



EXPLORATIONS

Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

November 10, 2010

Music in the News

The District VI Honors Festival this year will be at the Orrington Center Drive School this Saturday, November 13. Jazz students will leave BHCS at 8:00 AM. The concert will be in the evening at 5:00 PM. Students should refer to their handouts for more information. All are welcome to attend.

Falls Bridge to Close from November 29 to December 3

The DOT will be closing the Blue Hill Falls Bridge (Stevens Bridge) from November 29 - December 3rd to run some structural tests.

Bus A will not be able to pick up students on the Falls Bridge Road. This will also mean that the Mines Road students will be picked up earlier and they should speak with their bus driver about the time.

BHCS at the Tree of Life Food Pantry

Remember to send in non-perishable food donations for the community food drive. BHCS students will be at the Tree of Life next Wednesday morning to deliver their donations hand-to-hand.

From the Library

*"Plant a seed -- read!" will be the theme for the first Reading is Fundamental Book Distribution of this school year on Monday, Nov. 15. All students will pick a new book and an already-loved book to add to their personal libraries. While this program at BHCS used to be funded mainly by a federal grant, we have chosen to continue a scaled back version (2 distributions instead of 3) even after the funding was cut due to importance of all children having books readily at hand.

*Yesterday First and Second Graders joined 160

schools from across the country as they looked in on a live broadcast from a Second Grade in the Washington, DC area celebrating their RIF Day and the 44th anniversary of RIF as an organization with a visit from a Native American reader and dancer, Tomas "Eagle Bear" Shash and his family sharing their culture.

*Thanks to Rena Flores for passing on already been loved books. We will find good homes for them!

PTF News

*The PTF Holiday Craft Fair will be Sat., Nov. 20, 10 AM-2 PM in the BHCS Gym; the Winter Clothing & Gear Exchange will be 10 AM-noon in the Cafe.

We are looking for:

-set-up help Friday afternoon, Nov. 19, help during the fair, and clean up after the Fair on Sat. (1:30-3).

-donations for lunch, snack and bake sale table.

-someone to assist with the Winter Clothing & Gear Exchange materials on Saturday.

Sign-up sheets will be in the lobby! Many hands make light work and a successful PTF fundraiser -- so we can help BHCS be even better!

*The BHCS Family Assistance Fund is \$390 higher this week, thanks to last Friday's movie night. Thanks to everyone who contributed in many ways! The next Family Movie Night will be Friday, Dec. 3. Anyone willing to contribute something to the snack/food table should contact Melissa Emerton or Rena Flores.

* The PTF will be hosting a **Holiday Workshop** on Saturday, December 18, 10:00 AM to 12:00 PM. Children are invited to the workshop to create crafts and gifts for the holidays. We are looking for craft and gift ideas and those willing to help. Please see the sheet

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

that comes home for more information. This year the workshop has been moved later in December to avoid known scheduling conflicts.

When school is closed, we're open!

Peninsula Metamorphic Arts & Learning (PMAL) presents the next in its series of Discovery Days on Thursday, November 11th. Kids ages 5 to 12 can tour the world from 9 AM to 2 PM at the PMAL Center, 139 Mines Road in Blue Hill. The cost is \$40 per student (\$35 for each additional sibling). Pre-registration is required by calling 374-5255 or via email at chris.pmal@gmail.com.

5-2-1-0 Tasty Tidbits

The healthy message for this month is focused on the 5 in the 5-2-1-0. This message encourages *5 fruits and vegetables or more every day*. The USDA Color Food Pyramid also provides the same guidelines. The different colored fruits and vegetables all have specific nutritional value. So again, from the book Eat This, Not That, here are some interesting food facts about the colors of our vegetables and fruits.

Crack the Color Code:

Blues and Purples: blueberries, blackberries, purple grapes, plums, raisins, eggplant. *Benefits*: keep memory sharp and reduce risk of many types of cancer, including prostate cancer.

Greens: kiwi, honeydew, spinach, broccoli, Romaine lettuce, Brussels sprouts, cabbage.

Benefits: protect bones, teeth, and eyesight.

Whites: Pears, bananas, mushrooms, cauliflower, onions, garlic. *Benefits*: lower LDL cholesterol and reduce the risk of heart disease.

Reds: Watermelon, strawberries, raspberries, cranberries, cherries, tomatoes, radishes, red apples. *Benefits*: help prevent Alzheimer's Disease and improve blood flow to the heart,

Yellows and Oranges: Oranges, grapefruit, peaches, cantaloupe, mangoes, pineapples, carrots, squash. *Benefits*: boost immune system and help prevent eye disease. Mix and match for at least 5 servings a day: one serving equals 1 cup of raw or 1/2 cup of cooked.



GSA Musical...

“The Boyfriend”

This weekend! Friday and Saturday at
7:00 PM.

\$8.00 adults - \$5.00 students

Performances are at the Emlen Hall at the
Bay School.