#### **HES.FIVETOWNS.NET**

# The Hawk's Eye

#### Weekly News from Hope Elementary School



\* No act of kindness, no matter how small, is ever. \* wasted. Aesop

#### **UPCOMING EVENTS**

- Jan. 15th No School (Martin Luther King, Jr. Day)
- Jan. 19th Middle School Dance (7-9PM)
- Jan. 22nd New Stem Club session (K-2)
- Jan. 22nd HES School Committee meeting (6PM)
- Jan. 23rd New Stem Club session (3-5)
- Feb. 6th Knox County Spelling Bee @ HES (3:45PM)
- Feb. 12th HES School Committee meeting (6PM)
- Feb. 19th 23rd Winter vacation
- March 11th HES School Committee meeting (6PM)
- March 14th End of 2nd trimester
- March 15th No School (teacher workshop)
- April 8th HES School Committee meeting (6PM)
- April 12th Early Release (11:30 AM)
- April 15th 19th No School (Spring Break)
- May 2nd Early Release (11:30AM) for parent/ teacher conferences

"THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT."

MARTIN LUTHER KING, JR. DAY JANUARY 15TH





Dear HES Family,

At HES, we are always striving to do better. In order to do so, we need your feedback. If you have not already, please take a few moments with your family to answer this <u>survey</u>. Your feedback is highly appreciated! THANK YOU!

## Hope Elementary School Menu





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3		4	
NO SCHOOL New Year's Day	Chicken Nuggets w/Fries Fruit/Veggies/Milk	Spaghetti w/Meat Sauce Fruit/Veggies/Milk	Meatloaf w/Mashed Potatoe Fruit/Veggies/Milk	s Pepperoni Pizza Fruit/Veggies/Milk	
Hen fears buy	B: Cereal	B: Muffins	B: Fruit Salad	B: Cinnamon Bread	
8	9	10	•	1	
Macaroni & Cheese Fruit/Veggies/Milk	Hot Dogs w/Chips Fruit/Veggies/Milk	Beef Chili w/Chips Fruit/Veggies/Milk	Chicken & Broccoli Strombo Fruit/Veggies/Milk	i Cheese Pizza Fruit/Veggies/Milk	
B: Mini Bagels	B: Scones	B: Banana Bread	B: Cereal	B: Muffins	
15	16	17	1	8	
NO SCHOOL Martin Luther King, Jr. Day	Crispy Chicken Sandwich Fruit/Veggies/Milk	Soft Beef Tacos Fruit/Veggies/Milk	Pancakes & Sausage Fruit/Veggies/Milk	Pepperoni Pizza Fruit/Veggies/Milk	
Nul III Luiner King, 51. Duy	B:Mini Bagels	B: Scones	B: Cereal	B: Fruit Salad	
22	23	24	:	25	
Ham & Cheese Sandwich Fruit/Veggies/Milk	Chicken, Broccoli & Rice Fruit/Veggies/Milk	Chop Suey Fruit/Veggies/Milk	Cheese Raviolis Fruit/Veggies/Milk	Cheese Pizza Fruit/Veggies/Milk	
B: Muffins	B: Cinnamon Rolls	B: Banana Bread	B: Fruit Salad	B: Cereal	
29	30	31			
Cheeseburger w/Fries Fruit/Veggies/Milk	Cheese & Pepperoni Stromboli Fruit/Veggies/Milk	Breakfast Pizza Fruit/Veggies/Milk			
B: Mini Bagels	B: Muffins	B: Banana Bread			
udent meals are free.	Breakfast (B) includes protein, fruit, whole grain, and milk.			HES is an equal opportunity provider.	1
ilk without a meal is \$.50 Iult meal: \$4	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.			ayments should be made payable to: Hope Elementary School	
	Menu is subject to change.			https://k12paymentcenter.com	1

Please note: effective Jan. 1st, 2024 the new price for milk is fifty cents.

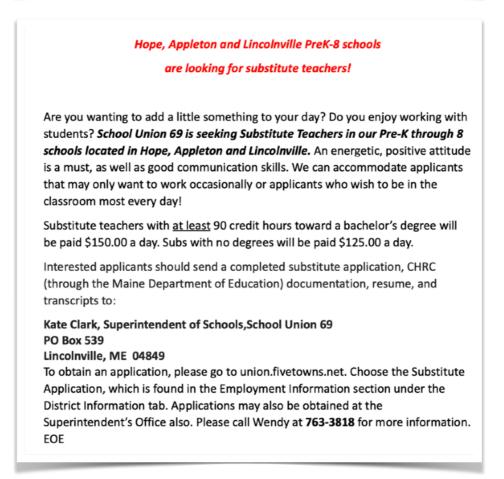
Pre-K has tried to get in some winter activities between the rain and wind storms! Students have learned about temperature and what happens when water is left in cold temperatures. We made colored ice stacked art sculptures and got in some snowshoeing too.

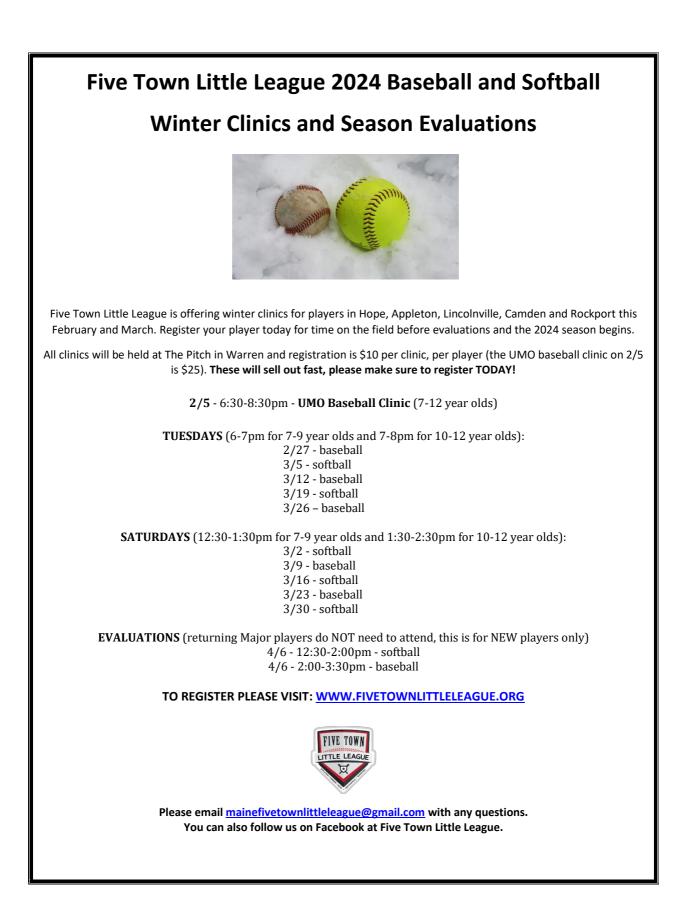






	SCHOOL UNION 69 NOTICE OF MEETING				
https://	January 10, 2024 To be held via Zoom only: //networkmaine.zoom.us/j/8160 5:30 PM				
JOINT COMMITTEE AGENDA Chair: Melissa Nowell					
Appleton Emily Garrigan, '25, Chair Elizabeth Grierson, '24 Steve Wadsworth, '24 Carly Kincaid, '25 Lisa Darling, '26	Hope Tim Lock, '24, Chair Emily Burgess, '24 Jude Masseur, '26 Nick O'Hara, '25 Ben Odgren, '26	Lincolnville Tracee O'Brien, '26, Chair Melissa Nowell, '24 Seth Anderson, '24 Emily Berry, '25 Amy Peterson, '26			
1. Call to order					
2. Adjustments to the Ager	2. Adjustments to the Agenda				
3. Ben Odgren moved to a	3. Ben Odgren moved to accept the minutes of the January 4, 2024 Joint Board Meeting				
4. Vote to approve the FY	4. Vote to approve the FY 25 Central Office budget				
5. Public Comment	5. Public Comment				
•	<ol> <li>Future agenda items for the next meeting on: June 4, 2024</li> <li>a. Updated superintendent's job description</li> <li>b.</li> </ol>				
7. Adjournment					







We want YOU!

To join the defending 2X Regional Championship CRMS Wrestling Team!



Wrestling is open to all students grades 5-8 at in the Fivetowns area (including HAL schools!). The season is between basketball and spring sports and competitions don't start until mid-February, so you still have plenty of time to ski as well!

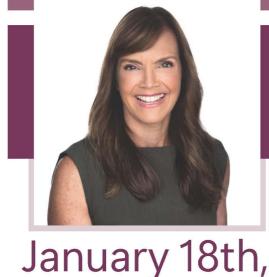
Wrestling is a safe sport (fewer serious injuries per participant than soccer or basketball) that kids of all shapes and sizes can be successful in. Please come and give it a try!

Our first practice will be on Tuesday, January 16<sup>th</sup> at the High School 6:15 to 7:30. We will practice at the High School Tuesday and Thursday at these times through February 9. Practices will then be five days a week in the gym at CRMS Mon-Fri 4:00 to 5:30. The season ends on March 23<sup>rd</sup> with the league championship meet.

Sign up at: https://crms.fivetowns.net/athletics/sports\_enrollment

Contact: Aaron Henderson aaron.henderson@fivetowns.net (207) 522-5252

## MSAD 28 & the Five Town CSD Presents



7 - 8:30 pm,

Auditorium

**CHRHS** Strom

**Modeling Matters:** What Parents Need to Know and Do to Decrease Stress, Worry and Anxiety With Lynn Lyons, LICSW

In this presentation, Lynn Lyons will cover the common traps adults fall into when assisting their children with mental health challenges and the necessary adjustments for providing support. Current news reports warrant concern, but the information can be overwhelming and hard to sort through; Lyons will aid parents in developing strategies to help themselves and their children manage anxiety and social pressure.

Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 30 years specializing in the treatment of anxiety disorders in adults and children.

Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought after expert, appearing in the New York Times, Time, NPR, Psychology Today, Good Morning America, and other media outlets. Lynn is a featured expert in the new documentary Anxious Nation.

With a special interest in breaking the generational cycle of worry in families, Lynn is the author/ coauthor of several books and articles on anxiety, including Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children, and the companion book for kids, Playing with Anxiety: Casey's Guide for Teens and Kids. Her latest book for adults and teenagers, The Anxiety Audit was released October '22.

Lynn is the co-host of the popular podcast Flusterclux.







### The Big Rockland Chill Saturday, January 20 2:00 - 4:00pm | drop-in

Join us as part of the Big Rockland Chill celebration as we create a variety of kaleidoscope cardboard creations! Using painted cardboard pieces assemble a variety of cardboard creatures, mobiles, sculptures and more.

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.



