

CRMS Schooner News



Kindness Responsibility Self Control Grit

IMPORTANT DATES

Monday, September 10 - Late bus begins today. It will run on Mondays, Tuesdays, Thursdays and depart CRMS at 3:15pm sharp.

Wednesday, September 12 - 7th grade Chewonki parent meeting, 6:30pm.

Thursday, September 13 - Groundbreaking ceremony - 9:45am

Thursday, September 13 - 5th grade Band Rental night, 5:00pm.

Friday, September 14 - **No School.** Teacher workshop day.

Monday, September 17 - DOT DAY! Wear your favorite dot outfit!

Tuesday, September 18 - 5th grade Schooner trip - 12-2pm

Wednesday, September 19 - Early release day. 1:15pm dismissal.

Thursday, September 20 - Back to School night. 5th and 7th grades - 5:30 to 6:30pm. 6th and 8th grades - 6:30 to 7:30pm.

Thursday, September 27 - Picture day!

Wednesday, October 3 - Bike and Walk to School Day.

Friday, October 5 - **No School.** Teacher workshop day.

Monday, October 8 - **No School.** Columbus day holiday.

Wednesday, October 10 - 7th grade to Chewonki, returning Friday, October 12th.

Dear Schooner Families,

Principal's Corner

I'd like to welcome you back to SY 2018-2019!

Below you will find the welcome letter I sent earlier this summer. I wanted to make sure it made it's way to you one more time. Thank you for taking the time to give it a read. We've had a busy summer here at CRMS! We've removed a large section of the building and moved several classrooms to prepare for the construction of our future building, scheduled to open in 2020! We cherish the 7-9 hours a day we get to spend with your children and enjoy our role as their teacher and their coach during this time. The community support in Camden and Rockport is very strong and we feel fortunate to be working with such a caring group of families.

Below are a few ways you can help make this year be great for your child!

Engage with Your Child About Their Learning

Each week we send home a Week in Preview (WIP) email. Please read these e-mails, chat with your child about their learning, and help support good study habits as well as nightly reading at home for 30 minutes. We also send home monthly newsletters, e-mail updates as needed, and post daily announcements on our school's homepage and our facebook page. Middle-Schoolers aren't always willing to talk at length about their day so a more pointed question might get a better discussion going between you! By having access to specifics about our learning experiences we hope you will be able to ask questions that lead to a good conversation and connection with your child.

Supporting Positive Communication

We work hard to create a safe and inclusive public school community for all of our children and their families. Please speak of the other families, the school and our staff with respect and regard for the hard work we do as we will do the same in turn for each of you in your roles as parents. If you have any questions or concerns at times throughout the school year please e-mail your child's teacher. We are here as your partner in educating your child and the more we are on the same team the farther your child will go!

Be Patient and Don't Get on the "Roller Coaster"

Middle School can be a very challenging time for children. At times you may wonder, "What happened to the child I once knew?!" Don't worry; they will come back around in a few years' time. Big changes in emotions, self-control, interests, and friendships happen over these four years and not all children experience these changes at the same time as their peers. My biggest piece of advice for first time parents of middle-schoolers is "Do not get on the roller coaster! (of emotions) with your child". That means when your child displays emotional swings or becomes elevated that you listen, acknowledge that you hear them, and allow them space to feel, and to think, all before you try and solve problems for them. Sometimes these emotions pass or change quickly and don't result in big work to do. When we believe in them and tell them they can work through something challenging and support them in doing so without doing it for them, good things happen. These moments develop resilience in children as well as confidence and self-esteem. Let us know if the emotions are beyond what feels manageable and/or typical and we'll absolutely be there to offer support. Social emotional growth and well-being is an important part our work at CRMS and we appreciate your partnership.

I hope the year ahead provides your child with meaningful learning experiences, many moments of joy, and lots of growth. Thank you for all you do to make our community a great place for our children and families.

Together, we are stronger!

Sail On! Jaime Stone, Principal

WELCOME TO OUR NEW CREW!

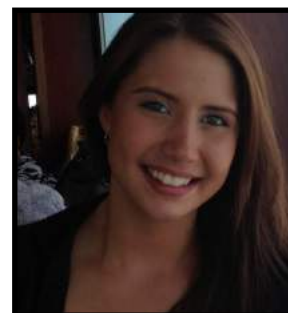


Lacy Oakes, 6th grade Mathematics: I am in my 3rd year in Education. For the past two years I worked as a Behavioral Health Professional/Ed Tech III at Medomak Middle School (grades 7 & 8). I first worked in LEAD (Lifeskills) then started my second year in the Choices Program (Day Treatment/Behavioral). I ended, however, as a long term substitute in an ELA/Social Studies classroom for the last trimester. Prior to education I worked in the banking industry in various roles as I completed my Master's and Bachelor's in Business/Financial Management from Husson University. I soon found my passion for teaching while I was coaching various youth sports. Some of you may recognize me as the CRMS 8th Grade Girls Basketball Coach (1 year) or Track Assistant Coach (2 years). In my spare time, I enjoy group fitness classes and spending time with my husband, Chaney, and my almost 2 year old son, Trey. I am looking forward to spreading my love of Math to my students and their families!



Mike Egeland, Athletic Coordinator: Prior to moving to Maine, I taught high school English overseas for twenty-two years. I've also coached golf, softball, baseball and rugby. I live with his wife Emily and their two children in Lincolnville.

Leah Percy, 8th grade Science: Hello fellow Schooners! My name is Leah Percy and I am the new 8th grade Physical Science teacher at Camden-Rockport Middle School! A little about me: I graduated from the University of Southern Maine with a B.A. in Geosciences with secondary classes in Biology and am about to finish my M.S. in Education. I am an avid hiker, a huge fan of Neil Gaiman novels, and have quite a large rock collection. I enjoy scuba diving, kayaking, knitting, yoga and cooking. I love to travel and am always in



Brianna Alley, 5th grade teacher: I was born and raised in the state of Maine. I went to college at the University of Maine at Farmington and graduated in 2017. I also married my high school sweetheart in 2017. I spent last year teaching fourth grade at Camden Rockport Elementary School. My husband and I recently had our first child in May, a baby boy named Harmon. I am very excited to be at the middle school this year and look forward to the year ahead!

Molly Macintosh, 8th grade Special Education: Molly is at Camp Kieve with the 8th graders right now! Molly taught for five years in the Portland area before coming to CRMS.



Deb McSweyn, 6th grade Science: Deb came to us from Hope by way of Alaska. She has been a curriculum coordinator and Spanish teacher before coming to CRMS.

First Day Fun!





Fall Sports at CRMS

Fall sports at CRMS is the busiest season of the year. We currently have over 175 sixth, seventh and eighth graders participating in soccer, field hockey, cross country and golf. In addition to getting into better physical condition, participation in middle school sports also has the benefits of developing problem solving skills, sportsmanship, teamwork, reducing stress, increasing self-esteem and often leading to better academic achievement. In CRMS terms, middle schoolers who play sports further develop the core values of kindness, self-control, responsibility and grit.

Here's a closer look at the four fall sports:

Soccer: This season we have four soccer (or as Mr. Smith calls them "football") teams. The sixth grade co-ed team is coached by Mr. Craig Ouellette; the seventh grade co-ed team is coached by Mr. Chad Cloutier; the eighth grade boys team is coached by Mr. Zak Hollingshead; and the eighth grade girls team is coached by Ms. Marsha Norwood.

Construction on the CRMS fields has limited us to one soccer field this season, so practices will be staggered and the 7th grade co-ed team will be practicing at RES West. All home fixtures will be played at the Middle School unless otherwise noted. Please refer to the [CRMS Athletics Page](#) for practice and game times and dates.

Cross-Country: This year's cross country team, once again coached by Mr. Morse and Ms. Massengale, has upwards of 60 runners. As Coach Morse told students at the first practice, only 8 percent of the population can run for 15 minutes and therefore these runners are already unique. Always looking for greener pastures and new routes, don't be surprised to see the cross-country team running through a neighborhood near you!

Field Hockey: The CRMS Field Hockey team, under the guidance of Coach Brooklyn Curry, practices most evenings at the High School and all home games will be played there as well. The team has a good mix of returning players and new sixth graders on the team. This is Ms. Curry's second year coaching field hockey at CRMS.

Golf: The golf team practices three days a week at Goose River Golf Course and is coached by PGA Professional Alex Plummer who has been coaching CRMS students for the last six years. Home matches are also played at Goose River and parents and friends are encouraged to come out and support the team.



CAMDEN ROCKPORT MIDDLE SCHOOL

Groundbreaking Ceremony

Thursday, September 13, 2018

(Raindate: Friday, September 21, 2018)

9:30 a.m. Gather behind current building, lower entrance

9:45 a.m. Ceremony begins

Please park in the Knox Mill Parking lot at the bottom of Knowlton Street.

NURSE'S OFFICE WISH LIST



Donations are greatly appreciated!

- healthy snacks •
- socks • 56 quart stackable bins (3) • water bottles

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



Hosting Japan Exchange Students

We are excited for the 2019 Japan exchange, if you are in 8th grade and enjoy connecting with new friends from around the world, why not consider hosting one of our exchange students?

The homestay experience is scheduled for January 5th-11th, and will include a 6 night stay with your family. We will be looking for host students who demonstrate our core values, are positive class role models, and are in good academic standing.

Application forms for interested students will be available Monday October 1st and completed applications are due Wednesday October 10th.

If you have any questions, please contact Mr. Cooke at: Ben.cooke@fivetowns.net



THANK YOU to the Midcoast Lion's Club and Leo's Club for their school supplies donation again this year!



THANK YOU to the West Bay Rotary Club for their school supplies donation again this year!

Rockport Dance Conservatory
Fall Registration is Now Open, Classes begin 9/10
Located at Mid-Coast Rec Center, West Rockport
FMI: info@rockportdance.com www.rockportdance.com

MIDCOAST OUTDOOR LEADERSHIP INITIATIVE PRESENTS:

ADVENTURES AFTER SCHOOL



12 training sessions & 1 overnight expedition SEPT. 17 - OCT. 28
Cost: \$225 (scholarship avail.)

HOOK, LINE & SINKER!
5th & 6th Grade
Fishing Skills
Megunticook Lake
Mondays & Weds. 4-6pm





WIND, WATER & SAILS!
7th & 8th Grade
Maritime Skills
The Apprenticeshop
Tues & Thurs. 4-6pm

FOR MORE INFORMATION & TO ENROLL, GO TO WWW.SUNDOGOE.COM

LEARN PIANO

at *The Piano Room*

All are welcome!
Curious about piano? How about a piano adventure! *The Piano Room* is currently accepting students of all ages and levels. Read with confidence, discover songs you love, learn how to play beautifully, and so much more. I would love nothing more than to teach YOU!

Teacher: Claire Helene Bevan

- BA Piano Performance (USM, 2007)
- taught for 14 years
- church musician
- Teaching Recognition Award (Music Teachers National Association, 2007)
- Talent Scholarship (USM, '03-'07)

Where: 104 Washington St., Camden: walk from Middle School

Tuition: \$30 for 30 minutes, monthly or by semester



236-6322
bevanclairehelene@gmail.com

Piano Lessons
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Call for 1-trial lessons!

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NEWS FROM THE NURSE'S OFFICE

Greetings All,

As the change of season settles in, so does my need to have more daily structure, alas... let the school year begin! I truly look forward to returning to school and the important work of education and wellness in our community.

There are many topics buzzing in school nurse circles. One topic I want to share with you now- Absenteeism.

The following research is from the national initiative on attendance "Attendance Works" whose mission is to advance student success and reduce equity gaps by reducing chronic absence. Here's their link: <http://www.attendanceworks.org/>

Did you know...

**Absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school.*

**Chronic absence – missing 10 percent or more of school days due to absence for any reason—excused, unexcused absences and suspensions, can translate into third-graders unable to master reading, sixth-graders failing subjects and ninth-graders dropping out of high school.*

**By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school.*

I don't know about you, but when I read this, my jaw dropped. The impact of absenteeism affects entire school districts. Please do not hesitate to call me to discuss an illness or other reason you may be keeping your child home. Healthy children, ready to learn and present in school is the goal!

I am honored to be working alongside an amazing team here at CRMS . Thank you for the privilege of serving your children and this community.

In Partnership,

Gretchen Kuhn RN, BS, gretchen.kuhn@fivetowns.net
phone calls welcome 236-7805 x2144



Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school

- Know the school's attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.



**Fight
the Flu!**



FREE
For CRMS Students! Once again, we will host a "Flu Vaccine Clinic", this year on October 19th. Permission forms due back to Nurse by September 28th

VACCINE INFORMATION STATEMENT

**Influenza (Flu) Vaccine
(Inactivated or Recombinant):
What you need to know**

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.
 Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.**

If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.

- **If you ever had Guillain-Barré Syndrome (also called GBS).**

Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

- **If you are not feeling well.**

It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.



INFLUENZA VACCINE 2018-2019 HEALTH SCREEN & PERMISSION FORM

NPI: _____

School Name: _____

Full Name:		Date of Birth: / /	Age:	Gender: <input type="checkbox"/> M <input type="checkbox"/> F
Street Address:		Town/City:	Zip Code:	Daytime Phone:
Grade:	Teacher:		School Administrative Unit (District)	

Is this person an American Indian or an Alaskan Native? yes no

Is this person uninsured? yes no

Is this person insured by MaineCare (Medicaid)? yes no

MaineCare ID #: _____

Private Insurance? yes no

Name of Insurance Company: _____

ID Number: _____ Group Number: _____

Subscriber Name: _____ Subscriber Date of Birth: _____

Doctor's Name: _____ Phone Number: _____

Please answer the following questions about the person named above. Comments may be written on the back of this form.

	YES	NO
1) Does this person have a severe (life-threatening) allergy to eggs?		
2) Has this person ever had a severe reaction to an influenza immunization in the past?		
3) Has this person ever had Guillain-Barre Syndrome?		

If you answered "yes" to any questions 1-3, please see your healthcare provider for influenza vaccination

PERMISSION TO VACCINATE

- I was given a copy of the Influenza (Flu) Vaccine Information Statement, I have read this or had this explained to me and I understand the benefits and risks of the Influenza vaccine.
- I give permission for a record of this vaccination to be entered into the Maine Immunization Information System, ImmPact.
- I give permission for information to be used to bill MaineCare or private insurance for the cost of providing the vaccine.
- **I give permission for the flu vaccine to be given to the person named above by signing below.**

X _____ Date: _____
Signature of parent or guardian if person to be vaccinated is a minor or Signature of adult to be vaccinated

Printed Name of Parent or Guardian: _____

FOR OFFICE USE ONLY:

Date Dose Administered	Vaccine Manufacturer	Lot Number	Dose Volume	Signature and Title of Vaccinator	Body Site	Route	VIS date
/ /						<input type="checkbox"/> IM single dose <input type="checkbox"/> IM multi vial	State Supplied Y N

CAMDEN-ROCKPORT PARENT TEACHER ASSOCIATION (PTA)

Welcome to a new school year!

2018 - 2019 PTA FORM

PLEASE RETURN BY THURSDAY, SEPTEMBER 20TH

Parent/Guardian Name: _____

Phone: _____ Email: _____

My student(s) are in grade(s): (circle all that apply) **K 1st 2nd 3rd 4th 5th 6th 7th 8th**

WHO ARE WE?

We are the parent support group for the Camden-Rockport Elementary and Middle schools. Parent and community involvement is very important to the success of the students in our schools. The PTA connects parents, students, teachers, and staff to create a community with the shared goal of helping students succeed.

WHAT WE DO, to name a few:

- Book Fairs
- Square 1 Art
- Staff Appreciation Events
- Summer Activities Fair
- Box Top & Rewards Programs
- Teacher & Goodwill Funding Requests
- Kindergarten Registration "Welcome" Books
- Student & Family Directory
- CRES Kindergarten Orientation & New Student Orientation CRMS
- Spirit Wear
- Open House & Parent Teacher Conference Support
- Weekend Backpack Program
- Free Summer Book Program

PTA BOARD AND CONTACTS

President: Heidi Baker; Vice-President: Erin Donovan; Secretary: Nicole Blake;
Treasurer: Elizabeth Senders; Parliamentarian: Heather Mackey
Contact Email: CamdenRockportPTA@gmail.com
Facebook: "Camden Rockport PTA"

WE NEED YOUR PARTICIPATION! Join our communication list as a *free* PTA Friend, or become a PTA Member. We encourage you to stay informed, join the discussions, and most of all, volunteer some of your time. You can be involved in a small way or in a big way - or somewhere in between. Being active in your child's school community is an incredible opportunity - and usually pretty fun!

CURRENTLY SEEKING:

A Volunteer Coordinator, CRES bookfair co-chair, CRES Staff Appreciation Committee Head, Summer Activities Fair co-chair, and CRMS bookfair chair. Interested? We'll give you all the support you need to dive in! Thank you!

Student & Family Directory: Keeping parents and students connected!

**** Return this signed form and optional payment to the school office or teacher by Thursday, September 20th****

The Camden-Rockport PTA is pleased to sponsor the 2018-2019 Student & Family Directory for grades K-8 (Elementary and Middle schools). **Your information will only be listed in the directory by submitting the form!** Information provided from prior years will not be included. Additionally, only participating families will receive a directory. Electronic copies are free to participating families; printed directories will be \$3 each.

The information provided below will be used in the directory, **so provide *only* the information that you want published.** If a student resides in more than one household and you want to provide information for both, please list them separately (“Household 1” & “Household 2”). **If ordering a printed directory, please submit payment with your PTA membership form or in an envelope clearly marked “PTA Directory” and with your name.**

PLEASE PRINT NEATLY. Thank you :)

Student Name(s):

- 1. _____ Grade _____
- 2. _____ Grade _____
- 3. _____ Grade _____
- 4. _____ Grade _____

Household 1

Parent/Guardian name(s): _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Home Address: _____

I would like a Directory: **electronic copy (free)** **paper copy (\$3)** (Email address is required to receive an electronic copy.)

By signing, you authorize C-R PTA to print your household information in the 2018-2019 Student & Family Directory.

Signature of Parent or Guardian of Household 1: _____

Household 2

Parent/Guardian name(s): _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Home Address: _____

I would like a Directory: **electronic copy (free)** **paper copy (\$3)** (Email address is required to receive an electronic copy.)

By signing, you authorize C-R PTA to print your household information in the 2018-2019 Student & Family Directory.

Signature of Parent or Guardian of Household 2: _____

LIKE US on Facebook at “Camden Rockport PTA” for school and PTA updates!