

# Harpswell Community School Newsletter

*Inspiring students to successfully navigate the world*

## From the Principal...

District administrators meet weekly in MSAD 75, and last week we had an interesting discussion about developing personal mission statements.

Coincidentally, my own personal goal statement is front and center on my resume and has remained

the same for several years now: **To facilitate a learning community characterized by trust, commitment, shared responsibility, high expectations, curiosity, and joy, so that all students have access to the education that they so richly deserve.** I'm extremely grateful for the support I have received so far from district and school staff and from many parents and community members. HCS is definitely a prime place to make my goal in service to students a reality!

If holiday celebrations are part of your lives in the near future - and even if they are not - I hope that the coming weeks are happy, healthy, and joyful for you! ~ Anita Hopkins



### December 20

8:15 Lego Club Winter Break Open House

### December 21

Flannel Friday - Let's be cozy for the Winter Solstice! Students may bring in 25¢ to support Midcoast Humane if they so choose.

### December 22- January 1

School Vacation!

### January 2

Welcome back!

### January 8

6:00 PTO Meeting in the Learning Commons

### January 21

Martin Luther King, Jr. Day - No School

### January 23

7:00 District Band Concert at the Orion Center (Dress rehearsal 6:00 Jan. 22)

### Every Wednesday

On late start days, all interested students are invited to Chess Club in the first grade classroom from 9:00 to 10:00!

### Every Thursday

Lego Club in the gym at 8:15 a.m.!



## Golden Awards!

In November we established "Golden Awards" - positive recognition for safe, respectful, and responsible behavior during specials as well as for taking care of classroom "mess." November awardees were:

- Golden Palette (Art): Mrs. Powell's class & Ms. Gilley's class
- Golden Note (Music): Mrs. Pomerleau's class & Mrs. Phillips' class
- Golden Sneaker (PE): Mrs Pomerleau's class & Ms. Nelson's class
- Golden Book (Learning Commons): Ms. Chasse's class & Ms. Nelson's class
- Golden Trash Can: Ms. Chasse's class & Mrs. Svenson's class

481

That's the total number of Claw Slips earned by students in October and November!

100%

That's the percentage of students at HCS who have earned at least one Claw Slip since our positive recognition system began in mid-October!

\$100.27

That's how much we collected for Midcoast Humane on our November Spirit Day! It far exceeded our expectations!

## Healthy Habits

### 5-2-1-0 + 8:

#### Cookie Cutters Aren't Just for Cookies!

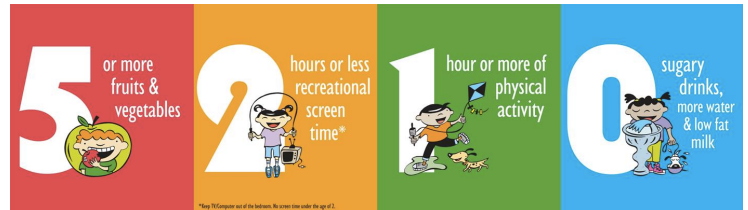
MSAD 75 schools have participated for several years in the 5210 Let's Go! program, which is a nationwide public health initiative that encourages healthy habits for children. The graphic to the right explains the meaning of 5, 2, 1, and 0, and the added 8 represents the reminder that 8 or more hours of sleep each night are important for brain and body development. Here's a seasonal tip from the 5210 program:

Stars, trees, and bell cookie cutters are usually popular this time of year. If you own cookie cutters, don't just use them on cookies. Fruits and vegetables can be very appealing when they are cut into shapes. Things like cucumbers, radishes, apples, and melons are all easy to cut into cute shapes - and it is amazing to see how many more fruits and vegetables get eaten when they change shape!

### Count ME In - Attending School, Succeeding for Life:

#### Rest is a Priceless Gift

December is a time of year when bedtime routines can be interrupted due to many seasonal activities. Changing bedtimes and lack of sleep can result in children and adults feeling tired and run down. During this busy month, work to build a little quiet time into your child's life and yours, too. Spend just 15 minutes in a completely quiet, calm setting without any distractions, and it can re-energize and rejuvenate you. Added bonus: The more rested and calm a person is, the better the chance of not missing school or work!



***“95% of everything you do is the result of habit.” ~ Aristotle (Cultivate good ones!)***

### **Some thoughts from Mrs. Byrne (MSAD 75 Occupational Therapist):**

As the months get colder and the days get shorter we all struggle to get outside after school. This change has an effect on us all and it impacts the children here at school in their ability to focus and remain calm in their bodies. We continue to go outside for recess when the temperature is 10 degrees or more - so please remember to send in warm winter gear every day so kids can get the full outside time here at school. Classrooms continue to offer short movement stretches and activities as well as outdoor motor breaks, GoNoodle, and dancing in the classroom throughout the day, but it really is the full heavy activity outside of school that makes a difference. The federal government announced on November 12 that children ages 6-17 should get at least 60 minutes of moderate intensity aerobic physical activity per day and 3 sessions of muscle-strengthening per week!! Indoor activities at home could include dancing, jump rope, Wii sports, or use of indoor sports equipment. If you'd like information about local winter sports options or after-school activities that are happening here at HCS, please contact the recreation department or Cheryl Card at HCS. We all look forward to continued outside play, sledding, and breathing in the cold sea air in beautiful Harpswell!

## SUPPORT FOR HCS

What an amazing community Harpswell is! Area groups and individuals continue to support students and staff in large and small ways every day. Here are just a few examples of recent support:

- The Harpswell Mingo Club donated \$500 to teachers for the purchase of classroom books!
- The Orr's Island Library donated hats, mittens, and snow pants as well as Walmart gift cards to support children and families in need!
- The Knit Wits donated hats and mittens to add to our school supply!
- The Raymond W. Forgit 1993 Trust donated to our Chewonki funds!
- The PTO continues to support students and staff at HCS in so many ways, including celebration of professional recognition days, support of the Lego club, funding and volunteers for special enrichment programs for all students, providing items to help keep classrooms clean and healthy, staff breakfasts, and much more!

