

WINDJAMMER NEWS

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April Dates:
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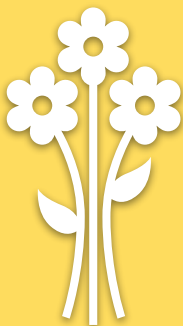
Wednesday, 4/3:
Early Release @
2pm

Friday, 4/5: Q3 Ends

"Eclipse" Monday, 4/8:
Early Release @
12:15pm

**4/12: Early Release
Holiday @ 12:15pm**

4/15 – 4/19:
April Break - No
School



April!

Later this week, 105 Chorus and Band students are leaving for the **World Heritage Music Festival** competition in **New York City** for 4 days of music and culture!

Monday, April 8th is the total **solar eclipse!** CHRHS will have an early release at **12:15pm** so that students and staff to have an opportunity to view this once in a lifetime event. See page 2 for more information on viewing locations and safety.

The CHRHS Counseling Department, with the support of a grant from MELMAC, is sponsoring a day trip to Boston for college visits. **Boston Bonanza** is for current 10th and 11th grade students and features three different itineraries from which to choose. See page 3 for more information and go to the Counseling Department to sign up! Spring is an excellent time to research colleges online and in person. Mr. Lammert has a [list of tips](#) for anyone considering college visits.

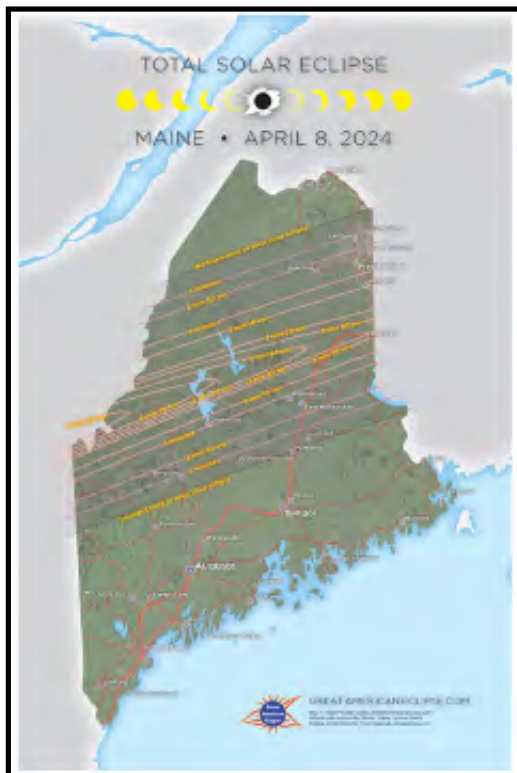
Spring Sports have begun with over 250 students signed up to participate in boys' and girls' lacrosse, girls' softball, boys' baseball, track and field, and girls' and boys' tennis, ultimate frisbee and sailing. **"Go Windjammers!"**

Quarter 3 ends this Friday, and with the start of the spring quarter, CHRHS is looking ahead to graduation for the **Class of 2024!** For the schedule of Commencement Activities, see page 9.

Eclipse April 8, 2024

You have likely seen the stories in the news of an exciting event soon to happen. On Monday, April 8th, millions of Americans will witness a total solar eclipse! There won't be another total solar eclipse to cross North America from coast to coast until 2045 and not another one to cross Maine until 2079. The last one to cross Maine was in 1963.

We will experience a partial solar eclipse here in the Midcoast. Partial means it will be about 97% complete. Viewers may notice some darkening of the skies, but the sun will still remain bright. (about 1000x brighter than a full moon). Traveling to an area experiencing totality is well worth it! (See the map below for where to go.) You will need to travel at least 2 or more hrs to cross the line of totality. The zone of totality will be the only areas where you can observe the sun going black and observing the solar atmosphere. The event will begin around 2pm but totality won't take place until 3:15 or so, depending on where you are in the state. It will be imperative to keep track of time, travel, and weather conditions-keep fingers crossed for clear skies! Areas in the zone of totality are expecting many thousands of people, and single lane roads could increase traffic.



It is very important that you protect your eyes. Typically, when you look at the sun you squint, and your pupils constrict. During an eclipse those normal responses don't happen, and the likelihood of damage is greatly increased. The school and science department have glasses that are certified for safety. One hint is to make sure they are ISO certified and have the manufacturers actual address posted on the sides. CHRHS has been passing out glasses and will continue to do so until they run out.

Finally, many scientists will be collecting data related to weather, animal behavior and other phenomenon. If you are interested in being a part of data collection check out one of the projects NASA is hosting at <https://science.nasa.gov/eclipses/citizen-science/>. The University of Maine will be launching a weather balloon that will travel high above any clouds if there are any and they will live stream the event.

If you can't travel or the day is cloudy it is well worth tuning in. Go to: <https://www.youtube.com/watch?v=2W2GTn2FbAs> for the live stream.



in partnership with
MELMAC



Join us for the 2024 **Boston Bonanza!**

The Counseling Department is pleased to offer an exclusive trip to Boston. We will have three separate campus itineraries where students can learn and experience life in Beantown. Limited spaces available.

Free!
Meals
included!

Sign up [here](#)
or scan below:



Important Info

- ✓ Must be a current 10th or 11th grader
- ✓ Parent consent is required
- ✓ Students will be contacted via email about a mandatory meeting prior to trip

Departure



Coach bus leaves Wednesday April 24th before school from CHRHS

Questions? Please reach out to the Counseling Department at 236-7800 ext 3361

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.



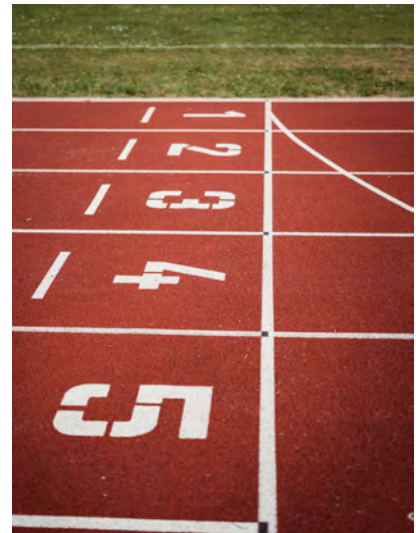
PBCHP Monthly Newsletter

Partnering with community for a healthier and happier Maine.

Substance Use Trends Among Midcoast Middle & High Schoolers

Spring is here and everyone is looking forward to getting outdoors for spring sports. With baseball & softball, track & field, tennis, golf, and lacrosse season upon us, we want our students to be in their best condition possible. Alcohol and substance use, including cannabis, tobacco, and prescription medications are major concerns for Maine's youth.

Results from the 2023 Maine Integrated Youth Health Survey (MIYHS) show that alcohol use among middle schoolers, and marijuana and prescription drug use among middle- and high-schoolers, has notably increased in the Midcoast Public Health District since 2021. Below are some strategies to support our students to make good choices with health and wellness in mind.



Encourage Participation

Spending lots of time unsupervised after school and on weekends greatly increases the odds that teens will experiment with drugs, so being on a sports team is a protective factor. Make a special effort to involve youth in fun and rewarding extracurricular activities.

Keep Open Communication

Ensure that students know the risks of drug use, especially those that affect health and athletic performance in the short-term and those that affect their future. Help them realize that most people their age DON'T use drugs. Encourage students to think about their future goals.

Set Expectations & Be an Example

Clearly express the expectation that students will not use drugs. Teens need expectations stated explicitly to understand the standards to which they are being held. It is also important that students are aware of the opinions held by influential adults in their lives.

GET FREE RESOURCES about substance use prevention from PBCHP

Check out PBCHP's free resources at <https://www.pbchp.org/s-projects-basic> for more information and help accessing materials.



Indigenous Voices
Jane Chamberlain, Teacher

Students in Ms. Chamberlain's Indigenous Voices course wrapped up their 1st semester with a lot of amazing work and experiences under their belts. This class was a combination of 11th and 12th grades students who demonstrated fantastic engagement and were invested in creating a class culture full of curiosity, open-mindedness, community, empathy, and respect.



In November, students conducted timely research of Question 6, an item of legislation pertinent to the Wabanaki Tribes of Maine, and presented their info to the entire student body in the auditorium during whole-school assembly, following by one of the most impressive circle discussions I've witnessed in 20 years of teaching.



Following this work, students took a deep dive into US History through a different lens--tracing the Doctrine of Discovery from Columbus in the 1500s to The Marshall Court in the 1800s to court cases concerning Native rights reaching into the 2000s--and honing their critical thinking skills. They heard from many Indigenous voices through texts and award-winning documentary films such as Dawnland, and made connections in the material across other subject areas such as AP Environmental Science, Human Geography, and Outdoor Literature.





In mid-January we were honored to host local **Passamaquoddy drummer and singer, Francesca Bailey**, who spoke with us and performed for us (along with a 9th grade class) in The Hatchery Commons. There were many warm moments to be had in our varied Indigenous food experiences--from squash soup, to hominy, to roasted sweet potato and yuca, to sumac lemonade.



At the students' urging, and because of the value they saw in the interdisciplinary and place-based nature of the approach, this course has been approved to run for a full year next year, rather than just one semester, which will allow for more guest experiences, more project-based and exhibition work, and an added fiction unit. Several students from the course were hoping to help Ms. Chamberlain present on the value of centering Indigenous perspectives at the annual MCELA conference in March.



All-Easter Honors Music Festival Drew Albert, Teacher

Five talented CHRHS students recently attended the prestigious All-Eastern Honors Music Festival hosted by the American Choral Directors Association. Pictured with Mr. Albert below, left to right from top -Charlotte Nelson, Kerrigan Peterson, Abby Kohlstrom, Sarah Ackley and Katie Kunkel. These students were selected from a pool of vocalists from 13 eastern states and showcased their incredible talent among the best of the best.



The event, which took place in Providence, Rhode Island, featured two high school vocal ensembles. The students were able to work with renowned conductors and had the opportunity to perform in the iconic Veterans Memorial Auditorium.

The Camden Hills students who attended the festival were praised for their outstanding performances and their ability to represent their state and school with enthusiasm and professionalism. Their hard work and dedication to their craft have truly paid off, and we couldn't be more proud of these talented students.

Congratulations to the five students from Camden Hills Regional High School who attended the All-Eastern Honors Music Festival! Your talent and dedication are inspiring, and we can't wait to see what you accomplish next.

Class of 2024 Schedule of Commencement Activities

Attendance is mandatory at ALL marching practices if you expect to participate in the graduation ceremony.

All marching practices begin in the gym and then proceed outdoors. Please dress for the weather.

May 3, Friday	Extra Graduation Ticket Request form and Senior Voices Ticket form due in the office.	
May 28, Tuesday	White 1&2 Exams	During class times
May 29, Wednesday	Red 1&2 Exams	During class times
May 30, Thursday	White 3&4 Exams	During class times
May 31, Friday	1st Marching Practice	8:45 - 10 am Gym
	Please wear the shoes you will be wearing for graduation.	
May 31, Friday	Celebration Assembly	10:05 - 11:05, Strom
May 31, Friday	Red 3&4 Exams	During class times
June 1, Saturday	Prom	7:30 – 11:00 pm, Gym
June 3, Monday	2nd Marching Practice	8:45 -10:15 am Gym
	Please wear the clothes & shoes you will wear for graduation. Cap and gown and ticket distribution. All school owned property due (books, uniforms, iPads).	
June 3, Monday	March Through Town	5:30 pm, Camden
	Students gather in the middle school parking lot at 5:00 pm. Wear walking shoes and caps/gowns.	
June 3, Monday	Baccalaureate	Congregational Church
	Directly following the March Through Town	
June 4, Tuesday	3rd Marching Practice	8:45-10:15 am, Gym
June 4, Tuesday	Senior Voices	6:30 pm, Gym & Strom
June 5, Wednesday	4th Marching Practice	9:30-10:30 am, Gym
June 5, Wednesday	Scholarship Night	6:00 - 7:00 pm. Strom
	Students will be notified if they are receiving a scholarship.	
June 5, Wednesday	Senior Movie Night	8:00-10:30 pm/Palmer Field
June 7, Friday	Senior/Parent Breakfast	8:45-9:30 am, Cafe
June 7, Friday	Final Marching Practice With Band	9:50 – 11:30 am, Gym
June 7, Friday	Graduation	5:59 pm, CHRHS
	Seniors arrive by 5:15pm, meet in the Wrestling Room.	

Welding Metal Fabrication Kirsten Campbell, Teacher

Students used time and space to learn new tools and working with the power of

NEGATIVE SPACE (jig saw, angle grinder and plasma cutter)!

Featured work clockwise from below:

3 Fish- artists top to bottom - Michael Rollins '25, Connor Pease '25, Alec Brown '26, *Boston Terrier* - Flynn Lilly '26, *Standing Bear* - Owen McManus '24, *Framed Tail* - Ina Wolovitz '24, *Bear* - Will Thorsell '25

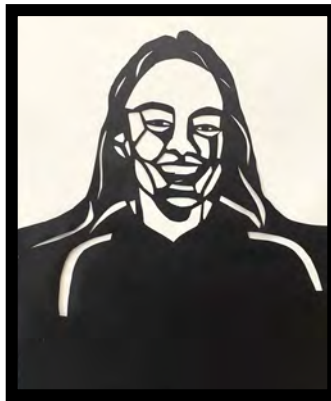




Drawing II
Carolyn Brown, Teacher

Drawing II class finished their unit on portraits with a new challenge. Students worked from their previous drawings, and "translated" them into only black and white, with no other values. They had the choice of working with black paper, and cutting out the image, or ink and black marker, and drawing the image. The results are stunning!

Featured work:
left -Maya Martz '24, below left to right - Hunter Bell '24, Poppy Johanson '26 (top center), Brooke Hoppe '24 (bottom center), Miles Murray '24



Drawing & Painting I
Kirsten Campbell, Teacher



Working on Value,
Contrast, Composition,
Surface, Observational
Drawing and Painting.



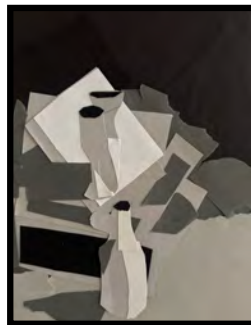
Featured work top left to right: Ravita Nakjaroen '27, Olive Van Hoewyk '27, Chloe Egan '27; and below: Tucker Beynart '27, Noah Bendtson '27 (top middle), McKeon Nowell '26 (bottom middle), Ryan Seeber '24



Painting & Drawing I

(continued)

Featured top to bottom, left to right: Jake Palmiter '27, Ravita Nakjaroen '27, Enzo Macaluso-Diaz '25, Jameson Webb '24, Madeline Tohanczyn '25, Will Duke '24, Lillian Jones '27





Advanced Art Portfolio
Kirsten Campbell, Teacher

Student's defining their "Identity Now" as 16-18 year old H.S. juniors and seniors, with 2-dimensional artwork.



Featured work clockwise from above: Aria Doll '25, Griffin Spear '24, Camden Contakos '25, Chloe Root '24, Kayden Fulbeck '24, Lindsey Clifford '25



Advanced Art Portfolio
(continued)



Featured work:
Picnic - Greer LaFiura '24 and
Gramps - Lily Stowe '24



Printmaking
Carolyn Brown, Teacher

Printmaking class wrapped up their relief block print projects, including learning about making an edition of prints, and altering their prints with mixed media.

Next up is collagraph printmaking using found materials.

Pineapples - Mikey Hall '26,
Strawberries - Taylor Clayton '24



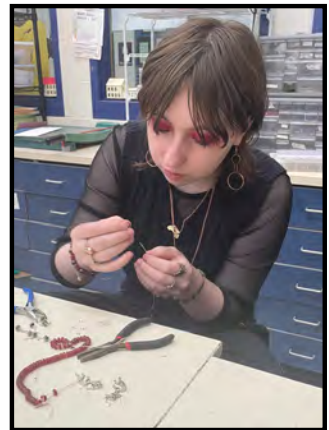


Jewelry
Carolyn Brown, Teacher

Jewelry classes are working on sawing shapes, layering materials with cold connections, sweat soldering, bezel setting and "framing". These are real-world skills in designing and making things, and also useful for household repairs.



Featured from top: *Leaf* -Dominic Robert '24, *Turtle* - Bryson Hise '26, *Moon Earrings* - Taylor Clayton '24, *Green Circles* - Rana Abess '25; students at work: left - Luka Wienges '26 and Willow Miller '26, and right - Lilah Walsh-Weldon '27



Camden Hills Regional High School's Annual Plant Sale and Marketplace

The equinox has passed so spring is officially here even if it is teasing us a little. Plants are growing in the greenhouse at the high school and we are getting excited about the plant sale that will take place in May.



We have vegetable and herb seedlings, as well as a variety of annuals and perennial flowers. Plants are thriving this year and look wonderful. We have some new varieties and of course lots of the most popular varieties from the past. All plant containers are \$3 each and include single pots, 2-pks, 3-pks, and 4-pks. Buy 3 and get a 4th for free. On Sunday everything is buy one, get one free from 9-11 and the last hour everything is \$1.

In addition to plants it will be our last year of compost for sale. We have changed our composting system and are not producing as much. Each bag is about 40lbs, is high quality, organic, PFAS-free compost and sells for \$10 each. This has been a very popular item so we are limiting it to 5 bags of compost per household.

We will continue with a marketplace that includes a series of *Radical Reuse* products students created in our school's design+build hub, the Hatchery Workshop as well as items created by our gardening and horticulture students. Items for sale may include outdoor furniture, planters, silkscreen T-shirts, and more – each made with reclaimed materials and careful handiwork. Support youth artistry, craftsmanship, and waste diversion all at once! Prices range from \$10 - \$200.



Sale takes place **Saturday, May 18 from 8am – 1 pm and on Sunday, May 19 from 9am – noon at the greenhouse in the rear of the campus.** The sale always takes place the weekend after Mother's Day. To find the sale area go to the back of CHRHS near the loading dock area of the school and look for the greenhouse.

All proceeds support the Horticulture/ Gardening, Sustainability and Hatchery programs at CHRHS!!

EMPTY BOWL!

- Empty Bowl is a fun way to give back to your community by buying hand made bowls from CHRHS students and eating lots of yummy soup donated from local restaurants!

TUE

**MAY 14TH 5:30PM
AT CAMDEN HILLS REGIONAL
HIGH SCHOOL**



Save the Date
April 11 @ 7:00 PM
Bisbee Theater, CRMS

Community Presentation on Technology Use and Children by Grace Chen (<https://gracechenconsulting.com>)

TITLE

Screens and Kids: defining the categories of device usage, understanding the impact on our kids, and ideas for managing your family's screen time.

DESCRIPTION

Parents and teachers in our community are seeing negative behaviors and outcomes that they attribute to kids' screen time. What are the impacts of screen time? Is all screen time the same? Grace will be providing an insider's perspective into the different types of device usage, how/why they are built in a certain way, and how that affects today's youth. While there is no single solution to the challenge, this presentation will cover frameworks for how to manage your family's decisions for device usage.

BRIEF BIO

Grace Chen has spent the last 20 years in the tech industry in Silicon Valley, building technology products and businesses. She has developed products for consumers, small businesses, and enterprise companies at some of the largest and most successful tech companies, including Google, Meta, and Square. In 2016 she co-founded a start-up that provided an affordable high-speed internet alternative to cable; she sold the company to Meta in 2020. She holds several patents for her technology product development work. Grace began her career as an engineer at NASA's Jet Propulsion Laboratory. She holds a B.S. in Management Science and Engineering from Stanford University. Grace lives in Camden, Maine with her husband and two kids who both attend Camden-Rockport Elementary School.



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 and COMMUNITY EDUCATION
enriching lives . . . strengthening community . . . since 1969

NEW FOR SPRING!

Firefighters Needed! - one night, May 9, 6-8 PM. This free info night with local fire department personnel will help you learn what it takes to become a volunteer or a firefighter. There are many ways to help without a large time commitment and all stations need helpers. **Teenagers welcome!**

All Things Dairy - In this one-night class on April 9 you will learn how to make cheese, butter, caramels, and yogurt!

Dog and Cat First Aid Training - Another great one-night class, on April 11, where you will learn several emergency procedures to help your dog or cat. No pets allowed, demos are on stuffed animals.

AirBnB - How to Open and Run One Well is a one-night Zoom class on April 11.

Many more new classes are listed in our brochure and online:

- Homemade Candy • Baking with Alternate Flours
 - Basics of Beekeeping and Crafting
 - Fiction Writing for Beginners • Mobile Making Workshop
 - Freedom isn't Free - Our Working Constitution
- and 100 more returning classes, too!**

visitfivetowns.maineadulted.org

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.



SUNDOG OUTDOOR LEADERSHIP INITIATIVE

Girls Adventure Group

Each session will focus on a different physical challenge and have a different local expert to lead discussions on topics related to self care, resilience, confidence, craftsmanship and integrity.

Activities Include:

Hiking

SUP

Yoga & Meditation

Contrast Therapy (Cold water/Sauna)

Service Project

No Experience Necessary - Scholarships Available

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9th-12th Graders

Led by Registered Maine Guide Emily Morong

Sundays: April 21, 28, May 5, 12

1-5pm

All equipment included

Tuition: \$200

