

The Hawk's Eye

Weekly News from Hope Elementary School



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 [survey](#). Your feedback is highly appreciated! THANK YOU!

Hope Elementary School Menu



January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
NO SCHOOL New Year's Day	Chicken Nuggets w/Fries Fruit/Veggies/Milk B: Cereal	Spaghetti w/Meat Sauce Fruit/Veggies/Milk B: Muffins	Meatloaf w/Mashed Potatoes Fruit/Veggies/Milk B: Fruit Salad	Pepperoni Pizza Fruit/Veggies/Milk B: Cinnamon Bread
8	9	10	11	12
Macaroni & Cheese Fruit/Veggies/Milk B: Mini Bagels	Hot Dogs w/Chips Fruit/Veggies/Milk B: Scones	Beef Chili w/Chips Fruit/Veggies/Milk B: Banana Bread	Chicken & Broccoli Stromboli Fruit/Veggies/Milk B: Cereal	Cheese Pizza Fruit/Veggies/Milk B: Muffins
15	16	17	18	19
NO SCHOOL Martin Luther King, Jr. Day	Crispy Chicken Sandwich Fruit/Veggies/Milk B: Mini Bagels	Soft Beef Tacos Fruit/Veggies/Milk B: Scones	Pancakes & Sausage Fruit/Veggies/Milk B: Cereal	Pepperoni Pizza Fruit/Veggies/Milk B: Fruit Salad
22	23	24	25	26
Ham & Cheese Sandwich Fruit/Veggies/Milk B: Muffins	Chicken, Broccoli & Rice Fruit/Veggies/Milk B: Cinnamon Rolls	Chop Suey Fruit/Veggies/Milk B: Banana Bread	Cheese Raviolis Fruit/Veggies/Milk B: Fruit Salad	Cheese Pizza Fruit/Veggies/Milk B: Cereal
29	30	31		
Cheeseburger w/Fries Fruit/Veggies/Milk B: Mini Bagels	Cheese & Pepperoni Stromboli Fruit/Veggies/Milk B: Muffins	Breakfast Pizza Fruit/Veggies/Milk B: Banana Bread		

Student meals are free.

Milk without a meal is \$.50

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://k12paymentcenter.com>

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

January 10, 2024

To be held via Zoom only:

<https://networkmaine.zoom.us/j/81665141069>

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

Lincolntonville

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 Agenda
3. Ben Odgren moved to accept the minutes of the January 4, 2024 Joint Board Meeting
4. Vote to approve the FY 25 Central Office budget
5. Public Comment
6. Future agenda items for the next meeting on: June 4, 2024
 - a. Updated superintendent's job description
 - b.
7. Adjournment

***Hope, Appleton and Lincolntonville PreK-8 schools
are looking for substitute teachers!***

Are you wanting to add a little something to your day? Do you enjoy working with students? ***School Union 69 is seeking Substitute Teachers in our Pre-K through 8 schools located in Hope, Appleton and Lincolntonville.*** An energetic, positive attitude is a must, as well as good communication skills. We can accommodate applicants that may only want to work occasionally or applicants who wish to be in the classroom most every day!

Substitute teachers with at least 90 credit hours toward a bachelor's degree will be paid \$150.00 a day. Subs with no degrees will be paid \$125.00 a day.

Interested applicants should send a completed substitute application, CHRC (through the Maine Department of Education) documentation, resume, and transcripts to:

**Kate Clark, Superintendent of Schools, School Union 69
PO Box 539
Lincolntonville, ME 04849**

To obtain an application, please go to union.fivetowns.net. Choose the Substitute Application, which is found in the Employment Information section under the District Information tab. Applications may also be obtained at the Superintendent's Office also. Please call Wendy at **763-3818** for more information.
EOE

Five Town Little League 2024 Baseball and Softball Winter Clinics and Season Evaluations



Five Town Little League is offering winter clinics for players in Hope, Appleton, Lincolnville, Camden and Rockport this February and March. Register your player today for time on the field before evaluations and the 2024 season begins.

All clinics will be held at The Pitch in Warren and registration is \$10 per clinic, per player (the UMO baseball clinic on 2/5 is \$25). **These will sell out fast, please make sure to register TODAY!**

2/5 - 6:30-8:30pm - UMO Baseball Clinic (7-12 year olds)

TUESDAYS (6-7pm for 7-9 year olds and 7-8pm for 10-12 year olds):

2/27 - baseball
3/5 - softball
3/12 - baseball
3/19 - softball
3/26 - baseball

SATURDAYS (12:30-1:30pm for 7-9 year olds and 1:30-2:30pm for 10-12 year olds):

3/2 - softball
3/9 - baseball
3/16 - softball
3/23 - baseball
3/30 - softball

EVALUATIONS (returning Major players do NOT need to attend, this is for NEW players only)

4/6 - 12:30-2:00pm - softball
4/6 - 2:00-3:30pm - baseball

TO REGISTER PLEASE VISIT: WWW.FIVETOWNLITTLELEAGUE.ORG



Please email mainefivetownlittleleague@gmail.com with any questions.
You can also follow us on Facebook at Five Town Little League.



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 16th 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 23rd 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



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

January 18th,
7 - 8:30 pm,
CHRHS Strom
Auditorium

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 Flusterlux.



ArtLab



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.

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

