

WINDJAMMER NEWS

January Dates:

Monday, 1/15:
MLK Day, No School

Wednesday, 1/17 @ 7pm:

**CHRHS Jazz Band,
Treble Choir &
Chamber Singers**

Thursday, 1/18 @ 7pm:
"Modelling Matters"
with Lynn Lyons,
Strom Auditorium
see page 19.

Friday, 1/26:
End of Q2

Friday, 1/26:
Early Release @
12:15pm



HAPPY 2024!

CHRHS closed out 2023 with collaborative and generous spirits.

The **CHRHS Community Fund's** equity initiative provided holiday assistance for 50 families this season. See page 2.

The **Field Hockey** team, the **International Club** and the **Camden for Community Club** all held toy drives and wrapped presents for families in need.

Where are they going? After a long break, CHRHS students are back to traveling!! Within the next year there are exchange, service and cultural trips to **Germany, Mexico, Dominican Republic and Quebec**. The **Band and Chorus** will be heading to **NYC** in early April for the **Worldstride's Heritage Festival**. Students raised money by holding a number of fundraising events throughout the fall and over the holiday season including car washes, picking up Christmas trees, selling bake goods, soup, *crepes*, pizza, and a giant mattress sale in the CHRHS cafeteria!

The **Edna St. Vincent Millay Library** here at CHRHS has been a busy place with themed days and Bogan the therapy dog has returned for visits! See pages 7 & 8..

End of 1st Semester

This year we will follow the school calendar and regular daily schedule during the midterm exam window, January 18th to 30th.

Teachers are not required to give a midterm exam and may use alternative methods to assess student understanding, including projects, presentations, or final drafts of a written assessment.

They may also opt to continue with regular instruction and conduct assessments earlier in the semester.

Students are expected to attend all classes during midterms, regardless of the instructional format.

A word from the Principal & School Social Worker

Reflecting on CHRHS Equity Initiatives

For many of us, the fall and winter holidays are a time of joy and celebration. For some students and families, however, the holidays can be a stressful time, both financially and emotionally. We are proud of the services offered to our students to help alleviate the stress of the holidays and to support learning every day. Food insecurity is tackled through free breakfast and lunch for all students, along with continuous access to milk and fruits while at school. Our wraparound services include a fully stocked food pantry, an after-school snack pantry, and holiday meal services. We supported 78 students and their families with meal assistance for Thanksgiving, as well as meal assistance for 65 students and their families over the holidays. Additionally, we pivoted our gift assistance efforts to providing gift cards so that families could choose their own gifts. We provided this to over 30 families, reaching 45 students. Funding for our equity initiatives is provided by CHRHS staff, community donations, local support (Camden Area Food Pantry), and no overhead costs. Due to the volunteer efforts of our Community Fund Advisory Committee, 100% of the donations went directly to serving the needs of our students. Thank you to the committee members: Jen Curtis, Shaunna Brown, Katie Cronin, Megan Bendson, Carolyn Brown, Kristen Campbell, Mary Wells, Kim Nicolet, CFC members, Worker Bees, and all of our "holiday elves."



A word of thanks

"I want to express my extreme gratitude for the generosity of this community. I am beyond grateful for the financial help during the holidays when finances are a stressor for many families trying to give their children a blessed Christmas. The help towards my CMP bill was the best gift to me as a single parent struggling to maintain the essentials! The sense of relief that I feel is enormous right now!"

If you would like to donate to increase our capacity for future giving, please reach out to Principal, Jen Curtis at jen.curtis@fivetowns.net or at (207) 236-7800

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 it@fivetowns.net



CHRRS 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>

Drawing II: Lunch - Jack Steere & Skiing - Will Minery '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.

Health Office News

A friendly reminder for all students in Grade 11:

The following vaccine requirement is for **all** students entering **grade 12** in order to attend on the first day of school year 2024-2025:

Two doses of meningococcal vaccine (**MCV4**) are required for students entering 12th grade, with a minimum interval of 8 weeks between dose one and dose two. **If the first dose of meningococcal vaccine was administered on or after the 16th birthday, a second dose is not required.**

Documentation of immunizations should be received prior to the first day of the 2024-25 school year.

If you have any questions please contact Kim Nicolet RN
kimberly.nicolet@fivetowns.net or
call 236-7800 ext 3250.

Intercultural Club

Renee Randall, Advisor

This past holiday season, the **Intercultural Club** collaborated with a local volunteer organization called **Connecting Across Cultures, The Riley School, and Our Lady of Good Hope Church** to organize a toy and gift card drive for the children of asylum seeker families residing in temporary shelter hotels in Southern Maine. These families, who have fled violence and persecution, sought asylum at the U.S. border and then traveled to Maine. The Intercultural Club aimed to bring joy to these families by collecting toys and gift cards that were distributed at a holiday party at the end of December. The club focused on gathering gifts for children aged 7-12 and requested donations with a value between \$10-25. Our goal was to collect 36 toys for children aged 7-12, but we ended up with even more donations than we set out to collect. On December 14th, together with the **CHRS Camden for Community** club, we wrapped 44 gifts for children. We also donated wrapping paper and gifts for expecting mothers living in the hotel shelter. To further spread joy, we entered everyone who donated to our cause into a VISA gift card raffle. The initiative marked the club's first participation in such a toy drive, emphasizing the importance of spreading joy and making a positive impact on the lives of children of asylum seeker families. Throughout the campaign, the club provided updates on the number of toys collected and encouraged continued support from the community to meet our goal.



International students left to right: Selina Bechmann (Denmark), Dorina Bugai (Moldova) and Stanislav Chornopyskyi (Ukraine)



French IV
Abby Van Hoewyk, Teacher

Bûche de Noel Competition: French IV students had 30 minutes to make their most authentic *bûche de noel* (yule log cake), which is a traditional French dessert around the holidays. Senior, Eric LeBlond won first place for the most realistic *bûche*.

Students left to right below: Amelia Porter '24, Harper Coburn '25, Iain Larsen-Leavins '25, Jocelyn Serrie '25, Zola Roberts '25, Liam O'Dwyer '24, Ben Pike '25



ESVM LIBRARY



WINTER NEWSLETTER

THANK YOU
HATCHERY!

Students in the Hatchery have been busy helping get the library in tip top shape. They created over two dozen new book stands to help make the shelves look amazing. They also created a platform out of the old gym floor so that Ms. Kopishke, the vertically challenged librarian, felt more comfortable standing behind the very tall circulation desk.



THEMED DAYS

Check out the themed days of the week in the library. They are:

- Make-It Monday (coloring & crafts)
- Tiny Sticker Tuesday (free stickers)
- Wordy Wednesday (word games with prizes)
- Trivia Thursday (questions for candy)
- Fun Friday (board games)

ON DISPLAY

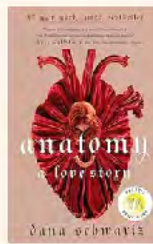
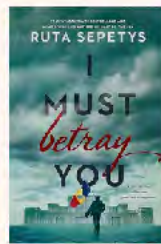
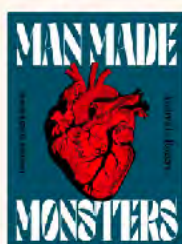
Our front book display has been in constant rotation. Right now, you can come in and find "BIG BOOKS LAST LONGER THAN NEW YEAR'S RESOLUTIONS." The long winter days make the perfect time of year to curl up with a good book (or two... or three).



DID YOU KNOW?

AUDIO BOOKS ON SORA...

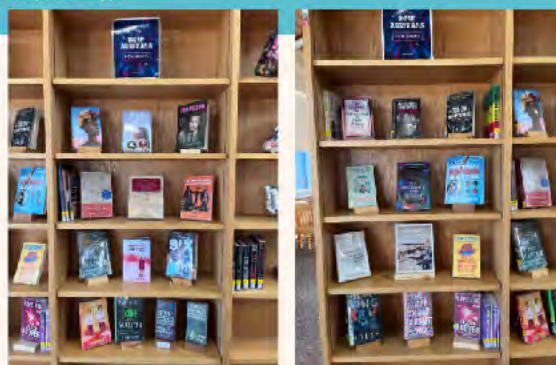
If you're an audiobook fan, you should check out these offerings on Sora. These are all titles that made the Maine North Star Young Adult Book list this year! Simply come into the library to check out the display. Each book on display is accompanied by a QR code that will link you directly to the book.



WHAT'S HAPPENING NOW?

I'm glad you asked. Bogan the therapy dog has started making visits to the library. Her next visit(s) will be during the upcoming midterm testing weeks. Stop in and spend some time with the very lovable Bogan. We also had a shipment of NEW books arrive the week before winter break. They are all on display behind the couch. Come in and check them out (literally).

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WHAT'S HAPPENING NEXT?

Good question. I'm always looking for fun new activities, displays, crafts, books, etc. A winter book order is in the works. If you have any suggestions, please come into the library and share those. Also, with midterms coming up in the near future, some stress relieving activities are in the works.

Speaking, Listening, Reading, Writing: 2024-25 Upper Grade English options

Rising Grade 11 and 12 students have many options at both college prep and honors levels. (Additional independent projects and more rigorous standards required for honors credit.) A preview of possibilities:

YEARLONG	AP SEMINAR (Grade 10/11)	Engage in a college-level seminar featuring collaborative and creative inquiry-based analysis of relevant issues.
	AP LANGUAGE (Grade 11/12)	Engage in a college-level seminar featuring rhetorical analysis of non-fiction texts, including speeches, letters, essays, and political texts.
	AP LITERATURE (Grade 11/12)	Engage in a college-level seminar featuring literary analysis of imaginary (fiction) literature, including poetry, theater, short stories, and novels.
	AP RESEARCH (grade 11/12)	For prior AP Seminar students to design, plan, and conduct a research-based investigation. .5 English + .5 credit based on research focus.
	Indigenous Voices (grade 11/12)	Celebrate voices of Native peoples (esp. Wabanaki of Maine) by studying indigenous authors, films, and indigenous ways of knowing and being. NOW YEARLONG
	Writing for College (Eligible for 3 college credits)	Gain skills and confidence by writing a variety of products, including narrative essays, persuasive writing, and a major research paper. NOW YEARLONG
SEMESTER	Chinese Studies	Connect classic and modern Chinese literature to foundational elements of Chinese culture and society.
	Creative Writing	Hone your writer's craft through a writing workshop model to create original prose and poetry writing with compelling language.
	HUMANS & THE ENVIRONMENT	Observe and connect with nature, explore the effect of humans' dominance on the landscape, and communicate about pathways for the future of Midcoast Maine.
	Journalism	Uncover media bias, analyze techniques of contemporary journalism, and pursue your own topics of interest in a portfolio of articles.
	OH MY! SCI-FI!	Examine the speculative worlds of post-apocalyptic/dystopian science fiction where authors glimpse into humanity's future.
	OUTDOOR LIT	Examine literature to gain an appreciation of humans' relationship to nature. Consider how stewardship, adventure, and survival/ancestral skills connect to one another.
	Philosophy	Question the very reality humans experience through deep questions and rich discussions about readings probing the nature of thought.
	Poetry	Discover how poets compress meaning through special tools and create your own written or spoken word poems.
	RACE & IDENTITY	Center marginalized voices and embrace challenging conversations about race, gender, and identity.
	READING FOR PLEASURE	Reawaken your love of reading while exploring writers' techniques in entirely self-selected titles within a variety of thematic units.
	Speech & Debate	Build public speaking skills through delivering pre-written and impromptu speeches and participating in structured debate protocols. NOW COMBINED FOCUS
	WARRIOR TALES	Trace the evolution of "warriors" over time, from ancient heroes to modern soldiers, and their effects on society.
	Women & Literature	Investigate the female experience through texts written by women authors emphasizing women's struggle for identity and self-awareness.

News from the Transitional Life Skills

In early December, the **Windjammer Unified Basketball Team** emerged victorious from the very first **Unified Basketball Ride The Tide Tournament!** This was a pleasant & unexpected outcome after only a few quickly organized practices.

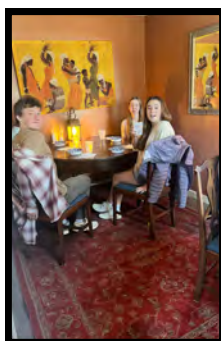
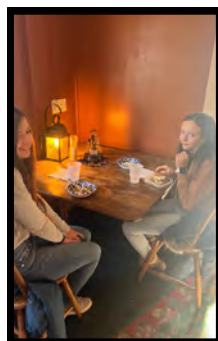
What a fun day hosted by **Oceanside High School** with the Lincoln Academy Eagles, Belfast Lions, Oceanside Mariners, Mt View Mustangs & the CHRHS Windjammers were all in attendance. We played against Medomak & Oceanside, won both games, and then cheered for other teams participating. After the competition we all shared pizza! The event was well organized by Oceanside Varsity's Bailey Breen, with OHS student basketball players acting as referees.

I want to emphasize that we really do have caring and kind Windjammer athletes and partners here at Camden Hills. As a Special Olympic coach, I am so very proud of the display of inclusion from our school, especially during collaborative events such as this. I look forward to the upcoming **Unified Basketball season in February & March**, as well as the **Annual Special Olympic Track meet in May**.

A huge thank you goes out to all of our **Special Olympic and Unified event Windjammer volunteers!**



Interdisciplinary Learning



Honors Integrated Humanities (9th grade English/Social Studies)

**Jordan Benissan in Residency**

Students in Honors Integrated Humanities (Jude Masseur: Social Studies and Sara Cole-Pardun: English), have been engaging in cross-disciplinary learning focusing on unsettling the narrative of Africa. In English, students read *Nervous Conditions* by Tsitsi Dangarembga, a coming-of-age novel set in post-colonial Zimbabwe. In Social Studies, students used readings and research to create maps of Africa that focused on unseating the idea of Africa as a monolith. Both classes focus on the shaping of modern Africa through colonization and the Berlin Conference of 1884-1885.

Jordan Benissan, chef-owner of Me Lon Togo, musician, and Colby College instructor worked in residence with the Humanities class over the course of several weeks. Students interviewed Jordan about Togo and engaged with Jordan as a primary source for an extended research project. This project asks students to create an original research question around specific lenses (cultural, culinary, artistic, historical, etc.) and conduct research, craft a formal research paper, and work in teams to create an interactive display highlighting their research and their lens.

In addition to being interviewed, Jordan spent a class period teaching about African drumming. Students all had a chance to learn and practice on the drums!

Jordan's residency culminated in the students attending a lunch at Me Lon Togo in Rockland. Jordan prepared delicious West African cuisine for the class. Students listened to drumming and live music and engaged with the art and artifacts in the restaurant. We are so grateful to Jordan for his extensive time, expertise, and wonderful food!

Students are now hard at work creating their museum displays which will be viewed by authentic audiences in the school community.

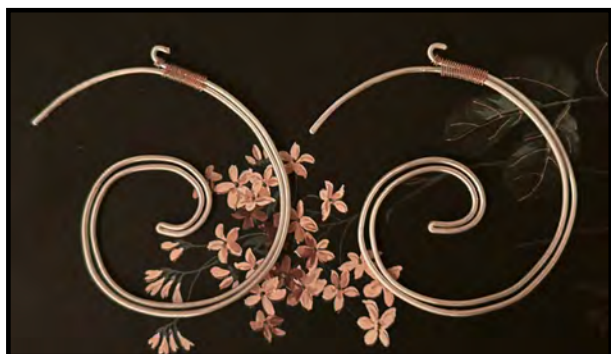


Creative Sewing
Arla Casselman, Teacher



Creative Sewing classes all came together to complete a unique Maine-themed redwork-style quilt. **Redwork** is a type of American embroidery that spawned in the 19th century, because the red color was widely available. Students each came up with a Maine "theme" that they then hand embroidered, and then pieced together the different sections, to reveal a unique local spin on a classic style of quilting and embroidery.

Teague Buchanan, Reid Chester, Elsie Crabtree, Izzy DeBrosky , Audrey Heyniger,, Gwen Hustus, Elise Mahar, Maggie Metzler, Violet Myrick, Max Ogier, Brooklyn Rollins, Cara Rothwell, Lulu VanLonkhuyzen, Sara Ackley, Roo Boetsch, Anya Felton, Alyssa Giverdon, Lydia Glidden, Elle Griffin, Norah Grotton, Addison Hinds, Freya Hurlburt, Leah Jones, Stefani Keene, Elio Shackleford, Haylee Viles



Jewelry Studio

Carolyn Brown, Teacher

Amazing work is happening in Jewelry class! Students recently learned copper enameling, and more advanced metal forming. Some students embraced the challenge of making a bezel-set stone, in rings and pendants.



Featured clockwise from top left - Spiral Hoops & Acorn Earrings by Fen Forand '24, Ring with 2 stones - Winona Lincoln '25, Red-stone ring - Grace Moody '24, Green-stone ring - Hannah Leavitt '25, Copper & Blue Enamel Earrings - Eve Dove '24, Ring with pearls - Fen Forand '24



Jewelry Studio cont....

December was "open choice" time, which led to found-object jewelry, felting, bead work and other personal projects.

In January, we'll work with digital design for laser cutting and engraving, inspired by Art Nouveau and Art Deco styles. We'll also explore other body adornment across cultures, as inspiration for upcycled projects.

Artists at right: Emily Brown '24 and Tully Glick '27; below left to right: Lily Gronos '25, Freya Hurlburt '24, Emily Brown '24

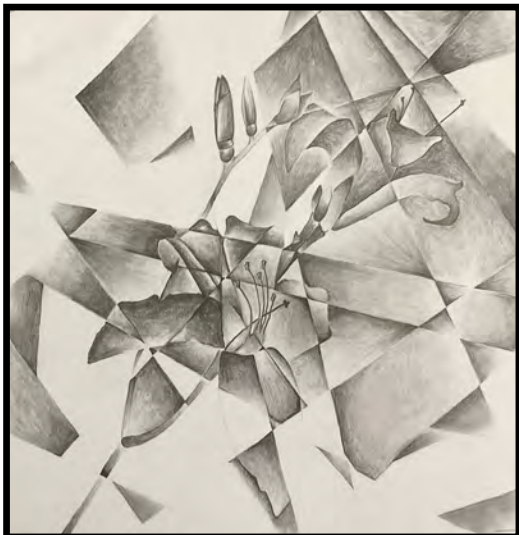


VPA Gifted & Talented Kirsten Campbell, Teacher

December brought *The Magic of Christmas* to the VPA Gifted and Talented students with a visit to Portland Symphony!

From left to right in photo - Tula Bradley-Prindiville, Nataie Lindahl, Freya Hurlburt, Fen Forand, Elio Shackelford, Lindsey Clifford

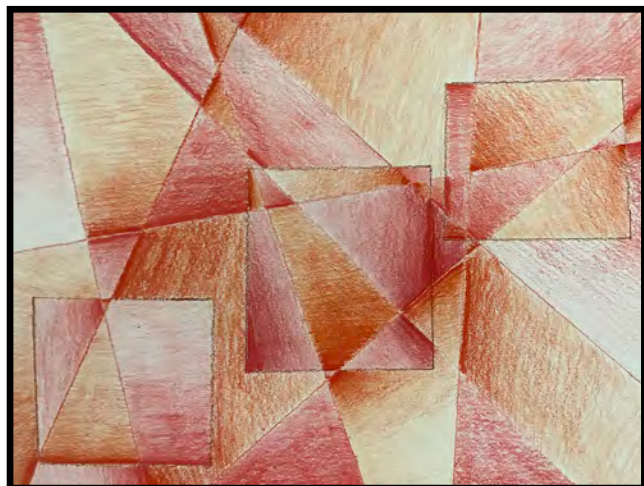




Painting and Drawing I
Kirsten Campbell, Teacher

Working on ideas of abstraction and value scale with shattered drawings!

Featured work top to bottom: Faye Hildreth '27, Aurelia Crosslin '27, Graham Eggena '26, Jonathan Troutman '24 and Adella Brainerd '26





Drawing 2

Carolyn Brown, Teacher

Recent work focused on drawing in 2, 3 and 4 point perspective, and observational perspective. We looked at art by M.C. Escher, a master of multiple-point perspective and imaginative constructed worlds. Students chose a perspective style that challenged their skills, and went through the artistic process of brainstorming, practicing, revising and final work.



Featured work: top to bottom, left to right: Abby Aldrich-Peacock '26, Taylor Clayton '24, Ina Wolovitz '24, Emme Felton '27, Luciana Hall '26, Alyssa Giverdon '26

In January, the classes are making personal maps, as a way to use drawing for communication, and abstraction, using satellite maps as a springboard for drawing.

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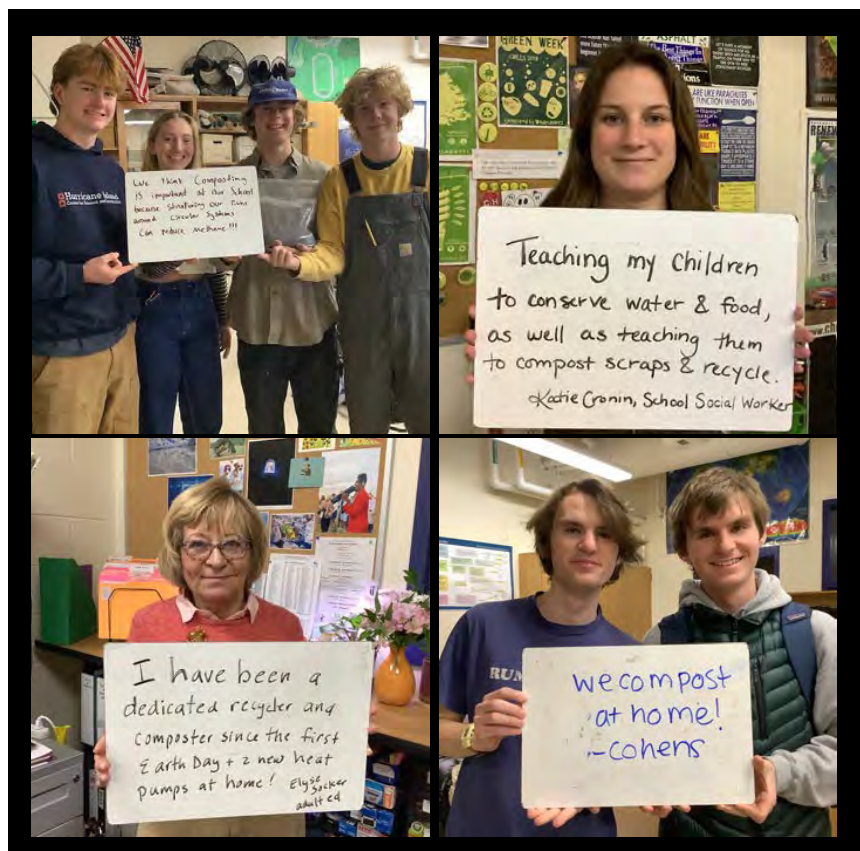
Advanced Drawing and Painting

Carolyn Brown, Teacher

Painting boldly was the goal for recent work in acrylic on canvas. We looked at work by artists who used clear shapes to define their compositions, and rich colors, including local artists Mary Bourke, Connie Hatch, and Colin Page. Students learned about layering the canvas with underpainting, then building up the surface from large shapes to smaller details.

Featured work: Interior -Mia Matos Powers '26, Cabin -Natalie Gill '25, and Sailboat - Conrad Rocknack '24

WHAT'S YOUR PLEDGE? FOOD WASTE



SUSTAINABILITY: WE'RE ALL IN THIS TOGETHER PART 3

Eating creates waste, including preparation cutoffs, unwanted portions, and spoilage. Project Drawdown, which showcases solutions to reducing carbon emissions, states "roughly one-third of all food produced worldwide is wasted." Wasting food which took energy to grow is only part of the problem. Explains science teacher Margo Murphy, "When food waste is composted alongside oxygen, about 75% of released carbon is stored in the soil, which is key to building microbiology and developing rich soil structures. If instead food waste is buried in landfills in the absence of oxygen, it turns into methane, a greenhouse gas 28 times more potent than carbon dioxide and escapes from leaking landfills."

In the past, kitchen scraps and uneaten food from school meals were handled by teams of Grade 9 students overseen by compost managers from the environmental club Windplanners. Students collected buckets of food waste at the end of lunch and buried it along with horse manure and straw from local farms. After being aerated and decomposed into finished compost, horticulture students used it for plantings in the school garden and sold extra bags at the annual May plant sale.

However, last school year pest issues led to that system being discontinued. Windplanners proposed the closed system Ridan, a drum with enclosed curing boxes to eliminate pest issues, but that is pending in the budget process. In the meantime, food waste from all three district schools is composted off-site by Scrap Dogs, a company started by 2012 CHRHS grad Davis Saltonstall. Student compost managers (pictured in upper left) still gather food waste in central holding areas. For a monthly fee, Scrap Dogs collects waste at their facility in exchange for preventing most of CHRHS organic waste going into a landfill and sending some compost back for school needs in the spring. Windplanners have also visited CRES to teach about appropriate portion sizes and taking responsibility for individual food waste.

We are fortunate to be in a school district committed to keeping organic waste out of the waste stream. Reducing food waste is one of Project Drawdown's top solutions for addressing climate change, and every household can make a difference. Check out their website for tips: <https://drawdown.org/solutions/reduced-food-waste>. Join our student and staff efforts!

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.

