

WINDJAMMER NEWS

December Dates:

Wednesday, 12/6:

Early Release @
2pm

Thursday, 12/14 @ 7pm:

Chorus & Band
Winter Concert
(Strom Auditorium)

12/22 - 1/1:

Vacation Break/No
School

Monday, 1/1/2024:

Happy New Year!



Note from the Principal

As we bid farewell to November, I am grateful for the incredible moments and achievements gracing Camden Hills. This month has provided ample reminders of the talent, sportsmanship, traditions, and generosity that define our school community.

At the forefront of our November highlights was the performance of our school musical, "Something Rotten," which brilliantly showcased our students' incredible talent and dedication. The cast, crew, and everyone involved poured their hearts into this production, leaving the audience in awe. The unity within our tight-knit theatre community extended beyond the stage, as demonstrated when our theatre program attended MVHS's production of "The Little Mermaid." In a heartfelt exchange, they reciprocated the favor by enthusiastically attending our production, underscoring a beautiful and appreciative connection between our creative communities.

Throughout the fall season, our athletic teams have excelled. Three of our teams—golf, cross country, and field hockey—earned well-deserved **MPA Sportsmanship Awards**. Four of our devoted coaches, **Helen Bonzi, David Root, Meredith Messer, and Joe Russillo**, received **Coach of the Year** accolades, underscoring their outstanding leadership. Individual student-athlete accomplishments were noteworthy, as **Cam Brown** earned the KVAC Player of the Year award in boys' soccer. Additionally, **Jenna VanRyn** and **Will Myers** individually qualified for New England's in cross country, while **Lila Dailey** secured a spot in New England's for golf. Most impressively, thirty of our athletes earned KVAC All-Academic honors. I am grateful for the joy our sports teams brought us all season long, including an undefeated run for our football team.

During one joyful day in November, our **Student Council** members worked hard to create the much-anticipated return of the beloved **Turkey Bowl**. This holiday-themed spirit assembly infused CHRHS with joy and festive celebrations. The ultimate prize for the most spirited class, a golden baster to our sophomores, added a playful touch to the event. Our entire school is grateful for our amazing Student Council and we look forward to them bringing even more excitement to next year's holiday games.

In a heartwarming display of generosity, our school community also came together to bring Thanksgiving joy to 50 families and over 75 students in need. Through the collaborative efforts of community donations and the local Camden Area Food Pantry, we provided nourishing holiday meals to those facing challenging circumstances. The volunteerism of our Community Fund Advisory members played a crucial role in organizing and distributing these meals. This collective act of kindness filled stomachs and warmed hearts, showing how CHRHS is a force for good.

If you would like to donate and increase our capacity to help families during the holiday season, please contact me at 236-7800 or at jen.curtis@fivetowns.net. Every dollar donated goes directly to families in need.

These accomplishments, whether on the stage or the field, through cherished traditions or acts of generosity, highlight the strength and unity of our CHills community. As we approach the holiday season, let us carry the spirit of gratitude forward, appreciating the remarkable achievements and connections that make Camden Hills special.

With Jammer pride during the holiday season!

Jen



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 the use the printers.

If you have lost your card and need a replacement:

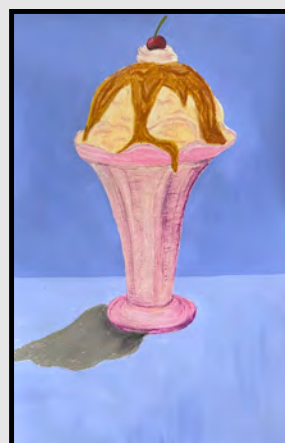
Email idcard@fivetowns.net

FYI

EMPTY BOWL SUPPER

(scheduled for December 14th)

Has been postponed this year.
The event will be rescheduled for the evening of the Spring Chorus Concert in May!



Drawing II Treats: Madeline Tohanczyn '25 and Abby Aldridge-Peacock '26

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. 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. It will also be on our websites.



Free Holiday Meals

COULD YOUR FAMILY USE A LITTLE EXTRA HELP THIS HOLIDAY?

Once again, we have the good fortune of being able to provide 30 families with gift cards toward holiday meals. If a Meal Kit is a better fit for your family, we are happy to gather the items that best meet your family's needs and preferences.

If your family could benefit from this support, please fill out this form before December 6th. FORM:

<https://forms.gle/pRUVHQRF9w9pCCA59>

Gift Cards can either go home with your child or be sent home in the mail, with our final mailing scheduled for Friday December 15th. If you have any questions, please reach out to katie.cronin@fivetowns.net.

Feel free to share this email with other Chills families!

And finally, in the spirit of the season - if you would like to donate the the CHRHS Community Fund to increase our capacity to help our families this year, please contact Shaunna

Brown at 236-7800 x 3263 or email to

Shaunna.brown@fivetowns.net

Holiday Season News from the Transitional Life Skills Program

Unified Turkey Bowl 2023!

The transitional lifeskills program students and volunteers had a great time at the annual 2023 Unified Turkey Bowl on November 17th.

Mrs. Alley, the event organizer and coach, would like to thank all Unified partners, scorekeepers, coaches, families and athletes who were a part of this fun bowling event!



Indigenous Voices with VPA Gifted & Talented Jane Chamberlain & Kirsten Campbell, Teachers

VPA Gifted & Talented students and Jane Chamberlain's class, Indigenous Voices, attended ***Dances with Ivory*** at the Waldo Theater in Waldoboro October 12th.

CHRHS students were invited to a performance created and performed by Dr Lisa Cheryl Thomas, a citizen of the Sovereign Cherokee Nation Tejas. Dr. Thomas' native name, Dadalasgisev Unegv gola, translates into Dances with Ivory.

Dressed in native regalia, Dr. Thomas tells First Nation stories using multiple instruments, including piano, native flutes, a soundboard, as well as singing and speaking. Her native storytelling illustrates the significance of the oral tradition native culture that was not written down.



Soup Saturdays at Guini Ridge Farm!



Come to the Christmas Market at Guini Ridge Farm on Saturdays in December from 9-2.

12/2, 12/9, 12/16 & 12/23
310 Commercial St., Rockport

The French Club will be selling soup and bread for \$5.

This is a fundraiser for the trip to Québec City in February!

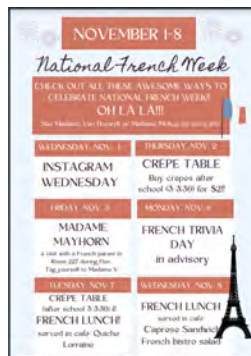


GERMAN EXCHANGE TRIP CHRISTMAS TREE PICKUP FUNDRAISER

Would you like your Christmas tree picked up and disposed of for you?
If so, scan the QR code link to the sign up form, and sign up for one of two available dates—
Dec. 30 or Jan 6.

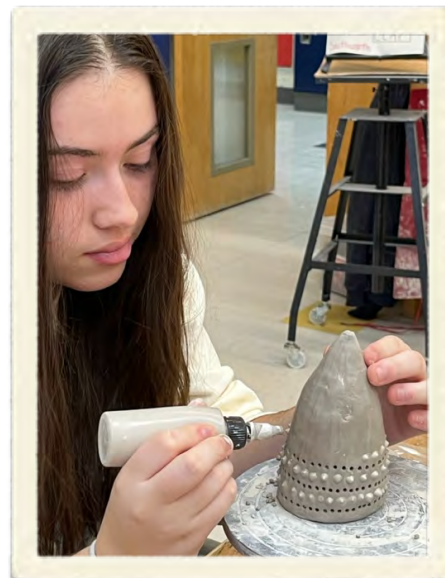
Proceeds benefit the Germany Exchange!

National French Week 2023 was a huge success! Students enjoyed a French themed lunch, made lots of crêpes, had fun in the Parisian themed photo booth, tested their knowledge about the Francophone world in a trivia contest, and had a chance to talk to Madame Mayhorn during Flex about her life and experiences in France. Thank you to everyone who participated in some aspect of this fun week!



Clay I

Suzanne Southworth, Teacher



Clay I students hand built mugs and abstract sculptures.

Clockwise from left:

Anna Hildreth '24 - hands & mug, Karly Putansu '26, Zeke Dieter '25 and Noah Teel '25, and Alida Trumbauer '26

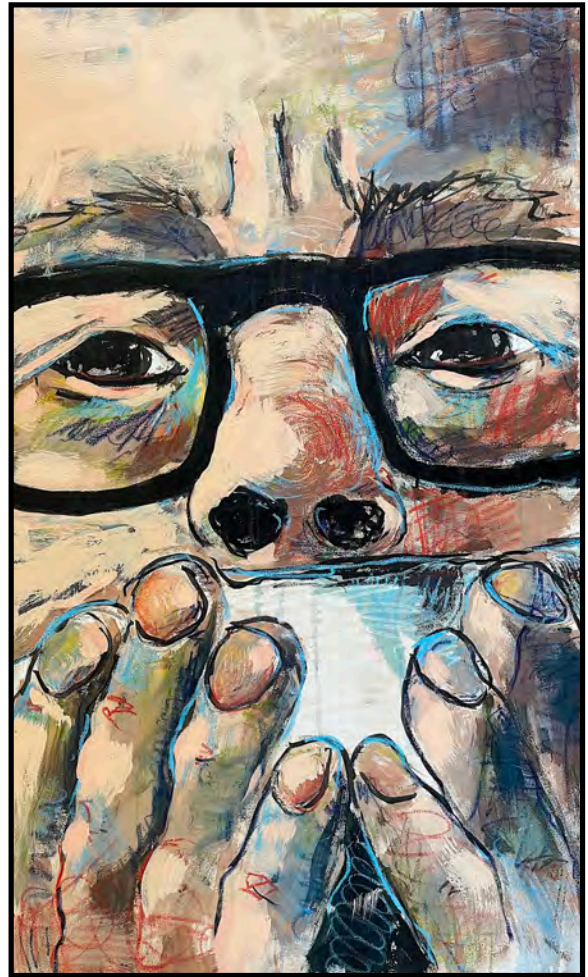


Advanced Art Portfolio II

Kirsten Campbell, Teacher

Students working toward their AP Portfolio, Sofia Howell, Greer LaFiura, and Lily Stowe - are each engaged in Independent Investigations, which over the year, will be reconsidered and refined, resulting in a final 15 piece AP Portfolio.

Featured: left to right - Sofia Howell '24, Lily Stowe '24, and below - Greer LaFiura '24

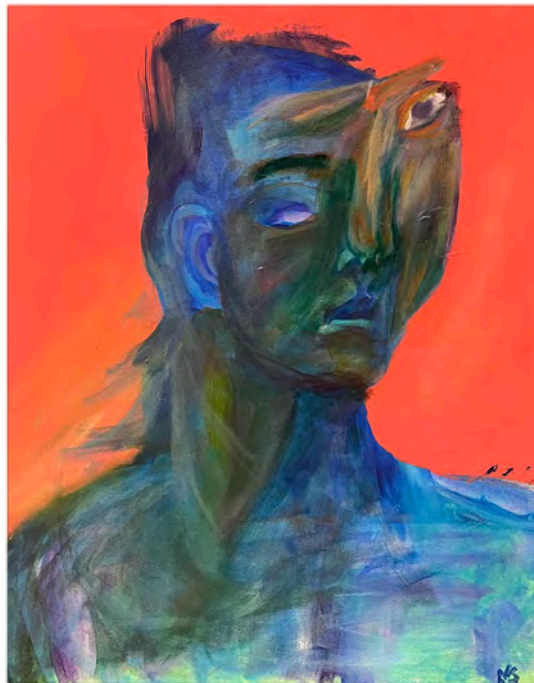




Painting II
Kirsten Campbell, Teacher

Students working on self portraits, all the while discovering influences from significant artists through history.

Mia Matos Powers '26 (Modigliani), Matilda Marks '26 (Monet), Natalie Lindahl ' 25 (Francis Bacon)



"Save the Date!"
January 18th @ 7:00 PM
Strom Auditorium

Modeling Matters:
What Parents Need to Know (and Do) to Decrease Stress, Worry, and Anxiety
Speaker, Lynn Lyons

The current news about young people and mental health has created warranted concern, but the information can be overwhelming and hard to sort through. Parents need strategies to help their children manage their anxiety, moods, and social pressures. Based on current research and over 30 years of clinical experience, Lynn Lyons will talk about the common traps adults fall into, and the key adjustments needed to prevent and help mental health challenges in our kids."

Lynn Lyons is an international speaker and psychotherapist based in Concord, New Hampshire helping children and families manage anxiety disorders.

POP!

Drawing II
Carolyn Brown, Teacher

Featured left to right: Charles Nicolet '25, Luciana Hall '26 and Jack Steere '24



CHRHS YEARBOOKS

Still available for purchase!

Go to:

<https://www.jostens.com/apps/store/customer/1067667/Camden-Hills-Regional-High-School/>

Would you like to recognize a Senior in your life?
You can order a Senior Recognition Ad in the yearbook!

Do you own a business in town and want to support the Class of 2024?
You can order a Business Ad in the yearbook!

We have multiple sizes at multiple price points!

Go to <https://www.jostens.com/yearbooks/students-and-parents/yearbook-ads>

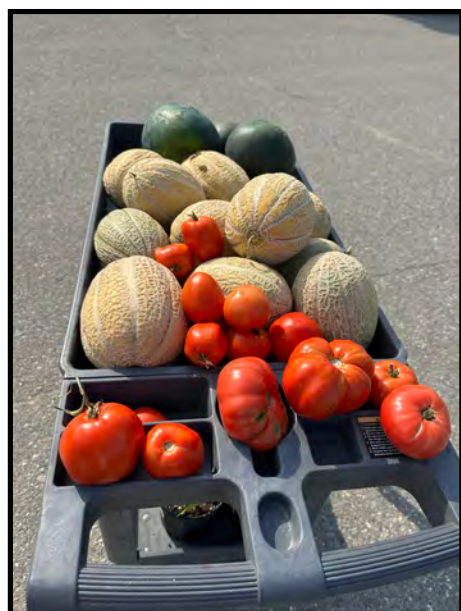


CHRHS Garden News

The school garden had a very productive season and many hands involved made this year one of the most successful years yet.

We had several students work for pay or volunteer their time. The students had support from adult supervisors, Erica Anza and Margo Murphy, to coordinate planting, weeding and harvesting. Additionally, many garden projects were completed. These included a new raised bed that was built and installed with the help of the Hatchery summer

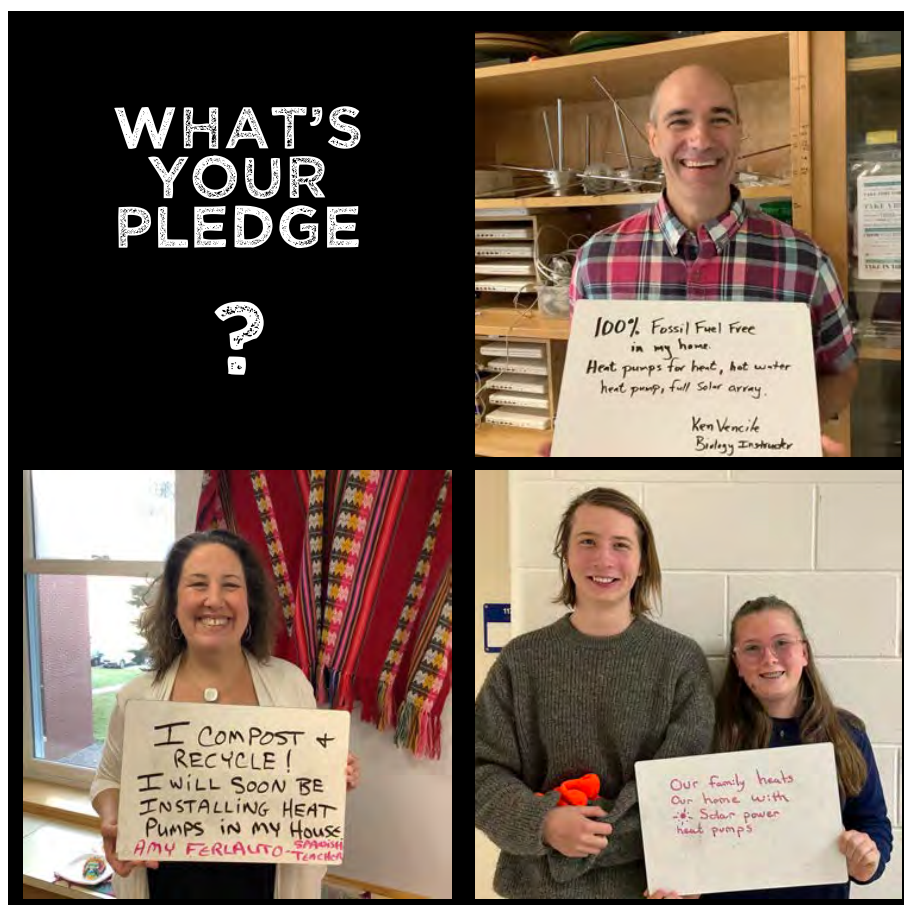
interns, rebuilding stairs and the patio area, installing new fencing around the garden and orchard. To install the fencing, we had help from a wonderful group of community members that helped the summer gardeners. Students from Rising Tide finished it up this Fall.



Funds to purchase fencing came from Maine Agriculture in the Classroom grant, a statewide organization that supports school gardens, and proceeds from the annual plant sale. It was clear that fencing was key to keeping out the deer, groundhogs and other critters that wanted what had been planted.

We will continue to harvest until a freeze ends the growing season. Rising Tide students will help put the garden to bed and plant garlic for next year. That will allow for some rest for all that helped this year until the next growing season.

If there are any parents or students interested in getting involved with the school garden, please contact Margo Murphy or Sarah Mismash.



SUSTAINABILITY: WE'RE ALL IN THIS TOGETHER CONTINUED

The new push to electrify heating, especially in areas previously relying on heating fuels like fuel oil and propane, has allowed many households in our community to reduce or eliminate dependence on fossil fuels. While the power from Maine's grid comes from many different sources, electrifying heating, especially in a cold climate like ours, provides an easy pathway to then making sure the power comes from renewal sources, maybe even solar panels established at the home site or through a solar farm collective. Governor Mills announced in July that Maine had met its goal to install 100,000 new heat pumps, and hoped to install another 175,000 by 2027. As reported by Bloomberg, roughly 20% of new homes in Maine have heat pumps, an installation rate more than three times the national average.

Staff and students are excited about their heat pumps! Spanish teacher Amy Ferlauto (pictured above) is enthusiastic about her upcoming plans to install heat pumps at home. "I want to lessen my fossil fuel impact...it's important that I do what I can to save the planet!" She will be applying for special loans designed to facilitate the purchase of residential heat pumps.

Science teacher Margo Murphy helps students understand how heat pumps work and why they are being heavily promoted within the state in both Grade 9 Global Science and AP Environmental Science. "From my polling of freshmen, most don't know how their houses are heated beyond that they have a thermostat. Families looking to install a heat pump need to understand all the ways a house consumes energy. Heat pumps are my primary way to heat (and cool) my house (with an oil furnace as a back-up source), and when I first had them installed my electricity bill went up, but I also went from buying 1200 gallons of fuel oil a year to maybe 200 now. You have to look at both sides of spending." Check out efficiencymaine.com for information about current rebates or incentives.

Let's not waste this holiday season!

Approximately 2.3 million pounds of wrapping paper finds its way to landfills each holiday season. This year, Windplanners presents you with a greener option that lets you give the gift of sustainability. Combat waste with the choice of recycled newspaper gift wrap, screen printed with holiday themed designs here in our own hatchery. The newspaper is intercepted from the waste stream, most of the paper we use is collected from gas stations when it is on it's way to the landfill. Taking advantage of our free offering gives the newspaper a new life, and makes the holidays guilt free. The paper gift wraps will be available in the front foyer that's near the main entrance. This year we will also be offering reusable fabric gift wraps that can be reused at every gift giving occasion. The paper wrapping will be free for students to grab during the school day donations are appreciated, and the fabric gift wraps will be sold during flex at a table near the library for \$5 and up depending on size.

Happy holidays!



Get the Skills You Need to Get Back to Work



Career Counseling Cassie Robichaux

Cassie Robichaux is the Career Advancement and Navigation Specialist for HUB 7. HUB 7 serves Maine's Knox, Sagadahoc, Lincoln, and Waldo counties.

Her primary goal is to support underemployed or transitioning adults (16+ and not currently enrolled in high school) in career planning services for education, training, and employment. She also works to create pathways to help employers attract qualified candidates through community outreach and helping them to connect with free hiring services.

If you would like to learn how you can advance your career, or kick start your hiring, please contact



her at cassie_robichaux@msad40.org or 857-277-4289. Or simply scan the QR code and complete the simple survey.

We're looking for a few good employers and employees ...

Bridge To Employment in the Midcoast

The programs of MidCoast Adult Education 7 have been awarded a competitive Strengthening Maine's Workforce grant to deliver services under the project title, Bridge to Employment in the Midcoast. Grant funding is available for employers who need support systems to access employees; and to potential employees who show a training need and are defined as:

- People or communities of color
 - Low-income
 - Immigrants
 - People with low levels of literacy
 - Women
 - The underemployed and unemployed
- Eligible business sectors include healthcare, manufacturing, transportation, hospitality, and retail. Others may be possible if trainees themselves are eligible. Need help to move forward? Wondering about your eligibility? Contact the Bridge Coordinator, Joe Catalano at joseph.catalano@fivetowns.net.



Five Town CSD Adult Ed has been offering a variety of programs since 1969. Whether your needs are academic, workforce, or just to have fun, we have something for you. Many of our offerings are available year-round, and we have an excellent selection of online courses.

Academic

The Adult Learning Center is open 12 months a year for academic support. Adult Education is your path to college and career success. Grant funding is based on learner eligibility and varies depending upon the career path chosen. We can help with that.

Certificate Programs

Among our most popular online certificate programs are Data Analysis, Bookkeeping, Project Management, Leadership Development, Mastering Excel, Accounting Fundamentals, and QuickBooks Online.

Drivers Ed

A new driver's ed class begins every month at CHRHS. Go to www.roysdriving.com, look for the Rockport location, then check for the schedule and availability.

Get out this winter with adult ed!

One night Oil Painting Open Studio
12/12, 12/19, 1/16, 1/23, 2/6, or 2/13 - CHRHS

Sewing with Knit Fabrics, begins 1/8 - CHRHS

Registered Maine Guide Free Info Night, 1/9 - Zoom

Tai Chi for Beginners, begins 1/10 - Zoom

Qigong, begins 1/10 - Zoom

Cross-country Skiing for First Timers, begins 1/20 - CHRHS

Cross-country Skiing for Beginners & Up, begins 1/20 - CHRHS

Ski Lessons for Beginners, begins 1/24 - Snow Bowl

Jewelry Spin Ring Workshop, 1/31 - CHRHS

Mushrooms, Edible and Medicinal, 2/6 - CHRHS

Jewelry Killer Cuff or Bookmark + Messages in Metal, 2/7 - CHRHS

visit fivetowns.maineadulted.org