



CRES Dory News



Kindness Grit Responsibility Self-Control

Important Dates

Wednesday, Feb. 5

Gr. 1 Guest Presenter: Northern Stars Planetarium, CRES Gym, 9:00am & 12:30pm

Wednesday, Feb. 5

Early Release, 2:00pm Dismissal

Thursday, Feb. 6 & 13

Gr. 3 & 4 Morning Jump Rope Club, CRES Gym, 7:45-8:35am

Thursday, Feb. 6 & 13

4th Grade Learn to Ski, Dishop, Kady & 1/2 Alley Classes, 11:50am-2:10pm

Thursday, Feb. 6

"Safer Streets" Community Forum with MDOT, 6:00-8:30pm, CRMS

Monday, Feb. 10

Big Brothers Big Sisters, CRES Gym, 3:30-4:30pm

Monday, Feb. 10

Camden Rockport School Alliance (PTA) Meeting, CRMS Cafeteria, 5:30-7:30pm. *All Welcome!*

Tuesday, Feb. 11

Gr. 2 Morning Jump Rope Club, CRES Gym, 7:45-8:35am

Tuesday, Feb. 11

Gr. 2 Guest Speaker: Tanglewood Learning Center, 9:00am-3:00pm

Thursday, Feb. 13

Gr. 3 Guest Speaker: Beveridge Farm, 2:00-3:15pm

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PRINCIPAL'S CORNER

Greetings CRES families,

February is always an important turning point in the year for me. Not only does it mark the midpoint in the school year, but it means the amount of light we get each day has returned to a much more tolerable level! Beyond that positive trend, I write to you today with a reminder and some important resources.

Reminder: At CRES we have seen an uptick in students bringing personal digital devices to school. Please remember that cell phones, smart watches, tablets, and other personal digital devices are not allowed at school or on the bus. Please contact me if you have an extenuating circumstance. For example, I have allowed digital devices to stay in backpacks when students need to bring a device between households (e.g. a two-household divorced family).

We have enough devices at school to meet student learning needs and we are always available in the main office to send or receive messages between students and their family members. Thanks for your help reinforcing this expectation.

Resources: A constant challenge for parents/guardians is to stay on top of a quickly evolving technology landscape. As younger and younger children gain access to powerful technology like smartphones, iPads, or even watches that can text or make calls, it's more important than ever for parents to understand both the benefits and drawbacks. Here are some of my favorite resources:

National Online Safety guides: <https://nationalonlinesafety.com/guides>

These guides address issues ranging from internet safety tips to recommended apps to social pressures linked to 'likes'. The resource is free, however an account is required.



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Friday, Feb. 14
EARLY RELEASE HALF DAY
12:15pm Dismissal

February 17-21
NO SCHOOL, WINTER BREAK



Monday, Feb. 24
 Big Brothers Big Sisters, CRES
 Gym, 3:30-4:30pm

Tuesday, Feb.25
 Gr. 2 Morning Jump Rope Club,
 CRES Gym, 7:45-8:35am

Wednesday, Feb. 26
 Camden Rockport Schools District
 Meetings, CRES Atrium
 Finance Committee Mtg, 5:30pm
 School Board Meeting, 7:00pm

Thursday, Feb. 27
 Gr. 3 & 4 Morning Jump Rope
 Club, CRES Gym, 7:45-8:35am

Thursday, Feb. 27
 4th Grade Learn to Ski, Dishop,
 Kady & 1/2 Alley Classes,
 11:50am-2:10pm

Monday, March 2
 Special Olympics Swim Meet,
 Waldo County YMCA,
 9:00am-12:30pm

Monday, March 2
 Big Brothers Big Sisters, CRES
 Gym, 3:30-4:30pm



CRES Dories

(Principal's Corner, from page 1)

Common Sense Media: <https://www.commonsensemedia.org/>

Provides Age-based reviews for movies, books, games, TV shows and apps. Also features useful parenting articles and tips around media.



Parental Controls

Apple Devices: <https://support.apple.com/en-us/HT201304>

Android Devices: <https://www.guidingtech.com/parental-controls-android/>

View and/or restrict your child's usage or app access on your devices.

Our children become their best selves when schools and families work together in partnership. Thank you for your support.

Best, Chris



**February School/No School Days
 District-wide**

Wednesday, February 5
Early Release

CRES = 2:00pm Dismissal
 CRMS = 1:15pm Dismissal
 CHRHS = 1:15pm Dismissal

Friday, February 14
Early Release Half Day
 CRES = 12:15pm Dismissal
 CRMS = 11:30am Dismissal
 CHRHS = 11:30am Dismissal
 (except MCST)

Monday & Tuesday
February 17-18
 All Schools = No School
 Holiday/Workshop Day (CRMS)
 Holiday/Winter Break (CRES/CHRHS)

Wednesday - Friday
February 19-21
 CRES = No School, Winter Break
 CRMS = REGULAR SCHOOL DAY!
 CHRHS = No School, Winter Break

Calm Kids and the Zones

This year, every grade has been introduced to the Zones of Regulation curriculum in Guidance Class. The Zones of Regulation teaches students to be aware of their feelings with the goal of self-regulation. The Zones curriculum divides feelings into four different color Zones. The following is a description of each Zone:

- **Blue Zone:** This Zone includes feeling sad, tired, sick or bored. This is when one's body is moving slowly or feeling sluggish.
- **Green Zone:** This Zone includes feeling calm, happy, focused or content. This is the zone where students experience the most success both in academic tasks and social interactions.
- **Yellow Zone:** This Zone includes feeling stressed, frustrated, anxious, excited or silly. A person **starts** to lose some control in his/her body when in the Yellow Zone.
- **Red Zone:** This Zone includes feeling angry, panicked, terrified or elated. When in the Red Zone, a person's emotions feel giant and s/he is not in control of his/her body.

Our goal is for students to recognize that everyone moves through the Zones throughout the day and to use strategies to get back to the GREEN Zone. Some simple strategies we have introduced school-wide include breathing, accessing the classroom's take-a-break-spot, stretching, using positive self-talk, getting a drink of water, taking a walk, and asking for help.

We want all our students to recognize that they have to power to change the way they feel in order to be calm and ready to learn at CRES!

SAFETY

There has been an increase in dangerous driving in the CRES Parking Lot.

- ▶ Excessive speeds
- ▶ Driving against the one-way signs
- ▶ Cars stopped, lined up in the roadway prior to 8:30am
- ▶ Vehicles trying to squeeze by the stopped vehicles
- ▶ Recently a pedestrian was (lightly) hit by a vehicle backing out

These behaviors must stop immediately and before anyone is seriously injured. We need your help to make the CRES Parking Lot a safe zone during morning drop-off and afternoon pick-up.

✓ **Speed limit 15 mph or slower**

We all have those days when we are running late. Fast driving in the CRES parking lot will do little to help make up time and will significantly increase the chances of an accident. Please drive slowly and be safe.

✓ **Do not stop your car at the drop-off gate in the morning unless a staff member is standing at the curb.** Drive around or pull into a parking space. We cannot make exceptions to this.

If a car stops before 8:30am, it blocks the roadway. When staff or families arrive for work or meetings, they aren't always able to see that the traffic has stopped and lose the option to turn into the gravel lot to park, making the back up even worse. They are stuck in our network of one-way roads.

The parking lot roadway is multipurpose and must be kept clear to function properly. Visitors and staff need to be able to access parking. We understand that many people have places to be in the morning. If your morning timing is tight, consider enrolling your student in our YMCA Before Care which begins at 7am.

✓ **Have your student ride the bus - it's safer, always on time to school, and eco-friendly.**

It may be frustrating to wait in the morning drop-off line. You might actually save time and get on to your day earlier if your child rides the bus.

✓ **Never enter the parking lot the "wrong way", past the Do Not Enter signs.**

We know it's tempting when you see an empty parking space right there, but please resist. The parking lot has a one-way vehicle flow. Turning into the flow of traffic is a very dangerous move. Even if no other cars are coming and you can be quick, it sets a dangerous example for others.

✓ **Alternate vehicles exiting from the gravel and paved parking lots.**

Please be courteous and prioritize safety as you leave the school. We have requested assistance from Rockport Police Department in reinforcing this message.

Thank you, Chris Walker-Spencer & Katie Bauer

CRES Community Garden - Seed Fundraiser Coming Soon!

Fedco Seeds fundraiser information will be coming home after February Break! The deadline to return orders will be Friday, March 13. Start thinking about what you want to grow this year!

K12 Quick Tips

K12 Payment Center is the online payment system used in our district for School Meals and School Fees. It is secure, easy to use, and convenient, and your account follows your child from Kindergarten to Grade 12.

Here's a quick tip about K12:

- When the meal account balance gets low, automatic notifications can be sent to you via email or text.
- You set the amount level for notification.
- When the account balance goes below that amount, you are notified and can send in a payment to school, or make a payment online for a small fee.

Set up your family's account today! Visit www.k12PaymentCenter.com

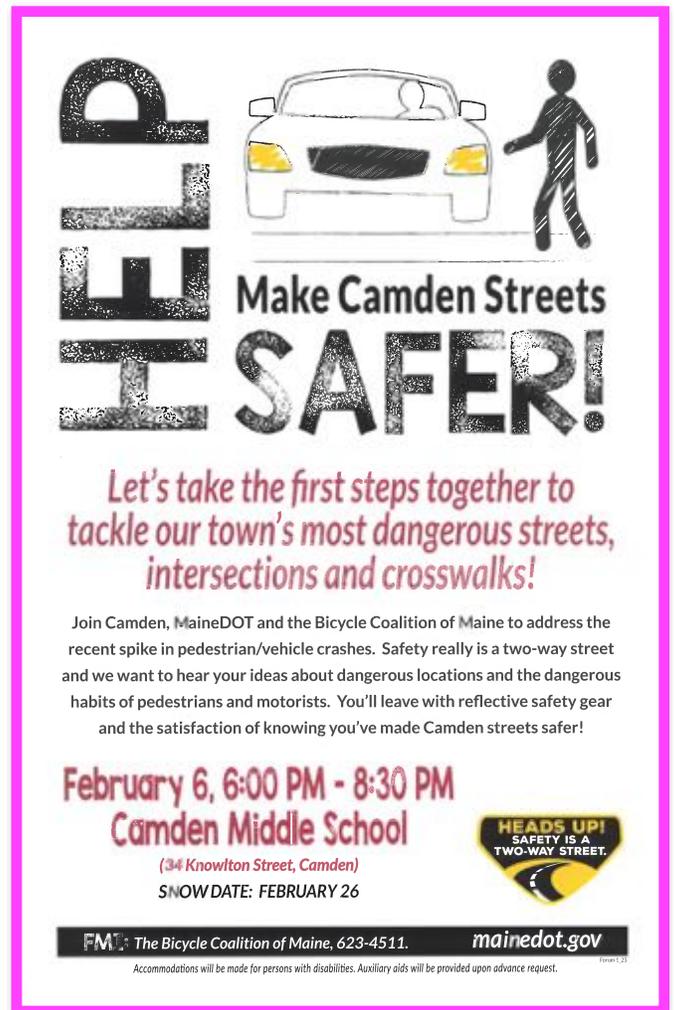


**CRES SPRING
CONCERTS
2020**

Mark your calendars!

Kindergarten: Wednesday, May 27th
1st Grade: Thursday, May 21st
2nd Grade and Multi-age: Thursday, May 7th
3rd Grade: Thursday, April 16th
4th Grade: Tuesday, March 31st

All concerts are at 6pm in the CRES cafeteria
 FMI:
anne.brady@fivetowns.net
 (207) 236-7809 x1171



**MAKE
THE
STREETS
SAFER!**

**Make Camden Streets
SAFER!**

*Let's take the first steps together to
tackle our town's most dangerous streets,
intersections and crosswalks!*

Join Camden, MaineDOT and the Bicycle Coalition of Maine to address the recent spike in pedestrian/vehicle crashes. Safety really is a two-way street and we want to hear your ideas about dangerous locations and the dangerous habits of pedestrians and motorists. You'll leave with reflective safety gear and the satisfaction of knowing you've made Camden streets safer!

February 6, 6:00 PM - 8:30 PM
Camden Middle School
 (34 Knowlton Street, Camden)
 SNOW DATE: FEBRUARY 26

**HEADS UP!
SAFETY IS A
TWO-WAY STREET.**

FMI: The Bicycle Coalition of Maine, 623-4511. mainedot.gov

Accommodations will be made for persons with disabilities. Auxiliary aids will be provided upon advance request.



LEAD LIKE A GIRL SCOUT!
GSME

NEW MEMBER SIGN UP & INFO MEETING. JOIN US!

girlscouts of maine

Receive a **FREE** patch for participating

Become a Girl Scout.
TEXT JOIN TO 59618

girlscoutsofmaine.org

888-922-4763

customer@gsmaine.org

February 26th | 6pm

Camden Rockport Elementary School

11 Children's Way, Rockport, ME 04856

If school is closed or dismissed early due to inclement weather, this event will be canceled

TOGETHER WITH YOUR GIRL, YOU WILL:

- ◆ Sample a fun activity from one of our newest Girl Scout badges
- ◆ Team up with other members of your community to form new or join existing troops
- ◆ Complete your registration and become a Girl Scout!

Discover the Girl Scout Difference:

Girl Scouts offers the best leadership development experience for girls in the world—one that is designed with, by, and for girls.

Girl Scouts unleashes the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ in every girl, preparing her for a lifetime of leadership.

Our Girl Scout Leadership Experience is a one-of-a-kind leadership development program for girls, with proven results. It is based on time-tested methods and research-backed programming that help girls take the lead—in their own lives and in the world.

The inclusive, all-girl environment of a Girl Scout troop creates a safe space where girls can try new things, develop a range of skills, take on leadership roles, and just be themselves.

Our Program

Everything a Girl Scout does centers around STEM, the outdoors, development of life skills, and entrepreneurship, and is designed to meet her where she is now and to grow along with her.



STEM: Computer science, engineering, robotics, and more.

Life Skills: Civic engagement, healthy living, global citizenship, and communication skills.

Outdoors: Adventure and skill building, including camping experiences for all age levels, from the backyard to the backcountry.

Entrepreneurship: The Girl Scout Cookie Program – the largest girl-led business in the world – teaches goal setting, decision making, money management, business ethics, and people skills.

Are you ready to take the lead like a Girl Scout right now? Register today at girlscoutsofmaine.org

This is not a school sponsored event

STRAND FAMILY SERIES

Live performances for all ages!

Pay-What-You-Can Admission: \$20/\$10/\$5/\$0



1/4 11AM

The Legend of the Banana Kid

Frogtown Mountain Puppeteers



2/28 6:30PM

Jazzy Ash and the Leapin' Lizards

New Orleans Jazz



4/3 6:30PM

This World Made Itself and Infinitely Yours

Miwa Matreyek



5/2 11AM

Go Home Tiny Monster

The Gottabees



Sponsored by:



RocklandStrand.com

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JAMMER WINTER FLAG

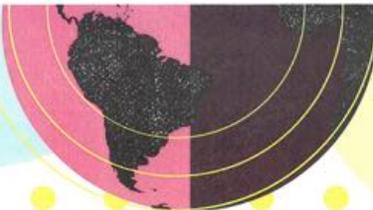
Registration is now open for Five Town Football Winter Flag. The program runs on 6 consecutive Monday evenings from 5:30-6:30 at The Pitch. The program is open to all Five Town students currently enrolled in grades Kindergarten through 8th. During each session participants will be divided into age and skill level appropriate groups to work on football skills, drills and of course flag football games.

Cost: \$50 (covers all 6 sessions) **Dates:** Mondays, 2/24/20—3/30/20 **Time:** 5:30—6:30pm
Location: The Pitch, 2606 Camden Rd, Warren, ME

Registration must be complete online in advance of the first session attended. Find the registration link at www.fivetownfootball.com or go directly to the registration page at: <https://fivetownfootball.sportngin.com/register/form/202154916>



WWW.FIVETOWNFOOTBALL.COM



PENOBSCOT LANGUAGE SCHOOL

(FREE CULTURAL EVENT)

SPANISH LANGUAGE CHILDREN'S STORY HOUR & SING-A-LONG

FREE & open to ALL families!

Traditional children's songs and stories from **SPAIN & LATIN AMERICA!**

JOIN US EACH SATURDAY IN FEBRUARY

10:00 - 11:00 AM

Penobscot Language School is located at 28 Gay Street, Rockland, ME 04841. Please call (207) 594-1084 for more information or email director@penobscot.us

CRES Dories

www.fivetowns.net/cres

236-7809

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