



CRMS Schooner News

Kindness

Responsibility

Self Control

Grit

IMPORTANT DATES

Wednesday, 1/10 - EARLY RELEASE DAY, 2pm dismissal

Wednesday, 1/10, 2:15pm, Congo Church - First day of 5th & 6th grade Ping Pong club, students MUST have a signed permission slip to attend. More info on page 9.

Monday, 1/15 - Martin Luther King, Jr. Holiday - **NO SCHOOL**

Wednesday, 1/17, 7pm Rose Hall - Camden Rockport Schools Board meeting

Tuesday, 1/16, 3:30pm, CRMS cafe - CRMS Spelling bee, families/friends of participants are welcome

Thursday, 1/18, 7pm, CHRHS - pg. 8 Community presentation: Modeling Matters: What Parents need to know.

Wednesday, 1/24, 9am - 8th grade field trip to MCST

Wednesday, 1/24, 6:30pm, CHRHS Strom Theater - 8th grade parents/ students transition to high school meeting - snow date, 1/30

Friday, 2/2 - Sunday, 2/4 - National Toboggan Races, Camden Snowbowl

Monday, 2/5, 5:30pm, CRMS Library - CRSA Monthly Meeting

Wednesday, 2/7 - EARLY RELEASE DAY, 2pm dismissal

PRINCIPAL'S CORNER

Happy New Year, Schooner Families!

As you move ahead in your New Year, I hope you take time to help your tween/teen reflect on 2023.

It's amazing how much we can forget what we **accomplished, overcame** or just **experienced!**

A few strategies that can work well with teens...

- For students with their own tech devices or cameras...
 - Have children pick their top 10 favorite photos (or memories with photos) from the year to share with the family.
- For students without their own device...
 - Have the parent cull a collection of photos that captured their families year and ask the children to pick some of their favorites from your albums too!
- Want a less Tech approach?
 - Follow the [link here](#) to some fun question cards you could talk about around the dinner table or while riding in the car.

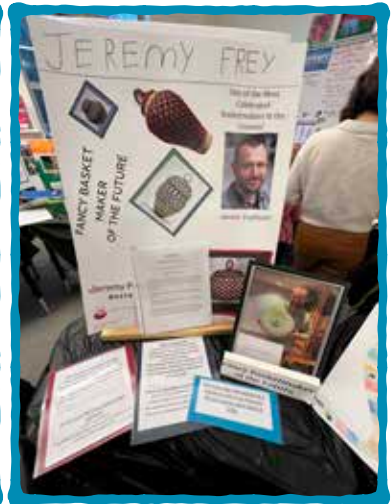
I hope your family had some quality time together during the winter break and holiday season. I am so grateful for the **generous contributions** of our community this winter. We were able to support several of our students and their families!

**Schooner Families Donated a Total of.....
\$2600**

I'm so proud to live in a community where we are willing to care for our neighbors.

Thank you for your ongoing partnership!
Jaime Stone

5TH GRADE NEWS!



The 5th grade students were immersed in a study about Indigenous People and Wabanaki of Maine. Once we built more background knowledge, we next analyzed museum exhibits to develop an understanding of what an exhibit entails and how it can teach without a speaker next to it. We virtually met with museum experts that helped to create the exhibit *Wabanaki Storytelling Through Art and Traditions* from the Children's Museum & Theatre of Maine. We learned about the process of creating an exhibit and the sensitivities involved.

Next, students selected specific topics of interest to research and took notes using reliable sources. Students covered a variety of topics! They ranged from learning more about specific artists and musicians, basketmaking, cultural appropriation, mascots, sports, tools, to understanding the Maine Constitution and how it impacts Wabanaki today, and even requesting more signage in town to represent Wabanaki. Once students became knowledgeable, they started to design their museum exhibit in a way that would best reflect their new learning and help teach others (not as experts, but sharing new knowledge to help amplify stories). The students also reached out to various sources to keep Wabanaki voices connected to our work. We celebrated with family, friends, and community members with a Museum Walk-Through called: *Stories and Voices*. Our learning about the first nations will be ongoing work connected to our studies throughout this year. This is just the beginning!



From the Health Desk

Cold's, Covid & Influenza circulating the Community

At this time of year we see an uptick in illness'. The best we can do to stay healthy is eat nutritious food, keep physically active, get adequate sleep, and wash your hands often!

If your child has cold or flu symptoms, please test for Covid. Why are we still talking about this? Put simply, we are joining together to protect the most vulnerable in our community- those who are immunocompromised, those who are very young, and those who are older. This includes some students and staff who come to CRMS everyday. Need test kits? Order [here](#).

Protecting Yourself and Others – What You Can Do

If you were exposed to the virus that causes COVID-19, we recommend you follow [exposure guidance](#), regardless of your vaccination status or if you have had a previous infection. This includes **wearing a mask when you come to school** if you are in a household with someone who has Covid or if you have mild cold-like symptoms. (Link to CDC [here](#))

Lastly, now is the time to ring in the New Year practicing careful and consistent **hand washing**. Watch your child and teach them 🙌 The best we can do to stay healthy is to eat nutritious food, be active, get quality sleep, and **wash your hands often!**

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



We want YOU!
To join the 2X defending
Regional Championship
CRMS Wrestling Team!



Wrestling is open to all students grades 5-8 at CRMS. The season is between basketball and spring sports and competitions don't start until mid-February, so you still have plenty of time to ski as well!

Wrestling is a safe sport (fewer serious injuries per participant than soccer or basketball) that kids of all shapes and sizes can be successful in. Please come and give it a try!

Our first practice will be on Tuesday, January 16 th at the High School 6:15 to 7:30. We will practice at the High School Tuesdays and Thursdays at these times through February 9. Practices will then be five days a week in the gym at CRMS Mon-Fri 4:00 to 5:30. The season ends on March 23 rd with the league championship meet.

Sign up at: https://crms.fivetowns.net/athletics/sports_enrollment

Contact: Aaron Henderson
aaron.henderson@fivetowns.net (207) 522-5252

CRMS HOLIDAY FUN





ONCE AGAIN THE INCREDIBLE TALENT OF OUR STUDENTS WAS ON DISPLAY AT THE GINGERBREAD HOUSE CONTEST! WHAT IMAGINATION AND TECHNIQUE! THE CRMS STUDENT COUNCIL SPONSORS THIS EVENT AND THE TOP THREE WINNERS, WHO WERE CHOSEN BY THEIR PEERS, WON GIFT CERTIFICATES TO THE CAMDEN HOUSE OF PIZZA!



THANK YOU TO OUR AMAZING CAMDEN ROCKPORT SCHOOLS ALLIANCE AND FAMILIES WHO BROUGHT US A BEAUTIFUL BOUQUET, DELICIOUS TREATS, SELTZERS AND HOT COFFEE TO ENJOY BEFORE THE HOLIDAY BREAK!



Congratulations to our CRMS Band and Chorus participants! The Holiday concert was a combination of vibrant, lively and classic selections that were enjoyed by all! Thanks to Mr. Miller and Mr. Maynard for the wonderful evening!



CRMS Schooners



*CRMS BASKETBALL.....
At a glance*



MSAD 28 & the Five Town CSD Presents



Modeling Matters: What Parents Need to Know and Do to Decrease Stress, Worry and Anxiety With Lynn Lyons, LICSW

January 18th,
7 - 8:30 pm,
CHRHS Strom
Auditorium

In this presentation, Lynn Lyons will cover the common traps adults fall into when assisting their children with mental health challenges and the necessary adjustments for providing support. Current news reports warrant concern, but the information can be overwhelming and hard to sort through; Lyons will aid parents in developing strategies to help themselves and their children manage anxiety and social pressure.

Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 30 years specializing in the treatment of anxiety disorders in adults and children.

Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought after expert, appearing in the New York Times, Time, NPR, Psychology Today, Good Morning America, and other media outlets. Lynn is a featured expert in the new documentary Anxious Nation.

With a special interest in breaking the generational cycle of worry in families, Lynn is the author/coauthor of several books and articles on anxiety, including Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children, and the companion book for kids, Playing with Anxiety: Casey's Guide for Teens and Kids. Her latest book for adults and teenagers, The Anxiety Audit was released October '22.

Lynn is the co-host of the popular podcast Flusterclux.



5TH & 6TH GRADE PING PONG CLUB

We are pleased to announce a 5th and 6th grade Ping Pong Club!

The club will take place at the First Congregational Church of Camden (55 Elm Street, Camden) on early release Wednesdays from 2:15 pm until 3:30 pm. 5th and 6th grade kids are invited to walk from school to the church.

The first ping pong club will be Wednesday, January 10th.

Please click [HERE](#) to find the permission slip for you to print and sign and send with your child to the Club.

Kids are welcome to come to one or all of the ping pong clubs. At some point, we may have a tournament. Stay tuned for more news. If you are interested in volunteering as an adult supervisor, please indicate that on the permission slip and I will send you the background check form to be completed prior to volunteering.

Thank you!

Marianne Bernadino
bern0368@gmail.com

Five Town Little League 2024 Baseball and Softball Winter Clinics and Season Evaluations



Five Town Little League is offering winter clinics for players in Hope, Appleton, Lincolnville, Camden and Rockport this February and March. Register your player today for time on the field before evaluations and the 2024 season begins.

All clinics will be held at The Pitch in Warren and registration is \$10 per clinic, per player (the UMO baseball clinic on 2/5 is \$25). **These will sell out fast, please make sure to register TODAY!**

2/5 - 6:30-8:30pm - **UMO Baseball Clinic** (7-12 year olds)

TUESDAYS (6-7pm for 7-9 year olds and 7-8pm for 10-12 year olds):

2/27 - baseball
3/5 - softball
3/12 - baseball
3/19 - softball
3/26 - baseball

SATURDAYS (12:30-1:30pm for 7-9 year olds and 1:30-2:30pm for 10-12 year olds):

3/2 - softball
3/9 - baseball
3/16 - softball
3/23 - baseball
3/30 - softball

EVALUATIONS (returning Major players do NOT need to attend, this is for NEW players only)

4/6 - 12:30-2:00pm - softball
4/6 - 2:00-3:30pm - baseball

TO REGISTER PLEASE VISIT: WWW.FIVETOWNLITTLELEAGUE.ORG



Please email mainefivetownlittleleague@gmail.com with any questions.
You can also follow us on Facebook at Five Town Little League.

FIVE TOWN FOOTBALL WINTER FLAG SESSION

**ANNOUNCING OUR ANNUAL
WINTER FLAG FOOTBALL !!**

WHERE: THE PITCH IN WARREN


WHEN: MONDAYS 5-6PM X 6 WEEKS

FEBRUARY 26-APRIL 1, 2024

WHO: CURRENT 3rd-8th GRADERS

HOW: REGISTER AT FIVETOWNFOOTBALL.COM

SUNDOG OUTDOOR LEADERSHIP INITIATIVE (207) 200-1071 info@sundogOE.com



<https://sundogoe.com/winter-expeditions-2024>

Presented by SUNDOG OUTDOOR LEADERSHIP INITIATIVE

ENROLL NOW

AIO's 4th Annual *FILL THE STRAND* Monday, January 15, 2024

At The Strand Theater • Main Street, Rockland • 9:00 AM to 2:00 PM

Fill The Strand is Rockland's signature winter fundraising event. This is a critical food and fundraiser to help AIO provide services during the most challenging time of the year. Funds raised help to provide heating assistance and purchase food for our market, and food donated provides a much-needed boost in food variety and availability. As we approach nearly 300 families who rely on AIO for food assistance each week, the *Fill The Strand* event is essential to sustaining the high level of service, help, and dignity AIO provides.

For any questions about the event please contact event coordinator Leila Murphy, 207-701-1666 or murphy.leila@gmail.com



CLICK HERE FOR LINK

PLEASE MAKE SURE YOUR STUDENTS WEAR HATS, GLOVES, JACKETS AND WARM CLOTHES.

They go outside for break/recess all winter!

IF YOU NEED ASSISTANCE WITH THIS, PLEASE CONTACT NURSE GRETCHEN, 236-7805.



POLAR PLUNGE

2024

JANUARY 27

1:00

www.sundogoe.com/polar-plunge