



# EXPLORATIONS

## Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

**October 1, 2010**

### NECAP Testing

BHCS students in grades 3-8 will participate in the New England Common Assessment Program in the next couple of weeks. All students in Maine, New Hampshire, Rhode Island, and Vermont are required to take these to meet the requirements of the No Child Left Behind Act. They cover a broad range of learning expectations in reading and mathematics. The test includes multiple choice, short-answer, and constructed response items, which require students to write brief responses or to show a solution. There are three sessions of reading and three sessions of math. In 5<sup>th</sup> and 8<sup>th</sup> grade the students also demonstrate their ability to communicate in writing through an extended response during another session.

While these assessments are only a snapshot of student progress, last year BHCS scored highest in Hancock County in these tests. There are many reasons why children at Blue Hill are successful learners and they include a supportive community, involved parents, and highly qualified teachers. It takes all of us, and we are very grateful.

Thinking ahead, please try to make sure your child is at school on time, has a good breakfast, and is scheduled for outside appointments after school. If you have further questions about the NECAP testing, please contact your child's teacher.

### 5210 News

As many of you know, teachers voted for 5210 as our school wide theme this year, continuing on from last year's theme of "Be Well." The ideas promoted by the 5210 program were developed by a variety of healthcare and school professionals with the intention of raising a healthier generation of children through clear and consistent messages regarding physical activity and healthy eating. The 5210 philosophy encourages 5 or more servings of fruits and vegetables a day, 2 or less hours of recreational screen time a day, at least 1 hour of physical activity a day, and 0 sugary drinks. Students are being encouraged to incorporate these behaviors into their everyday lifestyles.

We are very fortunate that BHCS already supports the components of 5210, and with this being our theme, we will learn about even more ways to have active fun and make healthy choices at the same time. Our kitchen staff

has worked hard over the years to provide wholesome meals with extensive offerings of fruits and vegetables, as well as providing nutritious drink choices, incorporating the guidelines of the Student Wellness Policy approved by the School Board in 2006. We have a stellar physical education program, and numerous after school sports opportunities to keep our kids active. And let's not forget the many in-school activities teachers provide over the school year such as recess, walking, snowshoeing, and Camp Kiev for 7th graders, to name a few!

Every year our school-wide theme helps guide our multiage group "theme team" activities. This year 5210 will provide all BHCS students with activities that help kids learn more about the joy and benefit of being active and making healthy food choices. While teachers will be developing the school theme team-based activities, several parents and community members have offered their time and expertise to the 5210 program through additional activities. Over the summer, students were able to record personal experiences using the 5210 plan and classrooms were given time to use "Dance, Dance, Revolution" for a block of time in the school day as a active reward. BHCS has always been at the heart of our town, and we are so fortunate to have parents and community members as part of our BHCS family. Thank you to all who have been involved with 5210 so far and welcome to anyone interested in helping with upcoming projects.

### From the Sports Desk

We have had a terrific week in the world of sports at BHCS! It has been rainy, but our athletes are waterproof, and our sport families arrive with umbrellas to cheer.

Cross country players were given an October schedule this week; it is still accurate for cross country practices and meets. Due to weather this week, there has been a lot of rescheduling for soccer. Soccer players were also given a schedule, which they may want to throw out. The good news is that the A team has been able to reschedule Monday's rained out game for next Thursday. Other good news is that the B teams have been able to squeeze in 8 games each. The schedule printed here is the most up to date for next week. All soccer players will be given a new schedule at their next practice.

Della L. Martin, Principal • Loretta Smith, Secretary • Beth Jackson, Librarian • Matt Jurick, Technology Specialist

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A clever solution was offered this week to help parents stay up to date with the sports calendar - put the calendar on our PowerSchool Student Information System. We have decided that this is a great idea. BHCS can maintain safety for our athletes and keep the schedule up to date in a place where parents have access to it.

HOME GAME LOCATIONS - Another sports solution this week is the use of the AA field for our soccer teams. The JV Soccer season at the high school is wrapping up, so we have been given permission to use the AA soccer field for a couple of games and some practices. Soccer families - please look at the calendar closely. The location is indicated as AA field for any practices or games to be held there. All HOME locations mean at the BHCS soccer field.

On Tuesday & Thursday the A soccer teams will need to ride the same bus as the students going to The Bay School. The bus will drop off at the Bay School then continue to Castine on Tu. and Brooklin on Th. Parents will need to pick their students up at the Bay School both days.

Monday:  
No Cross Country Practice  
3:30 A Tea m HOME w/Surry

Tuesday:  
3:00 XC practice  
3:30 B1 @ Bay School  
4:00 B2 @ Conner's Emerson (bus leaves school at 2:45)  
4:00 A @ Castine

Wednesday  
3:00 XC & A & B2 practice  
4:30 B1 practice

Thursday  
3:00 B2 practice  
3:45 A @ Brooklin  
4:00 B1 @ Conner's Emerson  
4:15 XC @ Bay School (leave at 2:45)

### **PTF**

\*The next PTF meeting will be Wed., Oct. 6 at 8 AM in the library. Everyone is welcome to help plan upcoming events!

\*As colder weather is approaching, the PTF is busy planning several events of family fun for Oct. 15 and 16 to replenish the BHCS Family Assistance Fund and also help the Blue Hill community.

-The third annual Warm Hearts, Warm Homes Benefit Supper will be held Friday, Oct. 15 from 5:30-7 PM, and will include a Spaghetti Dinner, Bake Sale Table, Silent Auction and Raffle. Musical entertainment will be provided by our 8th Grade Combo.

-Sat., Oct. 16 will be the Fall Family Fest from 10

AM-2 PM, with lots of activities for families to enjoy, including pumpkin and scarecrow decorating, face painting, a fall cooking contest, hayrides, cider pressing, a Story Walk, and more. Lunch and snack items will be for sale, along with a Bake Sale Table.

-The annual Halloween Costume (free) Exchange will also be happening in the cafeteria on Sat. from 10 AM - noon. You don't need to bring one to take one!

-Small greenhouse and playground jobs will also be available for anyone interested in helping during the day ***All proceeds from these events will be divided between the BHCS Family Assistance Fund (90%) and the Tree of Life Food Pantry (10%, where every \$1 donated gets \$8 of food from the Food Pantry suppliers).***

***WAYS YOU CAN HELP FOR THE WEEKEND:***

-Drop off Halloween costume donations in the collection box in the lobby.

-Drop off scarecrow "clothes" in a box in the lobby (old long sleeved shirts, pants, hats, string, etc.) Straw or hay also needed.

-Sign up in the lobby to bring in bake sale items or lunch and snack contributions.

-Sign up in the lobby to help on either day.

-Contribute silent auction and/or raffle items by contacting Melissa Emerton (479-2763, or email [mlein4@aol.com](mailto:mlein4@aol.com)).

-Plan to come and enjoy the events with the family!

-Enter your favorite pumpkin, squash, apple or other fall recipe in the cooking contest!

### **Girl Scout Notice**

There will be a brief informational meeting for all kindergarten girls and parent(s) in the BHCS library after school on Wednesday, October 6. For more information, please contact Melissa Emerton 479-2763.

### **Upcoming Events:**

Wed., Oct. 6 - PTF Meeting, 8 AM

NO SCHOOL – October 8, Teacher In-Service

Columbus Day Holiday – October 11

5/6 Science Camp – October 13-15

7<sup>th</sup> Grade, Camp Kieve, October 25-29

Fri., Oct. 15 - PTF Benefit Supper for BHCS Family Assistance Fund

Sat., Oct. 16 PTF Family Fall Festival, 10 AM-2 PM,  
PTF Halloween Costume Exchange 10 AM-12 PM

**RESCHEDULED** - Greenhouse/Playground Spruce Up,

Sat., Oct. 16, 10 AM to Noon

Sat., Nov. 20 - PTF Holiday Craft Fair