



# Explorations

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Blue Hill Consolidated School

November 3, 2016

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## From the Principal and School Counselor

This has been a tough week for many Blue Hill families. We've seen two homes destroyed by fire and we've lost a community member. The loss of Jon Metcalf, father of former student Adam Metcalf, was extremely sudden and sad. As a school we work to be a support system for families, and especially students that are affected. As a parent, talking with my nine-year old daughter about Jon's death was very difficult. I've asked our school counselor, Megan Granger, to co-write this message in hopes that we can provide families with some strategies for coping with difficult conversations.

Part of living a full life includes experiencing wonderful things, as well as heartbreaking things. Our children look to us as the adults to provide support and stability when life brings tragedy, uncertainty, or pain. As caregivers needing to share difficult topics, we can find a quiet, comfortable place where our child feels at ease talking. Younger children may benefit from holding a favorite stuffed animal while older children sometimes feel more comfortable going for a car ride or taking a walk with a pet. Starting with, "I have something hard to share, but we will get through it," will help set the tone. Sharing enough information to communicate a tough topic while acknowledging the big picture in life is key. Last spring I had to tell my son that his hockey teammate died suddenly, and have been telling him ever since, "Dylan was able to demonstrate a lifetime of selflessness and generosity in those 14 short years here on earth". Losing him still hurts a lot, but we seek ways to honor him often.

As caregivers, simply listening to children speak about their feelings and memories associated with loss is healing and will help them get stuck feelings outside of their body. It can be helpful to share with children how we as adults have successfully handled tough experiences in the past to offer hope and perseverance. Don't be afraid to let children see your real feelings about something difficult, and assist them by modeling coping with your feelings in a safe, healthy way. Despite the difficulty at hand, inventory the remaining positives in your life. Death in particular always reminds us of the gift we have each day just being present with our loved ones.

At school when we are informed of a tragic situation we share the information that families provide to our staff so that if students become upset at school we can help. Sometimes a quick check-in with a loved teacher is all a child needs to get through the school day when coping with tough news. If more time and support is needed, teachers, parents, or even students are welcome to seek me out. Often with loss, serious illness, or tragedy we create opportunities within the school community to provide support. Our children and families are involved in writing letters of support, meal preparations, assistance with fundraising efforts for those in need, and memorials. The BHCS response to such opportunities is humbling. As a staff we hope to assist our students with managing difficult news and situations as we would in our own families, especially because many of us have had, or currently have, children and/or relatives at BHCS. Our hearts go out to families affected by the fires as well as to Jon's family this week and always.

Warmly,  
Shelly and Megan

## Hannaford Cards

The Hannaford Card program is a great way to donate money to the school at no additional cost to you. If you shop at a Hannaford and purchase, or reload a Hannaford Card through us, Hannaford will donate 5% of your order to the Blue Hill Consolidated School Parent, Teacher, Friend (PTF) Group. We use these funds to benefit BHCS and PTF activities and programs.

Last year we raised over \$1,200 through this program. Last month, we raised approximately \$140. These funds benefitted classrooms, school events and PTF events.

What does this entail?

If you choose to participate, you would load a portion of your grocery money onto a Hannaford Card through the BHCS PTF every month. You would then use this card to purchase your groceries at any Hannaford store (including Tradewinds). For doing this, Hannaford then gives the BHCS PTF 5% of your card value. For example, if you load \$100 per month onto a Hannaford Card, Hannaford will donate \$5 per month to the school. This adds up quickly!

What do I need to do to participate?

Every month the BHCS PTF will sell new Hannaford Cards as well as reload existing cards. In order to participate in the program, you would need to complete an order form, include payment, and submit these items to the school office by 2:30 pm on the second Thursday of each month. We will load your money onto your card and when you go grocery shopping, you use your card to pay. We email reminders and forms each month. We also keep track of your card numbers, to make reloading easier.

**The November Hannaford card order will be due on Thursday, November 10 by 2:30 pm.**

If you have any questions, please contact Ann Pladson at [925-997-3458](tel:925-997-3458) or [ptf@bhcs.org](mailto:ptf@bhcs.org).

## From the School Nurse

Recently we have had a couple of instances of students coming to school wearing strong perfume. We have several students and staff that have allergies, asthma, and migraines which can all be triggered by strong fragrances. We are requesting that students and visitors refrain from using perfume, strong sprays/lotions, and air fresheners while at school. If you have any questions please feel free to call me at 274-2202.

April Chapman, RN

## Notes From the Band Room

Congratulations to the 8's Jazz Band on their performance at Parker Ridge on Tuesday. The residents were delighted by the music and we had a good opportunity to practice many of the tunes that we will play at the "Roaring 20s Night" next Thursday. I hope many of you will make it to the benefit and support the eighth graders. My thanks to the sixth grade jazz band who loaded up all the equipment and to the parents who helped as well.

Good luck to the 7's who will participate in the District VI Honors Festival to be held at the Ellsworth Middle School this Saturday. They will rehearse all day and perform for the public at 5:00. We have been working on the music and I think this year's concert will be a good one!

Mr. Schubeck

### Dates to Remember

November 6	Move clocks back 1 hour
November 8	Election Day
November 9	School Board Meeting
November 9 & 10	Gr. 2 to One-Room School
November 10	"Roaring 20s" 6-8 pm
November 11	No School - Veterans Day



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Attached is a flyer for the Dolly Fisher Concert at First Congregational Church Saturday November 5, 7:30 to 9:30 pm. All proceeds from this concert go to the church's fuel and food fund, to help people in need living on Blue Hill Peninsula and Deer Isle/Stonington. Performers: George Stevens Academy's top combo directed by Steve Orlofsky with members Mira Schubeck, Isla Brownlow, Nellie Haldane, Yvonne Rogers, Christian Jones, and Joseph Boulet. Also performing: Noel Paul Stookey, Stu Davis, Bill Gawley, Anne and Lin Parker, Nancy and Blaine Stoner, and Gerald Wheeler. Questions, contact Wendy, 374-2891.

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Kids' Scratch Kitchen: India 4 sessions from 3-5 PM beginning November 10th for grades 3-7 at the First Congregational Church. Join us for new tastes and new skills as we learn about Indian food during this four week program with our new pastor on November 10, November 17, and December 1, culminating in a kid-cooked family feast on December 8. Space is limited. Please contact the Church Office (info@bluehillcongregational or 374-2891) to register by November 4th.

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### **George Stevens Academy Open House**

Who: 7th & 8th grade students and parents

When: Tuesday, November 15, 2016 from 5:45p to 8:00p

Where: GSA Cafeteria

Learn about what GSA has to offer. Snack provided. We hope to see you!

For more information, contact Christie A. Snow at 374-2808 x112 or [c.snow@georgestevens.info](mailto:c.snow@georgestevens.info)

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The Bagaduce Music Lending Library is offering "Music In Literature" for children ages 5-7. There are five workshops, with local musicians. Attend one session or all 5. Gene Nichols Saturday, Nov. 19th 10:30 am at BMLL, 49 South Street. Joe Boulet, percussion Saturday, Dec. 10th 10:30 am BMLL Meredith Amado, strings January 2017 TBA Leslie Ross, woodwind Wednesday, Feb. 15th 2:00 pm Brooksville Library Liza Rey Saturday, March 25th 10:30 am During National Music Month BMLL. Contact BMLL 374-5454 for info. All are Free.