

# CRMS Schooner News

**Kindness****Responsibility****Self Control****Grit**

## IMPORTANT DATES

Tuesday, Feb. 5 - 6:30pm - High school info night at CHRHS for 8th graders

Wednesday, Feb. 6 - **EARLY RELEASE DAY - 1:15pm dismissal**

Friday, Feb. 8 - 7-9pm - Five Towns Dance to benefit the Japan Exchange program for 7th & 8th graders. CRMS gym - \$5.00 admission and concessions available to purchase

Monday - Friday, Feb 11-15 - CRMS Spirit Week. See details on page 4

Tuesday, Feb 12, 6pm - CRMS Book Group discussion, "No More Mean Girls"

Wednesday, Feb. 13, depart CRMS @ 3pm - Jazz Band Festival, Waterville High School

Friday, Feb 15 - **EARLY RELEASE DAY - 11:30 dismissal**

Monday - Friday, Feb 18-22 - **Winter Break - NO SCHOOL**

Wednesday, Feb. 27 - Pink Shirt Day! Show your Anti-Bullying support by wearing pink!

Thursday, Feb 28, 5:30pm - CRMS Book Group discussion part 2, "No More Mean Girls"

Monday, March 4, 5:30pm @ CRES - PTA meeting



## Principal's Corner

Happy Middle of the School Year!

WOW! Can you believe that we're half way through already! At the mid-year break, I'd like to ask for a partnership check from families. Can you find time in the next two weeks, maybe over break, to do the following?

1. Check JumpRope to see how your child is doing in their classes.
2. Reach out to teachers to discuss concerns you may have after you've talked through your concerns with your child.
3. Check your child's work habits grades. Does your child need more support from you to be organized, hand work in on time, or do work they are proud of?
4. Do you have reason to celebrate because your child is doing well?! Be sure to encourage them to keep up the great work, if so!
5. If you see recent grades (within a two weeks window) below a 3.0 on individual assignments, please discuss a plan with your child to revise or redo this work.
6. Clean out the back pack and organize school materials that travel back and forth.
7. Make checking the planner a routine event each evening.
8. Keep updated on the WIP (Week In Preview e-mail sent every Friday afternoon) so you can make connections with your child about their learning and modeling the important role school plays in their lives.

Thank you for the mid-year check in! Having a strong year ALL year long is our goal. Thank you for your partnership!

Here are a few articles of interest on the topic of supporting your child with learning.

<https://www.greatschools.org/gk/articles/study-skills-for-middle-school-and-beyond/>  
<https://kidshealth.org/en/parents/help-teen-homework.html>

In partnership,

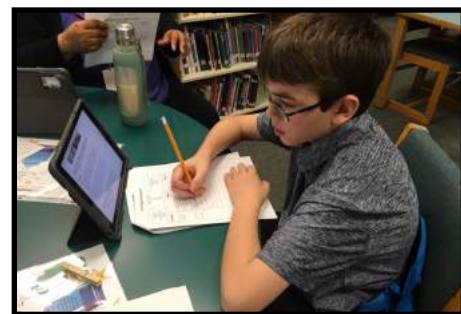
Jaime Stone, Principal

## Library News

Can you guess who on our staff loves to read adventure non-fiction or who has the goal of reading one biography from each of the 50 states? Students and staff are sharing their book love outside the library. Take a moment as you walk by to read our book valentines and see what we are reading!

January was another busy month in the library with fifth-graders reading, reading reading, sixth-graders sampling books at the Tasty Book Cafe and sharing the love of circus reading *Homer P Figg*. Seventh-graders have been learning digital research techniques for their Civil Rights projects, and eighth-graders worked on their water podcasts.

To date students and staff have checked out over 4,000 books! Keep reading!



**Library Wish List: Gently used mouse pads and LEGOS**

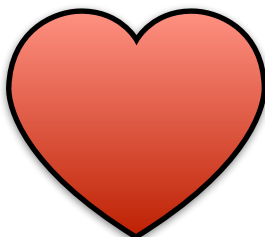
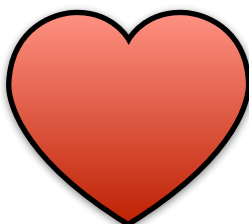
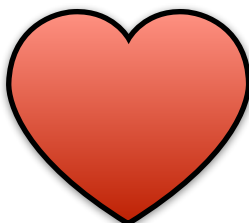


Welcome Kristen Winters! Kristen joins us from Sweetser and is a school based clinician who will be helping students here at CRMS!



**THERE IS STILL TIME  
to get your booklets!**

We have a few Movie Money Bonanza booklets left! For just \$25, you get more than \$200 worth of coupons to use at any location of Flagship Cinemas. The booklet includes coupons for free admissions, buy-one-get-one tickets, free popcorn, free drinks, and more. Coupons are good through April 2020, and all proceeds benefit the Japan travelers. Booklets are available in the office.



## CRMS FIVE TOWNS DANCE

TO BENEFIT THE CRMS JAPAN EXCHANGE PROGRAM

**WHO: 7TH AND 8TH GRADERS**

**WHAT: A DANCE! \$5.00 ADMISSION AND CONCESSIONS FOR SALE. THERE WILL BE FOOD, DRINKS, POPCORN, A PHOTO BOOTH! YOU'LL BE HELPING THE JAPAN EXCHANGE TRAVELERS RAISE FUNDS FOR THEIR TRIP IN APRIL!**

**WHERE: CRMS GYM**

**WHEN: FRIDAY, FEBRUARY 8TH  
FROM 7-9PM.**

**STUDENTS MUST BE PICKED UP AT  
9PM SHARP!**





## CRMS Spirit Week 2019 :: Theme: Outer Space February 11-15

### Information for Parents

Spirit Week is coming soon to CRMS!

We will have loads of fun, lots of activities, wacky events, and a little friendly competition. This overview of happenings will help you prepare your child for Spirit Week.

### Summary of Events During Spirit Week

**Healthy Food Drive: Starts Thursday, 2/7:** See overleaf for more details and a list of suggested food items. If you have questions or would like to help out with the food drive please contact [Gretchen Kuhn](#) at 236-7805 ext. 2144

**Penny War: Starts Thursday, 2/7:** See overleaf for more details.

### Dress-Up Days:

Monday 2/11:	Outer Space Day				
Tuesday 2/12:	Clash Day (e.g. Stripes/Plaids/Dots)				
Wednesday 2/13:	Wacky Hair Day				
Thursday 2/14:	Pajama Day				
Friday 2/15:	Class Color Day:	5 <sup>th</sup> : Rainbow	6 <sup>th</sup> : Red	7 <sup>th</sup> : Blue	8 <sup>th</sup> : Pink

### After School Gym Games:

Tuesday 2/12: 2:15-3:00 Intramurals, grade 5-6 and staff  
Wednesday 2/13: 2:15-3:00 Intramurals, grade 7-8 and staff

### Crazy Big Assembly:

Friday, 2/15 – Students must wear sneakers.

Other events happening during the school day (you do not need to prepare your child for these events):

Recycled Art Challenge, Snow Sculptures, Poster Decorating, Jar Guessing Game, Staff Winter Wear Photo Contest, "Where in the World" Photo Contest, Morning Sound Effects.

As you can see.....we are going to have some serious FUN!

# SPIRIT WEEK 2019



### Healthy Food Drive

One grocery cart per grade will be in the main lobby. Items will be donated to the Camden Food Pantry.

Starts Thursday 2/7 - Ends Thursday 2/14.

Suggested items: Pasta, sauce, rice, canned tuna or chicken, applesauce, canned fruit, beans, PB, low-sugar cereal, oatmeal, canned soups and stews, "helper mixes", instant potatoes, nuts, soaps and personal care products.

\*Please no sweets or sugar drinks  
**Do not break up packages.**

### DRESS-UP DAYS

**MONDAY 2/11:** Outer Space Day

**TUESDAY 2/12:** Clash Day (stripes/plaid/dots)

**WEDNESDAY 2/13:** Wacky Hair day

**THURSDAY 2/14:** Pajama Day

**FRIDAY 2/15:** Class Color Day

8<sup>TH</sup>: Pink

7<sup>TH</sup>: Blue

6<sup>TH</sup>: Red

5<sup>TH</sup>: Rainbow



### PENNY WAR

BRING IN PENNIES & OTHER COINS  
PENNIES GO IN OWN GRADE LEVEL JAR.  
OTHER COINS GO IN OTHER GRADES' JARS.



2 WAYS TO WIN POINTS FOR YOUR GRADE:

- 1) Collect the most pennies. This winning grade chooses charity to donate half of the total earning. The other half stays with the Wellness Team to provide supplies and activities for student and staff wellness.
- 2) Achieve the highest net total (Pennies minus other coins).



## **Congratulations to our Mathletes!**

**The CRMS Math Team ended the season with many accomplishments. The B-team placed 4th, one of the A-teams placed 5th and the other A-team placed #1!**

**What a season!**



**Congratulations to our National Geography Bee winner Conrad Rocknak, first runner up Will Eggena, and second runner up Griffin Spear!**

**Congratulations to our Scripps National Spelling Bee winner Landon Geis, first runner up Aaron Dowd and second runner up Will Eggena!**



**Congratulations to our Schooners Basketball Team, 2019 Big Schools Division Bus Line League Runners Up!**



## Innovate\*Create\*Participate

### How did the Innovations of the 1800s influence the American Experience?

Camden Rockport Middle School

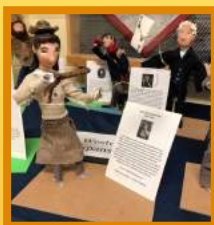
6<sup>th</sup> grade just completed a large scale Project Based Learning unit that taught students American History in the 1800s through the lens of innovations and how they impacted the American experience. The culminating performance was a 3-ring circus filled with acrobatic stunts (Gym and Hope Air), historical skits performed by students (Social Studies), a wax museum highlighting influential historical figures (Art), and non-fiction research and writing (Language Arts and Library)

The 6<sup>th</sup> grade team chose a CIRCUS to present our learning because the circus was a huge innovation in the area of entertainment during the 1800s. Throughout the performance many innovations were referenced such as Transcontinental Railroad, electricity, and the automobile.

Thank you to YOUTH ARTS for your continued support in making education engaging, exciting and hands-on!

**Photo  
credit:**

**Ellen  
Curtis**





**CRMS GIRLS COALITION HELPS STUDENTS CELEBRATE NATIONAL WOMEN'S HEART HEALTH**

In honor of February being National Women's Heart Health Month, the Girls Coalition worked closely with Nurse Gretchen to plan some heart healthy activities to raise awareness. All CRMS students were encouraged to wear red on February 1st and the Girls Coalition set up a table in the front lobby to give out healthy snacks, listen to heart-positive songs, and take pictures in the heart-loving photo-booth. Nurse Gretchen was available to take students' blood pressure and students had the opportunity to listen to their own heartbeat. At lunch the girls made healthy smoothies to give out to their peers. Lastly, thanks to everyone who made a donation to the American Heart Association.

It was a positive and fun day and we encourage all students and families to find ways to take care of their hearts!



## FROM THE HEALTH DESK

During the winter cold and flu season, we also see cases of Pertussis or "whooping cough" in our community, a highly contagious respiratory infection. Here's some information to help brush up on the facts. The following information is taken from the Maine CDC:

The first signs of pertussis are similar to a cold (sneezing, runny nose, low-grade fever, and cough). After one or two weeks, the cough gets worse.

- The cough occurs in sudden, uncontrollable bursts where one cough follows the next without a break for breath
- Many children will make a high-pitched whooping sound when breathing in after a coughing episode. Whooping is less common in infants and adults.
- After a coughing spell, the person may throw up.
- Between coughing spells, the person seems well, but the illness is exhausting over time.
- Over time, coughing spells become less frequent, but may continue for several weeks or months.
- Treatment for Pertussis requires antibiotic therapy for 5 days at home. Once completed, child may return to school.

Vaccination is the best way to prevent Pertussis. Using good health habits also helps slow the spread of pertussis – wash your hands, cover your cough, and stay home when you are sick.

Protection from pertussis is important for people of all ages.

The Pertussis vaccination is required for school age children (DTaP), and the booster shot (Tdap) is given prior to entering 7th grade.

Be Well & keep in touch!, Nurse Gretchen 236-7805 x 2144 [gretchen.kuhn@fivetowns.net](mailto:gretchen.kuhn@fivetowns.net)



**NURSE'S OFFICE WISH LIST: WATER BOTTLES**

## 2018 Lions Club Peace Poster Contest

1st place: Cadence Ankers  
Runners up: Charlotte Delehey, Lea Zwecker

Tuesday, Jan 15th, we honored the three winners and their families at the Lion's Club in Camden.

The contest explores the student's understanding around the concept of peace. This year's theme was "Kindness Matters" and asked participants to visually represent their ideas. No words were allowed, making this a much greater challenge. Forty 6th graders entered this year's contest.

Thank you to all those that participated!!



**Photo credit: Ellen Curtis**





**CONGRATULATIONS TO THE  
TALENTED CRMS BAND AND  
MR. OUELLETTE FOR A  
WONDERFUL WINTER  
CONCERT!**



## **Student Council Corner, Issue #2**

### **By: Raelynn Roy**

Student council has decided to write about something a little different for this month's "corner". The topic I would like to establish with you is bullying. Bullying can come in many different forms such as physical, verbal, social, cyber, racial or sexual. I also would like share some facts and ways you can help stop/prevent bullying.

#### **Types of bullying:**

**Physical bullying-** When someone harms you physically, purposefully and with bad intentions.

**Verbal bullying-** When someone calls you names or proceeds to tease you.

**Social bullying-** When you are excluded from friend groups and other activities involving other people and or other "groups".

**Cyber bullying-** When an individual or a group of people contact you on any kind of social media website and proceed to pose threats, tease and mentally/emotionally harm you.

**Racial bullying-** racist slurs, insults directed at your attire and or customs and making unacceptable and rude gestures directed at you.

**Sexual bullying-** unwanted physical contact or abusive comments.

#### **Statistics about bullying:**

DoSomething.org (<https://www.dosomething.org/us/facts/11-facts-about-bullying>) reports that more than 3.2 million students are victims of bullying each year. Around 160,000 teens skip school each day because they are being bullied. 17% of American students have reported being bullied 2-3 times a month. Another fact I find heart breaking is about 71% of students reported incidents of bullying as a problem at their schools but data suggests that teachers only get involved 4% of the time. 12 out of 18 students are emotionally or physically changed by bullying each year. The National Bullying Prevention Center (<https://www.pacer.org/bullying/resources/stats.asp>) notes that bullying leads to an increased risk for poor school adjustment, sleep difficulties, anxiety, depression, and negative health effects such as headaches and stomachaches. In addition, both the targets and the bully are at a greater risk for both mental health and behavior problems.

#### **How to Respond to Bullying:**

If you or somebody you know is being affected by any kind of bullying you should find a way to get help, which may include telling a trusted friend or adult. Next month we will discuss the different ways someone can be an Upstander to stop and prevent bullying. In the meantime, everyone can take a stand against bullying by wearing **pink** on Pink Shirt Day, February 27!



## February marks Bullying Awareness Month at CRMS

Join Amy Libby LCSW for a community book discussion on February 12th and 28th on Katie Hurley's **No More Mean Girls**. This book specifically looks at how parents, grandparents, aunts, uncles, friends, and mentors can support girls relationships from ages 3 to 13.

“Once upon a time, means girls primarily existed in high school, while elementary school-ages girls spent hours at play and enjoyed friendships without drama. But in this face-paced world in which young girls are exposed to negative behaviors on TV and social media, they are becoming caught up in social hierarchies much earlier. **No More Mean Girls** is a guide for parents to help their young daughters navigate the tricky territories such as friendship building, standing up for themselves and others, processing their emotions, and expressing themselves in a healthy way.”

*February 12th: Chapters 1-5*

*February 28th: Chapters 6-end of the book*

**Contact Amy Libby LCSW at 207-542-8908 if you would like more information or if you need assistance accessing a book.**

### Monthly Substance Use Prevention Update • Maine Parents – Your Teen & Alcohol – 4 Ways to Reduce Risk

- 1. Limit Access:** If you have alcohol in your home, keep track of it – know what and how much you have, and keep it where it is not accessible to teens. Alert police if you have information about where/how teens are getting alcohol in your community.
- 2. Enforce Rules:** Enforce your rules consistently. Don't look the other way if your teen violates the rules. They need to know you're serious. Tell your teen what behavior you expect from them while they are out. Decide, before a rule is broken, what would be a fair and appropriate consequence; then be sure to communicate that with your teen.
- 3. Check In Often:** Be sure your teen knows how to reach you before they leave the house. Ask if adults will be present and if anyone will have alcohol. As them the address and phone number of the home they will be visiting and check in with other parents. Drop in where they say they are visiting once in a while.
- 4. Be Up and Be Ready:** Wait up, or set the alarm for curfew time. When they arrive home, look for signs of use. Talk with your teen about their night. Prepare in advance for what you would do and say the FIRST time you discover that your teen has been drinking.

To learn more, go to [www.maineparents.net](http://www.maineparents.net), sponsored by the Maine Office of Substance Abuse and Mental Health Services.

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](mailto:wgamagewymankcchc@gmail.com) Knox County Community Health Coalition provides substance use prevention services in Knox and Waldo Counties, and is a division of Penobscot Bay YMCA.



**9th ANNUAL PINK SHIRT DAY at CRMS IS COMING!**

On Wednesday, February 27, students at CRMS will be participating in a national campaign to take a stand against bullying by wearing pink. For those that do not know the background of this event, the campaign began with two boys in Nova Scotia who decided to take a stand against bullying after hearing a fellow student teased because he was wearing pink. The two teenagers decided to have a "pink day", bought pink shirts at a local discount store to distribute at school, and spread the word online. The next day hundreds of students wore pink in support of the teased student and to take a stance against bullying. This event gained worldwide attention and is now celebrated annually on the last Wednesday in February. This will be the 9th year CRMS will participate in the national "Pink Shirt Day" event. We are asking for all students to wear pink shirts (or anything pink!) on Wednesday to demonstrate that bullying is not welcomed at CRMS. Let's join students from across the nation and take a stance against bullying! **WEAR PINK!!**

**Midcoast Actors' Studio presents  
"Movement for Actors Workshop"  
led by Suzanne Ramczyk**

**FREE Acting Movement Workshop**  
**Saturday February 16 3:30pm**

**FREE Acting Movement Workshop**  
**Thursday February 21 6:30pm**

**FREE Acting Movement Workshop**  
**Friday February 22 6:30pm**

**Hosted by Midcoast Actors' Studio**  
**109 High St, Belfast, ME 04915**

**THESE WORKSHOPS ARE APPROPRIATE FOR MIDDLE SCHOOLERS!**



This movement workshop focuses on increasing the actor's physical vocabulary and expressiveness through a variety of techniques developed over 30 years of teaching university acting students, as well as workshops and "intensives" featured throughout New England.

The work is inspired by many approaches, including the work/theories of Rudolf Laban, Jerzy Grotowski and Michael Chekhov. Suzanne is a recently retired Professor of Theatre Arts, who has performed and directed extensively in many genres, styles and periods of theatre. She recently directed MAS's production of 'Cabaret' and will be directing its Spring production of 'The Curious Incident of the Dog in the Night-Time'.

There will be three sessions at the Belfast Dance Studio in the downstairs "small studio," meeting on Feb. 16th, 3:30 to 6:00pm, and Feb. 21st and 22nd, 6:30 to 9:00pm.

The workshop is free. Participation is limited, pre-registration is required by contacting [midcoastactors@gmail.com](mailto:midcoastactors@gmail.com).

## Hurricane Island Center for Science and Leadership

### Summer 2019 Youth Programs on Hurricane Island

**FINANCIAL AID** is available for ALL participants.  
If you are an alumni, you will receive \$100 off any course!



If you are in Middle School and you love the ocean,  
our summer programs would be perfect for you. Here is a list of our  
offerings for Middle School programs this summer:

Adventure Art: July 14th - 20th, 2019  
Island Ecology: July 14th - 20th, 2019  
Marine Biology: July 21st - 27th, 2019

Hurricane Island Foundation | PO Box

1280 | Rockland ME 04841 |

[info@hurricaneisland.net](mailto:info@hurricaneisland.net) | 207.867.6050 |



### CRMS LOST AND FOUND

**CHECK OUR LOST AND FOUND RACKS  
BEFORE ITS TOO LATE! THERE ARE  
SEVERAL NEW WINTER JACKETS AND  
WARM CLOTHING THAT COULD BE  
KEEPING SOMEONE'S HANDS, HEAD  
AND BODY WARM! WE DONATE ANY  
UNCLAIMED ITEMS DURING FEBRUARY  
BREAK SO STOP IN SOON!**

## RILEY SCHOOL

### RILEY NIGHTS: Community Talent Search! (\*deadline extended)

Pre-registration required \* No registration fee



Contact: Sandee Havunen [summeratriley@gmail.com](mailto:summeratriley@gmail.com) 207.596.6405 [www.rileyschool.org](http://www.rileyschool.org)



#### RILEY NIGHTS

Riley School will be hosting its first monthly community talent show **RILEY NIGHTS** for kids of all ages and we need performers!

We're looking for kids to share their talents & skills with the community. Do you know a young person who loves to sing, dance, act, play an instrument, do magic tricks....please contact us soon to be a participant in Riley Nights! This is a non-competitive monthly talent show open to all kids, teens and young adults of the midcoast community and sure to be a fun and entertaining evening!

Interested participants should contact Sandee Havunen at [riley.school.nights@gmail.com](mailto:riley.school.nights@gmail.com) or visit Riley's facebook page for information. \*Submission registration deadline is February 8 for February 22 event. The show will take place at 6:00pm in the Riley School Theater. There will be a nominal admission of \$5/person or \$15/family of 4 or more.

## RILEY SCHOOL

### RILEY DAYS: February Vacation Camp

February 18-22, 2019 \* 9:00-4:00 (after-care available 4:00-5:00)

Full week: \$225 After-care: \$25 \* Pre-registration required



Contact: Sandee Havunen [summeratriley@gmail.com](mailto:summeratriley@gmail.com) 207.596.6405 [www.rileyschool.org](http://www.rileyschool.org)



#### RILEY DAYS FOR RILEY NIGHTS

This will be a fun-filled week of both indoor and outdoor exploration for children ages 5-12. The theater will be our indoor playground where campers will sample a variety of games and activities such as: drama games, skit-making, storytelling, movement, music, pyramids, tumbling, board games, legos and drawing.

Children who wish to create acts for our 1st Riley Nights to take place on Friday, February 22 at 6:00pm, can do so this week, while those who don't want to perform can help with costumes, props and other aspects of community show-building. We are excited to bring children together to co-create this event!

We will balance our indoor activities with outdoor adventures on the Riley Campus, hopefully romping in the snow and sunshine, living life as a kid in Maine does in the winter!



## BABE RUTH BASEBALL

We are less than 4 weeks away from Spring Training at The Pitch! We'll have 8 workouts, starting on Saturday, February 9th. We have decided to open these workouts to 5 Town Babe Ruth, 5 Town Babe Ruth Alumni who are still in high school, and rising Little Leaguers. The goals are to build skills, camaraderie, and this baseball program that we are all proud to be a part of.

We have 1/4 of The Pitch and the batting cage. Our training times are:

- Sat 2/9/2019 4:00 PM-5:30 PM
- Sat 2/16/2019 4:00 PM-5:30 PM
- Sat 2/23/2019 7:00 PM-8:30 PM
- Sat 3/2/2019 4:00 PM-5:30 PM
- Sat 3/9/2019 4:00 PM-5:30 PM
- Sat 3/16/2019 7:00 PM-8:30 PM
- Sat 3/23/2019 4:00 PM-5:30 PM
- Sat 3/30/2019 4:00 PM-5:30 PM

The cost is \$50 per player. Please bring checks made out to "Five Town Babe Ruth" to the first session. Please share this email with any players who you think may be interested. It should be another great baseball season!

Thanks,

Tom Hedstrom

Granite Coast Babe Ruth coach

207-701-6264

•Babe Ruth age eligibility is determined based on a May 1 birthday cutoff date. Any player born between May 1, 2003 and April 30, 2006 is Babe Ruth age-eligible for 2019.

If your player is not yet Babe Ruth age eligible but has aged-out of Little League (i.e. birthdates between May 1, 2006 and August 31, 2006), please make sure your player registers for baseball through the school team. Both the H.A.L. and CRMS teams base eligibility on grade level, not age•



**PAWS**  
ADOPTION CENTER

Sign up TODAY for P.A.W.S.  
*February Break Camp*  
**February 18-22**  
9:00am - 12:00pm  
For kids 8-12 years old  
[www.pawsadoption.org](http://www.pawsadoption.org)

THE CRMS OFFICE WILL BE CLOSED FOR WINTER BREAK FROM MONDAY, FEBRUARY 18TH TILL MONDAY, FEBRUARY 25TH. STUDENTS WILL BEGIN THEIR BREAK WHEN THEY ARE DISMISSED ON FRIDAY, FEBRUARY 15TH AT 11:30 AM.

PLEASE MAKE SURE YOUR STUDENTS HAVE TAKEN HOME LUNCH BOXES, INSTRUMENTS, BOOTS, WINTER CLOTHING AND ANYTHING ELSE THEY MAY NEED!

ENJOY THE BREAK!

