



Hawk's Eye

Weekly News from Hope Elementary School

hes.fivetowns.net

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[Hope Elementary School Facebook](#)



Upcoming Events for Your Calendar

- Dec. 9 School Committee meeting (6PM)
- Dec. 12 5-8 Winter Concert (6PM)
- Dec. 16-20 Winter Book Fair (8-3PM every day)
- Dec. 19 K-4 Winter Concert (6PM)
- Dec. 20 Early Release (11:30AM)
- Dec. 23 - Jan. 1 Winter vacation

"Life is 10% of what happens to us and 90% of how we react to it."

Dennis P. Kimbro

Practice Lockdown Drill

At HES, school safety is our number one priority. Although we don't anticipate ever going into lockdown, we recognize that the best thing we can do to prepare for an emergency situation is to practice. HES will be practicing their first lockdown drill next week. Our staff is trained and ready. A notice will be sent out to parents via email the day of our lockdown so that parents can be ready to discuss the drill with their children. The entire lockdown drill typically lasts five to ten minutes. As always, if you have any questions or concerns, please contact me at danielle.fagonde@fivetowns.net or by calling 785-4081.

Box Tops Program



Earn Cash for Our School!

Looking to volunteer at HES? We are in need of someone to take over our Box Tops program. Please give us a call if you're interested at 785-4081. Thank you!

School Lunch update

The price for student hot lunch is now \$2.95. The price increase took effect on Dec. 3rd.



Toys for Tots!

Pre-K is heading up a collection for Toys for Tots. There will be a box at Pre-K and one in the lobby at HES. Please donate unwrapped new toys if you are able! Thank you!



BOOK FAIR!

Come browse the many great books available in the winter book fair from 8-3PM every day during the week of Dec. 16th-20th. There are many great holiday gift options! The proceeds from the fair help support our library and summer reading program! The fair will also be open during the K-4 Winter Concert on Thursday, Dec. 19th from 5:30 - 7PM.

Free Book Program

K-3 is looking for books for the "Free Books" shelf. If you have books at home that your child is no longer reading, please consider donating! Our book selection is very low. THANK YOU!



Message from Nurse Emily

As the cold weather comes upon us, so do germs.



For Elementary, Middle Years and High School | **CLEAN HANDS STOP GERMS**

Please do NOT send your student to school if he/she has or has had:

1. Fever over 100 F within the last 24 hours (must be fever free without medication).
 2. Vomiting or diarrhea within the last 24 hours.
- Please check with the school nurse or your doctor about other illnesses. Please remember to notify the school nurse if your child has a contagious illness.

Helpful Tips for Staying Healthy:

1. Frequent hand washing is the BEST way to prevent and combat the spread of germs! Wash hands often with soap and water or hand sanitizer.
2. Cover coughs and sneezes with a tissue or use an elbow or arm if no tissue is available.
3. Do not share drinks, food, or unwashed utensils.
4. Get plenty of rest, eat healthy foods, and drink lots of water and healthy drinks.
5. Avoid people who are sick and stay home when you are sick.
6. Disinfect surfaces that are prone to germs.

LICE

As you may know, head lice cases are common among school aged children. An estimated 6 to 12 million infestations occur each year in the United States. I am writing to you to help you learn what you can do if head lice hit your home.

What are head lice?

Head lice are tiny, wingless insects that live close to the scalp. They feed exclusively on human blood. The eggs, also known as nits, are teardrop-shaped and attach firmly to the hair shaft. The nits sometimes look like dandruff, but the egg will remain tight on the hair strand if you try to brush it away. In an active infestation, you might see eggs, nymphs, or adult lice. An adult louse is about the size of a sesame seed.

Who is affected by head lice?

Infestations can occur at home, school, or in the community. Lice cannot jump! They can only crawl, therefore most transmission is only by direct contact, such as head-to-head touching or brushes and hats. Personal hygiene or cleanliness of the home or school has little to do with getting head lice. It can affect people of all ages and across all socioeconomic levels.

Diagnosis and treatment

If you suspect your child has lice, either because of persistent itching (the most common symptom) or because someone you know has reported having lice, you will want to check the head immediately. Look through your child's hair with a fine comb or a wooden stick. Separating the hair into sections makes looking easier. You will want to check the entire scalp and hair but look particularly close behind the ears and at the base of the neck. Look for the live lice and eggs. Most nits will be $\frac{1}{4}$ inch from the scalp. If you find nits or live lice, you must thoroughly treat the child's head with a lice treatment recommended by your doctor or your choice of alternative method. It is advisable to check all family members and treat as needed. Following the hair treatment, *it is crucial that you nit-pick' each and every nit out of your child's hair.* Diligent use of a nit comb for 7-10 days after treatment will help to prevent re-infestation.



In addition to treating the hair, you must also treat the rest of the house. All hairbrushes, combs, hair bands, barrettes, bedding, pillows, furniture, carpets, towels, and stuffed animals must be cleaned, even your car. The best way to do this is to place bedding, pillows, and towels in the clothes dryer on high heat for at least 20 minutes. Thoroughly vacuum your house floors, furniture, and car. Hairbrushes, barrettes, and hair bands can be submerged in hot water for 10 minutes.

Many families will experience a head lice infestation at some point during their child's school years. If your child is diagnosed with headlice, know that you are not alone. Yet, as always, please encourage your child to avoid close head contact and borrowing any personal items such as brushes, hats or helmets. Please contact me via email or phone if you have any questions or concerns.

Thanks!

Emily McDermott, RN

207.785.4081

emily.mcdermott@fivetowns.net



Pen Pal Tea donations

HES is looking for donations of tea cups and saucers for our annual Pen Pal tea event that is held in the spring! If you have any items to donate please drop off in the office! Thank you!!

CAN YOU HELP US RAISE SOME DOUGH?



The 8th grade class is selling Original Glazed Krispy Kreme donuts to raise money for the 8th Grade Class Trip.

One box of a dozen donuts is \$10. To place an order, contact an 8th grader or stop by the office. Payment must be made at the time of order.

Orders will be taken until Sunday, 12/15/2019
Donuts will be delivered Friday, 12/20/2019
Questions: contact Ellen Mallow @ emwmallow@gmail.com



HOLIDAY ACTIVITY NIGHT!

Camden Hills Regional High School Cafeteria

5 pm - 7 pm

Cookie decorating, ornament making, and holiday movies for kids in elementary or middle school

SUNDOG OUTDOOR EXPEDITIONS

NOW ENROLLING 2020 WINTER PROGRAMS

After school outdoor programs for middle schools kids

technical skills | multi-day expedition | service learning



**FAT TIRE BIKING on
WINTER TRAILS**
5th/6th Grade

COST:
\$300 For 5th/6th
\$350 For 7th/8th
financial aid
available

**ALPINE TOURING &
SPLIT - BOARDING**
7th/8th Grade

PROGRAM DATES:

AFTER SCHOOL SESSIONS | JAN.27-MAR.15
WEEKEND EXPEDITION | MAR. 14 + 15

In partnership with MRC

FOR MORE INFO + TO ENROLL: WWW.SUNDOGOE.COM