



# EXPLORATIONS

*Blue Hill Consolidated School*

60 High Street • Blue Hill, Maine 04614

February 3, 2011

## *Auditions for "Oliver"*

Auditions will be held on Monday, February 7<sup>th</sup> and Tuesday, February 8<sup>th</sup>. Please sign up for a slot on one of those two days. Sign-up sheets, line readings, and music sheets are posted outside of Mrs. Means' room. Mrs. Ricker and Mrs. Reinke will hear students read and sing for auditions in groups of three.

Mrs. Reinke will be available after school on Thursday and Friday of this week to go through the audition songs. Please meet in the music room after school just until 3:30.

## *Casa Verde Greenhouse News*

Announcing our Fedco Seed sale to benefit the BHCS greenhouse. Forms will be coming home this week. Think Spring!

## *GSA Parent Association Presents..... A parent and community conversation on substance abuse in the teen years.*

Guest Speakers: Denise Black – Healthy Community and Jessica Naylor – Open Door Tuesday, February 8, 7:00 PM, GSA Library Refreshments served.

## *5-2-1-0 Tidbit*

We have a winner! The first classroom to achieve the 200 servings of fruits and vegetables at snack time is Mrs. Clapp's 4th grade classroom. Congratulations to each and every one! They reached the goal of 200 last Friday. Yummy fruits and veggies were consumed in the classroom every day and **everyone contributed to reaching the goal.** So, this class will be the first to be rewarded with a special activity in the very near future! Again, congratulations!! The challenge is still on in all classrooms, so keep bringing those fruits and veggies for snack!! I can't wait to announce the next winner!!!!

Now, we're into February already, and there is a lot going on in school this month. The bulletin board in the lobby will focus on the "0" sugary drinks as a healthier choice of drinks each day. The American Association of Pediatricians recommends water and/or low fat milk as healthier choices for kids. The "0" sugary drink choices are healthier and good for children in place of sodas, Gatorade, energy drinks, and drinks with little or no nutritional benefit. Even fruit juices have higher sugar content than water and low fat milk. If choosing fruit juices, these should be limited on a daily basis and the "real fruits or veggies" would be the better choice because of the fiber they provide. The fruit juices do not provide any fiber. One suggestion for increasing water every day is to send in a water bottle with your child. They can keep them at their desks, and refill periodically throughout the day. Low fat milk is also provided by the dietary staff at breakfast, snack time and lunch every day!

February is also "Children's Dental Health Month." This ties in with choosing the "0" sugary drinks and eating fruits and vegetables instead of drinks and snacks with lots of sugar content. The sugary drinks and foods that are so unhealthy for our teeth should be offered in moderation. These "special" foods and drinks are still nice to have occasionally and for special occasions, such as birthdays, but if possible, try to offer the fruits and veggies and the "0" sugary drinks as the **daily** choices.

**This Friday, February 4th, please join the staff in wearing something red. February 4th is "National Wear Red Day" for the American Heart Association's** commitment to raise awareness and support for decreasing heart disease and heart attacks in women, a serious health problem. This small gesture has become

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

an annual event around the country and in Maine. It is just one small way in our school community to show support and to increase awareness among each other and the students. It demonstrates how important it is to live healthier. We will be focusing more attention next month on Heart Health. Ask your students about Mr. McCormick's "jumping rope" routines---a fantastic work-out that's great for maintaining a healthy heart! So, find your favorite red garment and wear it with passion on Friday, from and for your hearts!!

Finally, please continue to send in pictures of the fun and healthy activities you and your children are participating in. They will still be posted, but now on the cafeteria bulletin board for everyone to enjoy. Come in and check them out yourselves---anytime! The pictures are GREAT!!

~~Debbie Candage, RN

### **"Sam's Soul Children"**

#### **George Stevens Academy Jazz Combo**

Sunday, February 6, Blue Hill Farm Inn, 3:00-4:30 PM. Donations are greatly appreciated and will help to finance the combo's trip to the Berklee College of Music Jazz Festival in Boston on Saturday, March 5.

Featuring from BHCS: Haley Maiden, alto sax; Grace Bugbee, bass; and Sam Eley, drums.

### **Blue Hill Contradance – New Series - 2<sup>nd</sup>**

#### **Friday of the Month!**

Next dance: Fri., Feb. 11<sup>th</sup>, at Emlen Hall, Bay School

Family Dance – 6:30 – 7:30 PM with music by the All-Comers Band (ALL musicians welcome to the open stage! Call for a tune list.)

Contra – 8:00 – 11:00 PM with music by Tyler Yentes on fiddle, Elsie Gawler on cello, and Bill Olson calling. Special Birthday Dance:

Everyone dances for FREE! Contact Fiona with questions or more information at 735-7006.

### **Does Anyone Know How to do a Stop-the-Snow Dance?**

Please contact Mrs. Martin ASAP!

### **DATES TO REMEMBER:**

- Feb. 4 (F) PTF **Potluck and Variety Show**, 5:30 PM; 6:15 PM
- Feb. 9 (W) PTF Meeting, 8:00 AM  
School Board Meeting, 5:00 PM
- Feb. 16 (W) 8<sup>th</sup> Grade Play, 7 PM
- Feb. 17 (Th) 8<sup>th</sup> Grade NAEP Testing  
Union Spelling Bee in Brooksville @ 6:30 PM.  
Spellers (4) arrive at 6:00 PM
- Feb. 21 (M) February Vacation Begins
- Mar. 3 (Th) 8<sup>th</sup> Grade @ GSA for Visitation Morning, 8 AM - Noon.