# The Hawk's Eye

Weekly News from Hope Elementary School





### **UPCOMING EVENTS**

- Nov. 17th Middle School Dance (6-8)
- Nov. 20th 24th No school for teacher workshop/Thanksgiving Break
- Dec. 1st Picture re-take day
- Dec. 7th Winter Concert for grades 5-8
- Dec. 7th-9th HES Book Fair
- Dec. 11th School Committee meeting (6PM)
- Dec. 14th Winter Concert for grades K-4
- Dec. 15th Pre-K -5 Dance Party (6PM)
- Dec. 21st Early Release (11:30AM)
- Dec. 22nd Jan. 1st Holiday Break

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Thank you to Partners for Enrichment for sponsoring a visit from author Tim Caverly. Mr. Caverly visited students in grades 3-5 in the library on Wednesday afternoon and shared stories about his time as a Maine Park Ranger on the Allagash Wilderness Waterway and a presentation on his writing process. Students learned about the different animals that can be found along the waterway and some of the ghost stories that Tim and his family experienced and then wrote about in his Allagash Tails series. What a wonderful storyteller and author visit!

Students in grades 5-8 enjoyed an author visit on Tuesday with native american author, Nasuġraq Rainey Hopson who Zoomed in from northern Alaska! She talked with students about her debut novel, Eagle Drums, which she wrote and illustrated and shared stories, photos, and videos about her community, her tribe, and their traditions. This program was possible thanks to our partnership with Print: A Bookstore. Her debut novel was purchased for several classroom libraries and our school library through Partners for Enrichment.





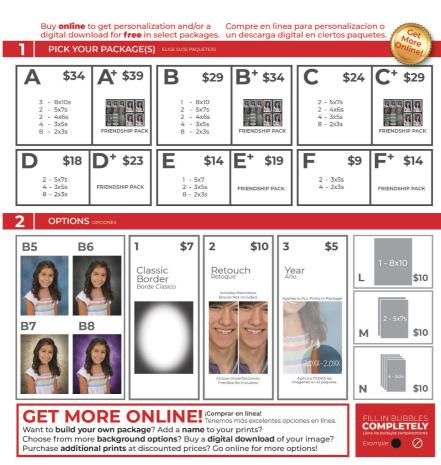


Pre-K enjoyed a Woodsy Wednesday in their outdoor classroom this week. Guided choice time included exploring with science kits and magnifying glasses and recording findings in science journals, investigating worm castings, nature collages and painting our outdoor furniture with tempera paint. Students enjoyed snack and lunch outdoors too.



<u>HES.FIVETOWNS.NET</u> NOVEMBER 17, 2023





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### Hope Elementary School Menu



# December 2023

6.2.6	1,570			CHE NEW HE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	
Crispy Chicken Sandwich Fruit/Veggies/Milk	Ham & Cheese Stromboli Fruit/Veggies/Milk	Meatloaf & Mashed Potatoes Fruit/Veggies/Milk	Egg & Cheese Breakfast Pizza	Pepperoni Pizza Fruit/Veggies/Milk
: Mini Bagels with Fruit	B: Fruit Salad	B: Banana Bread	B: Muffins	B: Yogurt Parfait
4	5	6	7	
Hot Dogs w/Fries Fruit/Veggies/Milk	Macaroni & Cheese Fruit/Veggies/Milk	Pepperoni & Cheese Stromboli	Spaghetti w/Breadstick Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk
B: Mini Bagels	B: Scones	B: Cinnamon Bread	B: Muffins	B: Fruit Salad
11	12	13	14	
Soft Shell Beef Tacos Fruit/Veggies/Milk	Pancakes & Sausage Fruit/Veggies/Milk	Cheeseburger w/Chips Fruit/Veggies/Milk	Chop Suey Fruit/Veggies/Milk	Pepperoni Pizza Fruit/Veggies/Milk
3: Mini Bagels with Fruit	B: Banana Bread	B: Yogurt Parfait	B: Fruit Salad	B: Muffins
18	19	20	EARLY RELEASE (11:30AM) 21	
Beef Chili w/Cornbread Fruit/Veggies/Milk	Chicken Nuggets w/Fries Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk	Mini Bagels Fruit/Veggies/Milk	NO SCHOOL
B: Cinnamon Rolls	B: Banana Bread	B: Mini Bagels with Fruit	B: Cereal	
25	26	27	28	
HAPPY TO THE STATE OF THE STATE	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

Student meals are free.
Milk without a meal is \$.40
Adult meal: \$4

Breakfast (B) 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



# HES WINTER CONCERTS

GRADES 5-8
DECEMBER 7TH @ 6PM

GRADES K-4
DECEMBER 14TH @ 6PM



Please email kate.fiano@fivetowns.net with any questions

<u>HES.FIVETOWNS.NET</u> NOVEMBER 17, 2023

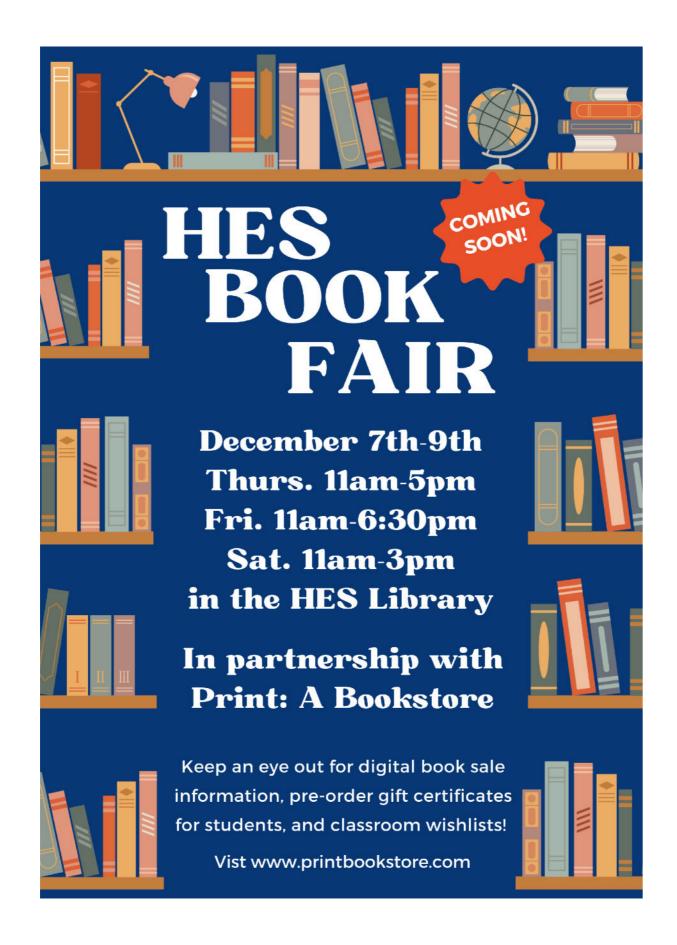


PREK-K PARENTS NEED TO ATTEND

HES BASKETBALL SCHEDULE

DATE	HES	Bus leaves:	First game	Notes
Sat, 12/2	vs. VH		Boys	11:00, 12:30
Wed, 12/6	@ ICS	12:15	Boys only	1:00 ferry, 2:00 B game, 3:30 ferry
Mon, 12/11	vs. SES		Boys	
Wed, 12/13	vs. AVS		Boys	
Fri, 12/15	@ LCS	2:30	Boys	
Wed, 12/20	vs. SGS		Boys	
Wed, 1/3	@ VH	8:00	Girls	8:45 ferry, 1130 G game, 1:00 B game, 3:15 ferry
Fri, 1/5	vs. ICS		Boys only	
Mon, 1/8	@ SES	2:00	Girls	
Wed, 1/10	@ AVS	2:45	Girls	
Wed, 1/17	vs. LCS		Girls	
Wed, 1/24	@ SGES	2:15	Girls	
Wed, 1/31	Quarterfinals			
Mon, 2/5	Semifinals			
Wed, 2/7	North Division PLayoffs			
Sat, 2/10	Busline Championship			







# YOU'RE INVITED!

**CHILLS Alumni Basketball Game** 

### Here are the details:

WHO: The whole community!

WHAT: CHILLS Alumni
 Basketball Game

• WHEN: Friday, November 24th, 5:30-8:30pm

WHY: To kick-off the CHILLS Basketball season!

 WHERE: Camden Hills High School Gym Friday
November 24th
5:30pm-8:30pm
CHILLS Gym

Join us for a fun night of games, prizes, concessions, and more!





### **How to Reduce Children's Holiday Stress**



as much as possible

Don't overschedule

Make time for peace and quiet

**How to Reduce Parent Stress** 

#1 Plan Ahead #2 Be Realistic

#3 Stay Physically Active

#4 Don't Be Afraid to Say No

#5 Set Aside Differences

**#6** Acknowledge Your Feelings **#7** Don't Sweat the Small Stuff

### Parents are teachers too

As the holidays approach, families can create lasting memories together. Yet, it's important to be mindful of the potential exposure of children and teens to alcohol. While some parents may consider allowing their teens to drink at home as a way to keep them safe, this approach can have serious consequences.

Parents play a crucial role in shaping their children's attitudes toward alcohol. It's essential to set a positive example by avoiding drunk driving and not permitting underage drinking at home.

Resilience starts at home!

Email us to sign up for our monthly updates and school newsletters! jlovley@penbayymca.org

# Annual CHRHS Ski Team Ski Sale A Great event that supports affordable outdoor fun

Winter is coming and signs are pointing to a snowy one. The best way to enjoy Winter is to get outside! Do you have the equipment you need to enjoy the outdoors this Winter? Have your kids outgrown their winter gear? Do you have gear that is no longer working for you or your family? The best deal in town to buy or sell your winter gear is the annual Camden Hills Regional High School Ski Team Ski Sale. Sale takes place November 17th - 19th. There will be a wide selection of new and used equipment at great prices. The sale includes skis (both nordic and alpine), boots, poles, snowboards, skates, helmets, skates, winter clothing and more.

To consign your older but still usable gear pre-register online to save time <a href="https://tinyurl.com/register-items">https://tinyurl.com/register-items</a>. Items must be brought to the high school on November 17 between 3:30 and 8:00pm to be tagged and included in the sale. PLEASE NOTE: Friday entrance to register items is at the back of the school through the athletic door because the annual musical will be taking place. Unfortunately, we don't have space to store items ahead of time. Consignment items are where you set the price; the high school ski team keeps 25% and you get 75%. You can set a lower Sunday price for any items that do not sell on Saturday. On Sunday between noon and 1:00 pm, pick up a check for 75% of what was sold and take home any items that didn't sell. You can watch online what sells by going to the website. If your items don't sell they must be picked up by 1:00pm on Sunday or they will become the property of the CHRHS ski teams.

The sale itself happens at Camden Hills Regional High School on Saturday, November 18th 9 am to 1 pm and Sunday, November 19th, 10AM to 1:00PM in part of the cafe and mini gym (new location for this year). Sidecountry Sports will be selling a wide selection of new and used gear at great prices. Selection is better on Saturday but there are bargains on Sunday. Sunday prices will be available on the website after 5 pm Saturday.

The annual CHRHS Ski Team Ski Sale is the only one of its kind in the midcoast. You will not want to miss it! For more information, go to <a href="http://sites.google.com/site/chrhsskisale">http://sites.google.com/site/chrhsskisale</a> or call 542-7571.