

CRMS Schooner News



Kindness

Responsibility

Self Control

Grit

IMPORTANT DATES

Monday, May 6 & Thursday, May 9. Variety Show auditions in the cafeteria, 3pm.

Monday, May 6. PTA meeting at CRES, 5:30pm.

Wednesday, May 8. **Early Release day, 1:15pm dismissal.**

Wednesday, May 8. PTA Staff Appreciation Luncheon, 2pm.

Thursday, May 9. Bike and Walk to School Day!

Friday, May 10. 8th Grade Camden Hills State Park Day.

Friday, May 10. Special Olympics Track Meet, CHRHS, 9am.

Tuesday, May 14. Chorus concert, Strom auditorium, 7pm. Students should arrive dressed in their black/white at 6:30pm for vocal warm ups.

Wednesday, May 15. MSAD 28 School Board Meeting, CRES, 7pm.

Monday, May 20. 8th Grade Step Up night, CHRHS, 5:30pm. (cont.)

Dear Schooner Families,

Principal's Corner

School in the spring can be a really hard go for everyone!

Children are tired and parents have potentially made 140 school lunches, supported hundreds of hours of homework, logged thousands of miles of extra curricular drive time, and let's face it we all need to take a deep breath and remember what is really important! When kids roll their eyes, storm off or act out, they are communicating to us. This type of communication doesn't feel great for us or for them. When I read this article last week I thought it was a good reminder of what our tweens and teenagers are wanting us to know but can't always find the words to share these feelings with us!

15 Things Your Middle School Kid Wishes You Knew

By Rachel Vail

1. Respect me. I'm my own person, not just your kid. Sometimes I might have opinions that differ from yours. Sometimes I just want to be your baby. Respect me either way.
2. I still want to have fun with you, and feel like home is safe and happy. Smile at me.
3. I need to make some of my own choices, and maybe some of my own mistakes. Don't do my work for me or get me out of every jam. You don't need to be better than me at everything. Don't condescend; you don't need to impart your elderly wisdom on me if I have a problem. Please wait for me to ask for your help. If I don't ask for it, I might want to work it out for myself. Let me rant without offering advice. Sometimes that's all I really need, just to talk my way through something and for you to just listen to me.
4. Sometimes I'm going to be moody and annoyed and frustrated. You need to just let that happen (though you shouldn't let me be rude to you; that's weird and embarrassing). It might just be a mood or something might be going on that I'm not ready to talk about yet. If you hang around doing stuff near me and don't interrupt or try to solve it as soon as I start, I might feel comfortable talking with you about things.
5. Trust that I'll do my work. If I don't, you can help me manage my time, but wait until I'm not taking care of responsibilities to think I can't. Don't just assume I can't handle responsibility because of my age. Believe in me.
6. It feels really good when you ask me to teach you about what I'm learning or what I'm good at. You don't have to be awesome at computer programming to let me teach you some cool stuff, for instance. I have to be a beginner constantly. Show me it's OK to stay relaxed and present when you are struggling to learn something.
7. I don't like the drama either, and it surprises me as much as it does you. You think it's rough having this alien lunatic in your house? Try having it in your body, and you can't even get away.

(cont.)

IMPORTANT DATES**(cont. from page 1)**

Thursday, May 16,
3:30-7:30pm & Friday, May
17, 7:30am-12:30pm.

Student Led Conferences,

Friday, May 17th. No School.

Friday, May 24. Great East
Music Festival, depart CRMS
at 5:45am and return at
9:30pm.

Monday, May 27th -

Memorial Day holiday, **No
School.**



Thursday, May 30th. Spring
band concert, Strom
auditorium, 7pm. Students
should arrive dressed in their
black/white at 6:30pm for
rehearsal.

Friday, May 31st. CRMS
Variety Show, 1:15pm.
Family members are
welcome to attend.

Monday, June 3. PTA
meeting at CRMS, 5:30pm.

(cont. from page 1)

8. If you don't like my friends, it feels like you don't trust my judgment or like I am stupid about choosing friends. Or both. Ask me what I like about them, or what we have fun doing together, or just to tell you about a new friend. Stay open-minded. Still, if you think my friends are being bad to me, I need you on my side that much more.

9. Sometimes I am completely overwhelmed and need to zone out for a while. I am not becoming a slug and will not stay in my room staring at a screen for the rest of my life. Maybe just for the rest of the afternoon.

10. I will fight you every step of the way if you make me do stuff I don't want to do (get some exercise, do my homework, write a thank-you note, practice piano, apologize to my sister, take a shower, wear deodorant... *so many things*), but you should probably make me do them anyway. I know I will feel better if I sweat and shower each day, and develop my study skills, and show up tomorrow prepared, and, and, and. I know! But please don't overwhelm me. I might not be able to do what I should right away. I might need reminders, later, which will annoy me completely. Remind me anyway.

11. Explain why I'm being criticized or punished. It feels scary if I don't understand anything beyond that you are mad at me. And sometimes what I need more than a scolding is a hug or a cuddle. Especially when I am more porcupine than puppy.

12. I need to have private jokes with my friends and not explain them to you. It's how we bond. You don't need to be involved in every aspect of my life to still be loved and needed by me.

13. If my social life gets to be too much, I may need you to force a little vacation from it on me. But most of time what I need is to work through how to navigate life online and with peers. Now is my chance to learn how to deal, *with your help*. Just shutting it down keeps me from learning how to build my life online with scaffolding provided by you. Stay calm and cool, let me explain what's going on, and talk things through with me. Ask more, tell less.

14. Especially if I've been feeling stressed, maybe you could just hang out with me. Go to the park or get an ice cream or have a catch, whatever; it feels good to just do something together without discussing or solving or teaching anything.

15. I like it when you think I'm funny. Or interesting. Or awesome. I actually do care what you think about me. Please find something specific you actually like about me because sometimes I can't find anything in myself to like at all. I might roll my eyes, but your words and judgments do matter to me, and I will remember them, the good and the bad. I will keep them with me like treasures even when I lose my keys and wallet and ID. Which I probably will. More than once. Sorry.

And bonus extra important thing you should know: The fact that my opinions on this and anything else might change tomorrow does not mean I don't feel them fiercely today. Keep up. I love you. Remind me you still love me, too.

If you're still reading this you are a parenting champion!
Happy Spring Parenting! I'm right there with you!
Jaime Stone

Article Source: [https://www.huffpost.com/entry/top-15-things-your-middle-school-kid-wishes-you-knew_n_5844308?](https://www.huffpost.com/entry/top-15-things-your-middle-school-kid-wishes-you-knew_n_5844308?fbclid=IwAR3XFV5QXtLNbpNLI8YFhG3q6soAB0hvxaTfoargCpCN1YtCQX3xTxhpA)
fbclid=IwAR3XFV5QXtLNbpNLI8YFhG3q6soAB0hvxaTfoargCpCN1YtCQX3xTxhpA

PLEASE JOIN US!
Public Budget Hearing
Camden Hills Regional High School
Strom Auditorium
MSAD 28, 6-7 p.m.





Congratulations to our very own Sue Burwell!
Maine State Family Consumer Science
Teacher of the Year 2019

Sue is absolutely deserving of this years award! She is a creative teacher who is consistently trying new strategies with her students. Sue has been a leader in helping CRMS implement project based learning across the school over the past three years. Currently, she is working on an integrated project in grade 7 where students will sew reusable bags in her classroom connected to the environmental work students are studying in the science classroom and out in the community. The bags will be at a local market to be used and returned, positively impacting our community that has recently passed a plastic bag ban. Sue also uses technology to create her own sewing tutorials (Mrs. B's Basics) so students can work at their own pace or quickly catch up if they missed a class. Sue seeks out feedback from her

colleagues, partners with other teachers on projects, and helps support our students in some of their most important life skills of cooking, sewing, child care, career exploration, and more! We're very fortunate to have Sue as part of our Crew at CRMS!

Jaime Stone- Principal



JAPAN EXCHANGE 2019-thanks to everyone who helped make it happen!





Creative Writings: Animal Simile Poems

Students in seventh grade writing class, created Animal Simile poems, describing the animal's body parts OR actions using creative similes. Here are some of their products:

A Platypus' ...

Feet are like a beach chair, webbed across the poles.
 Belly is chubby like a sofa, with cushions stuffed full.
 Bill is like a surfboard, long, wide, and skims through the water.
 Claws are like a syringe, sharp, and shoots liquid
 Eyes are like marbles, beady, black balls.

By: Theodore Hedstrom

A Frog...

Hiding in the mud is like a child playing hide and seek, tucked away where no eye can see.
 Hopping from your hands is like grabbing a steaming hot potato.
 Croaking in the late summer evening is like a lullaby, putting me to sleep.
 Swimming through the clear water is like a shooting star, streaking across the night sky.
 Catching a bug with its tongue is like a toddler, snatching the last piece of candy.

by: Amelia Johnson

A Parrot's...

Colors are like a Matisse painting, powerful and bold.
 Eyes are like a marble, serious but beautiful.
 Beak is like a banana, curved and defined.
 Feathers are like a ball pit with waves of color.
 Feet are like a claw machine, clinging to its target.

By: Cameron Brown

A Platypus...

Swimming in a lake is like a small paper boat drifting down a placid stream. Crawling on the shore is like a toddler unsteadily lumbering across its wood planked abode.
 Scooping up insects is like a fishing boat's trawling net, uprooting plants and ensnaring fish.
 Growling when disturbed is like an old car's engine steadily revving up, waiting to define itself.
 Sleeping in its den is like the forgotten load of laundry, settled and soggy inside the basement washer.

-Tristan Strong

A Bear's...

Nose is like a map; it can find anything in its area.
 Fur is like a camo suit; it blends perfectly into its surroundings
 Claws are like suction cups; they cling to anything they touch.
 Paws are like paint, they mark any canvas.
 Stance is like a stubborn debater; it stands its ground

-Nico Benjamin



LIBRARY NEWS

So far this year students have checked out over 6,000 books!

This month in the library fifth-graders have been choosing historical fiction and biographies. Sixth-graders wrapped up Boom or Bust, an interactive journey though the 1920s and 30s. Seventh grade girls participated in Miss Representation gender workshops, and members all grade levels came in as needed for books and MEA makeups. Here are pictures from the Boom or Bust fashion station.





**CRMS
SPRING
SPORTS are
finally
underway after
a very soggy
April!**



CRMS VARIETY SHOW

When: Friday, May 31st. Will be performed at an assembly.

What: It's a talent show with a different name. Almost all acts are acceptable, such as singing, playing musical instruments, dancing, ect. Acts are 2 minutes at most, never over three minutes.

Where: Final show in the gym. Auditions will be in the cafeteria.

Who: Any 5th - 8th grader who wants to participate. Must come to auditions and all practices.

How: We will hold auditions after school on Monday, May 6 and Thursday May 9. YOU ONLY HAVE TO COME TO ONE AUDITION! They will be in the Cafeteria. Students council will help screen the variety show acts. All students council are allowed to audition. Performers will know whether they're in the show or not by Friday, May 10.

Practices will be announced in the daily morning announcements

Staff Appreciation

The Staff Appreciation event at the Middle School will be held on Wednesday, May 8th at 2 pm. We're hoping you can help us celebrate our wonderful staff! We will be looking for volunteers to help set up and clean up for the event itself, and to provide food and/or monetary donations. Please sign up to help using the links below. Also, please encourage your student to fill out notes of appreciation (attached) for the staff members at school – teachers, administrators, custodians, bus drivers and all other staff. We will hang these notes on the wall in the cafeteria during the event.

Donate food (appetizers, finger foods or desserts):

<https://www.signupgenius.com/go/20f0544aea929a1f58-crms1>

Questions about food donations? E-mail Kate Edge at katekline@hotmail.com.

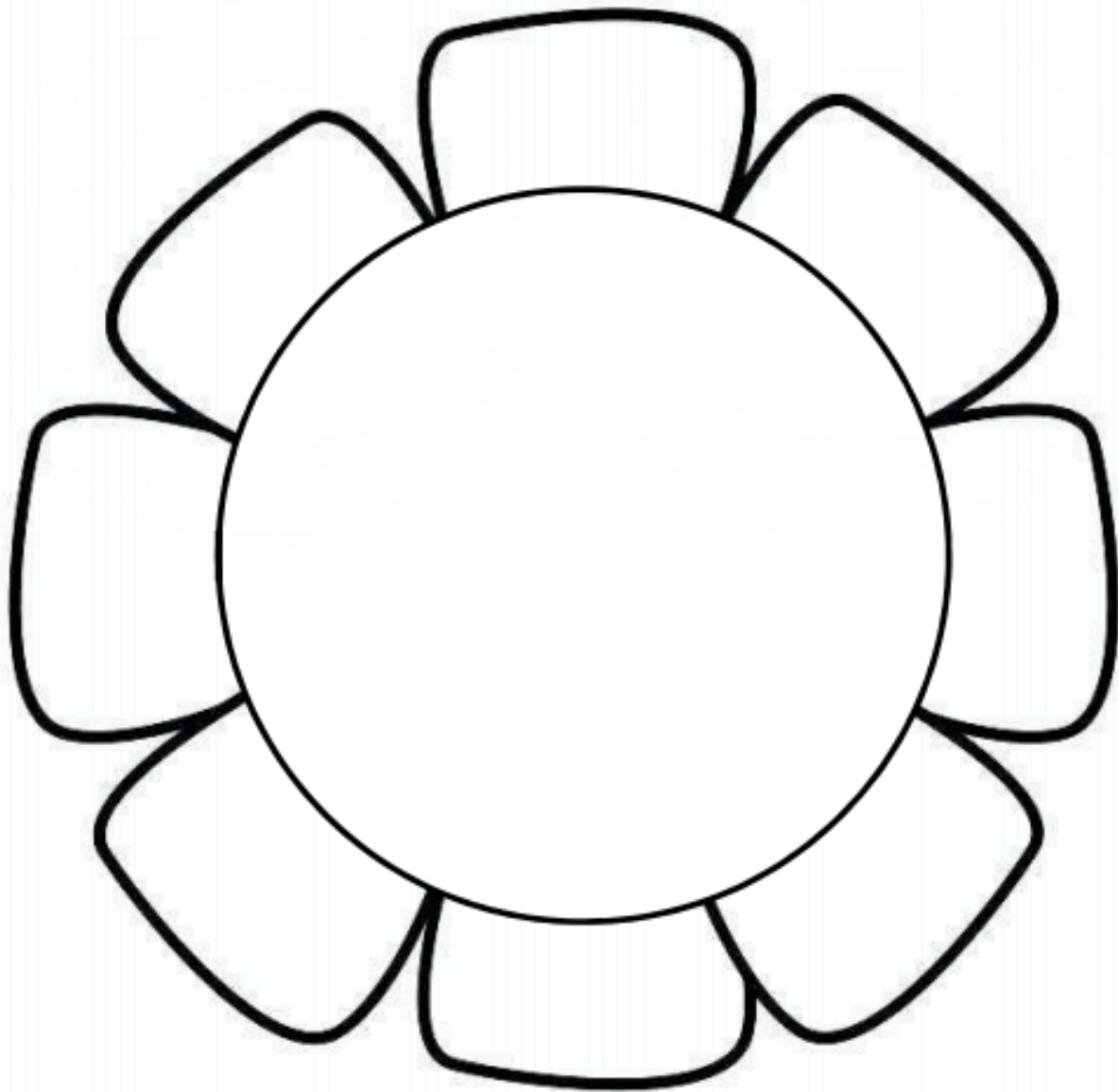
Volunteer on Wednesday to help with set up or clean up. All volunteers must be on the Approved Volunteer list.

<https://www.signupgenius.com/go/30e0a48afa629aafa7-middle3>

Give a monetary donation to be used to purchase food or supplies. Donations can be dropped off in the Main Office in an envelope labeled "PTA/Staff Appreciation."

OUR STAFF HELPS OUR STUDENTS GROW AND BLOOM.

Staff appreciation is coming up at CRES, CRMS and the Bus Barn. Students, use these designs to write notes of appreciation to staff. You can write a note to anyone at the school or offices – teachers, custodians, specials teachers, secretaries, bus drivers, administrators, cafeteria workers... anyone you want to thank! Decorating the notes is encouraged, we want our schools blooming with beautiful flowers. The notes will hang on the walls during Staff Appreciation events. Feel free to make copies or pick up extras at the school. Return the notes by Friday, April 26th (CRES) or Friday, May 3rd (CRMS). Returning flowers already cut out is a huge help!





It's time to tune up your bike and get your walking shoes on! Our annual spring Walk & Bike to School Day will be Thursday, May 9th. Plan on pedaling or strolling to school if you live in town or near the school. For those who ride the bus, you will be dropped off at the "Tannery Lot" on Washington Street to walk to school. For those who usually get dropped off by car, plan to drop off at the Congregational Church and you will walk to school as well! This school wide event is meant to bring awareness to pedestrian and biking safety in our community, as well to impart the value of daily physical activity.

In honor of National School Nurse Day May 8th, I thought I would share some quick facts compiled by the National Association of School Nurses

School Nurses Have Real Impact- Time and Cost Savings for Schools:

- Allow teachers and staff to focus on their jobs.
- Save principals 1 hour, teachers 20 minutes, and clerical staff 45 minutes each and every day.
- Every dollar spent on nursing services saves \$2.20 in medical cost and lost productivity for teachers and parents.
- Healthy students have better attendance and academic achievement.
- Healthy students are less apt to drop out of school.
- Promote compliance with federal and state laws.

THANK YOU for your unyielding support! I am grateful to serve this community! Gretchen Kuhn, RN School Nurse
gretchen.kuhn@fivetowns.net 236-7805 x 2144

FROM THE HEALTH DESK

The *Measles outbreak* is concerning both at the national and state levels. Please read this information from the Maine CDC to decrease the spread of this vaccine preventable disease:

What is measles?

Measles is a highly contagious respiratory disease caused by a virus. The disease is also called rubeola.

How can I prevent measles?

Vaccines are available for children over 12 months of age and for adults. Speak to a healthcare provider for advice on vaccines.

What are the signs and symptoms of measles?

Measles infection causes a high fever and rash. The rash usually begins on a person's face at the hairline and spreads downward to the neck, trunk, arms, legs, and feet. When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit. Measles virus normally grows in the cells that line the back of the throat and lungs.

How is measles spread?

Measles spreads through the air by breathing, coughing or sneezing. It is so contagious that over 90% of people who are exposed and not immune will get the disease.

How is measles treated?

There is no treatment for measles. Related infections may be treated with antibiotics.

Where can I get more information?

Contact your healthcare provider, local health center or the Maine Center for Disease Control and Prevention at www.mainepublichealth.gov or at 1-800-821-5821. The federal Centers for Disease Control and Prevention website www.cdc.gov is another excellent source of health information.

GSTA meets every Friday at Schooner time!

What?:

A GSTA (Gay Straight Transgender Alliance) is a student-led organization that provides a safe and supportive environment for LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and related communities) students and their allies and works to create safe and LGBTQ+- inclusive schools. GSTAs work to improve school climate for **all** students, regardless of sexual orientation or gender identity/expression.

Who?:

Grade 5-8 students:

- identifying as lesbian, gay, bisexual or transgender
- questioning their sexual orientation, gender identity or the ways in which they express their gender.
- perceived to be LGBTQ+, whether or not they identify as such
- identifying as straight allies with LGBTQ+ relatives, friends or acquaintances.
- concerned about bias and discrimination in the school community

Where?:

The CRMS GSTA will be part of the School Counseling Program and supported by the School Counselor.

When?:

Schooner Time and expanding beyond that as needed (i.e. lunches, after school) based on student need and availability.

Why?:

Need indicated by National, State, and CRMS Data (quantitative and qualitative):

- CRMS students have shown interest and indicated need
- Two years ago we had a large number of students organize to bring awareness to PRIDE month with a Rainbow Dance. Proceeds from the dance were donated to OUT Maine.
- Multiple CRMS students have “come out” during their years at CHRHS, which has an active GSTA.
- Multiple CRMS students have gone on to join the CHRHS GSTA.
- This year multiple students in grades 5-8 have indicated interest in participating in a GSTA because they are bisexual, transgender, or want to support LGBTQ friends.

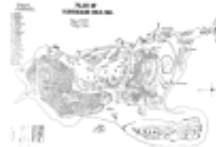
Hurricane Island
Center for Science and Leadership



Lithic Ecologies Course

August 19-22
Cost: \$500

In this four day course, participants will become familiar with the archaeological history of granite production on Hurricane Island, as well as the Wabanaki presence in Penobscot Bay.



During this course, you will:

- Explore Wabanaki stone working techniques
- Learn about 19th century granite quarrying and dressing methods
- Survey and map Hurricane's many anthropogenic features
- Conduct excavation work to investigate the extent of Wabanaki presence
- Gain an understanding of the lives and habits of the granite-working population in the 1800's



Instructors:



Jeff Benjamin is an archaeologist and artist living and working in the Catskill Mountains. His work is concerned with the sensory and emotive aspects of American industrialization as antecedent conditions for climate change, and as possible guideposts for egress. He is currently a PhD candidate in archaeology at Columbia University.

Dr. Arthur Anderson is an archaeologist in the Department of Society, Culture and Languages at the University of New England. He studies the protohistoric period on the coast of the Maritime Peninsula, with a focus on material culture.



Thank you to everyone who participated in and attended the Summer Activities Fair! Big shout out to volunteers Robin Spear, Nicole Blake, Sarah Skovran, Erin Donovan, Kate Ervin, Michelle Beveridge, Melissa Hart, Theresa Mastrocolo, Kristen Smith, & Kathryn Holub - we couldn't have done it without you!

The Directory of Summer Camps featuring all the camp & program exhibitors at the Fair, plus some others who could not be there, is now available! Find it on the [CRES Website under Parent Resources](#) or email midcoastSAF@gmail.com to receive a copy.

Long time organizers Robin Spear & Heather Mackey will be stepping down next year and we are now seeking some eager new folks to continue the Summer Activities Fair! Email CamdenRockportPTA@gmail.com for more information.

KIDS CAN GROW

Erickson Fields Preserve
164 West St. (Rt. 90), Rockport Maine

Application deadline: Monday May 6, 2019
Meeting times: Wed. May 8 - Parent Orientation 4-5:15 PM
June-Oct. Group Sessions - 1st Wed. of month, 4-6 PM
FML: jalbury@mcht.org, 207-236-2739



- Families receive:**
- Six hands-on workshops
 - Supplies for a 3'x5' raised bed at home
 - Monthly visits from a garden mentor
- Cost:**
\$60 per family (financial assistance available)
- Eligibility:**
Youth ages 7-12 with adult family member
- To Register:**
207-236-2739 or jalbury@mcht.org

Families learn together about growing food using a square foot gardening method in raised beds.



A program of U-Maine Cooperative Extension led by Maine Coast Heritage Trust staff.



Farm Hands Program
SPRING 2019



FREE!
Ages 10-18

3 week session:
May 7th to 23rd
3:30-5:00 PM, Tuesdays & Thursdays

Get up close and personal with Aldermere Farm's Belted Galloways. Learn how to halter, groom, lead and interact with young calves and heifers.

Contact us to reserve your spot:
236-2739 or e-mail jalbury@mcht.org

ALDERMERE FARM, 70 RUSSELL AVENUE, ROCKPORT, ME 04856 | 236-2739 | www.aldermere.org



2019 "THINK SUMMER" Box Tops Raffle!

Turn in Box Tops for a chance to win a prize

What do you win?

A GIFT CARD FOR SUMMER TREATS!

Fill in your information below and then attach 30 Box Tops to the bottom (one in each box). Please tape or glue the Box Tops so both the expiration date and the Box Top code are visible. **Expired Box Tops do NOT count.** No staples please. Turn in sheets to the school Box Tops collection box. Collection sheets are due by **Wednesday, May 22, 2019!**

Name: _____

Teacher: _____ Grade: _____

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Thank you for supporting the Camden Rockport PTA and the Camden Rockport schools!

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