



EXPLORATIONS

Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

April 28, 2016

From the Principal—Celebrating Screen-Free Week!

At BHCS, we have been celebrating Screen-Free Week for many years by not only promoting the idea of going screen-free, but also providing alternative after-school activities for our students. Screen-Free Week is a nationwide event sponsored by Campaign for a Commercial-Free Childhood. For those of you that might be new to our community, you might be wondering why this is something that we celebrate (I know my own children certainly question it!), and as the principal, it's important to me to think through not only what we "usually" do, but also our rationale behind it. In this case, the research supports raising awareness about excessive screen time. Did you know that studies have found that each week American children spend more time in front of a screen than they do in school? Yikes!

Regardless of what kind of programming children are consuming, it's clear that using a screen for entertainment dominates the lives of many. When kids spend too much time on screens, they miss out on all sorts of activities that are really important. Excessive screen time is linked to childhood obesity, attention problems, and poor school performance.

During Screen-Free Week students can join the activities offered at BHCS, but they also tend to read, play, think, create, get physically active, and spend more time with friends and family. Over April vacation week, my family decided to hike many of the Blue Hill Heritage Trust trails on the peninsula, and I highly recommend that! Here are [101 Screen Free Activities](#) from [screenfree.org](#).

Thank you to all of the organizers and activity volunteers that are offering alternatives for our kids next week. Let's all take this opportunity (children and adults!) to power down and reconnect with nature, hobbies, and each other. So, join us as we celebrate together—because it's way more fun that way!

Warmly,
Shelly Schildroth

Kudos

Kudos this week to third grade teacher, Bryan Lescord, from Audrey Means, myself, and the cast and crew of the Wizard of Oz. Bryan was an instrumental part of the success of our play and was not properly recognized during my welcome and thank-yous on our production nights. Bryan is trained in theatre and his acting expertise was a huge asset to Mrs. Means. He spent many evenings volunteering! Thank you, Bryan!

School News from the Communication Club

Spring sports have started and the first track meet was on Wednesday at Bucksport and the first baseball game is Thursday at home against Mountain View. Good luck to all our athletes.

PTF News-Teacher and Staff Appreciation Week

Teacher and Staff Appreciation Week is coming up! We want to provide breakfast items in the staff room on Monday, May 9, a luncheon on Wednesday, May 11 and snacks in the staff room throughout the rest of the week. We are looking for volunteers to donate a food item for the breakfast, luncheon and snacks. We are also looking for people to help cover lunch and recess shifts for teachers and staff during the luncheon on May 11.

The PTF relies on your help to make this happen. Please complete the following online form to let us know how you can help.

<http://www.signupgenius.com/go/30e094fa9a629a1f85-teacher>

Contact Sarah King (374-9294), Liz Conlon (460-5167), or Rebecca Conable (669-5134) with any questions. You may also respond via email to ptf@bhcs.org.

Thank you in advance for your support!

Be a Part of BEEM



Did you hear about the FitDesks? Love the new binoculars and student-made flower presses? How about our IDEA Center? For almost 25 years, BEEM has provided grants for innovative and creative approaches to education. Are you interested in joining our board? Duties include participation in monthly meetings (starting in July, typically evening), reviewing and awarding grants, and fundraising (annual appeal and special events like the BEEM Bash). This is an excellent opportunity to volunteer with a dynamic and successful team. And yes, we are a 501(c)!

Interested in getting involved or learning more? Send us a message at beem@bhcs.org.

Dates to Remember...

Apr. 4-29	Student Art Show at BHPL
Fri., Apr. 29	Dance in Brooksville Gr. 6-8, 6-9 PM
May 2-6	Screen Free Week
Thu., May 5	Grade 6 to Boston
May 9-13	Teacher & Staff Appreciation Week
Fr., May 27	Grade 3 to Acadia
Mon., Jun. 6	Spring Concert grades 5-8
Tue., Jun 7	Spring Concert grades PK-4

Graduation June 14, 7:00 PM
Last day of school June 17



Transgender, Family and Friends Group (TGFF) provides support for families, friends and transgender people of all ages. TGFF meets two Thursdays per month, upcoming meetings are May 5 and May 19 at 7:00 pm at First Congregational Church, Blue Hill. Details, contact Susan Yaruta-Young, (207) 460.6155 or email: syyoung@myfairpoint.net.

Peaceable Kingdom Day Camp: Mornings, Monday-Friday June 20-24, for children ages 5-10 (kids older than 10 can be helpers), at First Congregational Church, Blue Hill. Indoor and outdoor art, music, and nature activities. No fee, donations welcome. Info, contact Wendy Ritger by June 15 at bhcongo@yahoo.com or 374-2891.

Blue Hill Girl Scouts Troop # 251

The next Girl Scouts Troop meeting will be held on Friday, April 29, in Miss Nelson's Kindergarten classroom from 2:45-4 pm.

The troop is open to all girls ages 5-18. For more information, please contact the Troop Leaders:

Liz Conlon, elizabeth.mabie@gmail.com; phone: 207-460-5167

Christy Ross, chrustovsky@gmail.com; phone 202-468-7517

Blue Hill Cares–Community Roadside Clean-Up Day Saturday, April 30

Join BH Containers & Blue Hill Heritage Trust for a community roadside clean-up day! We will meet at the Blue Hill Consolidated School the morning of the 30th at 9AM and have bags, gloves, water, snacks, and other items on hand for participants from 9am-Noon. Blue Hill Disposal & Vaughn Leach ([BHD Containers LLC](http://BHDContainersLLC.com)) will be picking up all bagged trash from around the town.

We highly recommend that participants wear work gloves, boots, and bright/reflective clothing (we will have some safety vests on hand for people to borrow from the town). We will have information for safe practices available as well.

To join in this important effort, to be a Team Leader, or for basic info please email Chrissy Allen (Blue Hill Heritage Trust) at bluehillcares@gmail.com or call Vaughn Leach at 266-2975.