



EXPLORATIONS

Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

November 5, 2015

From the Principal - Offer vs. Serve

What do approximately 175 of our Pre-Kindergarten through eighth grade students (more than 65% of our students) have in common? They all take advantage of our hot lunch program. We also have 55-60 students that eat breakfast here regularly. That sure is a lot of children to feed!

So, what goes into creating a meal for this many children? Equal parts love and state regulations. In order to receive reimbursement from the state, we have certain meal pattern requirements. These include servings of milk, fruit, vegetables, and grains with the amount of each per meal set in these requirements. The grains we serve must be whole grain rich. There is also a limit to the number of calories we are allowed to serve: K-5 breakfast is allotted 350-500 calories and lunch should be 550-650. In 6-8 grade the calories allowed are a bit higher: 400-550 for breakfast and 600-700 for lunch.

To promote healthy eating choices we use the strategy of "offer vs. serve," where we allow students to make choices on the things they put on their plate so long as they choose enough of the fruits and vegetables. This also reduces the amount of food waste compared to the traditional method of simply plating all the food on a child's tray regardless of his or her preference.

Some students have asked about having seconds in the cafeteria and our answer is that students may make another trip to the salad bar if they are still needing more food. Fruits and vegetables are always an option!

Warmly,
Shelly

Kudos

Kudos this week to Audrey Means! Her after-school Chorus Club for second through fifth graders is highly popular. She's had 25 kids weekly on Wednesdays making beautiful music. Thanks, Audrey!

PTF News

If you would like to help plan the Holiday Workshop for Kids that the PTF hosts each December, please join Heather Nelson in her classroom on Thursday, November 12th after school. This is a great family event and many different skills are needed.

Hannaford reminder: Orders will be due on Thursday November 12th. Forms will be emailed out this week and are available in the lobby. We will be using PTF earnings from the Hannaford card program to supplement holiday meals for those in need within our BHCS community in November and December. We appreciate your help!

Thank you to Heather Nelson and Sarah King for putting together the fabulous Halloween Fun Night. The cafeteria was packed with pumpkin decorating, popcorn, and families having fun.

The BHCS PTF Holiday Craft Fair will be Saturday, Nov. 21st from 9:00 AM - 2:00 PM. Join us and start your holiday shopping. There will be handmade crafts from area vendors including quilts, jewelry, wreaths, and more. Also, there will be live music from the BHCS band, a raffle, and refreshments to benefit the BHCS Chess Team. Hope to see you there.

Roaring 20s Dessert Theater

The eighth graders will present a Dessert Theater to showcase all they have learned while studying the Roaring 20s. Thursday, November 19th stop by BHCS from 6-8 PM for a *Battle of the Jazz Bands* and a roaring good time.

Fall Sports Banquet

Congratulations to all our fall sports teams. We will be celebrating your successful seasons at a fall sports banquet potluck on November 12th at 5:30 PM in the cafeteria.

School News from the Communication Club

Friday, October 30th the 8th grade class hosted a Halloween dance. Some people dressed up in their costumes for the dance, I saw some spooky costumes! The dance was a lot of fun too; we made some money to go towards the 8th grade class trip. A huge thank you to the teachers and parents who chaperoned this fun night.

Notes From the Band Room

Good Luck to the 6th and 7th graders who will attend the District VI Honor's Festival this Saturday at Center Drive School in Orrington. They will rehearse all day with students from all over our district and perform for the public at 5:00 PM. This will be a great day of music making!

Congratulations to the 8's Jazz Band who were awesome at the Parker Ridge performance on Monday. They really impressed everyone in the audience with their playing and their maturity!

Don't forget to come hear all the jazz bands at the 8th Grade's "Roaring 20s Night" on November 19th where we will have a battle of the bands.

P. S. The band is looking for any keyboards that are not being used. Thanks!

Mr. Schubeck

Dates to Remember...

Nov. 2-6	Gr. 7 at Kieve
Fri., Nov. 6	Gr. 6-8 Dance at Brooksville, 6:00 PM - 9:00 PM
Sat., Nov. 7	Band to Honors Festival, Orrington, 8:00 AM - 7:00PM
Tue., Nov. 10	Gr. 2 to Sedgwick Historical Society, 8:30 AM - 1:30 PM
Tue., Nov. 10	School Board Meeting
Wed., Nov. 11	Veteran's Day, NO SCHOOL
Thu., Nov 12	Gr. 2 to Sedgwick Historical Society, 8:30 AM - 1:30 PM
Thu., Nov 12	Fall Sports Potluck, 5:30 PM
Fri., Nov. 13	Picture Retake Day
Thu., Nov. 19	8th Grade Dessert Theater, 6:00 PM - 8:00 PM
Sat., Nov. 21	Craft Fair

Save the Date
Mon., Dec. 14
Tue., Dec. 15

5-8 Holiday Concert
PK - 4 Holiday Concert



Frank Bianco and the Culinary Arts Students from George Stevens Academy will cook for the Simmering Pot on Monday, November 9th. They will prepare soup and grill sausage, turkey breast and a veggie option. The students will also serve the meal.

The Simmering Pot – A Community Created Supper, provides free meals on Mondays from 2:30 to 6 pm at First Congregational Church of Blue Hill. They often make use of the local harvest in soups and side dishes. Come and enjoy a delicious meal at the Simmering Pot. No charge, donations are accepted. For more info, call 374-2891.

Sled Dog Day at PMAL! Wednesday, Nov. 11th 8:00AM to Noon. Have you ever wanted to run behind a team of dogs? Well, You're in luck! Renee McManus and Henry Owen of Four Leaf Huskies are bringing their 10 sled dogs to PMAL! They will teach us all about sled dogs: how to care for them, how to work with them, and how to run a team. This program is for ages 3rd grade through 8th grade. Tuition is \$30 and register by Nov. 9th. To register, please contact PMAL at 374-5255 or renee@pmaalcenter.com

Christmas Angels Program provides gifts of warm clothing to children in need living on Blue Hill Peninsula and Deer Isle/ Stonington. The program is also collecting books and stuffed animals in 'new' condition. To learn how you can help the program, contact Kim Williamson at peony13@me.com, 374-2092 by December 1. To receive assistance from the program, contact Wendy Ritger, bhcongo@yahoo.com, 374-2891.

Dolly's back! Dolly Fisher Fund Concert Saturday, November 7 at 7 pm, First Congregational Church of Blue Hill. Some wonderful Peninsula musicians will perform for this peninsula fund: Jay Peterson, Hugh Bowden, Alison Dibble, Carl Karush, Heather Jellison, Mike & Susie Fay, Nancy & Blaine Stoner, Anne & Lin Parker, Suzanne Eaton & Tom Tootill, Congo Choir, and Adam Mathewson & Asha Soliel. A free-will donation will be taken. All proceeds go to the Dolly Fisher Fund helping neighbors in need with fuel, food and electricity. For more information, call 374-2891.