

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

March 19th - End of 2nd trimester

April 1st – Early Release @ 11:30AM Parent/Teacher conferences

April 12th – HES School Committee meeting (6PM – Zoom)

April 16th – Early Release @ 11:30AM for staff & students

April 19th – 23rd: No school (April vacation)

May 10th – HES School Committee meeting (6PM - Zoom)

May 31 – No school (Memorial Day)

The last day of school is scheduled to be Thursday, June 17th
(subject to change if we use another snow day).

“Never let the things you want make you forget the things you have.”

Sign up for Fall 2021 Pre-K & Kindergarten – Spots are filling!

Pre-K students must be 4 years old on or before 10/15/21.

Kindergarten students must be five years old on or before 10/15/21.

Please call the school (785-4081) to place your child's name on our mailing list. Registration will take place in the spring. Please help spread the word throughout Hope.



New Staff Member – Welcome Dave Kelley!



Starting immediately, Hope Elementary School has enlisted the help of a school social worker. Dave Kelley comes to us with 18 years of public education experience and a master's degree in social work from Colorado State University. Mr. Kelly's role will be to support our students and families who need additional support in the areas of behavioral health and community/home-base needs. He will also provide

classroom instruction and teacher support services. Mr. Kelley will be available to students and families throughout the week at Hope Elementary. If you have any questions or concerns please do not hesitate to contact Mr. Kelley at dave.kelley@fivetowns.net or Mrs. Fagonde at danielle.fagonde@fivetowns.net.

Canned Food Drive – A big success!



We collected 726 cans and boxes of food for the local food pantry! Third grade brought in the most with 184 cans and boxes of food. They have won a prize! Eighth grade came in second place with 103 cans. Second grade came in third place with 88 cans. Great job, everyone! A big thank you to Leah, Grace, Jordan, Nolan F., and Carter for organizing this year's food drive!



Multi-Age has been doing a lot of math outside!

The 2021-22 school calendar has been approved by the HES School Committee.

Hope Elementary School
2021-2022 School Calendar

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 1-2
September 6
September 7
September 8
September 13
September 16

First Trimester (57 days)
Teacher Workshop Days
Labor Day
First Day of School 1-8/K Registration
First Day for K
First Day for Pre-K
Open House

SEPTEMBER (18)						
S	M	T	W	T	F	S
			W	W	3	4
5	H	O	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER (20)						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	H	12	13	14	15	16
17	18	19	20	E	22	23
24	25	26	27	28	29	30
31						

October 11
October 21
November 11
November 22 & 23
November 24-26
November 25
December 3

Indigenous Peoples Day
Early Release (11:30)/PT Confere
Veterans Day
Teacher Workshop Days
No School
Thanksgiving
End of First Trimester

NOVEMBER (16)						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	H	12	13
14	15	16	17	18	19	20
21	W	W	X	H	X	27
28	29	30				

DECEMBER (16)						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	E	X	H	25
26	X	X	X	X	H	

December 22
December 23-31
December 25
January 1
January 17

Early Release (11:30)/Staff & Stud
Holiday Vacation
Christmas Day
New Year's Day
Martin Luther King, Jr. Day

JANUARY (20)						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	H	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY (15)						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

February 10
February 21
February 21-25
March 17
March 18

PT Conferences 8th Grade
Presidents' Day
School Vacation
End of 2nd Trimester
Teacher Workshop Day

MARCH (22)						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	W	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL (16)						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	E	16
17	H	X	X	X	X	23
24	25	26	27	28	29	30

April 15
April 18
April 18-22
May 5
May 27
May 30

Early Release (11:30)/Staff & Stud
Patriot's Day
School Vacation
Early Release (11:30)/PT Confere
Teacher Workshop Day
Memorial Day

MAY (20)						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	W	28
29	H	31				

JUNE (17)						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	O	24	25
26	27	28	29	30		

June 16
June 23

Last Day for Pre-K
Early Release/Last Day (with 5 snow days used)

H - School Holidays (10)
O - First/Last days (2)
X - School Vacation Days (15)
E - Early Release Days @ 11:30 (4)
W - Teacher Workshop Days (8)

180 Student Days (5 snow days built in)
175 Actual Student Days

*Last day of school is subject to change.
If there is delay, there will be no morning Pre-K.



HES Menu

March 15th - 19th

MEALS ARE FREE FOR ALL STUDENTS

Monday (3/15): Parfait (Breakfast)
• Crispy Chicken Caesar Wrap (Lunch)

Tuesday (3/16): Scrambled Eggs w/Ham, Cheese & Peppers (Breakfast)
• Baked Beans and Franks (Lunch)

Wednesday (3/17): Muffins (Breakfast)
• Cuban-style Sandwich (pork, ham and/or bacon) on a Bun (Lunch)

Thursday (3/18): Parfait (Breakfast)
• English Muffin Cheese Pizzas (Lunch)

Friday (3/19): Cereal (Breakfast)
• Meat Lasagna (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.

Teen Stress

Help your teen identify stressors, learn healthy coping skills, and model positive stress management in your own life.

Sources of Stress



Academics



Extracurricular Activities



Friends/Family



Post-High School Plans

Because of stress...



36% report feeling fatigued



30% report feeling sad or depressed



31% report feeling overwhelmed



23% report unhealthy eating habits

Signs of Stress

- Irritability
- Anger
- Excessive Worry or Anxiety
- Substance Use
- Disordered Eating (overeating or eating too little)
- Psychosomatic Symptoms
- Insomnia/ Sleep Disturbances
- Neglecting Responsibilities
- Negative Thoughts
- Feeling Overwhelmed
- School Avoidance

Talking to Your Teen About Stress

1. Recognize your teen's symptoms and ask them about it.
2. Communicate and discuss balance.
3. Help your teen identify healthy coping mechanisms.
4. Provide support when under stress.
5. Model healthy behaviors.
6. If needed, seek guidance from a professional.

Talking to teens about stress. (2014, February). Retrieved November 10, 2015, from <http://www.apa.org/helpcenter/stress-talk.aspx>
 Bethune, S. (2014). Teen stress rivals that of adults. *Monitor on Psychology*, 45(4), pg. 20.
 2016 KW Survey. N=3,003