

WINDJAMMER NEWS

January Dates:

**Friday, 1/1/21:
Happy New Year!!**

**Monday, 1/4:
Back to School**

**Winter Sports
Practices Begin**

**Monday, 1/18:
Martin Luther
King Day**

**Thursday, 1/28:
Q2 Ends**

**Friday, 1/29:
Teacher Prep/No
School
(Except MCST)**

From the Principal

Parents and community members,

The holiday season has come and gone and we are now waiting, somewhat patiently, for the arrival of spring and with some good fortune, a change in the trajectory of the pandemic. This year to date has challenged all of us and unfortunately will challenge us in the coming months. Last month, I thanked the staff for their efforts to keep this ship moving in the right direction, and today I want to thank you for your help, patience, calm, and sense of community. You have made sacrifices to keep this school operating and tolerated the changing conditions with a can-do spirit, even when the changes were not a good fit for you, your family, or children. We know that and appreciate that effort.

I also want to applaud you, our staff, and our student body on the tremendous support you provided to your fellow community members through the holiday season. We were able to support

- 115 holiday meals
- 70+ virtual giving tree gifts of winter gear, fuel and food assistance, and of course, toys
- 7-10 weekly backpacks filled with food
- 20+ daily free snacks for students
- 36 backpacks filled with school supplies
- 2 crisis kits for families in need

Many people helped to make this happen and I know each of the families impacted by your generosity was touched and appreciative. Thank you to everyone who helped in some manner this holiday season.

Continue to reach out and ask for help if you are in need, provide us feedback on what we can do better for you and your children, and maintain that sense of community.

We are all better together.

Best,
Principal Carlson



Ocean Rancourt '21

HELLO FROM THE WAVE CAFE!

Whether you are in school or at home in school we are happy to continue to offer you our homemade breakfasts and lunches.

The USDA extended the waiver that makes all student meals free of charge this year, so sign up now!

At this time we are delivering meals daily, the link for remote learners is <https://www.fivetowns.net/remoteorder>. In person learners will continue to order with Linq.

We have a new spot on the school website with quick links and guidance about ordering. Thank you to all for letting us be a delicious and healthy part of your day!

Messages from the Main Office:

Attendance

Important Reminder to Parents!

Whether your student is In Person, a Remote Learner, or Zooming in for the just the day - the Main Office needs to hear from you if there is any change with your student's attendance for their classes (sick, has an appointment, is going to be tardy or needs to be release early)!

Please call 236-7800 or email directly to the attendance secretary - amy.clevette@fivetowns.net

New Schedules & Calendars

At the end of this newsletter, please find the newest **School Year Calendar** and the new **Late Start Bell Schedule**

Class of 2021- Senior Dues - DUE!!

Graduation is still several months away, but the Senior Class Dues are due. If you are not sure whether your student owes dues or how much, please contact shaunna.brown@fivetowns.net



Snow Days /Remote Snow Days/Delays

Television and Radio Stations that announce CHRHS cancellations are listed below. Automated calls from the school will also occur.

Please keep a copy handy, winter weather is officially here!

WCSH (channel 6)
WGME (channel 13)

WLBZ (channel 2)
WMTW (News 8, ABC)

WPXT (fox 51)
WB 51

WABI (channel 5)
UPN 35

KISS (96.9 & 99.9 FM)
WGAN (560 AM)
The Bay (105.5 FM)
WQCB (106.5)

WERU (channel 89.9)
WVGX (93.1 FM)
WKIT (100.3 FM)
WBZN (Z-107)

WTHT (107.5 FM)
WPOR (101.9 FM)
WZON (620 AM)
WEZQ (92.9 FM)

WYNZ (100.9 FM)
The Peak (102.5 FM).
WDME (103.1 FM),
WWMJ (Magic 95.7)

www.villagesoup.com



Jen Munson's AP English Language & Composition Class enjoys some pre-holiday snow fun.

Notes from the School Nurse

Janis Hogan RN
Janis.hogan@fivetowns.net
236-7800 ext. 3250

COVID-19 Vaccine

If you have been having questions about whether the Covid-19 vaccines are safe and effective, please take a look at this information: [Mayo Clinic - Covi-19 Vaccine myths debunked](#). I will be getting my vaccine as soon as it is available to me and encourage you all to do so as well. Getting vaccinated is our way out of this pandemic.

At this time, schools are not designated as vaccine administration sites. I will keep you posted on vaccine availability and clinics as I become aware of them.

Important Immunization Update

During the current COVID-19 situation, the U.S. CDC and Maine Immunization Program are recommending that children continue to receive their routine vaccinations. To prevent the spread of vaccine-preventable disease, it is important now more than ever to keep our immunization rates high. Please note the following important immunization requirements dates:

All students entering grade 12 are required to provide documentation of the following immunizations by the first day of school.

- Two doses of meningococcal vaccine (MCV₄) 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.

Starting September 2021, Immunization Exemptions will only be accepted for a Medical reason the first day of school. Documentation must be provided ANNUALLY by a licensed health care provider (doctor, nurse practitioner or physician's assistant). Please contact your child's health care provider to discuss this further. There is plenty of time to get your child fully vaccinated prior to the required date.

Immunization records can be faxed to school at 236-7813.

Sight for Students Program

Does your child need an eye exam or new glasses? Please contact me to see if you qualify for the VSP Global® for Sight for Students®, an Eyes of Hope® gift certificate program providing gift certificates for a no-cost eye exam and, if prescribed, new glasses that NASN members can distribute to students 19 or younger, who qualify.

For a child to qualify for the program:

- Family income is at or under 200% of federal poverty guidelines.
- Child is 19 years old or younger and has not graduated from high school.
- Does not have any vision insurance (including Medicaid or other government programs that cover routine eye exams).

Please contact me for more information on any of these items.

HERE IS TO A HAPPY & HEALTHY 2021!

Five Town CSD

ADULT and COMMUNITY EDUCATION

Appleton Camden Hope Lincolnville Rockport

Adult and Community Education continues to offer a selection of both important classes to help people get and improve their education and workforce skills, and those that are just a fun way to learn something new.

Among our upcoming classes are:

- Integrated education and training program for [CNA certificate](#) - this program is free to qualified adults, and we have a new cohort beginning almost every month.
- [Behavioral Health Certification Training](#) - this course is a great way for parents, grandparents and community members to help make a difference in a child's life - and the need is great in our area.

These classes are offered remotely with ongoing enrollment available for the BHC Training class.

We are very excited to announce the return of Captain License OUPV/Six-pack and Master classes this coming spring! Two free information nights will be held in February, both the info nights and the full classes will be held over Zoom. Sign up for either [February 16](#) or [February 18](#) info night.

We are able to continue holding a few in-person classes safely at the American Legion Hall in Camden. With small numbers and Covid-19 protocols in place, we've been able to offer sewing, craft, nature, art, lecture and language classes with great success - and a wonderful reception. Classes continue through February, then a new semester will begin in March. We also offer a large selection of online classes.

If you'd like a digital copy of the brochure, or to register for a class, visit our website - which also now includes a calendar of classes, both live and remote: fivetowns.maineadulted.org

Camden Hills Athletics From “The Hart”

CHRHS Winter Season Update (12/22/20)

Here is the latest information on high school sports at Camden Hills for this winter. I want to thank everyone for their patience, as developing all of this has been challenging at best for everyone involved. It’s been amazing with this pandemic how things change so quickly. We all need to understand that this is all just a sign of the times for this year, with the hope that 2021 will bring us all some welcome relief from all the Covid challenges.

It’s important to know that everything we are doing is falling within the guidance provided to us by the Maine CDC and the Department of Education, and is subject to change at any time.

Sports that have been labeled “lower risk” are **Alpine Skiing, Nordic Ski, and Swimming**. We are currently working on schedules for the ski teams. By rule, they are allowed to travel to anywhere in the state to compete (unless that county has been designated as yellow or red). The Swimming schedule is also being worked on, although it looks like their meets will all be virtual.

Sports that have been labeled as “moderate risk” are **Basketball and Ice Hockey**. These sports are allowed to travel to compete against schools that are in our county (Knox), or an adjacent county (Lincoln and Waldo). Basketball will have a schedule that will involve teams from those three counties. We are in the position with Ice Hockey where we are not allowed to compete against any other teams because there are no other hockey schools within those three counties. Therefore, hockey will have practices and play intra-squad games only. The guidance regarding these activities has changed since the Fall, hence our ability to compete regionally. **Face masks are to be worn at all times by all teams, and there are absolutely NO spectators allowed for ALL of the sports. It will be our goal to live stream as many of these events as we can.**

Wrestling is labeled as a “higher risk” activity and therefore is not allowed to compete until later in the winter. Right now, the date for that has been set for February 22nd as the first day of practices. We will hopefully have more information about that as the winter rolls along.

The starting date for winter teams to begin practicing is January 4th. However, coaches were allowed to have some individual skill and conditioning work starting December 21st. Please check in with the head coach of a program to get more information about signing up and being involved in a sport.

If you have any other questions, please feel free to contact me for more information (jeff.hart@fivetowns.net) or 236-7800 Ext. 3414.

Thanks, and have a great 2021,

Jeff Hart



Happy New Year... Course registration will be coming up soon and Mid-Coast offers hands-on, career oriented education in a variety of programs. The unique programs at Mid-Coast are oriented to uniform national standards that prepare our students for academic success and qualified college or career placement. Our programs run on an every other day schedule. Most programs offer concurrent enrollment with Maine Colleges allowing our students to earn college credit upon completion of the program and passing final exams. Visits to Mid-Coast are going to look a little different this year. If you are interested in a program or programs, contact Ms. Pelletier, (207) 236-7800 ext 3351, email: carol.pelletier@fivetowns, or stop by my office room 351 at CHRHS. I will set up an appointment for you to tour the program virtually and to have a brief interview with the program instructor. Registration forms will be available in the guidance office as well. For more information, please visit our website: www.midcoast.mainecte.org

MCST Student in the spotlight: Tatyana Munoz

Tatyana Munoz (21) lives in Rockport, Maine. She aspires to be a pastry chef. Her excitement to learn more about the business resulted in an independent study last year that encouraged her to prepare and market products. She learned so much about food costs and portion control. She worked this summer at Primo Restaurant, and learned more about the business such as how to create larger quantities of product and have them still be beautiful. She learned how to plate desserts and expedite them to show off their ingredients with the bountiful flowers and herbs produced in Primo's gardens. This year, Tatyana is attending the Baking and Pastry program at Mid-Coast School of Technology and absolutely loves her experience there. She is amazed at how adept she has become in preparation, multi-tasking and delegation.

Tatyana is thrilled to have been accepted to the Culinary Institute of America in Hyde Park, New York. She was absolutely overwhelmed by the beauty of the campus and the quality of programs they offer. She is so excited to continue to increase her knowledge and ability as a pastry chef. After attending, she hopes to broaden her experience by working at more restaurants and hopes to own her own celebration cake business one day.



Visual & Performing Arts Department
 Congratulations to the Visual and Performing Arts Department's
 Student of the Month for December:
Isaiah Doble

It is a pleasure to recognize Isaiah Doble as the December Student of the Month. Not only in the month of December (when countless virtual choir recordings were being finalized), but in every month, and every year leading up to the present – Isaiah Doble has been active in the performing arts ensembles at CHRHS and within the surrounding community.



A member of Chamber Singers and Chorale, Isaiah is a leader within the ensemble (receiving the Outstanding Chamber Singer Award in 2018) and a participant in many auditioned choirs. Each year of his high school tenure, Isaiah has been selected to participate in the Maine Music Educators District and All State Choirs. In his Junior year, he challenged himself by completing a rigorous audition for the All Eastern American Choral Directors' Association Honor Choirs, and was accepted into the Musical Theater Honor Choir. He had the distinction of performing in one of the last ACDA-sponsored honor choirs before the shutdown in March of 2020!

On the stage of the Strom, Isaiah has performed many roles – both through the CHRHS performing arts program and through the community dance program: Kinetic Energy Alive. His recent roles on the stage of the Strom included Neleus/Featured Dancer, in *Mary Poppins*, Lord Evelyn Oakleigh in *Anything Goes!*, Zazu in the KEA dance production of *The Lion King* and Featured

Singer and Ensemble member in *In the Heights*. Of the roles Isaiah has played he notes: "I would say my two favorite roles in the Strom were definitely Lord Evelyn Oakleigh and Zazu. Both of these roles had very comedic and theatrical personalities, and I had a lot fun challenging myself to embody these very big characters (I equally enjoyed Major General Stanley from *Pirates of Penzance* in middle school for similar reasons)!"

Outside of the classroom, Isaiah seeks many arts performance outlets including six years of dancing with Kinetic Energy Alive; acceptance to AMDA's High School Summer Conservatory/Dance Theatre program, a highly selective program where Isaiah was one of approximately 20 dancers selected from an international applicant pool, and received instruction from Broadway performers/choreographers and AMDA faculty; and is currently serving as a State Thespian Officer for the Maine Educational Theater Association.

No matter his college career focus (whether it be music education, psychology or political policy) Isaiah is determined to keep the arts central to his life. He recommends that younger students remain involved in the arts programs and notes the following: “I have always found it easy to get lost in comparison and stress while rehearsing or performing. In these moments, I have to remind myself what is so wonderful about the arts: it can enable you to explore and express your individuality! If there is one thing that I have learned about the arts, it is that there is never one way to be a phenomenal and inspiring artist. Always remember that.”

Congratulations to Isaiah Doble!

CHRHS Choruses present a “Virtual Concert”



It began as a community project – a way to share music with area nursing homes and assisted living centers. Each year in December, the CHRHS Choruses have sung for the community, whether at nursing homes or at the Camden Public Library or around the tree during Christmas by the Sea festivities. Yet December 2020 presented new challenges. Not only could we not do the traditional singing for the public, we also could not rehearse together indoors at school. Therefore, the choirs resorted to using technology as a way to create music for the community.

14

Through the fall and winter months, the ensembles still rehearsed. Yet rehearsals were either outside during temperate days, or inside listening to practice tracks. The students then took the practice tracks home and created their own tracks – singing into recording

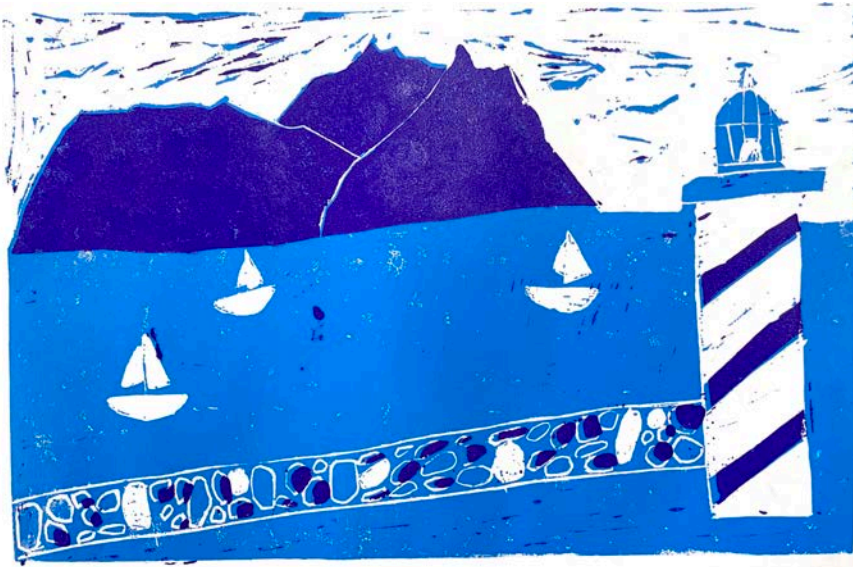
devices. They had to find quiet places to record – sometimes their bedroom, or the family garage, and even sometimes in a car.

What to do with all of the tracks then landed in the capable hands of Ruben Feldman (’21). Ruben used the software Ableton Live to mix all of the individual recordings into one virtual choir. Ruben created musical magic – and it is fitting that he plans to continue to study computer music and/or music engineering in college.

The 40 minute concert includes 7 virtual choir ensemble selections, 4 student solos, 1 winning song (from our songwriting challenge: Pavo the Pandemic Puppy) and some Zoom pictures. It is holiday oriented in theme – yet some people enjoy holiday music throughout the year! Thank you to our accompanist Matt Mainster and audio technician Ruben Feldman. We hope you enjoy the concert.

Kim Murphy
Choral Director

https://drive.google.com/drive/folders/1rxbmBSreQlceW4_yTOBIMuzjdr8YmQMF?usp=sharing



Harbor, Ava Mitchell '22



Balloons, Freya Johanson '21

JANUARY 2021

ESVM LIBRARY

NEWS

QUICK LINKS

- [ESVM Fall 2020 Report](#) - stats and stories from the ESVM Library
- [ESVM Library December News](#)
- [ESVM Library News](#) (on the website)
- [CHILLS Challenge: Festive Pets/Plants Movie](#)

Happy New Year!



Crafting on Zoom!

In December when we were all remote, some of us met on Zoom to do some crafting! Using materials we had in our homes, we created fun and festive snowflakes!

Materials:

Scissors, stapler and tape, 6 pieces of printer paper

YouTube Tutorial: [3D Paper Snowflake](#)

2021 Thrive Through Winter Challenge

Starting January 4th, the SLACers present our CHILLS community with a challenge! Instead of "scary Covid winter" we are looking for ways to celebrate winter opportunities for fun times outdoors and cozy indoor time. Our focus is on finding joy, health, and wellness through the winter. In collaboration with the CHRHS Health and Human Wellness Club, and Ms. Cronin (one of our new social workers). The more activities you complete, the more chances students and staff will have to win some great cozy-themed prizes! ANYONE can participate, but only CHILLS staff and students are eligible to win a prize!

Open this [link](#) (you'll be prompted to make your own copy), and click on PRESENT mode. Clicking on each prompt will take you to a slide with more details/ideas, plus a space for your documentation! Go to EDIT mode to add your own content!



Follow the ESVM Library news as it happens



YEARBOOK
Parent Ads for Seniors - Info and Order Form
(Please make a copy and send to yearbook@fivetowns.net)

All ads are due to the Yearbook email or to Ms. Munson by Friday, January 22nd..

Parent Ads are a wonderful way to congratulate your student! There are two ways to submit your ad:

If you are submitting electronically, photos need to be fine or high resolution. The file size must be greater than 1MB. If a file is 3MB it may have trouble uploading. If the photo is scanned, it must be at a resolution of 300dpi. You are welcome to create the ad yourself and submit it as a pdf to yearbook@fivetowns.net

If you are submitting traditionally, please list the student name on the back of every photo submitted. Keep in mind that while we will do our best to get every photo back, mistakes sometimes happen. So please do not submit the only copy of your favorite photo. We are happy to design the ad for you. Please feel free to make any comments about what you would like on the order form.

Please observe our policy:

*Pictures may NOT have any of the following: Dead animals; Firearms, knives, or weapons of any kind; Clothing, banners, etc. that are or are perceived to be gang related; Direct or implied references to drugs or alcohol; profanity.

The Navigator Yearbook Staff reserves the right to edit or refuse to submit for print anything it determines to be inappropriate, whether written or in a photo.

Order Form

Parent Name _____ Email _____

Student Name _____

Ad Size: (Please make all checks payable to CHRHS)

- _____ 1/8th of a page (2 3/8 x 3 5/8) for \$55
- _____ 1/4 of a page (4 3/4 x 3 5/8) for \$110
- _____ 1/2 a page (7.5 x 4 7/8) for \$220
- _____ Full page for (9 6/8 x 7.5) \$340

Include the following text:

Message to Yearbook Staff: (if applicable)

- ____ I am submitting the ad electronically
- ____ I am submitting traditionally and want to see a copy of the ad before it goes to print
- ____ I am submitting traditionally but do not need to see the ad before it goes to print
- ____ I have included an extra amount of money in my check as a donation to help cover the cost of yearbooks for students who cannot afford one.

Thank you for your support! - The Navigator Staff

Approved by CSD board on 3/4/20, revised 6/3/20, 8/6/20, 8/31/20, 9/2/20, 10/7/20, 11/4/20, 12/16/20

Camden Hills Regional High School 2020-2021 School Calendar

JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	W	W	29
30	W					

- Aug 27-Aug 31 Staff Days, **No School**
- Sep 7 Labor Day, **No School**
- Sep 1-4, 8-11 Staff Days, **No School**
- Sep 14 Freshman Orientation, First Day at MCST
- Sep 15 **A-K, First Day of School**, L-Z No School
- Sep 16 **L-Z, First Day of School**, A-K No School
- Sep 17 **L-Z Attend, A-K Remote**
- Sep 18 **A-K Attend, L-Z Remote**, No School MCST
- Sep 18, 21 Two white days in a row
- Oct 9 Teacher Wkshop Day, **No School**
- Oct 12 Indigenous Peoples Day, **No School**
- Oct 21 Early Release at 1:15

SEPTEMBER

S	M	T	W	T	F	S
			W	W	TP	4
5						
6	H	W	W	W	W	12
13	FO	O	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

S	M	T	W	T	F	S
					1	2
3						
4	5	6	7	8	W	10
11	H	13	14	15	16	17
18	19	20	ER	22	23	24
25	26	27	28	29	30	31

- Nov 5, 9 Two red days in a row
- Nov 6 Parent Conferences, **No School**, except MCST
- Nov 11 Veterans Day, **No School**
- Nov 13 Q1 Ends

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	C	7
8	9	10	H	12	13	14
15	16	17	ER	19	20	21
22	23	24	W	H	X	28
29	30					

DECEMBER

S	M	T	W	T	F	S
		1	ER	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	ER	X	H	26
27	X	X	X	X		

- Nov 18 Early Release at 12:15
- Nov 25 Teacher Workshop, **No School**
- Nov 26-27 Thanksgiving Break, **No School**
- Dec 23, Jan 4 Two red days in a row
- Dec 24-Jan 1 Vacation Break, **No School**

JANUARY

S	M	T	W	T	F	S
						H
2						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	H	19	20	21	22	23
24	25	26	27	28	TP	30
31						

FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	ERH	13
14	H	X	X	X	X	20
21	22	23	24	25	26	27
28						

- Jan 18 Martin Luther King Jr Day, **No School**
- Jan 28 Q2 Ends
- Jan 28, Feb 1 Two white days in a row
- Jan 29 1/2 Teacher Prep, **No School**, except MCST
- Feb 12 Early Release at 11:30
- Feb 15-19 Vacation Break, **No School**

MARCH

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL

S	M	T	W	T	F	S
					1	2
3						
4	5	6	7	8	9	10
11	12	13	14	15	ERH	17
18	H	X	X	X	X	24
25	26	27	28	29	30	

- Apr 9 Q3 Ends
- Apr 16 Early Release at 11:30
- Apr 19-23 Vacation Break, **No School**

MAY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	H					

JUNE

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	O	TP	23	24	25	26
27	28	29	30			

- May 31 Memorial Day, **No School**
- Jun 11 Graduation
- Jun 17,18,21 Final Exams
- Jun 21 **Last Day/Q4 ends**
- Jun 22 1/2 day Teacher Prep, **No School**

- O** First/Last Day of School
- W** Workshop Day, No School
- H** Holiday, No School
- X** Vacation, No School
- ERH** Early Release Half Day, 11:30
- TP** Teacher Prep, No School
- C** Parent Conferences, No School
- 173 Student Days
- 8 Teacher Workshop Days
- 2 Teacher Prep Days
- 1 Freshman Orientation Day
- 1 Parent Conference Day
- 185 Teacher Days

** Last day of school is subject to change.
Go to our website for school calendar updates.
<https://chrhs.fivetowns.net>*

Bell Schedule
20-21 Regular Schedule, Late Start

8:00 MCST bus leaves

9:45-10:40 1st Period (55 mins)

10:40-10:50 Passing (10 mins)

10:50-12:45 3rd Period

A Lunch	B Lunch	C Lunch	D Lunch
Lunch 10:50-11:15	3A SH 10:50-11:15	3AB 10:50-11:45	3AB 10:50-11:45
3B SH 11:20-11:45	Lunch 11:20-11:45	Lunch 11:50-12:15	3C SH 11:50-12:15
3CD 11:50-12:45	3CD 11:50-12:45	3D SH 12:20-12:45	Lunch 12:20-12:45

12:45-12:50 Passing

12:50-1:45 2nd Period (55 mins)

1:45-1:50 Passing

1:50-2:45 4th Period (55 mins)

2:45 Dismissal