



CRMS SCHOONER NEWS

Kindness Responsibility Self Control Grit

IMPORTANT DATES

Friday, Nov. 1, 7-9pm - 7th & 8th grade FIVE TOWNS DANCE. \$5.00 admission and concessions for sale. Students must be picked up at 9pm sharp!

Halloween costumes are welcome!

Sunday, Nov. 3 - Daylight Saving ends - set your clocks back 1 hour!

Tuesday, Nov. 5, 7pm - Bagel Cafe 7th grade Art Opening.

Wednesday, Nov. 6, 1:15pm- **EARLY RELEASE DAY**. The Teen Center is open from 1:15 till 5pm. NO school at CHRHS and 2pm dismissal at CRES.

Friday, Nov. 8th, 2pm - Veteran's Day Assembly, families and veterans are welcome!

Friday, Nov. 8th - Quarter 1 ends.

Monday, Nov. 11th - **NO SCHOOL**, Veteran's Day holiday.

(cont. on page 2)

PRINCIPALS CORNER

Dear Schooner Families,

November is a great time to practice an **Attitude of Gratitude**! Did you know that practicing gratitude each day can literally rewire your brain and improve your mental health?

Do you have a moment to send a quick thank you note or e-mail to a staff member at CRMS?

Expressing gratitude can *fill your cup* and our staff member's cup. Positive connections between home and school foster mutual respect, in turn creating a rich learning environment. Here is a listing of staff e-mails if you're interested in sharing a quick note with someone you've been meaning to thank!

Staff E-mail Listing: https://crms.fivetowns.net/staff/staff_directory

Here are just some of the things I'm grateful for in the CRMS community this year!

- Our vibrant students
- Our committed and talented staff
- Our supportive parent community
- The wealth of extracurricular clubs and programs we offer
- Our commitment to integrating our curriculum across content areas
- The additional connections we've made to using the community as a classroom
- The integration of arts and content (music, art, technology and Family Consumer Science)
- The new building that is going to reflect our community's strong value for education

Enjoy your families this November during your holiday break. I hope you strive to find ways to practice gratitude during this time.

In Partnership,

Jaime Stone, Principal

IMPORTANT DATES (CONT.)

Tuesday, Nov. 12th, 8am - SCHOOL PICTURE RETAKE DAY!

Tuesday, Nov. 12th - Quarter 2 begins.

Friday, Nov. 15th, 1:30pm - Band and Chorus field trip to Red Claws Game.

Wednesday, Nov. 20th, 7pm - Camden Rockport Schools Board meeting, CRES atrium.

Tuesday, Nov. 26th - Trimester 1 ends.

Wednesday, Nov. 27-

Friday, Nov. 29th - **NO SCHOOL** -

Thanksgiving break.



Tuesday, Dec. 10th, 8am-11am - Band and 5/6th Chorus concert REHEARSAL at CHRHS strom auditorium.

Wednesday, Dec. 11th, 11:30am - **EARLY RELEASE DAY.** The Teen Center is closed.

Wednesday, Dec. 11th, 7pm - Band and 5/6 Chorus concert at CHRHS Strom auditorium. Students report to the high school band room at 6:30pm in black and white clothing. If you need clothing, please see the nurse.

LOCAL VETERANS & THE COMMUNITY ARE INVITED TO CAMDEN ROCKPORT MIDDLE SCHOOL'S

VETERANS' DAY ASSEMBLY

PRESENTATION OF THE COLORS
SPEECHES FROM VETERANS
STUDENTS READING THANK YOU CARDS
BAND & CHORUS PERFORMANCE

CAMDEN ROCKPORT MIDDLE SCHOOL GYM
NOVEMBER 8, 2019
2:00 P.M.

Please arrive between 140-150 to take your seat



7 & 8 GRADE FIVETOWNS DANCE

FRIDAY, NOVEMBER 1ST, 7-9PM

\$5.00 ADMISSION • CONCESSIONS

CAMDEN ROCKPORT MIDDLE SCHOOL GYM

WEAR YOUR HALLOWEEN COSTUME FOR A CHANCE TO WIN A PRIZE FOR MOST CREATIVE HOMEMADE COSTUME AND SCARIEST COSTUME!

COSTUMES ARE NOT MANDATORY!

STUDENTS MUST BE PICKED UP BY 9PM SHARP!

FCS NEWS!



In 6th grade FCS we've recently wrapped up our unit on hand-sewing - a life skill that requires engineering, perseverance, creativity and physical control. Students have been constructing projects ranging from emoji pillows and footballs to 3-dimensional monsters (yes, monsters!). Anyone who has hand-crafted something from raw materials or made something from scratch knows the challenges associated with that creative process. Students had to develop a number of different fine motor skills, interpret and apply written and symbolic directions, and, use problem solving along the way. I am impressed by their hard work and demonstration of GRIT through this project. For many of them it was not easy and they should be proud of what they've accomplished. Well done sixth grade!



8TH GRADE NEWS



8th graders are working away on their ADMIRE project for their Tech and LA classes. Here are several in-process portraits nearing completion.



6TH GRADE MOUNT BATTIE HIKE!

Photo credit Ellen Curtis





We had a wonderful 2019 golf season at Camden Rockport Middle School! Thirteen players filled the roster this year, and they were a very diverse group, representing many different grades, abilities and levels of experience. We call Goose River Golf Club our home course and we love the Goose! We played six different matches this year. The matches were held at Goose River, Wawenock, Northport, Megunticook and Rockland Golf Club. Each player participated in the matches in some form and our team finished second overall to Great Salt Bay. The highlight of the season was the year ending championships, which were held at Goose River Golf Club. Over 40 kids from 4 different schools participated and the golf and good sportsmanship were on full display for all to see. I am truly blessed to have coached this program for seven years. This year was an especially memorable one. This kids were fantastic and the parents were just as great. I want to personally thank the school for giving me the opportunity to represent them on the golf course and I am happy to report that I survived all the bus rides, even the one that included our famous Dunkin Donuts stop. My gray hairs may have accelerated slightly on that return trip.

CRMS golf rocks! -Coach Alex



Photo credits Ken Waltz - Courier Publications, Linda Hall, Tom Hedstrom

8TH GRADE SOCCER The 8th Grade Boys Soccer team had an exciting season, ending as Busline League Champions! All players contributed to a strong season in which the team did not concede a single goal in the regular season. The team showed excellent grit in the semi final versus a determined Oceanside team. Coming from behind, the boys pulled together to win their semi final game 5-4 in double overtime in near darkness on the CRMS field. The boys learned from that experience and produced a calm, confident display in the championship, winning 5-0 over Medomak. Well done to all of the boys this season!



7/8TH GRADE GIRLS SOCCER The CRMS girls soccer team completed an undefeated season by winning the 2019 Busline League Championship game vs. Great Salt Bay by a score of 6-2. Congratulations!



6TH COED SOCCER What a great season for our 6th grade co-ed soccer team! Not only did we become the first all 6th grade team to make the championship game in the Busline League, but we ended up Co-Champions after a double overtime, 1-1 tie with Lincolnville. Special thanks to all the parents and community members for supporting our successful season!

7TH GRADE SOCCER The co-ed 7th grade soccer team had a great season and finished strong, despite being eliminated in semifinals. The kids should be proud of a season where they lost just 1 game in the regular season scoring an average 10 goals per game. From first-time players to avid year-round players, there was a diversity of skill that grew both for individuals but more importantly as a team. Great job!





From the Nurse's desk.....

Seasonal FLU Vaccine

Flu season officially began in Maine on September 29th per the CDC. This year CRMS will NOT be hosting a "Flu Vaccine Clinic". We recommend students obtain a flu vaccine from your child's provider or from a local retail pharmacy.

The best way to avoid getting the flu is 1. Wash your hands often with soap and water and 2. Get vaccinated.

Illness & When to Stay Home

'Tis that time of year when we like to offer a friendly reminder about illness' and when to stay home.

Here are some guidelines:

Hand-washing: It always sounds *so basic*, but it *is* the best way to prevent the spread of disease.

Please encourage your child to wash their hands with soap and water often.

Fever: If your child has a fever of 100 they should stay home. Returning to school is appropriate when they are fever free for >24hours and they have not had any fever reducing medicine such as acetaminophen or ibuprofen.

Stomach/intestinal illness: Children should stay home if they have been vomiting or have diarrhea. It is safe to return to school 24-hours after such episodes occur.

Coughing/sore throat/runny nose: These are judgement calls parents/guardians must make. If your child has one or more of these symptoms they are likely going to have a difficult time in the classroom. A day of rest and fluids may reduce the overall length of illness.

Influenza/FLU: Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications including pneumonia. Flu symptoms may include fever, headache, extreme fatigue, dry cough, sore throat, runny or stuffy nose, and muscle aches. If you have any of these symptoms please stay home and consult your physician. The best way to protect yourself and your family from contracting the flu is to get vaccinated each year.

And don't forget to choose healthy foods, get plenty of exercise and rest. All of these efforts will boost your immune system to ward off illness.

Thanks for helping to keep our CRMS students and staff healthy.

Gretchen Kuhn, School Nurse

NURSE OFFICE WISH LIST • WATER BOTTLES • GIRLS & BOYS PANTS- PREFERABLY LEGGINGS OR ATHLETIC STYLE • WINTER BOOTS - ANY SIZE • WINTER CLOTHING- NEW OR GENTLY USED SNOW PANTS, JACKETS • PACKAGES OF NEW UNDERWEAR- BOYS/GIRLS +/- SIZE 10 • SMALL STEP LADDER • 3 STACKABLE STORAGE BINS (56qt) • RICE PACKS (for warming)

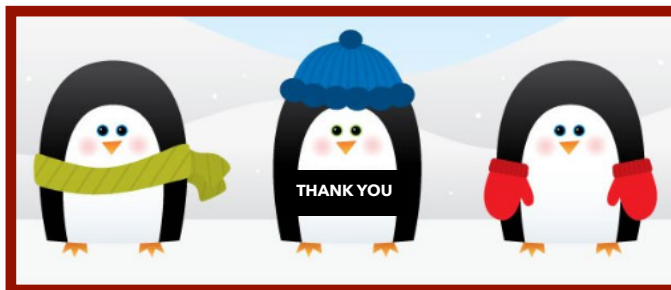
Big News from the CRMS Library !



Borrow ebooks & audiobooks

Free from our school
with Sora, the student
reading app.

- Download the **SORA** app from **Self Service** on your school iPad or from the **App Store** or **Google Play** store on another device.
- Sign-in with your school email address and password.
- Browse the **EXPLORE** tab and borrow a book!
- Choose from hundreds of ebooks and audiobooks including **Maine Student Book Award** nominees.
- Change the font and pages to your liking!
- Tap **OPTIONS** on your **SHELF** to return or renew.



HOLIDAY GIVING AT CRMS

Every year we have people ask how they might lend support to local families needing assistance with gifts and meals during the holidays. If you would like to support our efforts to provide for families this season, consider the following 3 options:

1. **DONATE** items such as gift cards or cash that will go directly to an individual or a Family. Let us know if you would like to 'Adopt a Family'.
2. **CONNECT** us with the name of a friend or family you think may need support.
3. **CONTACT** us directly if your family is in need of help during the holidays.

With Appreciation,

Amy Libby, School Social Worker
amy.libby@fivetowns.net

Tanya Young, School Counselor
tanya.young@fivetowns.net

Gretchen Kuhn, School Nurse
gretchen.kuhn@fivetowns.net



...NEWS FROM THE COUNSELING OFFICE

5th Grade Guidance: Start with Hello

In September, Student Services kicked off a new program founded by Sandy Hook Promise (SHP), a national, nonprofit organization based in Newtown, Connecticut. The sole purpose of this organization is to educate and empower parents, schools and community organizations on how to prevent violence BEFORE it happens by providing mental health & wellness early-identification and intervention programs.

Start with Hello is a prevention program that teaches children and teens how to be more socially inclusive and connected to each other. **Start With Hello** asks students, educators, parents and other community leaders who interact with children to take steps in class, the lunchroom and/or other times in their day to be inclusive and connected and notice students who may be socially isolated in 3 steps:

1. *SEE SOMEONE ALONE*
2. *REACH OUT AND HELP*
3. *START WITH HELLO*

Fostering inclusion and community is an important life skill and with practice, simple to do every day. There is no age limit to reaching out to and helping others!

Social isolation can become a serious issue. Young people who experience social isolation can become a victim of bullying, violence and/or depression. As a result, many pull further away from society, struggle with learning and social development and/or may choose to hurt themselves or others.

Social isolation is different from healthy alone time. Healthy alone time is when you choose to be alone to clear your mind, take a break from “socializing,” give time to focus on and recharge yourself, and/or work through problems or possibilities without any outside influence.

Social isolation however is an individual’s perceived or real separation from a group of peers. It is a feeling that you don’t fit in, that you don’t belong, or that you have been left out. The separation may be the result of a rejection from others, or from the person’s own withdrawal from others. Social isolation can happen in person or online.

For more information go to: <https://www.sandyhookpromise.org/startwithhello>

Eco News!

Tips and Tricks for how to live more sustainably and be kind to our planet!

Have you been shopping sustainably?????

Did you know that fast fashion is a very big contributor to climate change? Wait... Hold on... Do you even know what fast fashion is? Well let me tell you. Fast fashion is a category of clothing that is made very cheap with some crappy quality fabric. The workers aren't paid very well and the workers are in unsafe working environments. Also, they are usually made in places far away such as China and have to be shipped to the U.S. (or wherever you are), which puts more CO2 into the atmosphere. Some brands that are fast fashion are:

1. Shein
2. Romwe
3. Old Navy
4. Gap
5. American Eagle
6. Nasty Gal
7. Witchery

How to shop more sustainably!!

Go to a thrift or consignment shop to buy some 2nd hand to give an article of clothing another life!

Mend your clothes, don't throw them away! You can add some rad patches to your ripped jeans or embroider on you pocket to add some jazz to your everyday clothes!

If you don't want to mend your clothes, you can make scrunchies, bags, or a sleeping mask (and so many other things) with the scrap fabric!

If you really need some new clothes here are some sustainable brands!

1. People tree
2. Patagonia
3. Raven + Lily
4. Eileen Fisher
5. Nudie Jeans
6. Levi's
7. Hanna Anderson
8. Mini Boden

Budget friendly options!!

A lot of these brands are on the pricey side because they are made well. Some things you can do instead of spending all of your cash is having a clothing swap party. Here's how to do it: invite your friends to your house and have them clean out their closets ahead of time along with you. Everyone swaps clothes and everyone goes home with a new style without shopping! It's really great (especially when your friend has a great taste in fashion!).

How You Can Help!

Go through your closet and see what the brands of some of your favorite pieces are, see if any of them are sustainable brands. You can start shopping at that place. It is also great if you can do more local, in-store shopping. That way you can try it on so that you don't have to send it back creating even more co2! Also, if you can't afford some of the eco-friendly brands (some are kinda pricey), you can go to a thrift store! You can crop a shirt, customize some jeans, or embroider a skirt! It is very cheap and a great alternative (it is even better to thrift that to buy new clothes because it isn't using up resources!)

Join us!!!

Join the environmental club on Thursdays in Ms. Owen's room to try and help make our community a better place!

News from the Sea Spray Cafe!

Hello from the Sea Spray Cafe! Come join us for breakfast, word is getting out about the NEW items, like the English Muffin Breakfast sandwich with egg, cheese and bacon...yum! Or the new sandwiches on the menu, pesto chicken sounds so good! We're bringing back the Soup and bread day, so look forward to fresh bread and biscuits with some amazing soups and chili, too!

See you in the Cafe :)

CRMS November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Breakfast \$1.50 Lunch \$3.00	This institution is an equal opportunity employer	Check out the new Breakfast items! Made fresh every morning :)	NEW! Check out the new sandwich options, they're great!	PIZZA DAY! *Yogurt Parfait Bar *Roast Beef Italian Salad Bar & milk
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Pesto Chicken Club sandwich Salad Bar & milk	*Taco Tuesday :) Grilled chicken, veggie ~fresh salsa *Pesto Chicken Club sandwich Salad Bar & milk	GRILL DAY! ~Specialty burgers, veggie too! *Pesto Chicken Club sandwich Salad Bar & milk	HOME COOKING! ~ Soup and Bread day! *Pesto Chicken Club sandwich Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Pesto Chicken Club sandwich Salad Bar & milk
11	12	13	14	15
HOLIDAY NO SCHOOL	"Call it a Wrap!" Build your own wrap sandwich :) *Ham Italian Salad Bar & milk	GRILL DAY! ~Specialty hot dogs, veggie too! *Ham Italian Salad Bar & milk	HOME COOKING! ~ New!! Taqitos! 3 awesome varieties plus dipping sauces *Ham Italian Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Ham Italian Salad Bar & milk
18	19	20	21	22
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Chicken Ranch roll Salad Bar & milk	*Taco Tuesday :) Beef, veggie ~fresh salsa *Chicken Ranch roll Salad Bar & milk	GRILL DAY! ~Specialty burgers, veggie too! *Chicken Ranch roll Salad Bar & milk	HOME COOKING! ~Chicken Parmesan, Zucchini Parmesan, garlic toast *Chicken Ranch roll Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Chicken Ranch roll Salad Bar & milk
25	26	27	28	29
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Grilled Chicken panini Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Grilled Chicken panini Salad Bar & milk	NOVEMBER BREAK	NOVEMBER BREAK	NOVEMBER BREAK
Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast
French Toast Sticks & Breakfast Bar	Homemade Muffins & Breakfast Bar	Breakfast Sandwich & Breakfast Bar	Breakfast Pizza & Breakfast Bar	English Muffin Breakfast Sandwich & Breakfast Bar

CRMS Japan Exchange Fundraiser



Flatbread Pizza | Dec 3, 2019

Please join us at Flatbread Pizza on Tuesday, December 3, 2019!

What a GREAT way to lead up to Christmas by the Sea Weekend...you will be receiving the wreath you ordered from us this week (you did order a wreath, right?!), you will be enjoying delicious pizza and entering a raffle, and you will be looking forward to seeing us again, at our Jenn Schott Concert at the Camden Opera House on 12/12!

In April of 2020, five eighth grade girls and five eighth grade boys, and two brave teachers from Camden Rockport Middle School will travel to Tokyo and Aomori Japan for the annual exchange with our sister city. In order for this to happen, we are fundraising, A LOT!!!

On Tuesday, December 3rd, between the hours of 5 and 9pm, Flatbread will donate \$3.50 (for every large flatbread pizza purchased) and \$1.75 (for each small flatbread pizza sold) to the Japan Exchange Program. Reservations are not needed for the event, so you can arrive at any time. The restaurant features a traditional wood-fired, clay pizza oven for the pizza pies, which are made with organic ingredients and free-range meats.

AND, to-go orders count too! Any pizza, eat-in, or eat-out, will help our 10 travelers get to Japan! So please plan on pizza for supper on Tuesday, December 3rd!

We will have an information table, as well as a 50/50 raffle AND a raffle for a ride on the Schooner Olad and Owl! We will have kids in kimonos too!

For more information, call the restaurant at 207-706-4106 with any questions about the local event, or contact Emily McDevitt at 615-364-9022 with any questions about the event or the Japan Exchange Program!

Hope to see you there!

THE CRMS FUNDRAISING COMMITTEE INVITES YOU TO

IF I BUILT A SCHOOL

FUNDRAISER WITH CHRIS VAN DUSEN

LIVE MUSIC
FOOD FOR PURCHASE
'IF I BUILT A S'MORES' BAR
AUCTION PRINTS FROM THE BOOK

AND A SPECIAL READING OF
'IF I BUILT A SCHOOL'
WITH CHRIS BY THE BONFIRE

FUNDS RAISED WILL GO TOWARD ATHLETIC FIELDS, PLAYGROUND EQUIPMENT, FURNITURE, THEATER LIGHTING, & ART SCULPTURE



SAT 2PM

NOV 16 2019

THE CAMDEN SNOWBOWL
20 BARNESTOWN RD, CAMDEN, ME



Kinetic Energy Alive Dance Productions

New Fall II Session Registration THIS WEEK!

Sign up at the studio for this new 7 week session! October 27th - November 2nd only!



New Fall II
Session Registration
October 27th - December 21st
7 week session
Register at studio THIS WEEK!

For questions, email us at kineticenergyalive@gmail.com or visit our website to view our class list, get more info on signing up and see our full studio schedule and offerings!

SUPPORT

our
New Middle School



BUY A SEAT TO FUND

- Playground Equipment
- Furniture
- Athletic Fields
- Theater Lighting
- Art Sculpture

EDUCATION | COMMUNITY | LEGACY

**INDIVIDUALS | FAMILIES | GROUPS
CAN BUY SEATS
IN THE NEW MIDDLE SCHOOL'S
BISBEE THEATER**

For more information or to purchase a seat visit:
<https://sad.fivetowns.net/>
Or call: 207-236-3358



Atlantic Ballet Company

Camden Opera House

Friday, December 6, 7:30 pm
Saturday, December 7, 3:00 pm
Sunday, December 8, 3:00 pm

Tickets online at: BuyNutcrackerTickets.com
Grasshopper Shop, Rockland—Planet Toys, Camden

S **Group 20 Camden / Rockport Elementary School 2019** **Deadline: November 8, 2019**



Providing holidays to children since 1949 in the counties of: York, Cumberland, Sagadahoc, Lincoln, Knox, and Androscoggin

Application for gifts, please fill out ALL parts of this application. Each child, 18 and under, in your custody, will receive only one set of gifts from the Toy Fund.

APPLICATIONS WILL NOT BE PROCESSED WITHOUT EACH PERSON'S FULL BIRTHDATE

Part I: Family information (must be filled out by parent or legal guardian only)

Your last name _____ First name _____
 Your BIRTHDATE: Month _____ Day _____ Year _____ (applications will not be processed without each person's full birthdate)
 Mailing address _____ City _____ zip _____
 Telephone _____ *I understand that I may be contacted by the Toy Fund staff*
 Marital status (circle one): **Single** **Married** **Other** _____

Please list all children living with you and in your custody. Proof will be required. If you have more than four children, please write the same information for additional children on the back of this form.

Birthdate (must be completed)	Last Name	First Name	Relationship	Gender	B/G
Month _____ Day _____ Year _____	_____	_____	_____	_____	_____
Month _____ Day _____ Year _____	_____	_____	_____	_____	_____
Month _____ Day _____ Year _____	_____	_____	_____	_____	_____
Month _____ Day _____ Year _____	_____	_____	_____	_____	_____

Part II Statement of need (required):

- A) Please tell us, in two or three paragraphs, about yourself and your family and why you are in need of help from the Press Herald Toy Fund this year. Write this information on the back of this form.
- B) Please write your family monthly income and expense information below:
 Monthly Income \$ _____ Monthly Expenses \$ _____
- C) I have determined, that due to my financial circumstances, I need assistance from the fund. I agree that all gifts received will be given to the children listed in this application and not used for any other purposes. After your application is processed, you will receive a letter telling you when and where to pick up the toys.

 Signature

 Date

Mail to: **Press Herald Toy Fund**
 P. O. Box 7310
 Portland, ME 04112
 207-791-6672

Part III: Privacy Release
 By checking this box, I give permission for my application to be shared with reporters from the Portland Press Herald/ Maine Sunday Telegram for possible reference/inclusion in a Toy fund story. I understand that if I check this box, I may be contacted by phone by a reporter.
 Privacy Release Signature _____ Date _____

The Portland Press Herald Toy Fund in the Spirit of Bruce Roberts, is a non-profit organization supported by the Portland Press Herald/ Maine Sunday Telegram. The Toy Fund solicits money from readers and uses the money to buy new gifts for underprivileged children who live within the counties listed at the top of this form. (5/2016)