

# Hawk's Eye

Weekly News from Hope Elementary School



[hes.fivetowns.net](http://hes.fivetowns.net)

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## Upcoming Events for Your Calendar

- Oct. 12th – No School (Indigenous Peoples' Day)
- Oct. 13th – School Committee Meeting 6PM
- Oct. 19th – Start of expanded school day (Until 2PM Mon – Thurs and 1PM on Fridays)
- Oct. 22nd – 11:30 Early Release / Parent-Teacher Conferences

“Strong people  
don’t put others down.  
They lift them up.”

~Michael P. Watson

## New Staff

We would like to welcome Sandra Boetsch. Ms. Boetsch will be collaborating with teachers in order to best support our remote learners.



## Expanded School Day starting on October 19<sup>th</sup>:

Starting Monday, October 19<sup>th</sup> we will be expanding our school day by one hour **Monday - Thursday**. Pickup times will continue to be staggered:

- 2:00-2:10: K-2 students
- 2:10-2:20: 3-5 students
- 2:20-2:30: 6-8 students

Bus riders will be dismissed starting at 2:20 PM Monday – Thursday. The YMCA bus will be available to pick up students and bring them to LCS.

**Friday** times will continue to be:

- 1:00-1:10: K-2 students
- 1:10-1:20: 3-5 students
- 1:20-1:30: 6-8 students

Bus riders will be dismissed starting at 1:20 PM.

## Facemask Maintenance

Masks should be cleaned daily. It is recommended that students have a few masks available so that they can rotate a clean mask each day.



How do I clean my face mask?

- Masks made of fabric, such as cotton, can be washed in your regular laundry using hot water.
- Disposable, blue surgical masks cannot be laundered or cleaned and should be thrown away when it is visibly soiled or damaged.
- After laundering your fabric masks, tumble dry them in the dryer on a high setting.
- You might consider using an unscented laundry detergent if you are sensitive to perfumes, so it is easier to wear the masks.
- You can also hand wash your mask, using hot, soapy water. Scrub the mask for at least 20 seconds, then dry them on high heat in the dryer.
- You may choose to wash and sanitize masks using a pressure cooker.
- Store freshly washed masks in a clean place when you are not using them.

## Five Town Cub Scouts



The Five Town Cub Scouts' fall kick-off event will be held outdoors at Beaver Lodge in Hope on Sunday, October 4 from 2-4PM. We are planning some fun, socially distanced activities to get the boys excited about the upcoming Scout year. There will be knot tying, t-shirt decorating, pumpkin painting, and soap carving. The Boy Scouts of Troop 200 will be there to help out with the activities. Masks will be required, and social distancing guidelines will be followed. Know any boys that might be interested in trying scouting? Bring them along. We'll have seasoned adult leaders on hand to answer your questions and applications will be available. So that we'll have enough supplies for everyone, please RSVP to Cub Master Jeni Mason through ScoutBook if you're a current scout, or at (207) 542-9426.



Socially distanced learning in 4th grade!



HES Menu for the week of  
October 5<sup>th</sup> - October 9<sup>th</sup>

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

**Monday:** Fruit Yogurt/granola (B)

- Ham Italian Style Sandwich (Lunch)

**Tuesday:** Muffin (B)

- Pulled Pork Burrito (Lunch)

**Wednesday:** Ham, Egg & Cheese Sandwich (B)

- Turkey Bacon Avocado Wrap (Lunch)

**Thursday:** Fruit Smoothie (B)

- Crispy Chicken Sandwich (Lunch)

**Friday:** Cereal (B)

- Egg Salad Sandwiches (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.

# COVID-19

## Pre-Screening Tool for School Attendance

Within the past 24 hours  
have you had a fever  
(100.4 and above\*) or  
used any fever reducing  
medicine?

YES =



Do you feel sick with any  
of the most common  
symptoms of Covid, had  
vomiting/diarrhea, or felt  
unwell?  
*(see symptom list to the right)*

YES =



Have you been a close  
contact of a person with  
Covid in the past 14 days?

YES =



Have you traveled  
outside of the state in  
the past 14 days?

YES =



**Stay home with any YES response to the questions above OR with two or more of the "less common" symptoms listed to the right.**

Attend school when all answers are NO and your child is feeling well with no other symptoms of illness. Call or see your school nurse or other designated person at school if you have questions.

Updated 9.3.20



### Most Common Symptoms of Covid 19:

Cough  
Shortness of  
breath  
or difficulty  
breathing  
Fever (100.4°F/  
38 °C or greater)\*  
Chills  
Sore throat  
New loss of taste  
or smell

### Less Common Symptoms:

Muscle pain  
Nausea or  
Vomiting  
Stomach pain  
Diarrhea  
Fatigue  
Headache  
Rash  
Swelling or redness  
of hands/feet  
Red eyes/eye  
drainage  
Congestion/  
runny nose

*\*Fever is 100.4°F/  
38°C regardless of  
measurement  
location (oral,  
temporal).*

# MIDCOAST OUTDOOR LEADERSHIP INITIATIVE

**NOW ENROLLING  
2020 FALL COURSES**

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**RIDE THE WAVE**  
7th + 8th Grade  
Mon. - Thurs.  
3:30-6 PM

**COST \$175  
scholarships  
available!**

**IT'S THE CLIMB**  
5th + 6th Grade  
Mon. - Thurs.  
3:30-6 PM

**RIDE THE WAVE DATES**  
PADDLING | SEPT. 28-OCT. 1, EXPEDITION 10/3

**IT'S THE CLIMB DATES**  
ROCK CLIMBING | OCT. 5- OCT. 8, EXPEDITION 10/10

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