

# CRMS Schooner News



Kindness   Responsibility   Self Control   Grit

## IMPORTANT DATES

Tuesday, Oct. 1, 6-7pm - Guidance Education Curriculum night.

Wednesday, Oct. 2 - Bike and Walk to School. See details on page 3.

Wednesday-Friday, Oct. 9-11 - 7th grade Chewonki trip.

Friday, Oct. 11 - **CRMS IS IN SESSION** • CRES AND CHRHS have no school on the 11th!

Monday, Oct. 14 - Indigenous Peoples' day - NO SCHOOL.

Wednesday, Oct. 16, 7pm - MSAD #28 School Board meeting, CRES atrium.

Friday, Oct. 18, 1:45pm - Hispanic Heritage month assembly.

Wednesday, Oct. 23 - 6th grade field trip to Mt. Battie. Dress for hiking.

(cont. on page 2)



## Principal's Corner

### WELCOME BACK TO SCHOOL!

**We have had a fantastic beginning to our school year at CRMS!** Thank you to all who were able to attend Back to School Night last week. Please remember that you can connect with a staff member anytime via e-mail. Staff e-mails can be found at the link below or you can call the school and leave a message at 236-7805. [https://crms.fivetowns.net/staff/staff\\_directory](https://crms.fivetowns.net/staff/staff_directory)

**Each grade level in middle school is a significant transition!** Changes to students' bodies and minds are rapid at this age. It's hard to keep up with sometimes as tweens & teens develop new habits or different attitudes that leave us wondering where the child we used to know has gone! Understanding the chemical and developmental changes in our children at this age and how to *work with the changes* and not against them is really helpful to avoid (or at least decrease) the battles around homework, sleep, peer conflicts, technology use and other adventures in parenting this age group. Having healthy and positive conversations with your child about these changes, their experiences at school and with peers, when you are NOT in a moment filled with emotion can help you stay connected to them as they flow through these ups and downs. How to navigate these years as a parent is a learning experience I have been going through with my own children, now 15 and 11. Below I've included a few articles of interest and support!

<https://www.washingtonpost.com/news/parenting/wp/2018/08/31/to-raise-independent-kids-treat-middle-school-like-a-dress-rehearsal-for-life/>

<https://www.parenttoolkit.com/health-and-wellness/video/technology/the-middle-school-brain-on-social-media> (there's a kit of multiple videos here on various topics)

<https://www.npr.org/sections/health-shots/2016/12/29/506590099/being-mom-to-a-middle-schooler-can-be-the-toughest-gig-of-all>

<http://www.karikampakis.com/2015/07/prepare-the-child-for-the-road-not-the-road-for-the-child/>

<https://www.greatschools.org/gk/articles/talking-to-your-middle-school-child-top-mistakes/>

By this time, you should have received e-mail communications from us for announcements of important dates and our weekly update e-mail (The WIP) from your grade level. If you aren't receiving these please call the office and speak to Andrea to revise your contact information.

We're so excited to be on this journey with your child(ren) this year! We look forward to our partnership with you as we strive for growth and learning. It takes a village and a strong community to raise great kids and we are very fortunate to be living in one!

Sincerely,  
Jaime Stone, Principal

**IMPORTANT DATES (cont.)**

Wednesday, Oct. 23, 11:30am - **EARLY RELEASE DAY**. TEEN CENTER IS CLOSED TODAY.

Wednesday, Oct. 23rd & Friday, Oct. 25th - Student Led Conferences. Sign up information will be sent home soon!

Tues. & Wed., Oct. 29 & 30, 3-5pm - Auditions for CRMS musical, James and the Giant Peach - report to band room.

Thursday, Oct. 31 -Halloween pumpkin carving contest! Bring your most creative carved pumpkin to the cafe' in the morning to be judged at lunches. Pumpkins will be thrown away after the contest unless you take it home after school.

Friday, Nov. 1, 7-9pm - FIVE TOWNS DANCE for 7th and 8th grade students only. \$5.00 admission and concessions for sale. Students must be picked up at 9pm sharp in front of the gym!

Wednesday, Nov. 6, 1:15pm- **EARLY RELEASE DAY**. The Teen Center is open from 1:15 till 5pm.



**FROM THE NURSES DESK:**

**Health and Wellness:** Welcome back to school all! I encourage you to contact me, Nurse Gretchen, with any health questions or concerns you may have about your children. I can be reached by phone, e-mail, or feel free to drop by my office. Please let your children know that my door is open to them should they need specific medical care or they just need to talk. Here are some items to know:

**Medication in School:** If your child needs to take any medication for any reason while at school please contact me if you haven't already. All medications need to be stored and locked in the nurse's office. No medication may be carried by students or kept in student lockers (with the exception of epi-pens and inhalers with permission). A doctor's order must be provided in order for medication to be administered in school.

**Head Lice:** Every year it is important to remind families that head lice exist. Please do your part to prevent the spread of this communicable condition by checking your child(ren) daily on a regular basis. A lice infestation is much easier to treat if caught early. If you should discover a case of head lice, please notify me and the parents of your child's friends. This is the best way to protect your family and community. If your child has lice and you would like assistance with removal I have some remedies that may work for you. Helpful information can be found on these websites:

The National Pediculosis Association: [www.headlice.org](http://www.headlice.org)  
Kids Health: [www.kidshealth.org](http://www.kidshealth.org)

**CRMS DROP OFF/PICK UP LOOP and CROSS WALK REMINDER**

**If you are the first car in the loop line, please pull ALL THE WAY to the end of the loop line so we can get all the cars off the street - allowing the buses to get through and stay on schedule.**

**All students walking/biking/scootering, etc. MUST cross Knowlton Street in the morning and afternoon at the cross walk with a crossing guard on duty by the main entrance.**

**THANK YOU!**





Our school wide event takes place **Wednesday, October 2nd**. This annual event brings awareness to students of the benefits of starting each day with physical activity!

Here's how it works:

**For those who ride the bus:**

- School Buses will drop off students at the Tannery Lot on Washington St.
- Students will use the sidewalk on Washington Street to Walk To School.
- Staff will be on hand at Rawson Ave and along Washington Street.

**For those who get a ride to school:**

- KNOWLTON STREET WILL BE CLOSED**
- Drop off is at the Congregational Church parking lot 55 Elm St, beginning at 7:45AM.
- Students will walk to school via Free Street
- Staff will be on hand at the Mechanic Street crosswalk.
- Everyone is expected to participate by walking, riding your bike or scooter or skateboard. Helmets **MUST** be worn.

We hope you experience the positive health benefits that come from being physically active as a way to start your school day!

Students who play instruments may leave them at school on Tuesday.

Participants will be entered into a drawing to win a prize.

**• DOT DAY AT CRMS •**



# NEW CRMS CREW



Hi, my name is Tatiana Lopyreva. I have recently moved to Maine from Toronto. I work as an educational technician at CRMS. I taught German, English as a Second Language, English Language Arts and Russian in public schools in Ontario and Manitoba. I like traveling, hiking, watching movies, reading, playing tennis, biking, but also gardening, baking and knitting at our house in the middle of the woods in Maine.



Hi, I'm Laurie Bryant, CRMS kitchen manager. I moved over from CRES where I have worked as the kitchen manager for several years. I enjoy going to our camp in Millinocket on the weekends.



My name is Shanna Schaab. I am the Special Education Teacher in the Voyager Program at CRMS. I have two young children, ages 4 and 6. I also have two dogs, a husky and a lab mix. I was married this summer, right in my own backyard! For my free time, I enjoy painting, going to the beach, playing board games, going to the movies and walking my dogs. I am excited about the opportunities I will have as a part of the team here at CRMS!

Hello my name is Gretchen Mahoney, I am working as a 6th grade ed tech and I'm a printmaker and musician. The blues is definitely my favorite genre of music to sing and preform. If I could invite four people to a dinner party I would invite : Tina Turner, Prince, Greta Thunberg and Stevie Nicks.



Hi, My name is Susan Boivin, Director of Food Services, and I am a Buffalo Bills fan, I love cats (mine is named Miss Bouquet), music ( fave band is Panic at the Disco) and I LOVE to cook. I'm really excited to make some great changes to our Cafe and look forward to seeing everyone there!

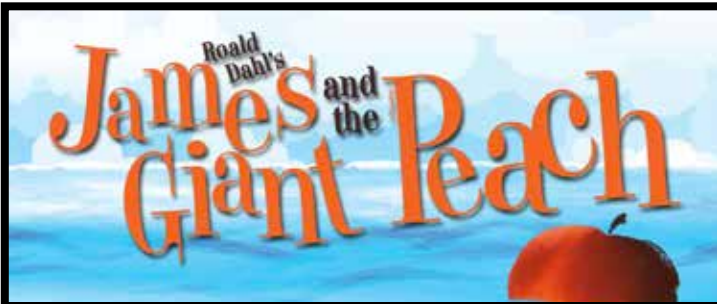


Mari Rico is our new evening custodian. She is from Mexico and her favorite thing to do is spend time with her daughter and she also enjoys going to the beach as often as she can!

**5TH GRADE SCHOONER CEREMONY AND BOAT TRIP**



On Tuesday September 17th, grade 5 spent an afternoon sailing around Penobscot Bay aboard two local schooners the Appledore and Grace Bailey. In preparation for the trip, students learned the school song entitled, "Sail On" by Roger Emerson and also several Sea Shanties as part of a shanty unit in music class. At the harbor masters office just before setting sail, our principal Jaime and the Harbor Master Steve welcomed students officially as "the schooners" of CRMS. Students sang "Paddy Lay Back" a capstan shanty while proceeding onto the ship, and underway students later sang halyard shanties raising the sails. CRMS is proud to be the "Schooners" and to have our new fifth grade students part of our "crew" to share in this special annual tradition.



**AUDITIONS WILL BE HELD IN THE BAND ROOM ON TUESDAY, OCTOBER 29TH AND WEDNESDAY, OCTOBER 30TH FROM 3PM - 5PM.**

**TECH CREW DO NOT NEED TO ATTEND AUDITIONS!**

Feeling like you can't wait until the CRMS musical production of James and the Giant Peach starts?! Well the waits almost over. The musical James and the Giant Peach officially kicks off with auditions on October 29th and 30th after school. It's time for you to become part of the treasured story of this classic kids tale. Join James, and his oversized insect friends as they take flight on their enormous peach on the way to a fascinating adventure.

Can't sing you say? No worries. We have a part for you! We encourage all students regardless of ability to audition for the musical. Auditions help give us insight into which role you might be best suited for. So if your even thinking the slightest bit about being part of one of the most exciting opportunities at CRMS this year, come out, have some fun, and join us for auditions in late October!

# FALL SPORTS 2019



**CAMDEN ROCKPORT MIDDLE SCHOOL FIELD HOCKEY WON THEIR FIRST GAME AGAINST NOBLEBORO ON MONDAY, SEPTEMBER 23RD! CHARLOTTE, NATALIE, AND GRACE LED THE TEAM WITH GOALS FOR A TOTAL OF 4-0. WE ARE HOPING TO CONTINUE THIS MOMENTUM INTO OUR NEXT FEW GAMES! EACH GAME THE TEAM IMPROVES MORE AND MORE BY LEARNING NEW SKILLS AND GAME PLAY STRATEGIES!**

**GO SCHOONERS!**



**CONGRATULATIONS TO THE XC BOYS AND GIRLS TEAMS AS THEY BOTH REMAIN UNDEFEATED AFTER COMING OUT ON TOP IN A SEVEN-SCHOOL MEET IN BELFAST.**



# FALL SPORTS 2019 (CONT.)



**Wow, what a great start to the season! The 6th grade co-ed team is off to a lightning start at 6-1, losing only to the 7th grade co-ed team to this point. Feel free to check out what all the excitement is about at one of our games. You can find the athletic schedule on the CRMS webpage.**





The co-ed 7th grade soccer team is off to a great undefeated start at 6 and 0! The best competition so far has been right from our own CRMS 6th grade team talent. From first-time players to avid year-round players, there is a diversity of skill melding together well on this 7th grade team to form this fall soccer season.



The 8th grade girls soccer team has been playing strong soccer. As we enter the final few weeks of the regular season, we find ourselves 6-0. They are a very supportive group of players, encouraging their teammates both on and off the field. We have two more away games against Wiscasset and Boothbay, then the playoffs begin. We look to defend our Busline League crown from last year.



Strong start to the season for the 8th grade boys. After 5 games the team has a 5-0 record and is yet to concede a single goal! The team plays excellent soccer in a fluent, passing style. Goals and contributions have been made by all members of the team.





# 8TH GRADE AT KIEVE 2019!



## News from the Sea Spray Cafe!

We have been getting weekly deliveries from Aldermere Farm, Hope Orchards and Beveridge Farms, bringing beautiful produce to the kitchen. Fresh corn, tomatoes, carrots, and cucumbers for you to enjoy! Have you seen the changes on the menu this year? Make sure that you check out the boards for daily updates, and did you know that there is a vegetarian entree every day? There is! In October the salad bar will be featuring some new dishes like Pumpkin Hummus and Apple Carrot Slaw, and don't be late for breakfast when we make Pumpkin Swirl or Apple Streusel muffins. Soon you will be able to check us out on Facebook, we have some awesome food planned for you!

See you in the Cafe :)

### CRMS October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1		3	4
Breakfast \$1.50 Lunch \$3.00	"Call it a Wrap!" Build your own wrap sandwich :) *Ranch Chicken Roll Salad Bar & milk	GRILL DAY! ~Specialty burgers, veggie too! *Ranch Chicken Roll Salad Bar & milk	HOME COOKING! ~Meat Lover's Lasagna, Cheese Lasagna *Ranch Chicken Roll Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Ranch Chicken Roll Salad Bar & milk
7	8	9	10	11
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Tuna Sub Salad Bar & milk	*Taco Tuesday :) Beef, grilled chicken, veggie ~fresh salsa *Tuna Sub Salad Bar & milk	GRILL DAY! ~Specialty chicken sandwiches, veggie too! *Tuna Sub Salad Bar & milk	HOME COOKING! ~Hot Meatball Subs, Stuffed Breadsticks *Tuna Sub Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Tuna Sub Salad Bar & milk
14	15	16	17	18
HOLIDAY NO SCHOOL	"Call it a Wrap!" Build your own wrap sandwich :) *Turkey Gobbler Salad Bar & milk	GRILL DAY! ~Specialty burgers, veggie too! *Turkey Gobbler Salad Bar & milk	HOME COOKING! ~Chicken Parmesan, Zucchini Parmesan *Turkey Gobbler Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Turkey Gobbler Salad Bar & milk
21	22	23	24	25
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Ham & swiss melt Salad Bar & milk	*Taco Tuesday :) BBQ Chicken, Beef, veggie ~fresh salsa *Ham & swiss melt Salad Bar & milk	EARLY RELEASE! *Order your lunch to go, see the boards for choices :)	PIZZA DAY! *Yogurt Parfait Bar *Ham & swiss melt Salad Bar & milk	EARLY RELEASE! *Order your lunch to go, see the boards for choices :)
28	29	30	31	
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Roast Beef Italian Salad Bar & milk	"Call it a Wrap!" Build your own wrap sandwich :) *Roast Beef Italian Salad Bar & milk	GRILL DAY! ~Specialty chicken sandwiches, portobellos too! *Roast Beef Italian Salad Bar & milk	HOME COOKING! ~ *Sweet & sour Chicken w/ rice, Veggie medley w/ rice *Roast Beef Italian Salad Bar & milk	This institution is an equal opportunity employer
<b>Monday Breakfast</b>	<b>Tuesday Breakfast</b>	<b>Wednesday Breakfast</b>	<b>Thursday Breakfast</b>	<b>Friday Breakfast</b>
French Toast Sticks & Breakfast Bar	Homemade Muffins & Breakfast Bar	Breakfast Sandwich & Breakfast Bar	Apple Bacon Pancake & Breakfast Bar	Blueberry Waffles & Breakfast Bar

# LIBRARY NEWS

## CRMS Library FAQs

**1. Where do I find the library catalog & digital resources?**

the short cuts on your iPad & The library button on the CRMS website

**2. How do I know if I can come down?**

**CHECK THE LIBRARY CALENDAR**  
If I have a class, 1 or 2 students at a time may come with a pass & understand that you may have to wait to served.

If I don't have a class, come on down! Just bring a pass that lets me know what you are here for: group work, getting a book, taking a break....

**3. How do I find the library calendar?**

on the library homepage & At the bottom of the catalog

**PRO TIP:**  
YOU CAN ALSO BOOKMARK IT!

**4. What about Schooner?**

I LOVE TO SEE STUDENTS WITH A PASS !!!

3 students at a time per homeroom, more by permission if it isn't busy.

## 7TH GRADE NEWS

On our Sept. 18 Early Release Day, 7th grade students traveled to various preserves to complete field work for their symbiosis project. These are photos from students who went to Beauchamp Point.



## From Student Services, by Amy Libby, LCSW:

It is a new year and a new set of families we welcome to our school. Student services wants you to know that we are here for you as you help your child transition and moves through their middle school years. "Middle school is about making mistakes and bouncing back from disappointments. Some kids navigate turbulence with spunk; some struggle with self-awareness and assertiveness. Don't expect them to figure everything out for themselves." They will need a lot of help from us all. Some of the things you can expect along this journey include:

- Changes in friends, clothes, interests, music, etc.
- Exploring new ways of learning.
- Social pressures.
- Keeping up with school assignments and project deadlines.
- Learning how to navigate the online world.
- Finding healthy peers groups.
- Greater expectations to communicate with teachers and coaches.
- Learning how to take responsibility for behavior.
- Learning how to stand up for yourself or others.
- Learning how to be a positive contributor.
- Bouncing back from failure and disappointments.
- Test-driving romantic relationships.
- Prioritizing needs.
- Learning about the world.
- Remembering to rest.
- Determining what is important and is of value.
- Understanding their strengths and weaknesses.
- Perspective-taking and empathy
- Asking for help
- Shining!!

### How Parents Can Help Kids in Middle School

- Be there.
- Listen.
- Talk with them.
- Appreciate them.
- Relax with them.
- Encourage them.
- Set clear limits.
- Help them prioritize.
- Discuss expectations.
- Touch base daily.
- Monitor online life.
- Notice what's emerging.
- Keep them active.
- Ignore unhelpful people.
- Applaud progress.
- Address over-commitment.
- Tackle tough topics.
- Be approachable.
- Hug them often.
- Celebrate proud moments.

Know that Tanya and I, as well as your child's teachers, administration, support staff and nursing are here to help you along the way of this precious and exciting time. It is the mission of student services to help all students reach their full potential educationally, socially, and emotionally by working with your child, their teachers, the community and YOU. Please call Amy Libby LCSW or Tanya Young NCC with any concerns you may have about your child or questions you have about the services we offer.

Resource: Katz, Christina. *Atlanta Parent*. Atlanta Parent Editorial, August 5, 2017. <https://www.atlantaparent.com/help-middle-school-kids/>. Accessed September 27, 2019.

*Join*  
**Student Council**

*For more information*  
visit Ms Libby and Ms Young

**Be a voice, not an echo.**  
-Albert Einstein

### LOOP DOGS



These are just a few of the many furry family members, who accompany their children to school in the morning!



CAMDEN-ROCKPORT MIDDLE SCHOOL

**BUY YOUR BISBEE THEATER SEAT**  
*preserve your legacy*

**Money raised will pay for:**  
Playground Equipment  
Athletic Fields  
Theater Lighting  
Art Sculpture

**EDUCATION | COMMUNITY | LEGACY**

for more information on purchasing a seat visit:  
<https://sad.fivetowns.net/>  
or call: 207-236-3358

MIDCOAST OUTDOOR LEADERSHIP INITIATIVE

**NOW ENROLLING 2019 FALL PROGRAMS**

technical skills | multi-day expedition | service learning





**SUP/ CANOEING**  
5th/6th Grade

**COST:**  
\$300 For 5th/6th  
\$325 For 7th/8th  
financial aid available

**ROCKCLIMBING**  
7th/8th Grade

**PROGRAM DATES:**

AFTER SCHOOL SESSIONS | SEPT.9-OCT.17  
WEEKEND EXPEDITION | OCT. 19 + 20

**ENROLL NOW AT [WWW.SUNDOGOE.COM](http://WWW.SUNDOGOE.COM)**

# PANCAKES and CHAIRLIFT RIDES

Sundays in October





Early Bird Season Passes  
on Sale



Ski Club Memberships  
on Sale



Boxed Lunches  
on Sale

At the CAMDEN SNOW BOWL  
20 Barnestown Road | Camden, Maine  
FMI: 207-236-3438

October 6, 13, 20 and 27

**PANCAKES**  
8:30 - 10:30 a.m.  
Suggested Donation \$5 and \$20 for a family

**CHAIRLIFT RIDES**  
9:30 a.m. - 1:30 p.m.  
\$5 for kids 6-12 and \$10 for adults

Boxed Lunches Available for Purchase



## Farm Hands Program

### Fall 2019



Three week session:  
**October 8th - 24th**  
3:30 - 5:00 PM, Tuesdays & Thursdays

FREE!  
Youth 10 years old and up

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 today to reserve your spot!  
236-2739 or e-mail [jalbury@mcht.org](mailto:jalbury@mcht.org)

ALDERMERE FARM, 70 RUSSELL AVENUE, ROCKPORT, ME 04856 | 236-2739 | [www.aldermere.org](http://www.aldermere.org)



Penobscot Bay YMCA

# spooky spider

## OPEN HOUSE

SATURDAY, OCTOBER 19  
10:00 AM - NOON



DROP ON IN...  
FREE TO THE COMMUNITY!

- "Can Membership" Promotion Begins!
- Building & Planting Projects
- Bouncy Houses
- Gymnastics for Ghouls and Boys
- Halloween Arts & Crafts
- Visit bees with the Knox-Lincoln County Beekeepers
- Face Painting
- Fire Truck Tours
- Popcorn & Balloons
- And more!

PENBAYYMCA.ORG • 207.236.3375

CRMS Schooners

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# Holiday Wreath Sale

TO BENEFIT THE

## CAMDEN ROCKPORT MIDDLE SCHOOL JAPAN EXCHANGE



### Signature Origami Wreath \$30.00

This wreath is carefully decorated with hand-made origami cranes made by our Japan Travelers. It is also topped with a traditional red bow. Enjoy this Eastern touch to your holidays!



### Decorated Wreath \$20.00

This is a traditionally styled wreath with a red bow. It is sure to spruce up your doorway for the holidays.



### Plain Wreath \$15.00

Our simplest wreath comes without other decoration. It is simple and elegant.

Our wreaths are locally sourced coming from a farm in Maine. Every wreath is made with balsam fir and is double-sided with your choice of decoration. These fragrant adornments are just perfect for the winter holidays.

#\_\_\_ Origami Wreath @ \$30 \_\_\_\_\_

Name: \_\_\_\_\_

#\_\_\_ Decorated Wreath @ \$20 \_\_\_\_\_

Address for Delivery: \_\_\_\_\_

#\_\_\_ Plain Wreath @ \$15 \_\_\_\_\_

\_\_\_\_\_

Total for wreath order: \$ \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Make checks payable to CRMS Thank you for your support!

\*Please send checks to CRMS 34 Knowlton St Camden Maine, 04843