



CRMS Schooner News

Kindness

Responsibility

Self Control

Grit

IMPORTANT DATES

Tuesday, Nov. 2nd - VOTE!

Thursday, Nov. 11th - NO SCHOOL - VETERAN'S DAY

Friday, Nov. 12th - End of Quarter one.

Friday, Nov. 12th, 11:30-2pm - Vaccine Clinic - 5th - 8th Grade. See page 11 for more info.

Monday, Nov. 15th - Quarter two begins.

Tuesday, Nov. 16th - Picture Retake Day.

Wednesday, Nov. 17th - Early Release day. 2:00 PM dismissal.

Wednesday, Nov. 24 - Friday, Nov. 26 - NO SCHOOL - THANKSGIVING BREAK.

Friday, Dec. 3 - Vaccine Clinic - second dose.

PRINCIPALS CORNER

Dear Schooner Families,

Going into our second year of living through a global pandemic is still not easy. We desperately want things to “return to normal” (well, some things!) but we still feel like we’re on a rollercoaster. Many adults and children are riding this emotional wave and we need to be aware of strategies that can help us manage our mental and emotional health. One of those strategies is practicing gratitude. **Did you know practicing gratitude every day can literally rewire your brain and improve your mental health!** (see a few good resources linked at the bottom of this letter!)

November is a great time to practice an **Attitude of Gratitude!**

At Home!

Take turns sharing something you're grateful for each night at the dinner table or before bed. Write a note of appreciation to one person in your family and sneak it into their lunch box or leave it on the bedside table. Mail a letter to a friend you've been meaning to thank.

At CRMS!

Do you have a moment to send a thank you note or e-mail to a staff member at CRMS? Maybe your children can be encouraged to write one? Positive connections between home and school foster mutual respect, in turn creating a rich learning environment.

Here is a listing of Staff Email: https://crms.fivetowns.net/about_crms/staff_directory

Here are a few things I'm grateful for in the CRMS community this year!

- Our vibrant and kind students
- Our commitment and talented staff
- Our commitment to integrating our curriculum with the arts
- Our supportive parent community
- Our NEW BUILDING!
- Our extracurricular clubs and athletics are open again this year

(CONT. ON PAGE 2)



PRINCIPALS CORNER (CONT. FROM PAGE 1)

Articles About Gratitude

<https://positivepsychology.com/benefits-gratitude-research-questions/>
https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain

Podcast About Emotions During the Pandemic

<https://brenebrown.com/podcast/pandemic-flux-syndrome/>

(**SUCH a good listen** to understand the emotional rollercoaster some folks feel like they are STILL on!)

In Partnership,
Jaime Stone
Principal

THE SCHOOL PHONE NUMBER IS 207-236-7805. PLEASE SAVE THIS IN YOUR CONTACTS!



I'M GOING TO CRMS TODAY AND IN MY BACKPACK I HAVE.....

- ✦ **2 CLEAN MASKS**
- ✦ **LANYARD FOR MY MASK**
- ✦ **CHARGED IPAD, CHARGER AND CASE**
- ✦ **SCHOOL PLANNER AND SUPPLIES**
- ✦ **BINDER AND HOMEWORK**
- ✦ **INDEPENDENT READING BOOK**
- ✦ **LUNCH PACKED IF IM BRINGING IT FROM HOME**
- ✦ **SNACK**
- ✦ **WATER BOTTLE WITH A SCREW TOP**
- ✦ **CLOTHING FOR THE WEATHER TODAY. SUN, RAIN OR SNOW!**

I AM FEELING HEALTHY AND READY TO GO!

SAIL ON, SCHOONERS!



FAMILY CONSUMER SCIENCE - GRADE 6 IN ACTION!



7th grade students have been studying figurative language and sensory details in language arts this fall. Each student wrote a descriptive poem comparing themselves to a color. In art class, they created a monochromatic portrait to mirror the color of their "Hue Am I?" poem.



If I were a color,
I would be
The ink you write your stories with,
Ashes left from when the fire was snuffed out,
Your cat, swishing her tail as she chases the string,
An old VHS tape, stained with time,
The night sky, stars scattered among its vastness,
A spider in its web, spinning for hours at a time,
When the computer is shut off, its screen a flat, shiny surface,
The back of your eyelids as you drift into a deep sleep,
Shadows on a bright, sunny day,
Graphite in an artist's pencil, unsharpened from use,
The depths of the ocean, murky and clouded,
I would be the darkness in an empty room,
Or maybe the 8-ball you rolled under your bed.
If I were a color,
I'd be a solitary black.

If I were a color,
I would be
A star, shining bright in the open night sky, standing out among millions,
Delicate, soft daisies swaying in the cool afternoon breeze,
A baby duck spreading its wings, learning how to grow up and be strong for its life ahead,
A taxi car zooming around, taking you from place to place, on a busy work day,
Juicy, tart lemons, ripe and ready to be picked from the heavy tree which holds them,
A bumblebee, floating in the fresh morning air, moving to flower after flower,
Crisp beech tree leaves crunching under big winter boots in the cold fall sunrise,
Hot, crunchy, popcorn drizzled in butter, perfect for a movie at dark,
A goldfinch, jumping around the sturdy, full branches in the soft morning light,
The glowing flame of a fire outside, the light flowing over my face at dusk,
Always happy, always gleaming, a smiley face sent to your best friend when you're glad,
Cold honey being dropped into steaming hot chamomile tea,
If I were a color,
I would be a calm, friendly yellow.

If I were a color,
I would be
A blue macaw preening and soaring across the clear skies with its soft blue feathers,
A Lily of the Valley blooming on a clear day, exposing its pollen to the world,
Ocean waves crashing against the wet rocks and splashing your feet,
A blue moon lighting up the night sky on a special day of the year,
Dolphins jumping and splashing in the water in excitement and pure joy, creating ruckus in the shallow waters,
Shining Fluorite gems in the glistening lights,
A blue jay chirping and filling the forest with its song, serenading the surrounding animals,
Blueberry fields smelling fresh and new as you walk along on a hike,
Chewy and crisp tasting peppermint gum as you move your jaw slowly,
An iguana making its way across a rocky beach,
Water being moved by a gliding Loch Ness monster roaming around in search of food to catch,
Poison dart frogs croaking in a bush waiting for a fly to capture in their slimy tongues,
An Indigo Bunting flying from tree to tree and delivering a song to other birds,
Gazing eyes from the cat in the window meowing to be let in,
Morpho Butterflies flying by people to amaze them, and then elegantly perching on a flower awaiting them,
A blue hydrangea swaying to the rhythm of the wind as lost petals float away,
If I were a color,
I would be a passionate, interesting blue.

If I were a color,
I would be
Sweet potato fries, crispy on the outside and tender on the inside,
A fearless lion tramping through the thick dark jungle,
DJ Lance Rock from Yo Gabba Gabba dancing in the streets at 5am,
A Fanta bottle sitting in a cold vending machine on a Saturday night,
Cheese balls being vacuumed up after a Friday night football match between the Broncos and the Patriots,
A traffic cone placed down by a construction worker to direct traffic away from danger,
Pumpkins lining the dark muggy streets,
Monarch butterflies making a cloud so dense you can't breathe,
If I were a color,
I would be a bright, vibrant orange.

CRMS PUMPKIN CONTEST!

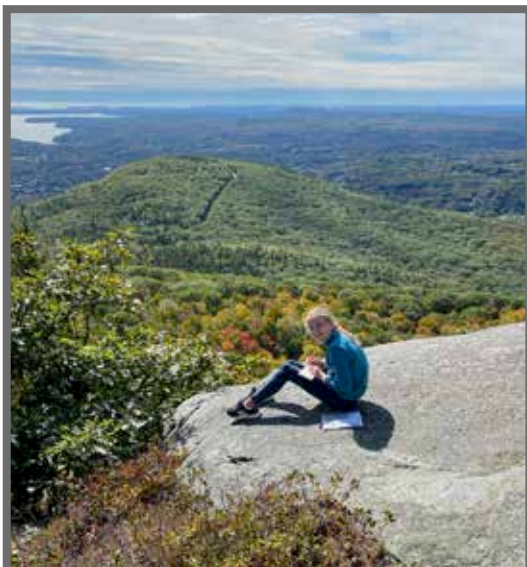


CONGRATULATIONS TO OUR GIRLS AND BOYS SOCCER TEAMS FOR TAKING THE BUSLINE CHAMPIONSHIPS THIS YEAR!



CHEWONKI !!

7TH GRADERS ENJOYED A VARIETY OF ACTIVITIES AT CHEWONKI THIS FALL INCLUDING NATURE JOURNALING, ESTUARY STUDY, CANOEING, MEETING THE FARM ANIMALS, OUTDOOR LIVING SKILLS AND TEAM BUILDING.



WHAT IS ALEKS? I see it in my child's schedule! By Elphie Owen, Math Interventionist

It is my greatest hope that parents hear something like the following at home from time to time:

"I learned 5 (or 3 or 10 or some number) topics in ALEKS today!"

But you might not know what that means. So read on.

What is ALEKS?

ALEKS is an online math program that uses leveling features to help students work on review and new topics independently. (ALEKS stands for "Assessment and Learning in Knowledge Spaces!") The students meet for ALEKS two times a week, 35 minutes each session, totaling 1 hour and 10 minutes per week.

Who teaches it?

This year, ALEKS for 8th is taught by me, Elphie Owen, and Chris McBride has the 6th grade. Grade level teachers have the 5th graders and 7th grade is divided up between Mr. McBride, Mr. Zwecker and Ms. Owen.

Why are we doing ALEKS?

One of the most compelling features of ALEKS is that it allows the students to review content and also experience new math content in a low risk, very private environment, at their own pace. When teachers can "foreshadow" what topics are on the horizon the jargon-y phrase is "front loading." When front loading can happen, the research shows, capacity for learning is greatly enhanced. We are aiming to guide students in their review and also urge them to do a little front loading for math topics coming their way!

While math classes are digging into concepts and creating dynamic experiences, ALEKS classes support that work by building the skills needed for problem solving.

How can you help?

Families at home can support this endeavor by asking your child to show you the ALEKS work they have done so far. Students will be loading "Time and topic" reports periodically onto See Saw along with some self-reflection on work habits.

You can certainly access the ALEKS program at home. Your child should know their login information or have it available in their photos. If you need the log in information from me, please do not hesitate to ask. I would love to hear from you.

We will not be grading ALEKS but we will be putting in a Habits of Work and Learning grade into report cards. The lodestar for us is a school culture that encourages kids to have ownership of their learning in math class and ALEKS. We are hoping that the "time and topic" report gives them a tool to see their progress and that folks at home will help celebrate success.

Thank you for reading and for your support with this endeavor in our "Knowledge Space!" -

Elphie.owen@fivetowns.net

8TH GRADE LANGUAGE ARTS NEWS

In October, 8th graders handed in their first reading responses of the school year. Most students chose to complete a brand new book cover (along with a report on plot, characters, conflict, theme and setting) and wowzers what artists we have in 8th grade! Here's just a sampling of their work. Thanks to our partnership with our magnificent librarian Mrs Young, we collectively read over 70 unique titles this cycle. It's time to choose another one! Read on schooners!



**CRMS BAND,
CHORUS AND
PERFORMING ARTS
IN ACTION!**



CRMS CROSS COUNTRY CHAMPIONS!

Congratulations to the Girls and Boys XC teams on being crowned Busline champions for the 2021 season! Both teams ended their seasons undefeated and were absolutely dominating at championships, with the boys posting a perfect score and girls missing that mark by only one point. A perfect score at championships had not been achieved in league history. Amazing accomplishment for this incredible group of runners!

The top five at championships for the boys were Will Meyer, Graham Stoughton, Joey Scordino, Bennett Cohen, and Keagan Urey.

The top five for the girls were Siena Scordino, Flynn Layton, Cara Rothwell, Cora Gates, and Gabriella DeStefano.

Will and Siena were both crowned individual league champions.

All runners showed incredible improvement this season.

Thanks to all the parents and volunteers for their wonderful support throughout the entire season.



ELLEN CURTIS CAPTURED THE CRMS TEAM SPIRIT!

Thanks for all the great photos Ellen!



FROM THE HEALTH DESK

School Based Covid Vaccine Clinic

Schools around the country are gearing up to offer Covid vaccines to students! CRMS will host a clinic for ALL students on Friday, November 12th. Consent form coming soon!

The approval of the Covid vaccine for children will add a layer of protection in the worldwide effort to fight this pandemic. That said, it is *really, really* important that all adults get vaccinated too! Vaccines and booster shots are widely available. This coupled with the fact that the vaccine is free removes all barriers. Please consider getting vaccinated if you have not already done so.

In Wellness,

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

"Warming Hearts and Homes" Money Drive

As the leaves finish falling and temperatures continue to drop, thoughts turn to all that winter brings: snow, the joy of the holidays, the coziness of a warm home on frigid nights, yummy comfort foods, more snow.... and, for many, worry and additional hardships. To help alleviate some of that distress, our Student Council and Student Services Team are working together to help warm hearts and homes this winter by holding a money drive. We are asking for those that can, to donate money (cash, checks made out to CRMS, or prepaid credit/debit cards) that we will then share with local families needing a little extra help to heat their homes, buy food or gifts for the holidays, etc. Feel more comfortable sending in specific (i.e., Hannaford, Wal Mart) gift cards? That's okay, we will accept those too! Donations in any amount and/or form can be dropped off in the CRMS Main Office. Students will also be invited to contribute, even a donation of \$1 will be appreciated. We have set a goal of raising \$3,000, please consider helping us provide a little extra security for some of our families this season!

If you are a family that needs the extra support of your community, please reach out to Tanya Young, School Counselor and Student Council Advisor, before November 19. She would love to add your family to our confidential list so we can send some extra CRMS love and warmth your way!

tanya.young@fivetowns.net

236-7805, ext. 2159

BRUCE ROBERTS AND TOYS FOR TOTS

The TOY APPLICATION Deadlines are Nov. 30th and Dec 6th this year! Please don't delay - use the links below to submit an application.

<https://rockland-me.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>

<https://multifiles.pressherald.com/uploads/sites/4/2021/09/Toy-Fund-Indi-Non-group-app-2021.pdf?>

- 5** or more **FRUITS & VEGETABLES**
- 2** hours or less of **RECREATIONAL SCREEN TIME**
- 1** hour or more of **PHYSICAL ACTIVITY**
- 0** sugary drinks, **MORE WATER**

BARBARA BUSH CHILDREN’S HOSPITAL SURVEY

Attention all families: Please take this 5 minute survey from The Barbara Bush Children’s Hospital. Even if you completed the survey last year, we need your participation again!

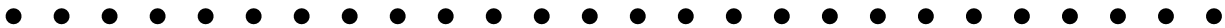
Everyone who completes the survey will be entered into a prize drawing and five lucky winners across the state will each receive a \$100 Amazon gift card for their personal use AND if you win, our school will receive \$1,000.

Other schools are participating, so the more families from our school who complete the survey, the greater our chance of winning \$1,000!

Contact information for the prize drawing will be collected at the end of the survey and will not be connected to your survey responses. All survey responses are anonymous.

Click the following link to begin the survey: <https://www.surveymonkey.com/r/2021FamilySCHKnox>

Thank you!



PLEASE CONSIDER HAVING YOUR STUDENT BRING A NEW, UNWRAPPED GIFT TO DONATE TO OUR TOYS FOR TOTS COLLECTION BOX BY FRIDAY, DECEMBER 3RD. THE BOX IS LOCATED JUST INSIDE THE MAIN OFFICE!

THANK YOU FOR YOUR GENEROSITY!

TRANSPORTATION UPDATE

STUDENTS ARE NOW ALLOWED TO RIDE A BUS OTHER THAN THEIR HOME BUS AFTER SCHOOL. STUDENTS **MUST** BRING A SIGNED NOTE FROM HOME (NO PHONE CALLS OR EMAILS - *a record with signature is required*) GIVING PERMISSION TO RIDE THE BUS AND TO WHICH DESTINATION. THANK YOU!



VOYAGERS TRANSITIONS TO HIGH SCHOOL 101 CLASS !





We are pleased and excited to announce that Camden-Rockport Middle School has been recognized as an Apple Distinguished School for the years 2021-2024.

We applied for the Apple Distinguished School program in June, and were notified of our acceptance at the beginning of the school year. This is an opportunity to collaborate with schools in 32 countries around the world around innovative teaching and learning with technology.

As part of the application process, we were able to highlight how we used technology in our schools to enhance teaching and learning. Primarily, we focused our work around project based learning, use technology for creation and collaboration, and look for unique authentic connections to the real world; however, we also highlighted how we used the investments in instructional technology and professional development in our schools to help sustain our learning community through remote and hybrid learning; how we maintained a focus on connection, collaboration, and equity throughout our planning; and how teachers adapted and transformed their classrooms into virtual learning spaces.

This program recognizes a school's ability to use Apple technology to enhance project based learning, create authentic learning experiences, and maintain a productive and collaborative environment for students and staff. According to Apple, Apple Distinguished Schools are "centers of innovation, leadership, and educational excellence. They use Apple technology to connect students to the world, fuel creativity, deepen collaboration, and make learning personal." This award is a testament to our school's, the district's, and the community's commitment to instructional technology, the continuous investment in staffing and infrastructure, and leadership around 21st teaching and learning.

We look forward to the opportunities afforded by this program to connect with other schools in 32 around the world, continue to learn best practices and continue to innovate our work, and share what we have learned with others.

Special thanks to Ian McKenzie, Technology teacher for all of his leadership in helping our school receive this amazing award!



**THE
LOST &
FOUND
BIN**

**STUDENTS NEED TO PICK UP THEIR LOST AND FORGOTTEN ITEMS BY THE CAFETERIA DOORS.
WE WILL BE DONATING ANY ITEMS NOT PICKED UP BY THANKSGIVING BREAK - SO DON'T DELAY!**



**ArtLab
INTENSIVES**

OCTOBER 18 - 19
&
NOVEMBER 15 - 16

ArtLab Intensives Program, inviting students grades 5-8 to engage with contemporary artworks and artists. Held in our ArtLab space, these week-long classes empower young artists to dive deep into one area of study observing and critiquing personal artworks. Each of our intensives is taught by a leading artist teaching their select media.

Register today!

CMCIN



NOV
6

SCOUT ME IN

**PLEASE JOIN BSA
TROOP 207 FOR GIRLS
FOR A CAMPFIRE LUNCH**

**Camden Hills State Park
Saturday, Nov 6, 11am - 1pm**

Please join BSA Troop 207 for girls for a campfire lunch at Camden Hills State Park. We will roast hot dogs, make smores, drink cocoa and would love to share some info about our troop and venture crew. We love adventure, learning, and fun and hope you will join us. Please email for more info.

JULIE.ZOLLMANN@YAHOO.COM

**THE CRMS OFFICE
WILL BE CLOSED
FOR THE
THANKSGIVING
HOLIDAY FROM
WEDNESDAY,
NOVEMBER 24TH
THROUGH FRIDAY,
NOVEMBER 26TH!**



**HAVE A
WONDERFUL
BREAK!**

FROM THE ASSISTANT SUPERINTENDENT'S OFFICE

Have some time on your hands and LOVE working with kids? We need you!!!

We are currently trying to increase the number of substitute teachers on our district roster. We currently have many days when we do not have enough substitutes to fill our vacancies. Please consider applying to be a substitute teacher in our district. It is one of the most flexible jobs you can have, working around your schedule.

If you are interested, apply online at www.applitrack.com/fivetowns/onlineapp or contact the Superintendent's office if you require a paper application. Substitute Teacher applications are reviewed regularly throughout the school year. Selected candidates will need to be fingerprinted and will undergo a background check. All substitutes will be required to follow the district health and safety protocols.

If you have any questions or are interested in learning more please contact Debra McIntyre at debra.mcintyre@fivetowns.net

CAMDEN-ROCKPORT SCHOOL ALLIANCE

is looking to connect with you! Check out the Q&A below...

[JOIN the CRSA by CLICKING HERE](#)

What is the Camden Rockport School Alliance?

The Camden Rockport School Alliance is a group of parents who work together to help our school. Formerly known as the PTA, the CRSA is away for more families to get involved directly to the classroom! Our goal is to create a vibrant, large, sustainable machine that grows alongside our kids to make sure they are getting the MOST out of their school experience!

Is there a Family Directory this year?

YES, fill out the membership form above and opt in to have your contact information be added to the parent directory. We hope to have it available by December 1st!

How does membership work?

Each grade (K-8) has a Grade Leader (most grades have 2, some have a few!). They bridge between your child's teachers, other grade level parents, the Administration and broader community. There is also a small body of seasoned officers in place to monitor the fiscal health and accountability of the organization.

This year's officers

Heidi Baker

Erin Donovan

Nicole Blake

Elizabeth Senders

Meetings Coming up!
(Every 2nd Monday of the month @5:30)

- November 8th
- December 13th
- January 10th

[CLICK HERE for Monthly Zoom Meeting](#)

We are looking for grade Leaders for the following grades:

- * Pre-K*
- * Multi-Age*
- * Kindergarten*
- * First*
- * Third*
- * Fourth*
- * Fifth*
- * Eighth*

Do I have to be a Grade Leader to participate?

No! All families are encouraged to participate, whether through volunteering for activities, attending events, donating supplies, or communicating your ideas and thoughts to the Grade Leaders

What types of things does the CRSA do?

The Camden Rockport School Alliance is responsible for helping teachers to get supplies, enrichment opportunities, and the funds they need, as well as help the parents to become more involved with the news and needs of their child's grade! We run several events each year, including bookfairs, teacher appreciation, spirit wear, and other fundraisers to benefit both CRES and CRMS

Be Strong, Be Wise Youth Program

Sexual Safety Education for Teens & Young Adults

New Program Starting Tuesdays 7-8 pm EST

***Live classes available in-person or virtually**

The Be Strong, Be Wise Youth program is running soon! Live in person or virtual, beginning Tuesday, November 9th for five weeks.

If you have teenagers who could benefit from a solution-based class that addresses sexual ethics and assault prevention through the lens of personal empowerment, check out our signature program at: <https://www.bestrongbewise.com/programs-for-youth>.

And [click here to register](#) for our upcoming class starting November 9th!

Worried about how to discuss the subject of sexual ethics with your teen?

In Be Strong, Be Wise, psychotherapist and youth advocate, Amy Carpenter, provides the tools that empower teens to lower the risk of assault while increasing personal confidence in relationships.



"I never felt this comfortable in a class before!!" -Anya B., Camden Hills High School student


<https://www.bestrongbewise.com>

Conversational and evidence-based, the course offers essential information that young women, men, and non-binary youth need to keep themselves safe, without losing their personal freedom.

"As a psychologist and mother of two teenage boys about to leave for college, Be Strong, Be Wise is an invaluable resource to help young women and men navigate the complexities of social and sexual situations in order to prevent and protect themselves from unwanted sexual assault." - Dr. Nina S., Psychologist and parent

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