



CRES Dory News

Kindness Grit Responsibility Self-Control

Important Dates

Wednesday, January 17

Girl Scout Troop #1535 Meeting,
2nd & 3rd Grade Common Areas,
2:45-4:00pm

Wednesday, January 17

Camden Rockport Schools Board
Meeting, 7:00pm

Thursday, January 18

PreK Guest Speaker: Chewonki,
9-10am

Thursdays, January 18, 25, Feb. 1

Gr. 3 & 4 Jump Rope Club, CRES
Gym, 2:30-3:30pm

Thursday, January 18

Gr.3 & 4 After School Enrichment
"Take Flight", Art Rm, 2:30-3:30pm

Thursdays, January 18, 25, Feb. 1

Gr. 4 After School Math, Mr. Kady's
Room, 2:40-3:10pm

Mondays, January 22, 29, Feb. 5

Gr. 4 K-Kids, Mrs. Burke's Room,
2:40-3:30pm

Mondays, January 22, 29, Feb. 5

Big Brothers Big Sisters, CRES Gym,
2:45-4:00pm

Tuesday, January 23

Gr. 4 Guest Speaker: Community
Member, 9-9:20am

Tuesday, January 23

K Guest Speaker: Nature Puppet
Show, 9:30am-12:30pm

(continued on page 2)

PRINCIPAL'S CORNER

Dear CRES Families,

I hope this letter finds you and your loved ones in good health. As we kick off the new year, I wanted to reach out and share some updates with you.

First, I hope you had a wonderful holiday break filled with joy and relaxation. It was a time for many of us at CRES to reset and recharge, especially after dealing with significant illness in much of our building in late December. Thankfully, the building is now much healthier, and we are ready to dive into the second semester.

January marks the midpoint of our school year and it's feedback month in our district. We genuinely want to know how things are going for you and your child at CRES. Your perspective is invaluable to us, and we invite you to participate in our annual school survey.

You can take the survey by clicking [here](https://www.surveymonkey.com/r/CRES_School_Survey_2023-24) or by copying and pasting this link in a web browser:

https://www.surveymonkey.com/r/CRES_School_Survey_2023-24

Your input matters, and I'm hopeful that we can gather well over 100 responses this year. Your feedback helps guide us as we work to improve and better serve our CRES community. We truly value a diverse range of perspectives, so I encourage every CRES family to take a few minutes to share their thoughts.

Thank you in advance for your time and participation. Together, we can make CRES an even more positive and supportive learning environment.

Wishing you all the best in the new year!

Warm regards, Chris



(continued from page 1)

Tuesdays, January 23, 30, Feb. 6
Gr. 2 Jump Rope Club, CRES Gym,
2:30-3:30pm

Tuesdays, January 23, 30, Feb. 6
CRES Chess Club, Gr. 4 Common
Area, 2:30-3:30pm

Wednesdays, January 24, 31
Ballet/Junior Jazzin' Dance Class, Gr.
4 Common Area, 2:30-3:45pm

Thursday, January 25
Gr. 1 & 2 After School Enrichment
"Take Flight", Art Rm, 2:30-3:30pm

Friday, January 26
Gr. 1 Guest Speaker: Chewonki,
9am-2pm

Friday, January 26
Gr. 4 Field Trip: Learn to Ski (Dishop
& Burke Classes), Camden Snow
Bowl, 10:00-11:30am

Wednesday, January 31
Gr. 4 Field Trip: Learn to Ski (Brown
& Kady Classes), Camden Snow
Bowl, 11:20am-1:40pm

Thursday, February 1
Gr. 4 Field Trip: Learn to Ski (Dishop
& Burke Classes), Camden Snow
Bowl, 10:00-11:30am

Thursday, February 1
Gr 1 & 2 After School Enrichment
"Parachutes", Art Rm, 2:30-3:30pm

News from the CRSA!

Happy New Year from the CRSA! We focused our efforts in December on two projects. First, we celebrated and thanked our teachers and staff in the form of coffee, bagels, pastries, notes of appreciation and gifts cards - many thanks to all the families that helped make this possible. Second, we compiled a directory of CRES students and contact information as a courtesy to make communications easier between families in our school.

In the new year, we plan to coordinate monthly wellness events, hosted by specific grades. The 4th grade class will kick off this endeavor by hosting a taco bar lunch for the teachers and staff on January 17th. We're also busy fundraising by submitting Box Tops, and plan to circulate information on the Clynk program shortly. If you're interested in helping out, please join us at our next meeting on Monday, February 5th at 5:30pm in the CRES Atrium or by Zoom link..

Pre-K Applications Now Being Accepted - Deadline 3/15

CRES is accepting applications for the nature-based Pre-K Program for the 2024-2025 school year.

Children who reside in Camden or Rockport and who are 4 years of age on or before October 15, 2024 are eligible to apply. Lottery applications are accepted until March 15. Space is limited.

See what NEAToday had to say about our trailblazing program in a [recent article](#).

Forms and instructions are located on the [CRES Website](#) or by calling the Office at 236-7809.

Family Folk Dance Night - February 8th, 5:30-6:30

All families are invited to our first Family Folk Dance Night! Students have been learning dances to perform and to share, accompanied by a live band!





Nature-Based Pre-k Program

2024 - 25 School Year Enrollment

The Camden Rockport Elementary School will be accepting applications for the nature-based PreK Program beginning Oct. 15, 2023. Limited space is available.

Program Highlights

- Extensive outdoor time for learning in nature.
- Curriculum driven by child's interest/seasonal themes.
- Emphasizes learning with nature.
- Four full days for students: Mon, Tues, Thurs, Fri.



Eligibility:

Children 4 years of age on or before October 15, 2024 who reside in Camden or Rockport.

Application Process:

Lottery applications accepted until **March 15**

Forms and instructions may be found on the Camden Rockport Elementary School PreK website or by contacting the school at 236-7809. All applications received by March 15, 2024 will be added to the selection process. <https://cres.fivetowns.net>



Scan for application

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.



CRES Community Garden Fundraiser featuring FEDCO Seeds! Shop online at: <https://fedcoseeds.com/fundraiser/CAM-ROCK-ELEM-24> or by the using QR code below. Order deadline February 12th! Thank you!



Teacher/Coordinator _____ Grade _____
 Student _____
 Customer Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone _____

**ORDER DEADLINE:
FEBRUARY 12TH**

Scan
here
to shop.



CAMDEN-ROCKPORT ELEMENTARY SCHOOL SEED SALE

*Support the students and share the joy of gardening!
The school receives 50% of every sale.*

Online orders are encouraged to keep costs low. If you are unable to order online, please submit this order form and payment to fundraiser coordinator **Amy Brown** by the order deadline.

Checks should be made payable to
**Camden Rockport
Elementary School.**

All orders will be shipped to the fundraiser coordinator approximately one week after the deadline.



**CHOOSE FROM
50 EASY-TO-GROW
VARIETIES**

**SEE REVERSE FOR
LISTING**

Shop online at: <https://fedcoseeds.com/fundraisers/CAM-ROCK-ELEM-24>



SEE REVERSE FOR SEED VARIETY LISTING →

Camden-Rockport Elementary School Seed Sale

CHOOSE FROM 50 EASY-TO-GROW VARIETIES

Shop online at: <https://fedcoseeds.com/fundraisers/CAM-ROCK-ELEM-24>

Item #	Variety Name	Qty.
204	Provider Green Bean	
249	Maxibel Haricot Vert OG	
292	Rattlesnake Pole Bean	
582	Ambrosia Sweet Corn	
682	Abenaki Calais Flint Corn OG	
720	Strike Shell Pea	
883	Sugar Ann Snap Pea OG	
1003	Blacktail Mountain Watermelon OG	
1232	Calypso Pickling Cucumber	
1312	Marketmore Slicing Cucumber	
1411	Black Zucchini	
1539	Early Summer Yellow Crookneck Squash OG	
1611	Zeppelin Delicata Squash OG	
1628	Burgess Buttercup Squash	
1751	Howden Pumpkin	
2042	Scarlet Nantes Carrot	
2051	Nantes Fancy Carrot OG	
2109	Early Wonder Tall Top Beet OG	
2224	Easter Egg Radish Mix	
2439	Evergreen Hardy White Scallion	
2512	Olympia Spinach	
2723	Salad Bowl Lettuce OG	
2812	Buttercrunch Lettuce OG	
2986	Summer Lettuce Blend	
2993	Greens Mix OG	

Item #	Variety Name	Qty.
3023	Arugula OG	
3036	Bright Lights Swiss Chard	
3325	Umpqua Broccoli OG	
3450	Dwarf Blue Scotch Curled Kale OG	
3701	Takii's New Ace Pepper	
4005	Aunt Molly's Ground Cherry OG	
4059	Cherokee Purple Tomato OG	
4075	Pink Brandywine Tomato OG	
4110	Sweet Aperitif Tomato OG	
4233	Jet Star Slicing Tomato	
4250	Sungold Cherry Tomato	
4414	Sweet Basil	
4517	Caribe Cilantro OG	
4530	Bouquet Dill	
4879	Bachelor's Button Mix	
4886	Panorama Red Bee Balm	
4911	Flashback Calendula OG	
5035	Sensation Mix Cosmos	
5211	Crackerjack Mix Marigold	
5288	Jewel Mix Nasturtium	
5500	Autumn Beauty Mix Sunflower OG	
5599	Sunflower Sampler	
5804	Beneficials Mix OG	
5809	Northeast Wildflower Mix	



Scan here
to shop.

**Order deadline:
February 12th**

OG = ORGANICALLY GROWN

Total number of packets	
Multiplied by	x \$4.00
Grand Total	=



P2P Dance Classes at C.R.E.S.

Starting Wednesdays, January 24th,

After dismissal Time (Early Dismissal once per month)

Welcome beginners and intermediate dancers to our

Ballet Classes / Cinderella Choreography / Jazzin' Hip Hop & Junior Jazzin' Hip Hop

Cinderella Performance Opportunity

Saturday June 8th & Sunday June 9th

Camden Opera House 3PM Matinees

207-542-9205

P2PDance@gmail.com

ArtLab



The Big Rockland Chill

Saturday, January 20

2:00 – 4:00pm | drop-in

Join us as part of the Big Rockland Chill celebration as we create a variety of kaleidoscope cardboard creations! Using painted cardboard pieces assemble a variety of cardboard creatures, mobiles, sculptures and more.

Photography Policy: By participating in ArtLab programming, I understand my child or myself may be photographed by CMCA staff for general documentation and publicity. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

CMCA
CENTER FOR MODERN CONTEMPORARY ART
21 Winter Street, Rockland, Maine



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.

February Art Workshops

ART WORKSHOPS
During School Vacation
Ages 5+

February 21, Wednesday
1PM - 4 PM | Printmaking

February 22, Thursday
10 AM - 12 PM | Eco-Printing
1PM - 4 PM | Eco-Printing

February 23, Friday
10 AM - 12 PM | Handbuilding
1PM - 4 PM | Handbuilding

Teaching Artists
Jen Peppe
Katama Murray

Hands-On Workshops
All Ages 5+!

Family Classes / Solo Classes
Classes for Kids, Teens, & Adults

Register Now!

Farnsworth Art Museum