



# CRMS SCHOONER NEWS

*Kindness*

*Responsibility*

*Self Control*

*Grit*

## IMPORTANT DATES

Sunday, Jan. 5th - Sunday, Jan. 12th - Japan Exchange Host student visit to CRMS.

Monday, Jan. 6th, 9:40am - Japan Welcome assembly.

Tuesday, Jan. 7th, 2:45pm - CRMS Spelling Bee, CRMS cafe'.

Friday, Jan. 10th, 7pm - 9pm - CRMS Fivetowns/ Japan exchange dance. \$5. admission, concessions for sale, students MUST be picked up at 9pm SHARP!

Wednesday, Jan. 15th, 1:15pm - **EARLY RELEASE DAY.**

Monday, Jan. 20th - **NO SCHOOL**, Martin Luther King holiday.

Wednesday, Jan. 22nd, 7pm - Camden Rockport Schools board meeting, CRES atrium

(cont. on page 2)

## PRINCIPAL'S CORNER

Dear Schooner Families,

The New Year often reminds us to reflect on the past year and consider and what we can do to have a happy and even healthier year ahead! **Today's parents are faced with a very different parenting landscape than the generation before us.** In addition to increased peer-to-peer contact through technology, many children have been exposed to more world events and media pressures than we were at their age. All of this information and connection would demand that our children have greater resilience than we may have at their age, but with the number of outside of school activities, increase in peer contact time and greater media influence, resiliency building experiences are on the decline for many children. So where does parenting in this new age leave us? Instead of protecting our kids from hurt feelings or challenges ahead, we have to find the right balance of allowing them to struggle so they build positive self-esteem, confidence, executive function skills and strong social skills, at a developmentally appropriate level. Heavy stuff; but we can do it!

### **Building Resilience in Children: What does that mean?**

Resilience is **the ability to 'bounce back'** during or after difficult times and get back to feeling as good as before.

It's also the ability to adapt to difficult circumstances that you can't change and keep on thriving. In fact, when you're resilient, you can often learn from difficult situations.

Your child's resilience can go up and down at different times. Your child might be better at bouncing back from some challenges than others.

We work hard at the school level to develop opportunities for students to build resilience in the learning environment, especially through our project-based learning work and in our collaborative group structures.

**Here are a few articles of interest that can support you in navigating these parenting moves.** It takes a village to raise kids in a more complex world than ours was. We can help these additional features in their life become empowering instead of burdens.

Happy Holidays to each of you and well wishes for a healthy New Year!

Being a teen today: <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201711/10-reasons-teens-have-so-much-anxiety-today>

Building Resilience: <https://raisingchildren.net.au/pre-teens/development/social-emotional-development/resilience-in-teens>

Building Resilience: <https://www.heysigmund.com/building-resilience-children/>

In Partnership, Jaime Stone, Principal

**IMPORTANT DATES (CONT.)**

Friday, Jan. 24th - Quarter 2 ends.

Monday, Jan. 27th - Quarter 3 begins.

Wednesday, Jan. 29th, 6pm - 8th grade students/parents to CHRHS for high school information session. Snow date - 1/30.

Wednesday, Feb. 5th, 1:15pm - **EARLY RELEASE DAY.**

**Monthly Substance Use Prevention Update**

**Keep your children safe and healthy – Lock up your marijuana**

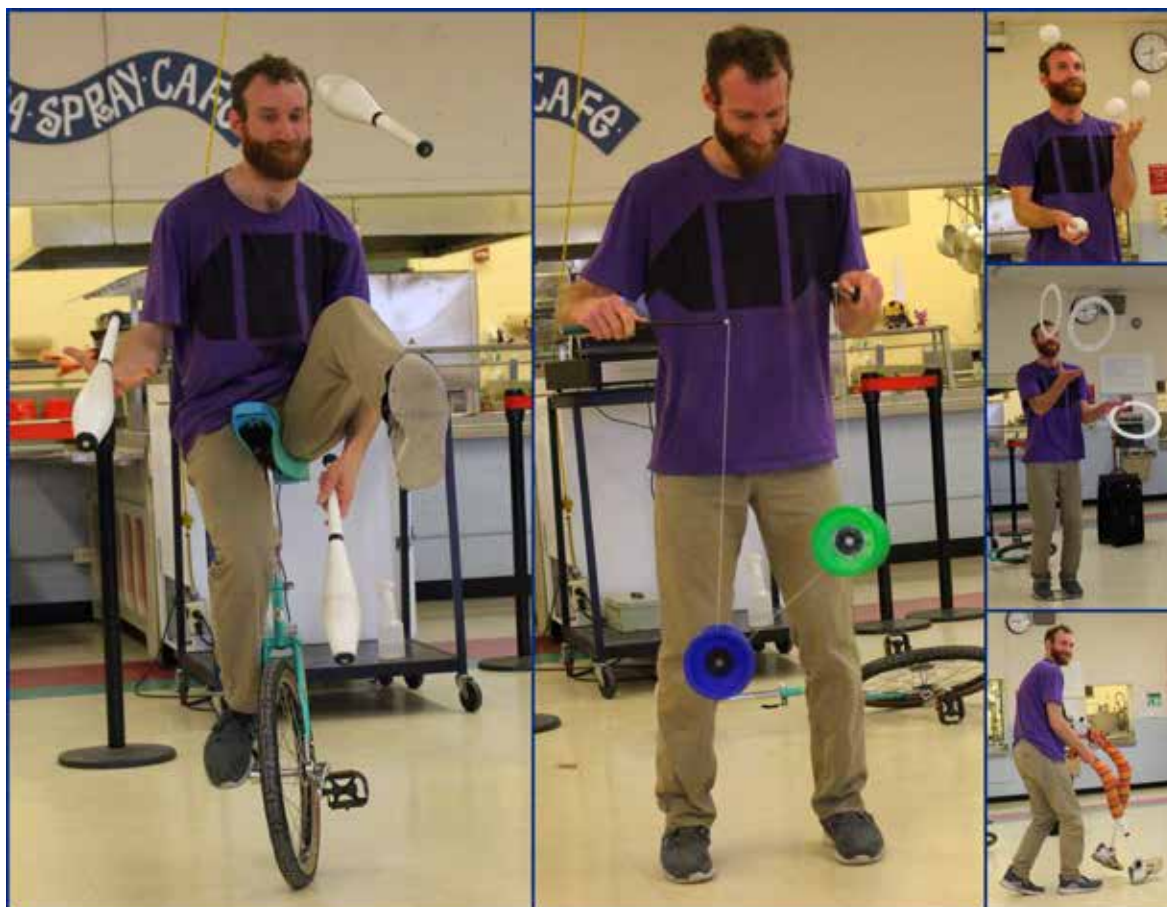
Help prevent accidental consumption by following these simple steps:

- Keep marijuana in child-resistant packaging (think child-proof caps on bottles)
- Lock your marijuana in a cabinet or box
- If you use edibles, keep them away from other food (such as cookies, brownies, etc.)
- Keep track of your marijuana products

Eating or drinking marijuana can make children (and pets) very sick. They may have problems walking, sitting up, and breathing. They could also start to vomit and feel sleepy.

If you are worried that your child has consumed marijuana, call the poison control hotline at 1-800-222-1222 as soon as possible. Calling is free and you will be helped quickly.

To find out how you can become involved locally, contact Wanda Gamage-Wyman, Substance Use Prevention Coordinator, Knox County Community Health Coalition 236-6313 Ext. 2; [wgamagewymankcchc@gmail.com](mailto:wgamagewymankcchc@gmail.com) Knox County Community Health Coalition provides substance use prevention services in Knox and Waldo Counties, and is a division of the Penobscot Bay YMCA's Community Health Promotion Department.



6TH  
GRADE  
CIRCUS  
ARTS  
KICK  
OFF  
PERFORMANCE  
BY  
JANOAH  
BAILIN!





## 6TH GRADE CIRCUS ARTS!

## Library Digital Resources FAQs

**1. Where do I find our digital resources?**  
 the short cuts on your iPad & the library catalog

**2. What do we have?**  
**OVER 100 THINGS!**  
**Encyclopedias**  
 WORLD BOOK STUDENT, WORLD BOOK KIDS, WORLD BOOK TIMELINES  
**Databases**  
 Research In Context, InfoBits  
**Special Subject Resources**  
 KIDS, Ancestry.com, Sora!

**3. What is a database?**  
 A database searches millions of reputable resources like journal articles, biographies, videos, audio clips, magazine articles & primary sources to find you credible information.  
**PRO TIP:** OUR DIGITAL RESOURCES PROVIDE CITATIONS

**4. Is that all?**  
**HECK NO !!!!!**

- It's all reliable and cited!
- Learn about your family with Ancestry
- Learn about government while playing games on Ben's Guide
- Read Fiction on SORA
- Learn about contries from the CIA World Fact Book

# MCWC PRE-SEASON MIDDLE SCHOOL WRESTLING 2020

The Mid-Coast Wrestling Club has started practices two times a week for wrestlers in grades 5-8 at Camden Hills Regional High Tuesdays and Thursdays 6:00 to 7:30

Experienced wrestler? Come and get a jump on the competition and train for our own Maine Youth Opener wrestling tournament which is Sunday, January 19<sup>th</sup> at Camden Hills.

New wrestler? Come and learn the basics and get a feel for the sport before the start of the Middle School (Tuesday Jan 22<sup>nd</sup>) season. HAL wrestlers are welcome to join the Camden-Rockport Middle School (CRMS) squad!

**ALL BOYS AND GIRLS 5-8 IN THE FIVETOWN AREA WELCOME!**

Where: Camden Hills Regional High School Wrestling Room

When: Thursday December 12<sup>th</sup> through Thursday January 16<sup>th</sup> 6:00 to 7:30. (Regular season practices will then start at Camden-Rockport Middle School M-F 4:00 to 5:30).

Cost: FREE!!!!

Gear: Clean shorts, t-shirt, and wrestling shoes or clean sneakers.

Please contact me for more information or to try to help arrange transportation. I hope you see you on the mat!

Levi Rollins  
[rollinsandsons@aol.com](mailto:rollinsandsons@aol.com)  
 691-4227

Aaron Henderson  
[aaron.henderson@fivetowns.net](mailto:aaron.henderson@fivetowns.net)  
 522-5252

Visit us on Facebook <https://www.facebook.com/midcoastwrestling/>

**CRMS SCHOOL SPIRIT WEAR  
AVAILABLE TO PURCHASE IN  
THE MAIN OFFICE!**

**CONTACT JONNE AT EXT. 2142  
FOR MORE INFORMATION!**








In Ms. Lary’s Social Studies classes students researched Native American tribes. During their research and presentations, they had to focus on 2 essential questions: How did Native American tribes use the resources in their environment? And, How did geography and climate influence how tribes lives and met their basic needs? They also had to retell a myth from their particular tribe.

**Japan Exchange Dance!**



**January 10th  
7-9pm at CRMS!**

7th and 8th graders **ONLY** from **Camden-Rockport, Lincolnville, Hope, and Appleton** are invited to attend. Students **MUST** be picked up at 9pm **SHARP!**

**\$5 for admission, and be sure to bring extra money for concessions!**



**CHRISTMAS TREE PICK-UP**  
in Camden or Rockport:  
Saturdays January 4th & 11th

**You leave in the yard.... we haul away!**

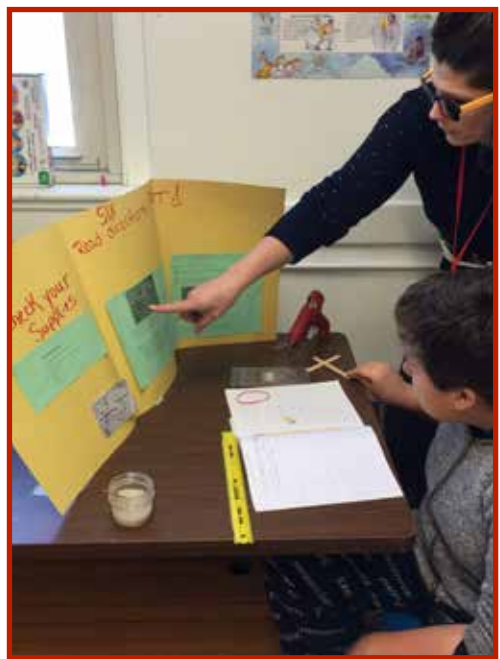
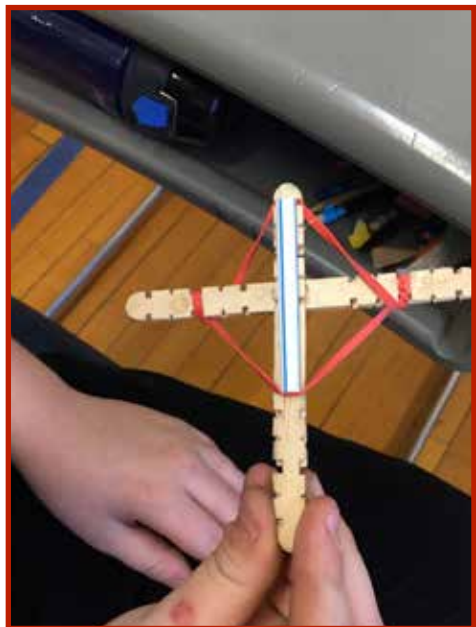
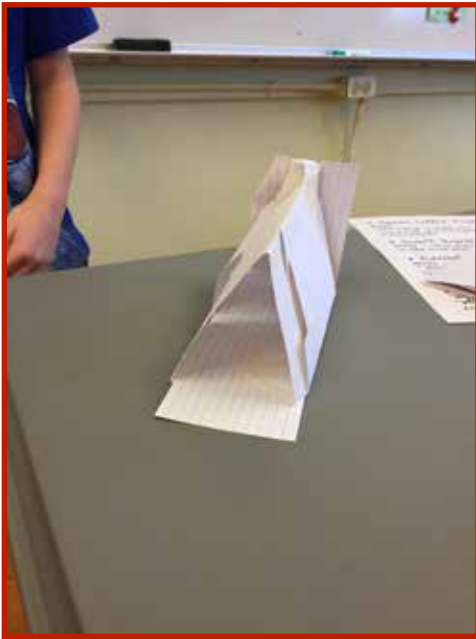
TEXT Sally Lane Smith (617)784-1009  
EMAIL ssmith872@gmail.com



Please attach donation to tree!  
Your donation benefits the Camden-Rockport Middle School Japanese Exchange Program

### From the Voyagers classroom.....

These photos are from an afternoon spent doing hands on, STEM learning, through the use of short experiments. Each mini-experiment is designed to give students a chance to show off their ability to work independently, follow directions, and think creatively. We do STEM stations once or twice a quarter, and we then meet as a group to discuss how each station worked out, what were the pros and the cons and what was our favorite and least liked station and why.







**HOLIDAY  
CAROLING AT  
LOCAL  
NURSING  
HOMES!**

.....  
**JAMES AND THE GIANT PEACH REHEARSALS! DETAILS ABOUT THE SHOW DATES/TIMES WILL BE COMING SOON!**



## FROM THE HEALTH DESK.....

Just a quick note to request your help tracking illness in our school and community. If you are contacting the school regarding an illness, please include the *reason*. Descriptive wording such as “fever day 2” “vomiting last night” allows me to categorize and track illness. Also, if you have a confirmed case of the flu from your provider, please pass along that information.

Here are 2 common myths about the flu:

**Myth:** You can catch the flu just by going outside with wet hair or not wearing a coat in chilly weather.

**Truth:** Because flu season coincides with cold weather, people often associate the flu with this environment. The truth is that the only way you can catch the flu is from exposure to the flu virus.

**Myth:** Getting the flu vaccine can lead to the flu.

**Truth:** Flu vaccines do not cause the flu. Flu shots (vaccines) are either made with flu viruses that have been killed and therefore are not infectious, or through using a single gene from the virus in order to produce an immune response without causing infection.

In Wellness,

Gretchen Kuhn, School Nurse [gretchen.kuhn@fivetowns.net](mailto:gretchen.kuhn@fivetowns.net)

Sources: <https://www.health.harvard.edu/diseases-and-conditions/10-flu-myths>

### HEALTH OFFICE WISH LIST

-WATER BOTTLES

-GIRLS & BOYS PANTS- PREFERABLY LEGGINGS OR ATHLETIC STYLE

-NEW OR GENTLY USED SNOW PANTS

-STACKABLE STORAGE BINS (56qt)



### SEA SPRAY CAFE NEWS!

The Cafe is getting ready to WOW you in January! We have an awesome menu with an emphasis on welcoming our Japan students to the best American food AND you will be trying some Japanese dishes as well. There's a new station day near the end of the month, one I hope will become a favorite....RAMEN! That's right, ramen noodles with so many choices of toppings to make your own ultimate noodle bowl :)  
See you in the Cafe!

## CRMS January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
30 PASTA DAY! All the sauces...marinara, alfredo, meatballs *Chicken Panini Salad Bar & milk	31 PIZZA DAY! *Yogurt Parfait Bar *Chicken Panini Salad Bar & milk	1-Jan HAPPY NEW YEAR!	2 HOME COOKING! ~ Chef's Choices , check the specials boards for details *Chicken Panini Salad Bar & milk	3 PIZZA DAY! *Yogurt Parfait Bar *Chicken Panini Salad Bar & milk
6 PASTA DAY! All the sauces...marinara, alfredo, meatballs *Turkey Italian Salad Bar & milk	7 *Taco Tuesday :) Beef or veggie with refried beans and queso ~fresh salsa *Turkey Italian Salad Bar & milk	8 GRILL DAY! Customize your burgers! Veggie too :) Add some soup and fries! *Turkey Italian Salad Bar & milk	9 HOME COOKING! ~ Chicken & Waffles, sausage links & home fries *Turkey Italian Salad Bar & milk	10 PIZZA DAY! *Yogurt Parfait Bar *Turkey Italian Salad Bar & milk
13 PASTA DAY! All the sauces...marinara, alfredo, meatballs *Ham & Swiss Melt Salad Bar & milk	14 "Call it a Wrap!" Build your own wrap sandwich :) *Ham & Swiss Melt Salad Bar & milk	15 GRILL DAY! ~ Specialty Chicken or Veggie burgers, custom make your own, yum! Add soup! *Ham & Swiss Melt Salad Bar & milk	16 HOME COOKING! ~ Sloppy Joe's, BBQ pulled pork w/ cornbread, Mac-n-cheese *Ham & Swiss Melt Salad Bar & milk	17 PIZZA DAY! *Yogurt Parfait Bar *Ham & Swiss Melt Salad Bar & milk
20 HOLIDAY ~ NO SCHOOL	21 *Taco Tuesday :) Grilled chicken, veggie ~fresh salsa *Chicken Ranch Roll Salad Bar & milk	22 GRILL DAY! ~Customize your burgers, veggie too! Onion rings *Chicken Ranch Roll Salad Bar & milk	23 HOME COOKING! ~ Orange Chicken, rice, Veggie fried rice, egg rolls! *Chicken Ranch Roll Salad Bar & milk	24 PIZZA DAY! *Yogurt Parfait Bar *Chicken Ranch Roll Salad Bar & milk
27 PASTA DAY! All the sauces...marinara, alfredo, meatballs *NEW! Chicken Teriyaki Sandwich Salad Bar & milk	28 RAMEN! ~ Make your own Ramen Noodle bowl, yaaaaasssss! *Turkey Italian Salad Bar & milk	29 GRILL DAY! ~ Specialty Chicken or Veggie burgers, custom make your own, yum! Add soup! *Turkey Italian Salad Bar & milk	30 HOME COOKING! ~ Chicken Alfredo, Broccoli Alfredo in puff pastry or baked potato *Teriyaki Chicken Sandwich Salad Bar & milk	31 PIZZA DAY! *Yogurt Parfait Bar *Teriyaki Chicken Sandwich Salad Bar & milk
<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	Breakfast Pizza & Breakfast Bar	English Muffin Breakfast Sandwich & Breakfast Bar

**SUNDOG OUTDOOR EXPEDITIONS**



[www.sundogOE.com](http://www.sundogOE.com)

- FAT TIRE WINTER BIKING for 5th & 6th graders starts January 28! ●
- Tuesdays & Thursdays after school from 3:30-5:30pm
- 6 week program + overnight Final Expedition ● \$300 ● scholarships available ●



**P2P Dance Center** offers fun filled dance classes in ballet and jazz dance for dancers 3 years old through adult. Classes are taught on Wednesdays at Camden Rockport Elementary School and on Monday, Wednesday, Friday and Saturday at the P2P Dance Center in Camden on 27 Knowlton Street, across from Camden Rockport Middle School.

These classes are filled with movement and music and are based on a strong understanding of the structured class. Many dancers, as young as three years old, strive for performance opportunities.

Dancers enrolled in our junior level, Ballet and jazz I/II, and our level II and III classes are all eligible to perform in our upcoming performances with our P2P Dance school and our professional Atlantic Ballet Company members.

Our Nutcrackers, performed at the beautiful Victorian Camden Opera House, are the highlight of the "Christmas by the Sea" week in Camden. Dancers five through adult perform in our Atlantic Ballet Company's version of Tchaikovsky's beloved Nutcracker Ballet production.

"A whole New World - Jasmine and Aladdin" is this year's spring production. On June 7th, all our classes in all four locations will have the opportunity to perform both fun and challenging dance roles at the Camden Opera House.

Our summer fun classes run from three to five week's. Dancer's may choose how many weeks they wish to train. Our summer performance is held at the popular outdoor Camden Amphitheatre for public audiences. This is a beautiful and enjoyable ocean view venue to perform for P2P dancers of all ages. All aspiring dancers are welcome! Please register with Michele Cox, director. New session begins on December 11th. Classes are on going and will be pro rated for dancers starting mid session.