

# Hawk's Eye

Weekly News from Hope Elementary School



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

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[Hope Elementary School Facebook](#)



## Upcoming Events for Your Calendar

- Dec. 21<sup>st</sup> – HES School Committee Meeting (6PM at HES)
- Dec. 22<sup>nd</sup> – Early release (staff & students) at 11:30AM
- Dec. 23<sup>rd</sup> – 31<sup>st</sup> – No School (Holiday Break)
- Jan. 13<sup>th</sup> – Lifetouch picture re-take day
- Jan. 17<sup>th</sup> – No School (Martin Luther King, Jr. Day)
- Jan. 18<sup>th</sup> - HES School Committee Meeting (6PM at HES)
- Feb. 10<sup>th</sup> – 8<sup>th</sup> grade parent/teacher conferences
- Feb. 15<sup>th</sup> - HES School Committee Meeting (6PM at HES)
- Feb. 21<sup>st</sup> – No School (President's Day)
- Feb. 22<sup>nd</sup> – 25<sup>th</sup> – No School (Winter Break)
- March 15<sup>th</sup> - HES School Committee Meeting (6PM at HES)
- March 18<sup>th</sup> – No School (teacher workshop day)
- April 18<sup>th</sup>- 22<sup>nd</sup> – No School (Spring Break)
- April 19<sup>th</sup> - HES School Committee Meeting (6PM at HES)



**REMINDER: Wednesday, Dec. 22<sup>nd</sup> is an early release day at 11:30AM for students and staff.**

Please send messages to [hesoffice@fivetowns.net](mailto:hesoffice@fivetowns.net) when you need to notify the office about any changes to your child's daily pickup/drop-off schedule. Just a reminder that the school day is from 8:15AM until 2:45PM (Monday – Thursday) and 8:15AM – 1:45PM on Fridays.

To send messages to our school nurse, Reagan Thomason, please use email: [hesnurse@fivetowns.net](mailto:hesnurse@fivetowns.net)

## Bookmark Contest Winner!

4th and 5th graders had a bookmark contest in library over the last few weeks and the winner is 4th grader, Isla H.! Mrs. Walsh will make colored copies of the winning bookmark. Honorable mentions go to Quinn B., Ole D. and Piper S. Thank you to our 8th grade judges for making this hard decision!

HAPPY HOLIDAYS TO ALL!





Hello HES Families,

I hope this finds you all well.

Seeing that I had to scrape my windshield the other morning, I'm finally admitting to myself that it is, in fact, winter. And with snow and ice also comes cold and flu season., ...unfortunately riding on the coattails of the current Covid 19 Pandemic. You can feel the excitement and anticipation in the hallways of the upcoming winter break so here are a few thoughts to help keep everyone healthy.

I've heard it said before "There is no such thing as bad weather, only the wrong clothes." I have lost the outfit battle on many occasions. I know the struggle is real, but we have been encouraging the students to bring winter gear to school and that it is probably time to put the shorts away. Hats, winter boots, gloves and jackets are the ideal for our playground warriors and outdoor trail blazers for the winter season.

Water bottles. As much as I enjoy the non-emergency visits from your kids (giving out cups for the water fountain), please include a water bottle for your child to use throughout the day. Our drinking fountains are shut off and we are being mindful of the environment by reducing the amount of single use plastic cups being thrown away every day.

Thank you to everyone who is taking the time to complete the Med Bot Health Survey before your kids arrive at school. This is our first step in keeping our kids healthy at school. If anyone is having problems with the link, please let me know.

I hope you have a restorative winter break and wish you all the best in the New Year!

Be well,  
Reagan  
HES Nurse

"Students must be healthy to be educated and educated to be healthy."

Eighth graders made edible ornaments for the birds this week.



Mrs. Holt's second graders have been enjoying reading *Night of the Ninjas* by Mary Pope Osborne.





### HES MENU for 12-20 through 12-22

This institution is an equal opportunity employer.

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- **Monday (12/20):** Fruit Smoothies (Breakfast)  
Spaghetti with Meat Sauce (Lunch)
  
- **Tuesday (12/21):** Cereal (Breakfast)  
Chicken and Cheese Quesadillas (Lunch)
  
- **Wednesday (12/22) EARLY RELEASE (11:30AM):**  
Nutri Grain Bars & Yogurt (Breakfast)  
Turkey & Cheese Wrap (Lunch)

**HAPPY HOLIDAYS!**  
**NO SCHOOL ON THURSDAY OR FRIDAY!**

#### ALL MEALS ARE FREE FOR STUDENTS

Breakfast includes protein, fruit/juice, 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.



# WEEKEND MEAL

an AIO Program

12.17.2021

## To our wonderful school partners,

Happiest Holidays to you and yours! The Weekend Meal Program will go on a break for the school vacation, but we will resume our deliveries on Thursday, January 6, 2022.

I wanted to take a moment to thank each of you for all your work and commitment to this program. Because of your partnership, we have already delivered 3,839 student meal kits since the beginning of the 2021-22 school year. This is a 75% increase in enrollment!

It is clear that childhood food insecurity continues to affect our region, and we at AIO will continue to grow and meet the need in order to provide food assistance to the members of our community.

We are incredible grateful to all of you for all the hats you wear and the effort you put into advocating and caring for our local kiddos.

**With best wishes for very happy holidays,**

**Molly O**

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AIO Weekend Meal

**Program Manager | [weekendmeal@aiofoodpantry.org](mailto:weekendmeal@aiofoodpantry.org)**



[www.aio4me.org](http://www.aio4me.org)

# AIO IS OPEN

## throughout the holidays



### Food Assistance

Health, quality food available for anyone who needs a little help.



### Energy Assistance

In Maine, food and energy insecurity go hand-in-hand. We can help.



### Weekend Meals

During the school year, we send home almost 300 meal kits each week.



### AIO Diaper Project

Free diapers to help families make ends meet. Wednesdays at AIO.



### Food Assistance

AIO distributes food from the parking lot offering "Curbside Pickup" on Monday & Friday mornings. Clients will receive pre-packaged bags and boxes which will include a variety of groceries. Indoor shopping occurs all day on Wednesdays where you may come inside to the market and shop with a grocery cart.



### Energy Assistance

AIO helps households with either heating fuel or electricity disconnection prevention. A volunteer will call your fuel or electricity provider to make a payment on your behalf. This program is for anyone who needs a little help making ends meet.



### Weekend Meals

AIO provides meals and snacks for school-age children and families in Knox County during the school year. Every Friday, bags of kid-friendly food are brought to participating schools for students to eat over the weekend.



### Diaper Assistance

AIO distributes bundles of diapers from the parking lot offering "Curbside Pickup". This occurs at the small building next to AIO every Wednesday. Each diaper-wearing child in your family may receive 20-60 diapers per week.

## Pantry Hours

### Location

1A Gordon Drive, Rockland, Maine 04841  
Mail: P.O. Box 113, Rockland, Maine 04841

Monday & Friday  
10:00 am – 12:00 Noon

Wednesday  
10:00 am – 6:00 pm

### Contact

[email@aiofoodpantry.org](mailto:email@aiofoodpantry.org)  
(207) 596-1043