



CRMS Schooner News

Kindness

Responsibility

Self Control

Grit

IMPORTANT DATES

Monday, 1/17- **NO SCHOOL**-
Martin Luther King, Jr. Holiday

Friday, 1/28 - End of Quarter
two

Tuesday, 2/1 - 8th grade parent
High School night, Bisbee
Theater (*more info to follow*)

Wednesday, 2/9 - **EARLY
RELEASE DAY**, 1:00pm
dismissal

**The importance of
masking at school can not
be overstated at this time.
We are committed to
helping students
understand and appreciate
the importance of masking
appropriately at school.
Which includes using all
our tools to educate and
promote safe and
appropriate masking. You
can help by making sure
our kids come to school
with a tight fitting mask.
Let's keep our community
safe and our school open.**

PRINCIPALS CORNER



Dear Schooner Families,

Have you heard? We have a "biker gang" here in Camden and Rockport! The students made a commitment to bike to school every single day when they began at CRMS as 5th graders, pouring rain, falling snow, extreme heat, they ride! Snow tires on, dressed pretty well, **they rode in -18 real feel to school this week!** On any given day we have as many as 10 bikers who show up in the middle of winter, even in the snow! In warmer, less snowy times, we have well over 60 bikers each day! We've had to purchase additional bike racks!

COVID has pushed us to be creative and get outside, trading the bus ride for the bike ride. We are so grateful to be an in-town school and this is one of the reasons why!

Mask Up, Wash Your Hands, Stay Home if You're Sick and GET OUTSIDE!

We can all take a page from the book of the biker gang.

With Gratitude, Jaime Stone, Principal CRMS

CRMS Band and Chorus Winter Celebration 2021!

Congratulations to our band and chorus students and staff for an excellent Winter Celebration in our new Bisbee theater! We are so excited to host a spring concert in May after almost two years on hold!



SNOW



DAY

FUN!



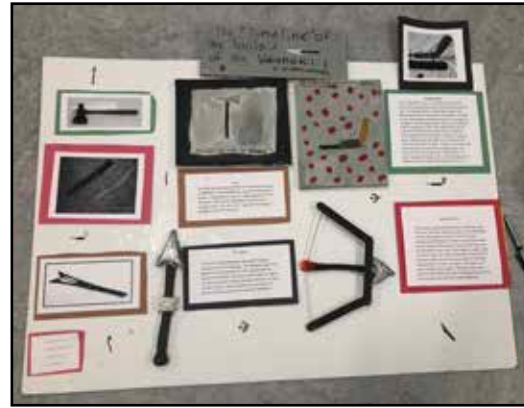
Happy New Year from the CRMS Library!

We have an amazing community of readers at Camden Rockport Middle School. I am lucky to see it when students come into the library and curl up with a good book. I see it at the circulation desk when students excitedly bring their friends to check out the book they just finished. I see it in our awesome circulation statistics (over 4,000 books checked out so far this year), and now, the Maine Schools Consortium at Overdrive Education sees it too, as we are their most engaged school! The Maine Schools Consortium is the group that we subscribe to in order to share ebooks and audiobooks. As a point of reference, we had 1,008 electronic checkouts on Sora in November while the school closest behind us had 633. Our kids are readers!

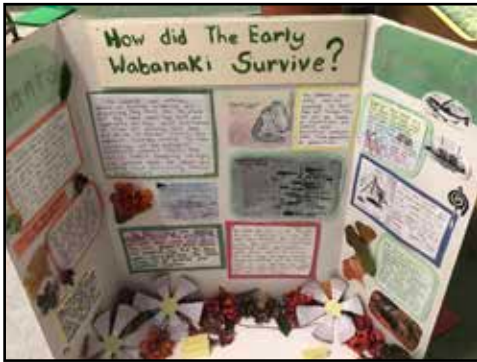
If your child doesn't feel like a reader yet, take heart. We have an amazing collection here at CRMS, truly something for everyone. I relish the opportunity to talk with children about their interests and try to match them with something they will enjoy. Have them stop by or drop me a line if you want me to seek them out. Author Jason Reynolds, one of our most popular authors here at CRMS, didn't finish a book until he was 17. Once he started he couldn't be stopped and wrote the books he wished he had had as a kid.

Pleasure reading is a big part of what we do in the library, but it is not the only thing! Fifth-grade students have used digital and print resources to research Native Americans, sixth grade students were immersed in the Old West, and seventh grade has been researching people and events from the Civil Rights Movement. Eighth grade will be in the library in January researching culinary science. The library is a busy and fun place!





FIFTH GRADE NEWS
OUR NATIVE AMERICAN PROJECT RESULTED IN AMAZING WORK BY OUR 5TH GRADERS!!



Mirika Ergas
5th Grade Student

Character of Columbus
Columbus was a man who was very brave and he was the first to discover America. He was a man who was very brave and he was the first to discover America. He was a man who was very brave and he was the first to discover America.

How did the early WabanaKi survive?
The early WabanaKi survived by hunting and gathering. They were very smart and they knew how to use the land around them. They were very smart and they knew how to use the land around them.

Peabody River
The Peabody River is a very beautiful river. It is a very beautiful river. It is a very beautiful river. It is a very beautiful river.

**C
R
M
S**



CRMS STAFF GETTING INTO THE HOLIDAY SEASON!

SIXTH GRADE NEWS

SPREADING JOY DURING THE HOLIDAYS!

9 Students volunteering • 40 Holiday meals packed in 15 minutes • Swept and mopped the floor • Hearts and minds filled with awareness and joy!



NEWS FROM NURSE GRETCHEN

We have the tools to **Fight Omicron**



Vaccines & Booster



Masks



Testing

PLEASE CLICK ON THE LINKS BELOW FOR VALUABLE INFORMATION REGARDING MASKS!

<https://www.youtube.com/watch?v=GzTAZDsNBe0>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

Maine Seasonal Food Guide

When you buy fruits and vegetables that are in season they are freshest and you save money.



January – April

- Apples
- Beets
- Cabbage
- Carrots
- Celeriac
- Dry Beans
- Garlic
- Leeks
- Onions
- Parsnips
- Potatoes
- Rutabaga
- Sweet Potatoes
- Turnips
- Winter Squash



May – June

- Asparagus
- Chives
- Fiddleheads
- Greens
- Parsley
- Peas
- Radishes
- Rhubarb
- Salad Turnips
- Scallions

Adapted from Maine Organic
Farmers and Gardeners Association
(MOFGA) Seasonal Food Guides.



July – August

- Earliest Apples
- Beets
- Blueberries
- Blackberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Fennel
- Garlic Bulbs
- Garlic Scapes
- Green Beans
- Greens
- Leeks
- Melons
- Onions
- Peaches
- Peas
- Peppers
- Plums
- Potatoes
- Radishes
- Raspberries
- Salad Turnips
- Scallions
- Shallots
- Summer Squash
- Strawberries
- Tomatoes
- Zucchini



September – October

- Apples
- Beets
- Broccoli
- Broccoli Raab
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Cranberries
- Cucumbers
- Edamame
- Eggplant
- Fennel
- Garlic
- Greens
- Green Beans
- Kohlrabi
- Leeks
- Melons
- Onions
- Parsnips
- Pears
- Peppers
- Pie Pumpkins
- Potatoes
- Radishes
- Raspberries
- Rutabaga
- Salad Turnips
- Scallions
- Shell Beans
- Shallots
- Summer Squash
- Sweet Corn
- Sweet Potato
- Tomatillos
- Tomatoes
- Turnips
- Winter Squash
- Zucchini



November – December*

- Apples
- Beets
- Brussel Sprouts
- Cabbage
- Carrots
- Celeriac
- Dry Beans
- Garlic
- Kohlrabi
- Late season greens
(kale and spinach)
- Leeks
- Onions
- Parsnips
- Pears
- Potatoes
- Radishes
- Rutabaga
- Sweet Potatoes
- Turnips
- Winter Squash

**By this time of year
most local produce
is coming from cold
storage although
you may be able
to find some fresh
greenhouse-grown
products at your
winter farmer's
market*



Maine-produced foods all year long

- Apples
- Beets
- Blueberries
- Cabbage
- Carrots
- Cheese
- Dry Beans
- Eggs
- Flour
- Garlic
- Greens
- Meat
- Milk
- Onions
- Potatoes
- Seafood
- Tomatoes
- Winter Squash

Download additional tools and resources at [LetsGo.org/tools](https://lets-go.org/tools)

MaineHealth
LET'S GO!

5-2-1-0

LET'S GO! STRATEGY: Limit Recreational Screen Time


 two hours or less of recreational screen time

Ideas for Screen-Free Activities



A healthy childhood depends on play! Through creative play, children and youth learn to interact with others, develop important skills for life, explore the physical world, build curiosity, and expand imagination. Generally, more time spent in creative play means less time using screens.

Games

- Play flashlight tag
- Play hide and seek
- Create an obstacle course
- Do a jigsaw puzzle
- Have a water balloon toss
- Play a board game, or make up your own game

Art Projects

- Color, draw, paint
- Get crafty- look for ideas on Pinterest
- Draw with sidewalk chalk
- Paint rocks
- Make sock puppets
- Make a card for someone special
- Finger paint
- Have fun with face paint

Building Ideas

- Build a fort with furniture and blankets or outside with fallen branches
- Build a snow fort
- Build a snowman
- Build sand castles

Community Adventures

- Clean a local park
- Have a healthy picnic
- Organize a neighborhood scavenger hunt
- Take a walk
- Go to a playground
- Find a new park to visit
- Fly a kite
- Go on a hike or nature walk

Nature Ideas

- Climb a tree
- Plant a seed
- Dig up worms
- Plan and/or plant a garden

Music and Performing Arts

- Create a skit or play
- Play dress up
- Listen to music
- Have a dance party

Cooking

- Make your own dip for vegetables
- Make a fruit smoothie
- Help make dinner

Physical Activity

- Go rollerblading, roller-skating, scooter riding, or bike riding
- Go sledding
- Go swimming
- Have fun with hula hoops
- Jump rope or skip
- See how many jumping jacks, somersaults, and/or cartwheels you can do
- Set up an indoor obstacle course

Download additional tools and resources at [LetsGo.org/tools](https://lets-go.org/tools)

MaineHealth
LET'S GO!
 5-2-1-0



February 5 at 2pm...high tide

Polar Plunge 2022 Camden Harbor

Sign up

Get pledges

Jump in on Feb 5th

www.sundogoe.com/polar-plunge

More about Winterfest @ www.librarycamden.org



[image credit:
"Glitter-corn"
by Dakota
Surbey, Hazel
Page, and
Audrey Page,
acrylic and
glitter on
canvas

Youth Art Show at Page Gallery

A youth art show and drive to support Knox County children and families

Camden - Pizza? Pets? Bike Rides? Family? Rainbows? Ice cream? What do you like most and what makes you happy? Page Gallery invites children to consider these questions and adorn the gallery's walls this winter with drawings, paintings or a collage of their favorite things. The exhibition will open on February 1st and will be on display through February 26th.

The gallery is offering free postcards at 23 Bay View Street in Camden and is distributing them through art programs in local schools with a prompt for children of all ages to create a piece of art depicting the things that bring them joy. Finished postcards can be dropped off or mailed to the gallery for installation in this special Youth Art Exhibition. While celebrating our young artists, gallery visitors will be invited to participate in weaving, a sculpture installation after Andy Goldsworthy, and paper cut out activities stationed throughout the exhibition. There will also be a collaborative mural project made by 12 local youths on view after Marcel Dzama's *No Less Than Everything Comes Together*, a mosaic made in 2021 in New York's subway station to bring the community together during dark times.

A family friendly gallery, it is not unusual to see the children of Page Gallery creating sidewalk chalk murals, making lemonade for openings or drawing at the desk after school. "We want to provide a space where children and their families can be inspired, curious, reflective and playful. Asking a child what piece they like most often sparks exciting conversations." says owner Colin Page.

While the youth art is not for sale, original paintings by other gallery artists will be on display. During the exhibition, Page Gallery is donating 10% of all sales to the AIO Food Pantry in Rockland. Feeding America / Good Shepherd Food Bank estimates that 182,000 Mainers will experience hunger in 2021, compared to about 167,000 in 2019. Knox County has the 4th highest rate of food insecurity in the state at 13.5% of all residences. Food insecurity among children is projected to be even higher, at 20%. From now through February 26th, the gallery will set up a donation box where visitors are encouraged to drop off non-perishable food items for AIO's programs that support Knox County families. Please consider joining us to support the need in our community.



SUNDOG OUTDOOR LEADERSHIP INITIATIVE

SUNDOG
OUTDOOR LEADERSHIP INITIATIVE

NOW ENROLLING 2022 WINTER COURSES

technical skills | outdoors | resilience

WINTERY MIX | ICE CLIMBING | ALPINE TOURING

COURSES FOR MIDDLE SCHOOL STUDENTS

Need based **scholarships available** for all families

DURING FEBRUARY BREAK and after school in MARCH 2022

Register now: www.sundogoe.com

Camden Rockport Middle School 2021-22 School Calendar Grades 5-8

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER (17)						
S	M	T	W	T	F	S
						4
5	H	O	8	9	10	11
12	13	14	15	16	W	18
19	20	21	ER	23	24	25
26	27	28	29	30		

OCTOBER (18)						
S	M	T	W	T	F	S
						1
2						3
4	5	6	7	W	9	
10	H	12	13	14	15	16
17	18	19	ER	21	22	23
24	25	26	27	28	C	30
31						

NOVEMBER (18)						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	H	12	13
14	15	16	ER	18	19	20
21	22	23	X	H	X	27
28	29	30				

DECEMBER (16)						
S	M	T	W	T	F	S
				1	2	3
4						5
6	7	8	ER	9	10	11
12	13	14	15	16	17	18
19	20	21	22	X	H	25
26	X	X	X	X	H	

JANUARY (20)						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	ER	13	14	15
16	H	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY (15)						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	ER	10	11	12
13	14	15	16	17	ERH	19
20	H	X	X	X	X	26
27	28					

MARCH (23)						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	ER	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL (16)						
S	M	T	W	T	F	S
						1
2						3
4	5	6	ER	7	8	9
10	11	12	13	14	ERH	16
17	H	X	X	X	X	23
24	25	26	27	28	29	30

MAY (20)						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	ER	12	13	14
15	16	17	18	19	C	21
22	23	24	25	26	27	28
29	H	31				

JUNE (13)						
S	M	T	W	T	F	S
				1	2	3
4						5
6	7	8	9	10	11	12
13	14	15	16	O	18	
19	H	TP	22	23	24	25
26	27	28	29	30		

- September 1,2 Teacher Workshop Day
- September 3 Teacher Prep Day
- September 6 Labor Day Holiday
- September 7 First Day of School
- September 17 Teacher Workshop Day
- September 22 Early Release (2:00)
- October 8 Teacher Workshop Day
- October 11 Indigenous Peoples Day Holiday
- October 20 Early Release (2:00)
- October 29 No School - Student-Led Conferences
- November 11 Veterans Day Holiday
- November 17 Early Release (2:00)
- November 24-26 Thanksgiving Break
- December 3 T1 ends
- December 8 Early Release (2:00)
- Dec 23 - Jan 1 Holiday Break
- January 1 New Years Day Holiday
- January 12 Early Release (1:00)
- January 17 Martin Luther King, Jr., Day Holiday
- February 9 Early Release (1:00)
- February 18 Early Release (12:15) - 1/2 Teacher Day
- February 21-25 Winter Break
- March 9 Early Release (1:00)
- March 17 T2 ends
- April 6 Early Release (1:00)
- April 15 Early Release (12:15) - 1/2 Teacher Day
- April 18-22 Spring Break
- May 11 Early Release (1:00)
- May 20 No School - Student-Led Conferences
- May 30 Memorial Day Holiday
- June 17 *Last Day of Schol/T3 ends (ER 1:00)
- June 20 Juneteenth Holiday
- June 21 Teacher Prep Day

Student Days	
Month	Days
Sept	17
Oct	18
Nov	18
Dec	16
Jan	20
Feb	15
Mar	23
Apr	16
May	20
June	13
Total	176

Teacher Days	
Month	Days
Sept	21
Oct	20
Nov	18
Dec	16
Jan	20
Feb	15
Mar	23
Apr	16
May	21
June	14
Total	184

Term	
Term	Days
1st Trimester	56
2nd Trimester	61
3rd Trimester	59
Total	176

- O = First/Last Day of School
- W = Workshop Day
- H = Holiday
- X = Vacation
- ER= Early Release (1:15 dismissal)
- ERH= Early Release Half Day (11:30 dismissal)
- C = Conferences
- TP = Teacher Prep Day
- 176 Student Days
- 4 Teacher Workshop Days
- 2 Teacher Prep Days
- 2 Parent Conference Day
- 184 Teacher Days

***For every snow day, add a day to the last day of school**

*** If there is a snow delay on an Early Release day, (ER or ERH) the early release will not occur.**

*Approved by CRS board on May 19, 2021
Revised 12/22/21*