

# WINDJAMMER NEWS

## February Dates:

Wednesday, 2/8:  
Early Release @  
2pm

Tuesday, 2/14:  
Valentine's Day

Friday, 2/17:  
Early Release  
Holiday @ 12:15pm

Monday, 2/20:  
Presidents' Day - No  
School

2/21-2/24:  
February Break - No  
School



## Tips for Starting the Spring Semester!

Spring semester provides opportunities for our students to show growth and for seniors to close the year on a high note. As we begin the spring semester, I want to share some tips to help students have a productive and positive semester.

### Revisit your goals!

Setting new goals or revisiting existing ones is one of the best ways to begin a new semester. Even when challenges come, goals help students continue to move forward. Students' sense of pride after achieving their objectives will encourage them to continue setting goals throughout their lives.

### Academic goals:

For the newest members of our CHRHS community, I encourage our 9th graders to use the advisory time to reflect and set new goals for their courses. Transitioning to the 0-100 grading structure can be challenging, making February a great time to reflect and adjust. For all students, strive for growth. If you had a not-so-stellar grade first semester, reflect on what you need to do to show improvement. If you feel good about your academic performance, keep working hard to maintain your spring semester grades. Course registration for next year starts this month; consider new ways to challenge yourself when selecting course levels or electives.

### College goals:

Conversations about post-secondary planning are starting to shift to our juniors and sophomores. I encourage all students to meet with their school counselor to share their vision upon graduation. It's also essential to develop a relationship with your counselor, as they will be one of the individuals writing you a letter of recommendation for your college applications.

Spring is an excellent time to research colleges online and in person. Mr. Lammert has a [list of tips](#) for anyone considering college visits. Additionally, this is the time to think about standardized test preparation. CHRHS is an official testing center; we will administer the PSATs in October and SATs on select Saturdays. While most colleges are test-optional, students should talk with their counselor about developing their college application profile and how standardized tests fit within their overall profile goals.

Continued from page 1.

**Extracurricular Goals:**

Don't just walk the halls of CHRHS; get involved. We have diverse options for students to explore their interests, widen their circle of friends or gain leadership experience. In the realm of extracurricular activities, choose quality over quantity. Use your time wisely by investing in activities that align with your core interests and deepen your involvement by taking on leadership positions.

**Personal Goals:**

Prioritizing personal well-being is critical to reaching your goals. Schedule movement and adequate sleep into your routines. Add color to your plate with healthy options. Reduce FOMO by limiting social media. Practice self-care. Advocate for yourself but be open to accepting help. Consider ways to improve your overall wellness as you strive to reach your goals this semester.

**Best wishes for a great spring semester, Go Jammers!**

Jen

*So many students, so little time....*

*BOGAN - THE THERAPY DOG VISITS  
CHRHS LIBRARY FOR SOME MIDTERM  
COMFORT!*



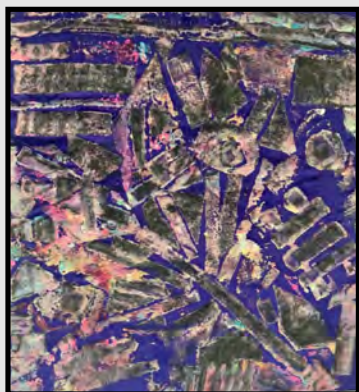
# Messages from the Main Office

## **REMINDER!**

Students are reminded to carry your ID card at school. The card scans you into the building, scans students in/out for open campus and early release late arrival, and allows access to use the printers.

If you have lost your card and need a replacement.

Email [idcard@fivetowns.net](mailto:idcard@fivetowns.net)



Exploring Art & Music - Top Emily Brown '24, below left to right: Lilly Robbins '26, Hannah Flaherty '23, Emma Lawrence '25

## **Snow Days /Remote Snow Days/Delays:**

**Snow Cancellation/Delay Notifications will be announced through the following methods:**

1. Automated calls from the School (voice call/email/text)
2. School Facebook page
3. Village Soup - [www.villagesoup.com](http://www.villagesoup.com)
4. WCSH - Channel 6

Most of our regular media outlets have a "Remote School Day" option, so in addition to using our internal messaging "all-call" (phone, text and email to notify parents between 5:30-6am), we will post the Remote School Day message in local media outlets. The only one that does not have this option is Village Soup, so we will not post Remote School Day messages there. It will also be on our websites.

## Camden Hills Athletics From "The Hart"

Jeff Hart, Athletic Director



The **2022-23 Winter Sports Season is starting to wind down**, with the final few regular season activities happening during the first two weeks of February. We will then move into the postseason and all our teams are on course to compete for conference, regional and state championships. Many of these events take place during February Vacation, so make sure to check Facebook Athletics for all scheduling updates as we move forward.





Spring Sports are right around the corner and here is some important information and dates for you . . .

**Spring Sports** start with baseball and softball being allowed to work with developing the throwing arms starting with the week of March 20<sup>th</sup>. All other Spring Sports start on March 27<sup>th</sup>. Here is the link for students to sign up for all our Spring Sports, which include Track and Field, Baseball, Softball, Boys Lacrosse, Girls Lacrosse, Boys Tennis, Girls Tennis, Sailing, and Ultimate Frisbee . . .

### [Spring Sports Sign Up Form](#)

We will have a meeting on **Thursday, March 2<sup>nd</sup> at 3:30 in the gymnasium for all students** who will want to participate. This meeting will be a chance for the coaches to meet with everyone and hand out important information.

One important piece of information for the Spring is that most activities have events that take place during April Vacation, so plan accordingly.

I hope to see you at all the upcoming events!

### **Go Windjammers!**



**News from the Traditional Lifeskills Crew**  
**Anastasia Alley, Teacher**

Hey Windjammers!

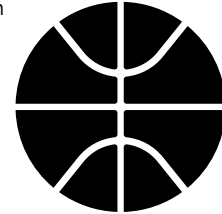
The CHRHS Special Olympians are beginning the Unified Basketball season & we'd love to have fans in the stands!

*See the schedule below for home games...*

We are also looking for Unified Partners. Unified Partners are fellow students who would like to assist/partner with special olympic athletes on the basketball court as part of the CHRHS Windjammer Unified Basketball Team.

Please see Mrs. Alley in room #332 for details.

Practices are held TWTh @ ½ court in the gym during Flextimes- come join us & check it out!



**22/23 Unified Basketball Schedule:**

02/13/2023 4:00 @ Lincoln Academy (AWAY)

02/16/2023 3:30 @ Oceanside (AWAY)

02/28/2023 3:30 vs Oceanside (HOME)

03/03/2023 4:00 @ Belfast (AWAY)

03/14/2023 3:30 vs Medomak (HOME)

03/16/2023 3:30 vs Lincoln Academy (HOME)



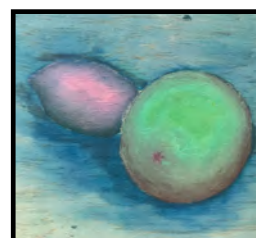
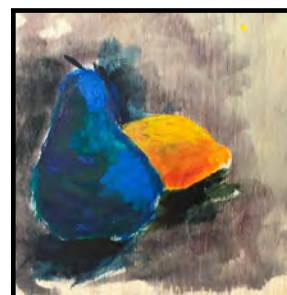
**Sofia Howell '24**



**Advance Art Portfolio**  
**Kirsten Campbell, Teacher**

Color Studies with fruit!

Featured work clockwise from top:  
Lute Campbell '23, Isabelle Powers '23,  
Lily Stowe '24, Abby Williams '23, Greer Lafiura '24,  
Lily Stowe '24 and center Isabelle Powers '23



## Drawing Carolyn Brown, Teacher

Ms Brown's Drawing class wrapped up the 1st term with pastel exploration. After some color mixing experimentation, they developed those skills by drawing clouds, from photo references. Congratulations on beautiful work!

Featured work: right- Mia Matos Powers '26, 2nd row left to right Taber Twitchell '23, Karly Putansu '26, Mabel Wright '26 and bottom Whitney Frank '24, and Addie McPhail





Program sign ups begin on February 1, 2023. Go to [mcst8.org](http://mcst8.org) and hit the 'apply' button in the top left corner. This will provide you with a form to fill out. Also, you need to see Ms. Pelletier in rm 351 or email: [carol.pelletier@fivetowns.net](mailto:carol.pelletier@fivetowns.net) to schedule program shadows which will begin on Mar 1, 2023.

A vertical recruitment poster for Mid-Coast School of Technology. The background is a blue and white abstract design with a large, stylized "NOW." in the upper left. The text "Your time is" is above "NOW.". Below this, it says "Apply now for the 2023-24 school year!" and "www.mcst8.org/apply". A section titled "PROGRAMS" in green lists various offerings in two columns. The right side of the poster features a collage of photos showing students in various work environments, including a kitchen, a workshop, and a construction site. At the bottom, the "MID-COAST SCHOOL OF TECHNOLOGY" logo is displayed, along with contact information and social media handles.

Your time is  
**NOW.**

Apply now for the 2023-24 school year!  
[www.mcst8.org/apply](http://www.mcst8.org/apply)

**PROGRAMS**

Auto Collision	Firefighting
Auto Technology	Machine Tool
Baking & Pastry	Marine Technology
Carpentry	Medical Science
CNA	Outdoor Leadership
Composite Manufacturing	Pre-Engineering
Culinary Arts	Sm. Engines & Com. Diesel
Design Technology	Welding
EMT	Cooperative Education

**MID-COAST**  
SCHOOL OF TECHNOLOGY

P: 207-594-2161 W: [mcst8.org](http://mcst8.org) f [@MidCoastTech](https://www.instagram.com/MidCoastTech)

MCST January Students of the Month:



Hazel Crabtree-Outdoor Leadership, Xavier Miller-Design Tech II, Hadrian Ward-Machine Tool



**Welding & Metal Fabrication**  
*Hommage to Louise Bourgeois - Westen Dewaard '23*



# FLORIDA INDIAN RIVER GROVES FUNDRAISING

Vero Beach, Florida • [www.FloridaIndianRiverGroves.com](http://www.FloridaIndianRiverGroves.com)

## Support Our Online Fruit Fundraiser

ALL PRODUCTS SHIP DIRECTLY TO THE DOOR.

Camden Hills Regional High School, 2<sup>nd</sup> Annual Citrus Fundraiser to Benefit Wellness Activities and Our CHRHS Community Health

Open Order Dates-January 23 through March 24<sup>th</sup>, 2023.

**CLICK TO ORDER ↓**

<https://shop.floridaindianrivergroves.com/ecommerce/958042>

### NAVEL ORANGES



### PINK GRAPEFRUIT



### MIXED NAVELS & GRAPEFRUIT



### MANDARINS



### NAVELS • PINK GRAPEFRUIT • MANDARINS



### NAVELS • PINK GRAPEFRUIT • APPLES



### HAMLIN JUICE ORANGES



### RED DELICIOUS APPLES



### NAVELS & MARMALADE



### NAVELS • APPLES • PEARS



### TOFFEE & MANDARINS



### PECANS & MANDARINS



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FORM #2021 - STH02