

CRMS Schooner News

Kindness

Responsibility

Self Control

Grit

IMPORTANT DATES

Monday, Feb. 1

First day of Black History month.

Thursday, Feb. 11 - 6:30pm

8th Grade CHRHS Step Up Night via Zoom.

Friday, Feb. 12

8:15AM ARRIVAL TIME FOR ALL STUDENTS and EARLY RELEASE AT 11:30AM.

February 15-19

NO SCHOOL - WINTER BREAK.

Tuesday, Feb. 23

8th graders meet with CHRHS counselors at CRMS.

Wednesday, Feb. 24 Wear **Pink** for Anti-Bullying Day!



PRINCIPALS CORNER

Dear Schooner Families,

It's hard to believe we are halfway through our school year 2020-2021. Thank you for taking the time to read this month's newsletter!

COVID-19 Update

We feel confident that school continues to be a safer place than many due to the tight monitoring of our safety protocols. We have not had any secondary cases in school resulting from COVID positive cases at school! This is reassuring and gives me great hope. If families continue implementing consistent masking, physical distancing of 6' or greater and visiting outside with those people who are not in our household, combined with good hand washing protocols, we have a greater chance of keeping our doors open as we move into the second ½ of the school year. **School is a place of normalcy for students in a world that feels anything but “normal” right now.** It's good for our children's mental health *and* their social emotional and academic progress to do the hard work in our personal lives which allows them space to be together at school.

When working around the US, before landing back in Maine seven years ago, I built a supportive network of colleagues in the US and internationally. Just this week a friend who leads a middle school in Bermuda connected with me to strategize about her school reopening plan. As I work with these school leaders I'm reminded how many schools around the country are not open to in person learning and are approaching one full year of remote instruction, or are open only for a partial week to ½ of their students at a time in a hybrid model, or are considering reopening this spring. I mention this to help us all have renewed commitment and perspective to the work we are doing in partnership with you, our families. Please keep doing the daily health screening *with* your child, have your children attend school remotely when they aren't feeling well, discuss any symptoms with your health care provider and complete quarantine and testing when concerns arise. **Let's keep striving to keep our schools open!**

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8th Grade Families- The Class of 2025!

We are SO excited to begin working with you on your child's high school transition! Look for our email and video update this week with the announcement of our first high school event. If your child is considering private school or schools outside of Camden Hills Regional High School and Mid-Coast School of Technology, please let us know. Contact Tanya Young, School Counselor, tanya.young@fivetowns.net with questions.

Mental Health During the Winter Month and a Global Pandemic

Please make time to read the full update from the counseling office later in THIS issue!

Keep an eye on your child's mental health, especially during the winter months. With the isolation caused by the pandemic, combined with more indoor time, it's important to check in more frequently with your child. Encourage time for healthy connection with your child, playing games, getting outside together, watching a movie of their choice, letting them take the lead on discussions about friends. Middle school is already a challenging time for children as they navigate an array of emotions alongside hormonal and body changes associated with puberty. Parenting during a pandemic on top of this is a first for us all! If you're concerned about your child's well-being, it's good to talk with them about it and to be direct. If after those discussions, you have additional concerns please reach out to our counseling team or your child's doctor to discuss further. We are working on putting together a workshop for parents on this topic. Stay tuned!

In Partnership,
Jaime Stone
Principal



VALENTINE'S DAY REMINDER

STUDENTS ARE NOT ALLOWED TO DISTRIBUTE FOOD AT SCHOOL THIS YEAR AS WE HAVE A PROTOCOL FOR {NO SHARING FOOD BETWEEN STUDENTS} IN PLACE FOR COVID.

PAPER VALENTINES AND/OR STICKERS ARE OKAY TO SHARE!

SPIRIT WEEK 2021!

WE ARE MAKING A PLAN TO HOLD SPIRIT WEEK THIS YEAR IN MARCH OR APRIL - WE CAN'T WAIT AND WILL KEEP YOU POSTED!

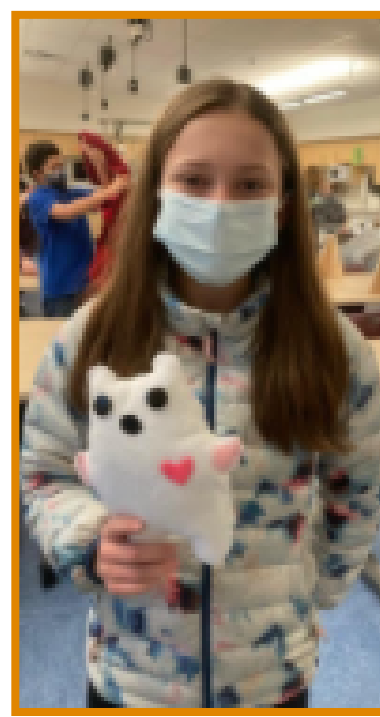
5TH GRADE NEWS

In 5th grade math class with Ms. Owen, the students were studying surface area and volume. The task was to create a "Tiny Neighborhood" with a limited amount of materials (4 sheets of graph paper card stock) and the surface area had to include the box to store the neighborhood in. They were highly satisfying tiny worlds! (And I think some families received them as Christmas presents!)



These are photos of 5th graders engaging in what Mrs. Owen calls a "Big Grapple" problem. They were pulling out all the stops!





FAMILY CONSUMER SCIENCE NEWS!

In FCS 5th grade students have tackled a brand new sewing project this year: Monsters, Ugliers and Bears, Oh My! Through this project they have demonstrated creativity, logic and grit, making creatures that require basic sewing skills, including sewing on a button, and following sequential instructions. It's been great to see them learn (or master!) these fine motor skills and work through frustration along the way. Well done 5th grade!

BLACK HISTORY MONTH CREATIVE CHALLENGE

February is Black History Month. Our school wishes to creatively highlight and celebrate people of color and their contributions to our world. CRMS Language Arts teacher Ms. Friesland coordinated a Creative Writing Challenge and Mrs. Young, our librarian, agreed to help with research and ideas. Guidelines for a "Bio Poem" or "Acrostic Poem" were followed and the following are examples of these structured poems submitted by our students.

Tula Prindiville
Bio Poem

Toni
Poetic, innovative, authentic
Mother to Slade and Harold, friend to Angela Davis and Maya Angelou, and an educator to all
Who loved to write of the black experience, to ignore the white gaze, and her own carrot cake
Who felt the exasperation of being belittled, the pride of triumph, and the joy in writing impactful books
Who was not afraid to speak her mind with clarity, to write of the truth she knew, and to step into all that she was
Who wrote evocative novels with black women at their core and was the first black women in the world to win the Nobel Prize in Literature
Who wanted to see the history of black women portrayed with dignity and strength and to be the one to do it
Born and raised in Ohio and sparked change whilst living in New York
Morrison (1931-2019)

Caroline Kern
Acrostic Poem

Earliest black American to star in her own TV show.
Turned seventeen, and began singing professionally in Baltimore
Her career in singing consisted of four different genres, jazz, blues, pop, and gospel.
Earned an Academy Award nomination for the film Pinky
Led her first role in acting in 1939 in the drama DuBose

Worked mostly as a talented actress, as well as angelic singer
Appeared on Broadway stage quite often
The role she played in the TV series Route 66 earned her her first Emmy award.
Eventually, she published two autobiographies of her own
Renditioned "Heat Wave" and it became her most well known song
Seized the stage despite those who wished to oppress her

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CRMS LANGUAGE ARTS BLACK HISTORY MONTH POEMS (cont.)

Charlotte Thackeray
Bio Poem

Shirley

Intelligent, ambitious, passionate, out-spoken

Wife of Arthur Hardwick, Jr.

Who loved teaching and equality

Who felt determined to break the barriers of racism and sexism and be heard as a woman who dared to be herself

Who feared that Americans would never experience true equality, she wouldn't be heard, and nothing would ever change

Who became the first black congresswoman, the first major-party African-American candidate to run for president, and writer of two books

Who wanted equal rights for all, to be remembered as a woman who dared to be a catalyst of change, and to educate children

Born and lived in Brooklyn, New York

Chrisholm (1924-2005)

Abigail Kohlstrom
Bio Poem

Marian

Strong, brave, courageous, tenacious

Wife of Peter Benjamin Edelman

Who loved her three sons and helping children

Who felt that segregation was wrong, hoped to change the lives children, and determinedly fought for children and the poor

Who was worried about the children in bad situations, them dropping out of school and not remaining healthy

Who sparked the idea for the Poor People's Campaign, founded the Children's Defense Fund, and got the Presidential Medal of Freedom

Who wanted to see every child in a safe home, every mother with a secure income, and every woman with the support she needs.

Born in South Carolina

Wright-Edelman (1936 -)

SHOUT OUT!

Students in 6th grade created some beautiful art in Mrs. Andersen's art classes to share with our local medical offices to say THANK YOU for all they do! We are always so grateful for our medical community, but especially during this unprecedented time. Pictured to the right are staff at the Acute Respiratory Clinic, our local Covid-19 testing clinic in Rockport standing in front of the CRMS art!



We also want to thank the town of Camden and parent Alison and son Colton McKellar for helping us make the school circle safer by helping secure (and move for snow) these pedestrian signs!



Thank you to our families for your continued support and cheering us on! A generous family sent this arrangement in for our staff. There has been a lot of stopping to "smell the roses"!



Library News

It's a great day to read! The [library catalog](#) is open 24/7 to process your library book requests and [Sora](#) is available 24/7 for ebooks and audiobooks. Make sure you have enough books to get you through February vacation! [Digital Maine Library](#) is a free and powerful research tool that includes free access to excellent resources like World Book Student and Ancestry online. [The Library website](#) has curriculum specific resources for grade level projects and a link to the [Black History Month Poetry Challenge](#). Have questions? Your librarian is just an email away! christina.young@fivetowns.net

After school STEM in the library • The library has been a hive of after school activity with Robotics Club and Girls Who Code!



COUNSELING OFFICE



This is the time of year we generally see an uptick of depressive behaviors within our student body. The pandemic has amplified this. The pandemic is a major life stressor that requires a level of endurance and resiliency that our students have never had to engage in before. Not all of our students may be equipped with all the strategies to persevere.

Teens have turned to social media as a way to communicate and connect to get through the isolation, grief and other difficult feelings the pandemic has brought on. This has come with its own set of challenges since so much of this communication is occurring unsupervised. We are aware that some students use this platform as a 'journal' where they communicate all their thoughts and feelings. Reflections that used to be kept within small groups of friends or families are now shared with an online community. Some students use these platforms to ask for help, some students even report suicidal ideation or intent on social media.

While we can all hope that our teens will know what to do when put in the position of getting a suicidal text, it would be helpful if parents could have this tough conversation about what to do if they are concerned about a friend. There is a mental health crisis happening with our youth right now and we all have to work together to keep our community safe.

Helpful information:

1. Impress upon your child the need to tell a trusted adult if they are experiencing suicidal ideation or know of someone wanting to die. It does not matter whether the suicidal ideation was communicated directly, in written work, or in an online communication.
2. Always take a comment made about wanting to die, wanting to kill oneself, and suicide seriously, even if you may think it is a joke or an overstatement to a situation.
3. Get help. Trusted adults should contact the school counselor, social worker or psychologist during school hours if they are concerned about a student's safety. Once the counselor is notified, they will do an assessment/consultation to determine the level of risk and if we need further assistance for the student.
4. If it is "after school hours", contact the Crisis Hotline at 1-888-568-1112 for assistance on next steps. Call parents if it is not your child. It is important that the child is supervised.
5. If your child is at risk and connected to mental health services, call their provider to make them aware of the safety concerns. Generally clinicians will make every effort to support a client in crisis. If no mental health provider is involved, call their primary care physician.
6. Develop a protocol for your home for a mental health crisis. Involve your child in the planning of it. Have the crisis hotline number available or in your phone. Walk through a plan with your teen they are feeling suicidal or if they have a friend that discloses suicidal intent.

Talk to your primary care doctor or school counselor if you see these signs in your child or talk to the parent if you are concerned about a child you know well:



- An increase or decrease in energy and activity levels
- Use of alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun
- Having stomach aches or diarrhea
- Having headaches and other pains
- Losing appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled
- Being excessively anxious or fearful
- Feeling excessively sad, low or depressed
- Feeling guilty
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness
- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly, concentrating and learning
- Having difficulty making decisions
- Extreme mood changes
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance
- Changes in school performance
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

WHAT'S HAPPENING AT CRMS





6TH GRADE STUDENTS SIMULATING UNION AND CONFEDERATE MARCHING ORDERS IN SOCIAL STUDIES CLASS!



CONGRATULATIONS TO ALL OF OUR NEW STUDENT COUNCIL MEMBERS!

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**G
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Hi Gretchen,

Do you have a question about biking that you've always wanted to know but have been afraid to ask?

Maybe you need some safety tips on biking? Or perhaps guidance planning your next outdoor adventure?

If so, the Bicycle Coalition of Maine has a new bi-weekly webinar series for you!

We'll hold our first interactive Wednesday Webinar via Zoom on **February 10 at 7 p.m.**, and will debut a new one-hour installment every other week with topics ranging from bike safety and seasonal riding tips to mechanics courses and bike-packing trips!

Here are the first three webinars in our series:

#1: Biking After Dark: Winter Edition
Wednesday, February 10 @ 7 p.m.
[Register Here](#)

Shorter days don't have to shorten your riding season! In addition to covering some basic bike/ped safety education, this course will elaborate on lights and reflective materials, clothing, must-have equipment, selecting routes, and maintaining your sled in the snow and sleet.

#2: Safe Cycling: the Do's, the Don'ts, and the Downright Dangerous
Wednesday, February 24 @ 7 p.m.
[Register Here](#)

Bring your kids, your spouse, and even the family dog to this safe cycling webinar! We'll be talking where and how to ride safely with the whole flock, the best way to pick the best gear for your outing, and even some tips for drivers and rules to remember.

#3: No Cyclist Left Behind: Hot Tips on Forming or Finding Chill Rides
Wednesday, March 10 @ 7 p.m.
[Register Here](#)

If you've been wanting to get more into cycling but feel group rides are too fast, too advanced, or otherwise too intimidating, this is the webinar for YOU! We want to help you find a ride that fits your speed, style, age, and ability—or help you create one with useful tips on planning and marketing events that are safe and successful.

These courses are **FREE** and there's no cap on the number of spots available to attendees, but you **must RSVP ahead of time** in order to receive the webinar link via email. Registrations for the first three webinars are now open, and we will continue to update our [event calendar](#) as more webinars are added and registrations become available.

We look forward to seeing you!

All the best,

Your Friends at the BCM

p.s. If you have a suggestion for a future webinar topic, reply to this email or send a message to erik@bikemaine.org.

[BCM Event Calendar](#)



If you support this kind of work and want to see more of it, please consider donating to the Bicycle Coalition of Maine! Donations fund our advocacy, education, and outreach efforts to make Maine a better place to walk and roll.

[Donate Today!](#)

From the Health Desk

We have noticed some students having a hard time keeping their mask on correctly. Sometimes this is because it doesn't fit quite right or it's the wrong style for the child's face. Whatever the reason, we're asking you to take a minute and check the fit of your child's mask to his or her face and make sure it's correct. Ask them to share a story about their school day and see if it falls under their nose or moves around too much while they are talking. Face masks work well to prevent the spread of airborne droplets when they cover the mouth and nose completely and fit securely under the chin.

If you need help, please call or have your child stop into the office. I have a few styles of cloth masks I can give away (graciously donated by parents!).

Thanks for helping us with this vital part of our mitigation strategy.

Nurse Gretchen

gretchen.kuhn@fivetowns.net





WORRIED ABOUT HOW TO APPROACH THE SUBJECT OF SEXUAL ETHICS WITH YOUR TEEN?

In Be Strong, Be Wise, psychotherapist and youth advocate Amy Carpenter provides the tools that help teens build personal authority in their relationships, on or offline.

<https://www.bestrongbewise.com>
amy@bestrongbewise.com



Conversational and empowering, the course offers essential information that boys, girls, and non-binary youth need to keep themselves safe, without losing their personal freedom.

"I am surprised at how much I learned in this class, as I figured I already knew a lot about sexual safety, but I was wrong! I think the most useful thing I learned was how to be prepared for any potentially dangerous situations and either avoid them or handle them. I also liked how you listened to everyone's responses and then responded in a thoughtful way. I always felt comfortable in that class, which is very important to me!"
 -Anya Babb-Brott, Junior at Camden Hills Regional High School

STUDENTS WILL LEARN:

- #1 How to develop the tools and self-knowledge that empower confidence in all areas of life
- #2 How to establish a safety system when out with friends
- #3 How to understand gender roles as they relate to safety
- #4 How to recognize the red flags you need to know when meeting new people or starting a new relationship
- #5 How to respond to cyber harassment



Amy Carpenter
LCSW, CYI

Half-price offer good through the end of February. For a free consultation email:

amy@bestrongbewise.com
<https://www.bestrongbewise.com>



Maine Parent Federation
 ...Because Every Family Matters
 1-800-870-7746 www.mpf.org

SUMMER CAMP DIRECTORY 2021

Maine Parent Federation recently updated our summer camp directory for 2021. It is available on our website:

<http://mpf.org/documents/summercamps2021.pdf>

If you would like a printed copy, call (800) 870-7746, or email parentconnect@mpf.org.

THE CRMS OFFICE WILL BE CLOSED FOR WINTER BREAK FROM MONDAY, FEBRUARY 15TH THROUGH FRIDAY, FEBRUARY 19TH. STUDENTS WILL BEGIN THEIR BREAK WHEN THEY ARE DISMISSED ON FRIDAY, FEBRUARY 19TH AT 11:30 AM.

BECAUSE OF THE 11:30 AM DISMISSAL, STUDENTS WILL ARRIVE AT SCHOOL THAT MORNING BETWEEN 8:15 - 8:45 AM (*this is instead of the new late start of 9:15 am. This 8:15 start applies only to Friday, 2/12 and the Friday before April break, 4/16).

PLEASE MAKE SURE YOUR STUDENTS HAVE TAKEN HOME THEIR LUNCH BOXES, WINTER CLOTHING AND ANYTHING ELSE THEY MAY NEED FOR THE WEEK!

ENJOY THE BREAK!



A BRISK JANUARY MORNING!

A large photograph of a group of people, mostly children and young adults, dressed in colorful winter ski gear. They are standing in a snowy forest, some holding ski poles. The scene is misty or snowy.

FOR 5-8TH GRADERS

WINTER SESSIONS

WWW.SUNDOGOE.COM

week-long after school courses February- March
equipment provided
financial aid available online



xcountry skiing, snow shoeing,
ice climbing, alpine touring



**FOR IMMEDIATE RELEASE****CONTACT:**

Jay Burnett
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 jburn207@gmail.com

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 bkl@barbaralawrence.com

Connecting students, teachers and community with our environment.

January 29, 2021

S.E.A. Grant Money to Support Studies of Local Watersheds

CAMDEN – Students thrive on discovery. And it's through some of those discoveries that local elementary, middle and high school students are today preparing for a future filled with possibilities and opportunities.

With support of the Stewardship Education Alliance (S.E.A.) – a year-old non-profit with the mission of increasing community awareness of ways to be better stewards of local watersheds – students, teachers and communities are benefitting from grants for special projects, activities and professional development. The 501 (c)(3) non-profit has been supporting public and private school educators and after-school programs in Camden and Rockport since 2020, and in January expanded its support to also include public and independent schools in Appleton, Hope and Lincolnville.

“The past year has been very challenging because of COVID-19 restrictions,” says Camden author and educator Barbara Lawrence, S.E.A. founder and board president. “We had to revise our original plans and cancel events such as last spring’s S.E.A. Fair at Camden Harbor. Still, we’ve been able to continue funding grants and to sponsor events such as the popular Poetry on Windows in downtown Camden.”

Past projects include funding for a mobile marine touch tank on display at the Camden Public Library’s *World Oceans Day*, and on the boardwalk at Camden Harbor, as well as for professional development courses for local teachers held at the Herring Gut Learning Center in Port Clyde.

One recent example of S.E.A.-funded projects was a study of harmful micro-plastics in Camden Harbor by 7th grade science students at Camden-Rockport Middle School. Funding for the study enabled science teacher John Dietter to purchase trawl nets and other supplies and equipment needed for the micro-plastic study, as well as cover the cost of a boat trip for his class.

The Camden Public Library has also been the beneficiary from S.E.A. donations of books and Discovery Bags containing microscopes, trawl nets and notebooks to be used by borrowers studying local waters.

Planned S.E.A. events in upcoming months include underwater exploration of Camden Harbor in April with students from Watershed School, S.E.A. Fair and Poetry on Windows (POW!) in late May and June, the unveiling of a new mobile marine tank, and S.E.A.’s 2021 grant competition. Completed grant applications are due by February 22, and awards will be announced March 15.

For more information, and grant applications, visit www.stewardshipeducationalliance.org. All public, private and independent schools in Camden, Rockport, Hope, Appleton and Lincolnville are eligible to apply.

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Discover more at www.stewardshipeducationalliance.org

Stewardship Education Alliance (S.E.A.) is a non-profit, tax exempt 501 (c)(3) organization





<https://www.youtube.com/user/MissAmyHand>

ZOOM chat with Miss Amy every Tuesday morning from 10-11. email for info on joining in.
 alhand@librarycamden.org




Follow or subscribe to Miss Amy online
or watch on our Facebook page, daily.

Storytime every weekday morning

Crafttime every weekday afternoon

Booktime for Babies every Wednesday morning

S.T.E.A.M. programs

Booktalks for middle grade readers– Thursdays afternoons

Follow Miss Amy on

miss_amy_h



Look for special activities and storytime on Friday, February 12th for Chinese New Year fun. This is the year of the ox.

Sign up to here Miss Amy Reading aloud February 3rd for World Read Aloud Day! 3-4 pm via Zoom. Stay tuned for special booktalks and what to read next.

Outdoor, masked, socially distanced live storytime in the amphitheater! Wednesdays at 10:00 with Miss Amy

If there is precipitation, snow, sleet, or rain, it will be canceled.

Bundle up! Bring a blanket or chair and enjoy several stories together.

-YA book lovers group meets the last Tuesday of the month at 4:00 via ZOOM.

-Art & Journaling Group for teens and adults meets every Wednesday at 4:00 via ZOOM.

Email: alhand@librarycamden.org

<https://msba.umeedu.maine.edu/>



I am excited to announce that one of our local patrons, Melanie Ellsworth has her first picture book coming out this month! Sign up to join Melanie and the illustrator Morena Forza, from Italy for a special reading and a question and answer time for both of them. Sign-up alhand@librarycamden.org Feb 23rd at 4:00. We are so thrilled to be a part of their book birthday celebration! Melanie will be personalizing signed copies of her book for pre-orders that are placed through the Owl & Turtle bookshop in Camden. <https://www.owlandturtle.com>

Reach out for book suggestions! Place books on hold for curbside pickup! Available 11-6 M-Sat