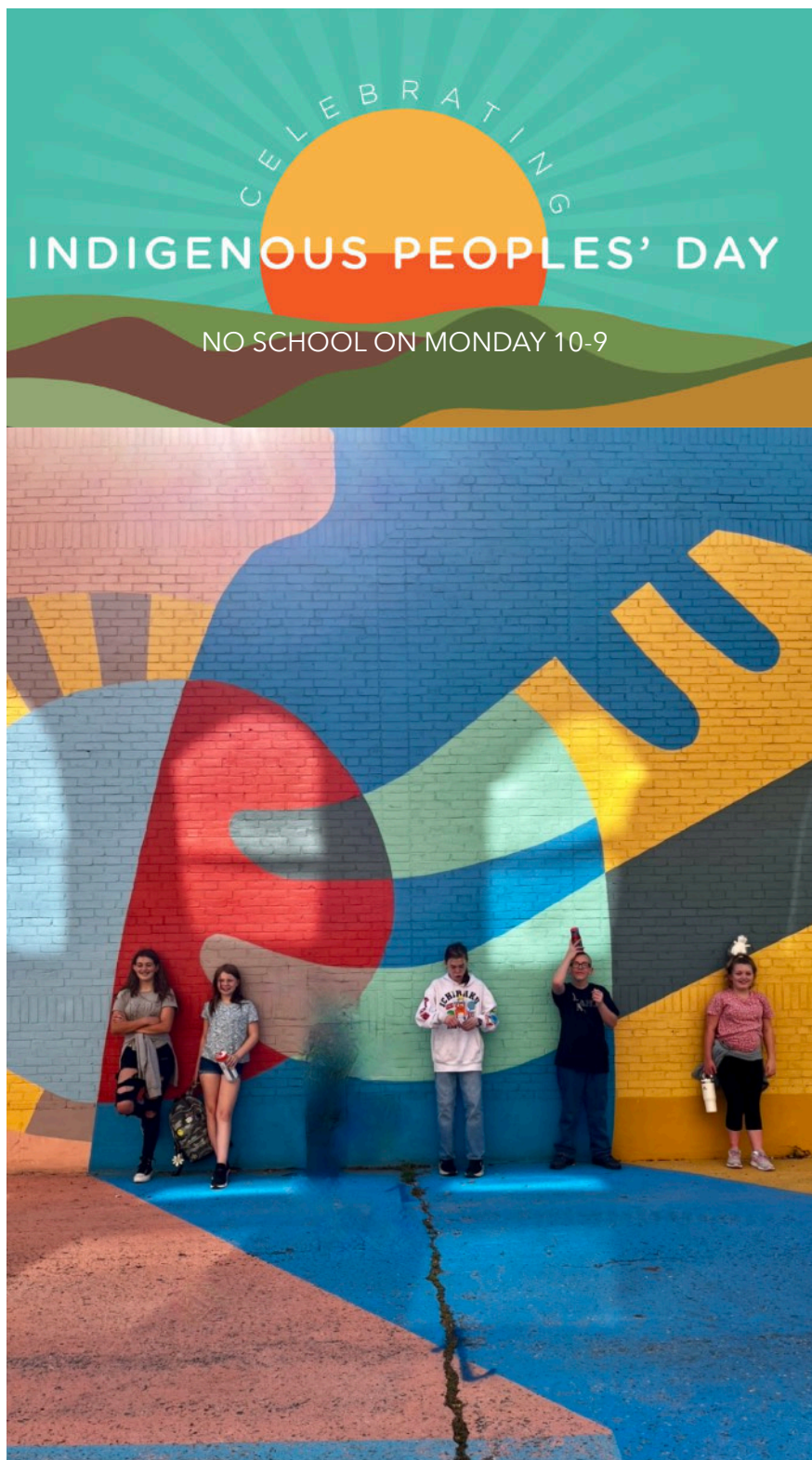


The Hawk's Eye

Weekly News from Hope Elementary School



UPCOMING EVENTS

- 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)
- Oct. 28th - Halloween Carnival
- 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!



The entire middle school (grades 6-8) enjoyed a field trip to Owls Head and Rockland this week to explore local sights and spend time outdoors. They ended the day with a visit to Beth's Farm Market in Warren.



Through Fly Five, third graders are learning how to be team players, fulfill specific roles in group tasks, accept group failure without blaming others, and communicate effectively. To practice being good communicators and listeners, we played Minefield Relay. Students guided their blindfolded peers through our minefield course while successfully using clear and concise vocabulary and directions. It was a lot of fun!



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.



Pre-K students were treated to a morning of cider pressing with volunteers Ken Pride and Matt Chapman. Students lugged, washed and sorted apples before filling the cider press. Everyone got a chance to turn the crank and sample the wonderful cider. We love our volunteers! Anyone interested in volunteering at Pre-K is encouraged to email Mrs. Pride at marybeth.pride@fivetowns.net



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

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**

FALL PICTURE DAY IS 10/19

Buy **online** to get personalization and/or a digital download for **free** in select packages. Compre en línea para personalización o un descarga digital en ciertos paquetes.






1

PICK YOUR PACKAGE(S) ELIGE SU(S) PAQUETE(S)

A \$34 3 - 8x10s 2 - 5x7s 2 - 4x6s 4 - 3x5s 8 - 2x3s  FRIENDSHIP PACK	A+ \$39  FRIENDSHIP PACK	B \$29 1 - 8x10 2 - 5x7s 2 - 4x6s 4 - 3x5s 8 - 2x3s  FRIENDSHIP PACK	B+ \$34  FRIENDSHIP PACK	C \$24 2 - 5x7s 2 - 4x6s 4 - 3x5s 8 - 2x3s  FRIENDSHIP PACK	C+ \$29  FRIENDSHIP PACK
D \$18 2 - 5x7s 4 - 3x5s 8 - 2x3s  FRIENDSHIP PACK	D+ \$23  FRIENDSHIP PACK	E \$14 1 - 5x7 2 - 3x5s 8 - 2x3s  FRIENDSHIP PACK	E+ \$19  FRIENDSHIP PACK	F \$9 2 - 3x5s 4 - 2x3s  FRIENDSHIP PACK	F+ \$14  FRIENDSHIP PACK

2

OPTIONS OPCIONES

B5  B7  B6  B8 	1 \$7 Classic Border Borde Clasico 	2 \$10 Retouch Retoque Includes Blemishes, Braces Not Included.  Incluye Imperfecciones. Frenillos No Incluidos.	3 \$5 Year Año Applies to ALL Prints in Package.  Aplica a TODAS las imágenes en el paquete.	L 1 - 8x10 \$10 	M 2 - 5x7s \$10 	N 4 - 3x5s \$10 
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GET MORE ONLINE! ¡Comprar en línea!

Tenemos más excelentes opciones en línea.

Want to **build your own package**? Add a **name** to your prints?

Choose from more **background options**? Buy a **digital download** of your image?

Purchase **additional prints** at discounted prices? Go online for more options!

FILL IN BUBBLES
COMPLETELY
Llene las burbujas completamente

Example:  

To pay online, go to www.strawbridge.net. Click Order Pictures and enter the following code:

Para pagar en línea, vaya a www.strawbridge.net. Haga clic en ordenar fotos e ingrese el código siguiente:

FM428063

Enter Online Payment Code Here:
Ingrese el código de pago en línea aquí:



Dear Family,

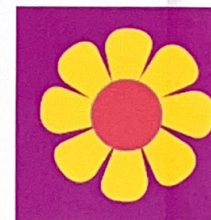
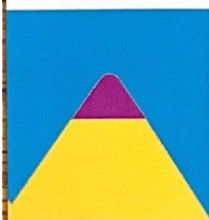
Welcome to the Square 1 Art Fundraiser! Your student will be creating a very special, art masterpiece that you may purchase on unique gifts and keepsakes to enjoy for a lifetime! Every order made will preserve the special memories of your child's creative growth in a fun and inspiring way!

Imagine the excitement and fun of sharing your child's awesome art with family and friends! Be sure to make your order(s) by the due date provided by your Square 1 Art coordinator.

We look forward to an amazing fundraiser with Square 1 Art! Keep a lookout for more details about the fundraiser to come to you soon!

▲▲ My kids have been creating awesome artwork over the years; it's fantastic that this company provides a way to keepsake those creations! From coffee cups to ornaments, they really have something for everyone, but the best part is, it will have my kid's imagination with it.▼▼

Tiffany, Parent, Rockford, IL



square1art.com



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)



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

Public Skate

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

Grab your broomsticks and fly on in...

- **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



MANJUSHRI MANDALA — SYMMETREE MEDITATION STUDIO, 20 BAY VIEW ST, CAMDEN

The public is welcome to stop by and experience the 5-day creation of a sacred sand mandala (9:30AM–5PM daily)
The monks will chant opening prayers at 9:30AM and closing prayers at 5PM daily.

All events are open to the public, with your generous donations to benefit the 2000 monks of the Drepung Gomang Monastery, Mundgod, India. Events at Symmetree unless otherwise indicated. Tibetan Marketplace will be offered at each venue.

MONDAY, OCTOBER 9

- | | |
|---------------|--|
| 9:30 AM | Opening Ceremony, blessing of the space & welcoming the monks |
| 12:30–1:30 PM | Meditation Instruction & Practice |
| 5:00–6:00 PM | Chod Practice for Clearing Obstacles from 11th century female Buddhist monk
You are invited to join the tour for this special Tibetan Buddhist practice
for clearing obstacles and negativities. Suggested donation \$15 per person. |

TUESDAY, OCTOBER 10

- | | |
|---------------|---|
| 9:30–10:30 AM | Meditation Instruction and Practice with tour leader, Geshe Khenrap Chaeden |
| 3:00–5:00 PM | Sand Painting at CMCA Art Lab (21 Winter St, Rockland)
Suggested donation \$10 per person. |

WEDNESDAY OCTOBER 11

- | | |
|---------------|--|
| 12:30–1:30 PM | Meditation Instruction and Practice with tour leader, Geshe Khenrap Chaeden |
| 6:00–7:30 PM | Traditional Tibetan Momo Dinner at UCC (55 Elm St, Camden)
Suggested donation \$25 per person. TO REGISTER: SLOTTED.CO/YPHSBGVO |

THURSDAY, OCTOBER 12

- | | |
|--------------|---|
| 5:00–6:00 PM | Dharma Talk at UCC (55 Elm St, Camden). Teaching on the Four Noble Truths
With tour leader, Geshe Khenrap Chaeden. Suggested donation \$10 per person. |
|--------------|---|

FRIDAY, OCTOBER 13

- | | |
|--------------|--|
| 6:00–7:30 PM | Tibetan Cultural Performance, Watts Hall (174 Main St, Thomaston)
Suggested donation, \$10 per person. TO REGISTER: SLOTTED.CO/XN1B9STC |
|--------------|--|

SATURDAY, OCTOBER 14

- | | |
|--------------|---|
| 3:00–4:30 PM | Closing Ceremony and Blessing of the Sea
Gather in the Meditation Studio for the traditional dissolution of the mandala,
and mindfully walk together to the harbor with the monks to bless our water
as they close their week with us. |
|--------------|---|

QUESTIONS & SPONSORSHIP OPPORTUNITIES: SYMMETREEMAINE@GMAIL.COM

ArtLab



ARTLAB FOR ALL AGES

Saturday, October 7
2:00 – 4:00pm | drop-in

Inspired by the paintings of Alison Hildreth, participants will create cosmic accordion books. Artists are encouraged to think about the cosmos, satellites and create their own universes all contained in a book.
A traveling universe of their own making.

Photography Policy: By participating in ArtLab programming, I understand my child or myself may be photographed by CMCA staff for general documentation and publicity. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

CMCA
CENTER FOR MAINE CONTEMPORARY ART
21 Winter Street, Rockland, Maine