

CRMS SCHOONER NEWS



KINDNESS

RESPONSIBILITY

SELF CONTROL

GRIT

IMPORTANT DATES

Friday, March 6th - Trimester 2 ends.

Sunday, March 8th - Daylight Savings Time begins! Set your clocks AHEAD one hour.

Wednesday, March 11th - **EARLY RELEASE DAY**, 1:15pm dismissal - Teen Center IS open.

Saturday, March 14th - UNH Jazz Festival.

Tuesday, March 17th - Happy St. Patrick's Day - Wear your **GREEN!**

Wednesday, March 18th - Report cards going home with students in their backpacks!

Friday & Saturday, March 20th & 21st - James and the Giant Peach performances at the Camden Opera House. More information on page 4.

Tuesday & Wednesday, March 24th & 25th - MEA testing.

Friday, March 27th - Quarter 3 ends.

(continued on page 2)

PRINCIPAL'S CORNER

Hello Schooner Families,

I'd like to update you on how we're supporting your children at school with the information they may be hearing about the coronavirus. We met with medical professionals who gave us guidance for supporting our school community. The guidance is to focus on minimizing the spread of germs. Our good work around hygiene is not only to keep our school community running well, but to protect our aging population and all of those around us.

Thank you for reviewing this information and reinforcing these practices with your children at home.

Announcement for Tuesday from the Principal:

Good Morning students and staff!

We are working together to create a less germey environment at CRMS! That's hard to do with so many active people unless we all make an effort! So, I need your help!

While you're hearing a lot about the coronavirus, it's also flu season which is very similar, and we want to practice good hygiene to contain the spread of either of these or other illnesses. This is our best opportunity to keep our community healthy! I'm not just talking about our students but our whole community- in Camden and Rockport and everywhere else we go to play sports, take dance lessons and more! The coronavirus has been impacting older people and less healthy people much more than children, but we can ALL carry and share these germs. We owe it to our family members and community to help keep our towns as healthy as we can!

A few reminders....

We ask ALL of you to wash your hands every time before eating (snack and lunch!). You can use the bathroom or use hand sanitizer but please spend the time doing this. Washing your hands with soap and water is the best way to clean your hands. We also remind you to wash your hands after any contact

(CONTINUED ON PAGE 2)

IMPORTANT DATES (CONT.)

Tuesday, March 31st - MEA math testing.

Friday & Saturday, April 3rd & 4th - 7th & 8th grade Band/Chorus Festival.

Tuesday, April 7th, 6:30-8:30pm - Tech Night Forum.



PRINCIPAL'S CORNER (cont. from page 1)

with your mouth or nose- meaning a sneeze, cough, you bit your fingernail, etc... When your bare arm or hand comes into contact with spit or mucus it needs to be washed. Teachers will understand this and allow you to leave to use the bathroom. Please try to catch your coughs and sneezes in your elbow and turn away from people when you do this. If you have a tissue that can help even more! Still wash after this happens.

Humming happy birthday two times or the ABC song twice can remind you how long to wash! Wet your hands, apply soap, make soapy bubbles by rubbing your hands together and in between your fingers for a few songs, rinse while rubbing hands under running water and end by drying using a paper towel are all important steps. We'll be showing you a video soon on the steps of how to do this the right way.

This week we'll be watching a video about the coronavirus so you can feel better informed and assured that we can try and stay healthy at school! A lot of the information on social media has been kind of scary and some is just not true. I want to assure you the best thing we can ALL do is practice good hygiene and to stay home if you are sick with an ongoing cough, sore throat, a fever or any flu symptoms. Thanks for washing your hands at least 2 times a day at snack and lunch and each time you use the restroom or sneeze or cough. We owe it to our community to play this important role of responsibility during this winter/spring season. Thank you for taking care of you to take care of all of us!!

Here's a link to the video we'll be sharing. We encourage you to watch it as well!

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

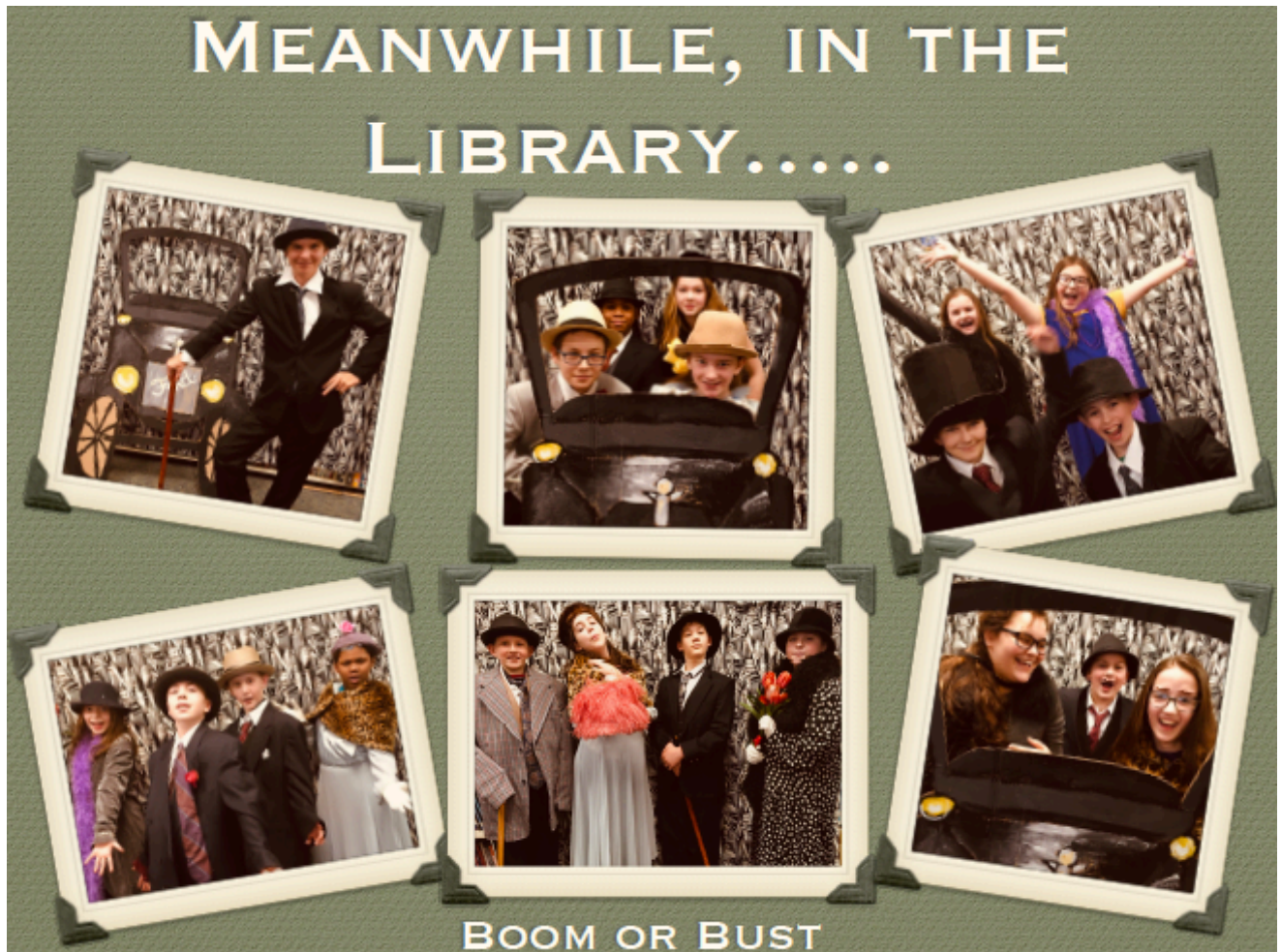
We'll also be sharing an instructional video about how to wash your hands properly that will be made by Mr. McKenzie and Nurse Gretchen. In the meantime here is one you can share with your child and review.

Handwashing

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

It's not always easy to keep kids in practice of good habits at this age, as children are SO focused on the fun, their peers and things right in front of them in the moment. If we practice these elements of good hygiene they will become habits and we hope these good habits become something we can apply all year long! Thank you for your support with these strategies at home, while we support them at school.

Sincerely,
Jaime Stone, Principal



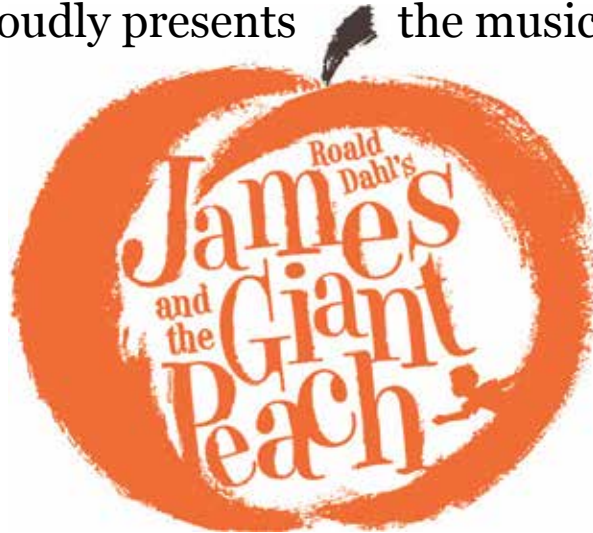
Spring Kindergarten Registration - Now Open

Camden-Rockport Elementary School is pleased to welcome students, who reside in Camden or Rockport, to register for Kindergarten for the 2020-2021 school year. Your child must be 5 years old on or before October 15, 2020. Deadline to complete Spring Registration is April 30th.

Parents are asked to contact Brenda Fournier, Registrar, in the Main Office to start the registration process by calling 236-7809 or emailing brenda.fournier@fivetowns.net.

Please note: There will be no school for single grade Kindergarteners, on May 4 & 5, to allow for Spring Kindergarten Screening. Multiage Kindergarten students **WILL** have school on those days.

Camden Rockport Middle School
proudly presents the musical



Words and Music by
Benj Pasek & Justin Paul

Book by
Timothy Allen McDonald

Based on the book
James and the Giant Peach by Roald Dahl

Performances - Camden Opera House

Friday, March 20 @ 7:00pm
Saturday, March 21 @ 7:00pm

Tickets can be purchased at the door.
Tickets \$8 per person

JAMES AND THE GIANT PEACH
Is presented through special arrangement with Music Theatre International. All authorized
performance materials are also supplied by MTI. www.MTIShows.com

SPIRIT WEEK 2020 AT A GLANCE



The Wellness Team would like to extend a HUGE thank you to our students, staff and community for supporting this amazing week of spirited activities. Here are just a few of our accomplishments:

We collected over 300 food items and donated them to the Camden Area Food Pantry.

We collected over \$500 in pennies and dollars! Half of this money will go to a charity, to be chosen by 5th grade students (they had the MOST pennies = 6,642 !). The other half of this money goes to school Wellness activities.

We brought in over 300 pieces of silverware for our school cafeteria.

We had an awesome assembly full of spirited costumes and games with plenty of laughs to go around.



A special shout out to the following people and organizations that partnered with us:

Parent Volunteers: Erin Donovan, Ryan Gates, Cheryl LeBlond, Robin Spear - thank you all SO MUCH!

Local Business': First National Bank, Hannaford Supermarket

Lastly, a big virtual hug to Iris Eichenlaub (CHRHS Library Media Specialist) for sharing the Massage Chair for staff use. It was quite a treat!

-THE CRMS WELLNESS TEAM



CRMS SCHOONERS





CRMS SPECIAL OLYMPICS SWIMMING!



CRMS special Olympics participants all did an excellent job and had a great time!



FROM THE HEALTH DESK: A FEW WORDS ABOUT INSECT ALLERGIES

MANY PEOPLE THINK OF WARM WEATHER WHEN THEY THINK OF INSECT ALLERGIES. WARM WEATHER DOES SIGNAL THE ARRIVAL OF SOME UNWANTED VISITORS LIKE STINGING AND BITING INSECTS. HOWEVER, YOU CAN FIND TWO VERY COMMON “BUGS” ALL YEAR LONG IN HOMES AND BUILDINGS. NEITHER ONE NEEDS TO BITE OR STING YOU TO CAUSE AN ALLERGIC REACTION, BUT BOTH TRIGGER ALLERGY AND ASTHMA IN MANY PEOPLE.

WHAT KINDS OF INSECTS CAUSE ALLERGIC REACTIONS?

STINGING INSECTS- BEES, WASPS, HORNETS, YELLOW-JACKETS AND FIRE ANTS ARE THE MOST COMMON STINGING INSECTS THAT CAUSE AN ALLERGIC REACTION.

BITING INSECTS- MOSQUITOES, BEDBUGS, FLEAS AND CERTAIN FLIES ARE THE MOST COMMON BITING INSECTS KNOWN TO CAUSE AN ALLERGIC REACTION. MOST PEOPLE BITTEN BY INSECTS SUFFER PAIN, REDNESS, ITCHING, STINGING AND MINOR SWELLING IN THE AREA AROUND THE BITE. RARELY, INSECT BITES MAY TRIGGER A LIFE-THREATENING ALLERGIC REACTION.

HOUSEHOLD PESTS-NON-STINGING AND NON-BITING INSECTS CAN ALSO CAUSE ALLERGIC REACTIONS, PARTICULARLY COCKROACHES AND DUST MITES. THESE TWO INSECTS MAY BE THE MOST COMMON CAUSE OF YEAR-ROUND ALLERGY AND ASTHMA.

WHAT ARE THE SIGNS OF AN ALLERGIC REACTION TO INSECTS?

PEOPLE CAN HAVE A SERIOUS ALLERGIC REACTION TO STINGING OR BITING INSECTS. A LIFE THREATENING ALLERGIC REACTION (ANAPHYLAXIS) PRODUCES SIGNS AND SYMPTOMS THAT REQUIRE IMMEDIATE MEDICAL ATTENTION. WITHOUT IMMEDIATE TREATMENT (EPINEPHRINE AUTO INJECTION) ANAPHYLAXIS MAY CAUSE DEATH. SYMPTOMS USUALLY INVOLVE MORE THAN ONE PART OF THE BODY, SUCH AS THE SKIN OR MOUTH, THE LUNGS, THE HEART, AND THE GUT. SOME SYMPTOMS INCLUDE:

- SKIN RASHES, ITCHING OR HIVES
- SWELLING OF THE LIPS, TONGUE OR THROAT
- SHORTNESS OF BREATH, TROUBLE BREATHING OR WHEEZING (WHISTLING SOUND DURING BREATHING)
- DIZZINESS AND/OR FAINTING
- STOMACH PAIN, VOMITING, BLOATING OR DIARRHEA
- FEELING LIKE SOMETHING AWFUL IS ABOUT TO HAPPEN

LET’S ALL DO OUR BEST TO LEARN THESE SIGNS AND SYMPTOMS AND HELP SAVE LIVES.

ASTHMA AND ALLERGY FOUNDATION OF AMERICA WWW.AAFA.ORG/INSECT-ALLERGY/

IF YOU HAVE A CHILD WITH AN INSECT ALLERGY, BE SURE THEY HAVE A CURRENT HEALTHCARE PLAN ON FILE WITH ME!

GRETCHEN KUHN, RN SCHOOL NURSE GRETCHEN.KUHN@FIVETOWNS.NET 236-7805 x2144



CAMDEN ROCKPORT MIDDLE SCHOOL 8TH GRADE RAISES MONEY FOR WATER.ORG THROUGH CHARITY BASKETBALL GAME

On Tuesday, February 11th, 8th Graders and staff from Camden Rockport Middle School played in a charity basketball game to raise money for Water.org as part of their winter project based learning project.

This fundraiser was the culminating event of the 8th grade Water PBL, where students are challenged to research and answer the question: How is water a global issue? What can you do about it? In social studies classes students learned about how access to safe drinking water and sanitation are major issues in countries around the world, including India, Kenya, and even Nova Scotia, Canada. [According to the World Health Organization, 2 billion people worldwide only have access to contaminated drinking water.](#)

Students utilized data from WHO and other international agencies to learn about the impact of unsafe drinking water and sanitation practices on people around the world. Students then were challenged to teach others about this issue and to advocate for a solution. Students presented their final projects to their peers, and voted for a charity to fundraise for during their basketball game. Students selected [water.org](#), a charity that works with individuals all around the world to provide clean water and safer sanitation access. Water.org works by providing micro loans called water credit, where individuals receive small loans to pay for services such as wells, filters, latrines, and more. Water.org has helped more than 25 million people worldwide. Students loved the idea that money donated to Water.org is invested, and can continue to help people over time.

Tuesday night's basketball game was a huge success. Students Sara Ackley and Justin Dearborn introduced the evening and explained the purpose of the event. Elise Mahar and Bella Ward presented their project on Kenya at halftime, teaching the audience about why there is a global water crisis and why there is a need to support the work of Water.org.

To help raise money the spectators were able to buy points for each team at \$1.00 a point. The final total raised at the end of the night was \$1100. 60!

Thank you to everyone who participated in this great event!



School Budget Public Input Meeting - March 23

On Monday, March 23rd in the Camden Hills Regional High School lecture hall, presentations will be given on the Camden Rockport Schools and Five Town CSD school budgets for the 2020-2021 school year. After each presentation, there will be time for attendees to ask questions or provide feedback.

The Camden Rockport Schools budget will be presented and discussed from 6PM-7PM, and the Five Town CSD budget will be presented and discussed between 7PM and 8PM.

OMG--It's almost the third trimester!

Strategies for Spring Success from Academic RTI

As we begin to enjoy longer days, increasing temperatures, and dream of summer break, many students need additional support to stay focused and finish this year strong. Here are a few tips for keeping your student's focus on learning.

- Please take a moment to **check your student's planner** for upcoming assignments. Each student is expected to note assignments and due dates in the planner, it is an easy way for students and teachers to communicate, as well. **WHY USE A PLANNER?**
 - Planner completion is a great executive function skill that allows students to organize resources and recognize assignments that are expected.
 - It may also lessen anxiety around schoolwork, when everyone knows where to find upcoming assignments.
 - The planner also gives you an opportunity to discuss school work without having to "fish" for updates with questions that may not be welcomed by your middle schooler.
- **Read the weekly WIP** (Week in Preview). Each week the office emails a snapshot of what is happening during the upcoming week. These are released at week's end and are another great talking point for families.
- **Check JumpRope** for missing work and current learning target progress. You can follow up by subject area with your learner and teacher, if necessary. This is a great routine for students to develop and one that empowers them to turn in owed work. It feels great to check missing work and see that all work is turned in!

SEA SPRAY CAFE NEWS!

Last month we had a "Food-a-Palooza" with two food brokers. They brought a selection of new products, with the focus on plant based items. Vegan meatballs will be available at lunch on Monday's Pasta day, they were delicious!

Make sure you try the new Breakfast items too - Thursday's are our fave! Join us in wishing Gretchen a Happy Birthday on March 3rd! See you in the Cafe!

CRMS March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast \$1.50 Lunch \$3.00	Add a hot cup of soup or chowder to your lunch!	Check account balances and get balance notifications at K12PaymentCenter.com	NEW! Breakfast items, check them out!	This institution is an equal opportunity employer
2	3	4	5	6
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Ham & swiss Melt Salad Bar & milk	"Call it a Wrap!" Build your own wrap sandwich :) *Ham & swiss Melt Salad Bar & milk	GRILL DAY! ~Specialty Chicken sandwiches, veggie too! * Ham & swiss Melt Salad Bar & milk	HOME COOKING! ~ Sweet-n-Sour Chicken, fried rice, egg rolls *Ham & swiss Melt Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Ham & swiss Melt Salad Bar & milk
9	10	11	12	13
PASTA DAY! All the sauces...marinara, alfredo, meatballs *Chicken Ranch Roll Salad Bar & milk	*Taco Tuesday :) Beef, BBQ Pulled pork, veggie ~fresh salsa *Chicken Ranch Roll Salad Bar & milk	GRILL DAY! ~Specialty Burgers, veggie too! *Chicken Ranch Roll Salad Bar & milk	HOME COOKING! ~ Shepard's Pie, Chicken Alfredo Bake, Pasta Primavera Bowls * Chicken Ranch Roll Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Chicken Ranch Roll Salad Bar & milk
16	17	18	19	20
PASTA DAY! All the sauces...marinara, alfredo, meatballs *BLT on sourdough Salad Bar & milk	YUMMY! ~ Chicken & waffles, sweet potato puffs *BLT on sourdough Salad Bar & milk	GRILL DAY! ~Specialty Chicken sandwiches, veggie too! *BLT on sourdough Salad Bar & milk	HOME COOKING! ~BBQ pulled Pork, cornbread, Roast Turkey & veggies *BLT on sourdough Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *BLT on sourdough Salad Bar & milk
23	24	25	26	27
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 burgers, veggie too! *Roast Beef Italian Salad Bar & milk	HOME COOKING! ~Soup and Bread Day :) *Roast Beef Italian Salad Bar & milk	PIZZA DAY! *Yogurt Parfait Bar *Roast Beef Italian Salad Bar & milk
Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast
French Toast Sticks & Breakfast Bar	Homemade Muffins & Breakfast Bar	Breakfast Sandwich & Breakfast Bar	Blueberry Pancake and sausage wraps & Breakfast Bar	English Muffin Breakfast Sandwich & Breakfast Bar



REGISTRATION IS NOW OPEN!

This exciting two-day conference in the cozy seaside town of Rockport, Maine focuses on the intersection of education and innovation. Here, you can mix it up... and, yes, collide...with leading educators, students, entrepreneurs, and industry thought leaders. The days are jam-packed, too. Participants can choose from more than a dozen fast-paced and lively sessions, a Design Sprint Challenge, roundtable discussions, and a young entrepreneurs panel, with plenty of networking opportunities along the way. We guarantee a one-of-a-kind experience. So come 'on. **Let the sparks fly!**

Visit our website eyesofinnovation.com to register and for up-to-date information

space is limited to 200 participants

Follow us on [Twitter @SchoolsCamden](https://twitter.com/SchoolsCamden)
or [LinkedIn Five Towns CSD/MSAD #28](https://www.linkedin.com/company/five-towns-csd/msad-28)

Help us spread the word by forwarding to your email lists and networks. Thanks in advance!



HELP
SUPPORT
CONNECTING
CULTURES

and have a special meal
at **Suzuki's Sushi Bar**

Join us on

MARCH 10TH or 17TH AT 6:30 PM

Owner and Chef Keiko will serve a special, traditional family style dinner in support of 10 Camden-Rockport Middle school students traveling to Japan in April

\$85 Per Person*

**dinner includes tea and service, alcoholic beverages not included*

Contact Amy Libby at 542-8908 or email amy.libby@fivetowns.net if interested.

Space is limited.

ALL THE SUMMER FUN UNDER THE MAINE SUN!

SUMMER ACTIVITIES Fair

Wednesday, April 8, 2020
Camden-Rockport Elementary School
Gymnasium, 5:30-7:00 pm

Event brought to you by the Camden Rockport School Alliance

GET A JUMP ON SUMMER

Penobscot Bay YMCA
SCHOONER CAMP
A new camp for CRMS students in Grades 5-7*
June 8-12 and June 15-19
\$170 Members / \$200 Participants
9:00 AM to 3:00 PM
This camp is geared specifically for CRMS students who release early this year from school. **Registration will open on April 1st.** Please stay tuned over the next few weeks for more information as we iron out the details. Visit us online at www.penbayymca.org.
Camp Director: Norm Parratt
teencenter@penbayymca.org
For more information, please visit:
PENBAYYMCA.ORG
 Find us on facebook
*Grade Level for 2019-20 School Year

SUMMER CAMP INFORMATION • EARLY JUNE DATES • IDEAL FOR CRMS STUDENTS!

River Run – offering a special middle school week (June 15-18) - already full. They do keep a wait list. www.riverruncamp.org

Riley School - RILEY DAYS: SUMMER CAMP • info@rileyschool.org

MRC Tennis camps

Middle School Tennis Camps - June 8th-11th - June 15th-18th

Camps run Monday - Thursday 9am-12pm

Cost: \$150/week. This camp is for kids in grades 5-8 of any experience level. Basic skills, rallying, match play, fun games, sportsmanship and teamwork are the focus. Come have some fun on the courts!

GO THE MIDCOAST SUMMER ACTIVITIES FAIR FACEBOOK PAGE FOR MORE INFO!

LOCAL ADVENTURES FOR MAINE YOUTH

WANT A CHALLENGE?




NOW ENROLLING SPRING 2020 COURSES

PROGRAM DATES
 AFTER SCHOOL SESSIONS: APR 27 - JUNE 4
 OVERNIGHT EXPEDITION: JUNE 6 & 7

SPRING PROGRAMS	AGE GROUP
SWIFTWATER CANOEING: TUES/THUR	7TH/8TH GRADE
ROCK CLIMBING: MON/WED	5TH/6TH GRADE
3:30-6:00PM \$300	


SCHOLARSHIPS AVAILABLE

ENROLL NOW AT WWW.SUNDOGOE.COM



2020 PEN-BAY LACROSSE

Pre-Season Training @ The Pitch
 Mondays, April 6, 13, 20, & 27
 Girls grades 3/4, 5/6 & 7/8: 5-6pm
 Boys grades 3/4 & 5/6: 6-7pm
 Boys grades 7/8: 7-8pm
 Sign-up at the Pitch or online:
<http://www.mainepitch.com/lacrosse/>




Hurricane Island
 Center for Science and Leadership

Summer Opportunities on Hurricane Island for Adults and Families

Come to Hurricane Island!

INFO@HURRICANEISLAND.NET

207•867•6050

Greetings from CHRHS!

The CHRHS Intercultural Program will host an informational meeting for all parents and students on Tuesday, March 17, at 6:00 pm in the CHRHS Lecture Hall, to introduce intercultural opportunities for the 2020-2021 school year and beyond. After a brief overview of the program as a whole, information will be available regarding specific programs, including overseas exchanges and cultural trips, that will be available next year.

At this time, the Five Town CSD Board has approved renewals of our regular exchanges with Edinburgh Academy in Scotland (host during fall 2020; travel to Scotland during fall 2021) and Gregor-Mendel Gymnasium in Germany (travel during Summer 2021; host during fall 2021). Several other potential opportunities are awaiting Board approval and will hopefully be ready to present at the meeting on March 17.

Parents or students who would like further information, or who cannot attend the meeting on March 17, may contact Mr. Tom Gray, Intercultural Program Coordinator, at tom.gray@fivetowns.net.

Tom Gray
 CHRHS Gifted/Talented Program Coordinator/Social Studies Teacher
 F-1 Intercultural Program Coordinator
 2019 Knox County Teacher of the Year



Five Town Little League

Yesterday at 10:13 AM · 🌐

Register for Baseball, Softball, or Tee Ball today at <http://ftll.sportsoffice.com>

Little League
BASEBALL and SOFTBALL
Registration Now Open!



Find us on Facebook!

Five Town Little League registration for the 2020 season is now open for all players, ages 5 to 12. Parent volunteers also needed for all divisions.

Play organizational baseball, softball, and teeball while building the values of good sportsmanship and good citizenship.

Register today online at ftll.sportsoffice.com. For more info, contact League President, Rick Thackeray, at rthackerayjr@gmail.com.



HAPPY SPRING!

SPRING BEGINS ON THE MARCH OR VERNAL EQUINOX, WHICH IS WHEN THE AMOUNT OF SUNSHINE IS APPROXIMATELY 12 HOURS LONG. THE AMOUNT OF SUNLIGHT WILL INCREMENTALLY INCREASE UNTIL THE FIRST DAY OF SUMMER. THE VERNAL EQUINOX MARKS THE MOMENT THE SUN CROSSES THE CELESTIAL EQUATOR.

THE EQUINOX IS ON MARCH 20TH THIS YEAR!
