

Hawk's Eye

Weekly News from Hope Elementary School



hes.fivetowns.net

Phone: 785-4081 Fax: 785-2671

[Hope Elementary School Facebook](#)



Upcoming Events for Your Calendar

- Oct. 19 – Start of expanded school day (until 2PM Mon – Thurs and 1PM on Fridays)
- Oct. 22 – Early Release (11:00AM)
Parent/Teacher Conferences – via ZOOM
- Oct. 23 – Dismissal will begin at 1PM (every Friday)
- Nov. 11 – No School - Veterans Day
- Nov. 25–27 No School (Thanksgiving Break)
- Dec. 4 – End of first trimester

“Inward happiness
almost always
follows a kind
action.”

~Father Faber

From the Office:

Please remember if someone other than you (parent/guardian) is picking up your child after school we do still need an email/note. Send emails to: hesoffice@fivetowns.net

Thank you!



Parent Teacher Conferences – October 22nd

School will be dismissed early on Thursday, October 22nd starting at 11AM (K-2), 11:10AM (3-5), and 11:20AM (6-8). All conferences will be held via Zoom. Please sign up with your child's teacher using the link below:

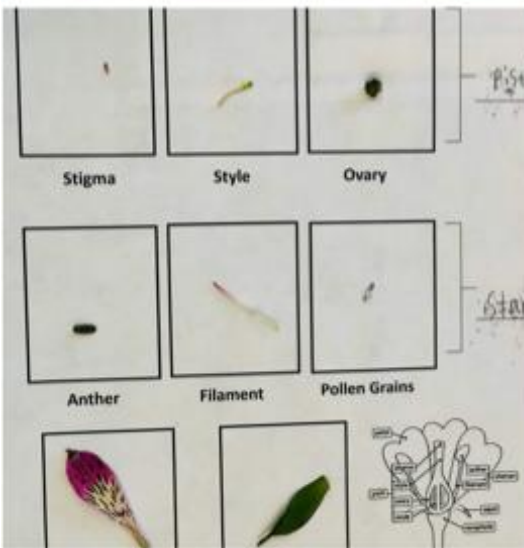
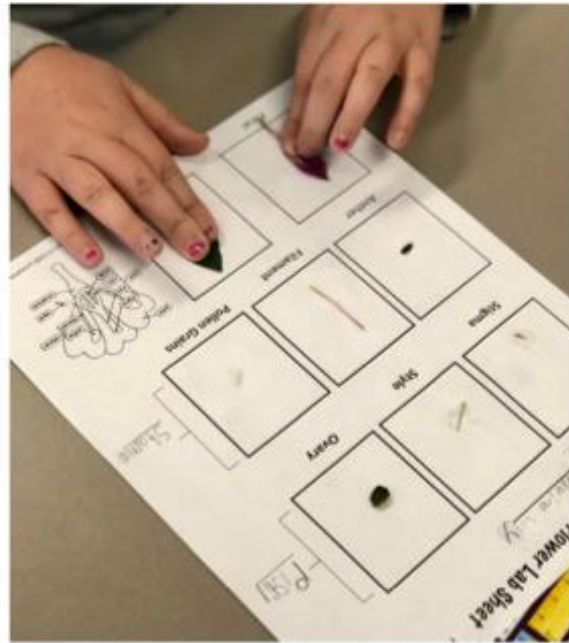
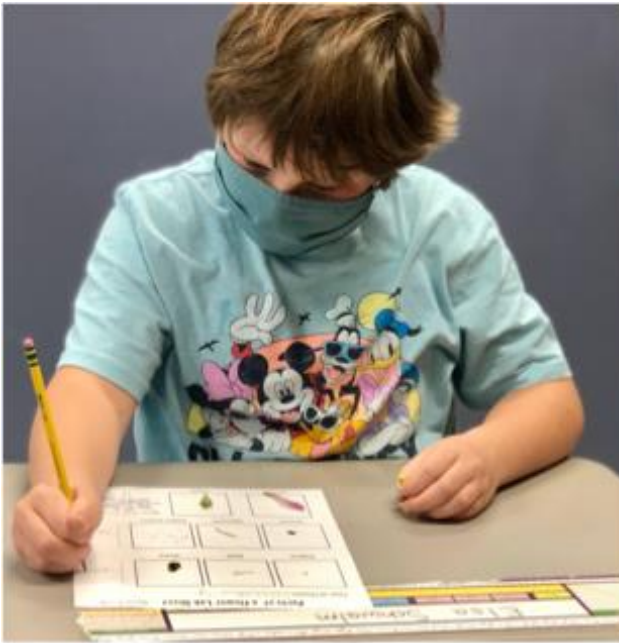
[https://www.ptcfast.com/schools/Hope Elementary School](https://www.ptcfast.com/schools/Hope_Elementary_School)

Vision screenings will be conducted on Wednesday, Oct. 21st for grades Pre-k, K, 3, 5 & 7. Please contact our school nurse, Dale Winsper with any questions at hesnurse@fivetowns.net



4th Grade News

The fourth graders have been studying the structures and functions of living things. They spent time dissecting lilies in order to examine the individual structures of the flower and learn how they function to help the plant reproduce. They laid out all the parts of the flower and labeled them.





HES Menu for the week of
October 19th - October 23rd

UPDATE: Meals are FREE for all students until December 31st!

Monday: Fruit yogurt/granola (Breakfast)
Greek Wraps (Lunch)

Tuesday: Muffin (Breakfast)
• Ham & Cheese Sandwich (Lunch)

Wednesday: Ham, Egg & Cheese Sandwich (Breakfast)
• Buffalo Chicken Wrap (Lunch)

Thursday: Fruit Smoothie (Breakfast) - EARLY RELEASE (11AM)
• Bagels with fruit/yogurt (Lunch)

Friday: Cereal (Breakfast)
• Ham Salad Sandwich (Lunch)

Lunch options include a choice of salad, bagel or sandwich of the day.
Milk (regular or chocolate) or orange juice are available with all meals.

HES Routes 2020-21 (revised for 10/19/20):

Times are approximate. Please be at bus stop 10 minutes prior to scheduled time to allow for adjustments.

<u>Route #1 AM Driver – Shannon Stewart</u> 7:40 am Gillette Rd 7:45 am Crabtree Rd 7:50 am Pushaw Rd to Rt 17 West 7:55 am Harts Mill Rd 8:00 am Folger Rd 8:05 am Rt 17 West 8:08 am Buzzell Hill Rd 8:10 am Arrive at school	<u>Route #1 PM Driver – Shannon Stewart</u> 2:25 pm Buzzell Hill Rd 2:30 pm Rt 17 East 2:35 pm Harts Mill Rd 2:40 pm Folger Rd 2:45 pm Rt 17 East to Pushaw Rd 2:50 pm Crabtree Rd 2:55 pm Gillette Rd End of Run
<u>Route #2 AM Driver – Jason Luce</u> 7:30 am Camden Rd/High St intersection 7:35 am Camden Rd – App town line 7:40 am Ludwig Rd 7:45 am Rt 105 South to Hope Corner 7:50 am Robbins/Sea Coast Rd 7:55 am Barnestown Rd 8:00 am Hatchet Mtn Rd 8:10 am Arrive at school	<u>Route #2 PM Driver – Jason Luce</u> 2:25 pm Hatchet Mtn Rd 2:35 pm Hope Corner to Camden Rd north 2:40 pm Turn around at Appleton town line 2:45 pm Ludwig Circle 2:50 pm Hope Corner 2:55 pm Robbins Rd/Seacoast Rd 3:00 pm Barnestown Rd End of Run
<u>Route #3 AM Driver – Ed Crowley</u> 7:45 am Start at Hope/Camden town line 7:55 am Hope Corner/General Store 8:00 am Hatchet Mtn Rd 8:05 am Buzzell Hill Rd 8:10 am Arrive at school	<u>Route #3 PM Driver – Ed Crowley</u> 2:25 pm Buzzell Hill Rd 2:30 pm Hatchet Mtn Rd 2:40 pm Church St 2:50 pm Rt 105 Camden/Hope town line End of Run

Monthly Substance Use Prevention Update:

Know, Secure, Dispose—To Prevent Teen Prescription Drug Abuse!

October 24th is National Prescription Drug Takeback Day; a day to rid our medicine cabinets of unused, unwanted, and expired over-the-counter and prescription drugs.

Knox County Drug Take Back Day is October 24th from 10 am to 2 pm! You can drop off your expired or unwanted/unused drugs at the following places: Rockland and Camden Police Departments; Lowe's in Thomaston or at the Union or Warren Fire Departments.

Here's why:

- The most common way young people get their hands on prescription medications for misuse is to simply reach into their home or a grandparent's medicine cabinet.
- Prescription medicines are one of the top drugs of choice among high school students, following alcohol, marijuana, and tobacco.
- Youth who misuse prescription drugs are also more likely to smoke cigarettes, engage in heavy drinking, and use illicit drugs, including marijuana and cocaine.

Prescription drugs are meant to help us, but they can harm our children, ourselves, and others when abused or misused.

Taking a medication prescribed for someone else, taking your own prescription in a way not intended by a doctor, or taking a medication to get high are all considered misuse or abuse. It's important to also note that while it is unsafe to share a prescription medication with a family member or friend, it is also illegal—even when shared with good intentions. A big misperception is that prescription drugs are safer than "street" or illicit drugs because a doctor has prescribed them, when in fact they can be just as dangerous.

Know, Secure, Dispose to Keep Your Family Safe

To prevent the misuse of over-the-counter and prescription drugs and to keep our families and communities safe, follow these three, simple steps: **know, secure, dispose**.

Know: The first step in prescription drug safety is to know about the medicines in your home.

Keep track of which medicines are in your house, how many doses you have of each medicine, and how often you should be getting refills on your prescriptions. If you're refilling prescriptions more often than expected, it could be a sign of misuse occurring in the home. If you have children, even teenagers, in the home, control their medication use and monitor doses and refills. Be sure to track the name, dosage, and appearance of the medicine as well as how it is taken, who takes it, why they take it, and how often and when it is taken.

Secure: Nine out of ten poisonings of children 12 years old and younger involve medicine, according to Prevent Child Injury. And, according to the American Society for the Prevention of Cruelty to Animals, medicine is also the most likely toxin to poison pets at home.

It is vital for the safety of our families to properly store and secure our medications. Safely storing medicine means that it is kept out of reach and sight of young children as well as in a locked cabinet or lockbox that is not easily accessed by children, neighbors, or other guests to prevent misuse.

Dispose: Old, expired, or no longer needed medicines can represent a health risk at home, but many people are unsure how to properly get rid of these medications. Fortunately, there are multiple ways to dispose of them, while keeping families, communities, and the environment safe.

Know, secure, and dispose—following these three simple steps are key actions in protecting your children and other loved ones in your home from the dangers of medicine misuse. In the tip to follow we'll dig deeper into this with a look at why young people misuse medications, how to talk to your child on the subject, and what to do if you suspect or know your child is abusing prescription drugs.

It is also a good idea to keep these numbers handy: **Poison Control (1-800-222-1222)**, and, if you have pets in your home, the **ASPCA Animal Poison Control Center (1-888-426-4435)**.

If you're concerned about you or someone else, get help at findtreatment.gov.

Sources

[U.S. Drug Enforcement Agency: Prescription for Disaster: How Teens Abuse Medicine, Third Edition.](#)

[U.S. Food and Drug Administration: Where and How to Dispose of Unused Medicines.](#)

Credit - Prevention Action Alliance/KNOW Parent Tip (<https://preventionactionalliance.org/>)

To find out how you can become involved locally, contact Wanda Gamage-Wyman, Substance Use Prevention Specialist, Knox County Community Health Coalition – 236.6313, Ext. 2; wgamagewymankcchc@gmail.com Knox County Community Health Coalition provides substance use prevention services in Knox and Waldo Counties, and is a division of the Penobscot Bay YMCA.

Fall
2020

MID-COAST JUNIOR CHESS

Covid-19
Edition



WEEKLY CHESS CLASSES START SEPTEMBER 22!

**GRADES
K-1**

Tuesdays
4:30 - 5:15 pm

**GRADES
2-4**

Wednesdays
4:30 - 5:30 pm

**GRADES
5-8**

Thursdays
4:30 - 5:30 pm

JOIN US THIS FALL FOR *FREE* ZOOM CLASSES...

Mr. Bruce and his trusty assistant, Ms. Kate, are reorganizing their chess program this fall, in light of the ongoing pandemic. All classes will be organized by grade level and offered to all K-8 students across the Five Towns and RSU 71 school districts. Each class will consist of instruction and puzzles by Mr. Bruce, followed by online chess games organized by Ms. Kate. Every participant receives a trophy in December - the more wins you accumulate, the bigger your trophy! And as always, you win a trophy every time you beat Mr. Bruce! Please email kate.ervin@gmail.com or brucehaffner@gmail.com to sign up. Hope to see you online soon!



"HARD WORK ALWAYS PAYS OFF!" ~MR. BRUCE