



EXPLORATIONS

Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

January 30, 2014

How Should You Walk Through the BHCS Hallways?

Thanks to Megan Granger and Bryan Lescord (and the PBIS Team), each classroom was visited yesterday to teach and demonstrate the procedures related to walking through the hallways. Now, that may seem like a strange project, but it is an essential one that sets the tone for our school. From K to 8th grade, we all have the same expectations to be safe, respectful and responsible. Ask your child what the hallway procedures are and ask them why these are in place. Next project...cafeteria procedures and expectations!

Garden Club

Seed sale order forms are coming home this week. They are due back by February 14th. The proceeds will benefit the greenhouse and the garden club needs. Think SPRING!!!

PTF News

A huge thank you to all our "celebrity" readers at Bedtime Story night. Hearing the favorite books from Mrs. Martin, Mr. Jurick, Senorita Brown, and Miss Nelson enthralled the children. It was delightful to hear some new stories and share some treats.

Join us tomorrow night, January 31st, for more great entertainment at the Variety Show. The word on the street is that the acts are amazing. Potluck dinner will be at 5:30 followed by the show at 6:00 PM.

Our next movie night is February 7th. Pizza will be available for sale at 5:30, with the movie shown at 6:00 PM. We will be watching *Hook* starring Dustin Hoffman and Robin Williams.

PEE WEE Basketball

Pee Wee Basketball will be from 9:30 -11:00 AM on Saturday, February 1st.

Jump Rope for Heart Health Campaign

American Heart Association Suggestions for Families To Help Children Develop Healthy Habits:

- 1. Be a good role model-** You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.
- 2. Get the whole family moving-** Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.
- 3. Encourage physical activities that kids will really enjoy-** Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it.
- 4. Make dinnertime a family time-** When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family is an added bonus.
- 5. Make a game of reading food labels-** The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime. Kids in grades 6-8 should know what the key ingredients of a food label are because they learned this in health classes. They can name two types of fats in food that are good for you and your heart health.

Don't forget to send in your **Jump Rope for Heart Health envelopes by February 13th**. And thanks very much for the donations that have already come in!

~Mrs. Candage and Mr. McCormick

**PMAL Announces February Vacation Camp!
'DUCT TAPE THEATRE'**

**A little theatrical fun for students in
Kindergarten through 6th Grade!**

For the younger kids: Fairy tales remade and
picture books come to life

For the older kids: Improvisation, stage combat,
and Shakespearean Insults

For all: Props and costumes and fun, oh my!

Monday, 2/17 – Thursday, 2/20

Students may attend for 1, 2, 3 or all 4 days.
8:00 AM – 3:00 PM

Before and after care available

Discounts available for siblings or four-day
registrations

Cost: \$40 / day

Register at: chris@pmalcenter.com or call us at
374-5255.

Cabin Fever Reliever

First Congregational Church, Blue Hill, Cabin
Fever Reliever Potluck Community Supper &
Variety Show, Friday, February 7, 6:00 PM.

Fundraiser for Youth Group and Dolly Fisher
(Fuel) Fund. Suggested donation for adults is \$6,
children \$3, 6 & under free. Bring a can of food
for the Food Pantry to get \$1 off.

Info 374-2891 or bhcongo@yahoo.com.

Dates to Remember

Fri., Jan. 31

Wed., Feb. 12

Thurs., Feb. 13

Fri., Feb 14

Feb. 17-21

Wed., Feb. 26

Sat., March 22

Sat., April 5

Every Friday
Attachments

BHCS Variety Show
PTF Potluck at 5:30 PM

Show at 6:00 PM, café

School Board, 5PM

PTF, 2:45 PM

Winter Carnival Day

February Vacation

District Jazz Fest,

Orrington, afternoon

and evening

State Jazz Fest,

Westbrook

Town Meeting, 9 AM

Bobcat Blue/Black Day

February Menu