

Explorations

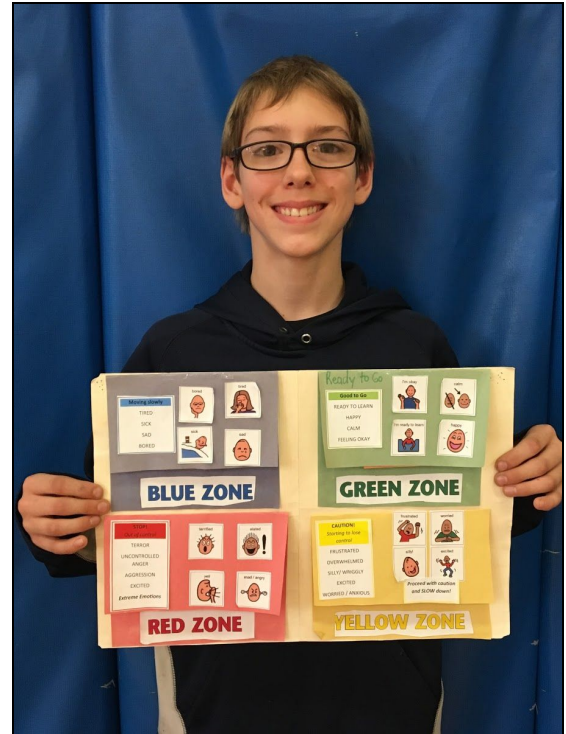
Blue Hill Consolidated School

October 12, 2017

Habits of Mind

At the first day assembly, we gathered together to focus on our school theme and to learn about the Habits of Mind. Each month we focus on a different [Habit of Mind](#) that we can develop to be successful in school and in life and we started the year by learning about Thinking Interdependently. This skill is important because when we listen to one another and work cooperatively together, we can accomplish more and use all points of view to make the best decisions we can. This past Wednesday, the entire school gathered to reflect on this Habit of Mind and learn about what we will focus on for October.

The assembly started with the entire school joining together to sing "You've got a Friend in Me," (you know, the one from [Toy Story!](#)). Then our third graders danced to "Alabama Gal" and something strange happened - Mr. Baxter ran into the middle of the dance and interrupted the whole thing! I asked him to head back to his seat since it wasn't his turn. (Don't worry - this was planned!) After the dancing, I shared that I had asked Mr. Baxter to interrupt the dance to demonstrate the Habit of Mind that we are focusing on this month: Managing Impulsivity.



Thomas (pictured above) helped me share with the whole school ways that we can help manage our impulses. He taught us about the Zones of Regulation and how if we can identify how we are feeling (silly, anxious, happy, hungry, sad, mad, overwhelmed, etc.) then we can think about a plan to get back to the "green zone," because the green zone is where we do our best learning! We identified five things that kids (and adults!) that are not in the green zone can do: take some deep breaths, get a snack, take a break/walk, take a second to think before acting, and to try to think of something funny to help your attitude.

Warmly,
Shelly

Parent Tip: Helping your child manage impulsivity at home

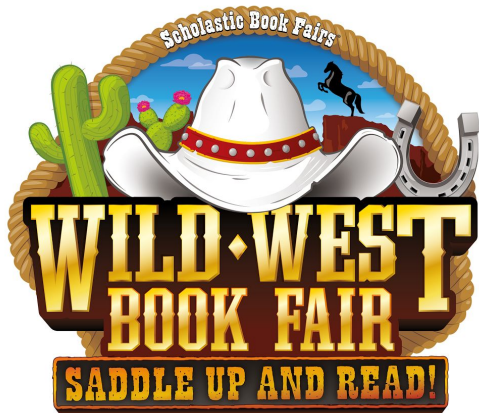
- ~Encourage them to take a deep breath or count to ten.
- ~Catch your child doing the right thing, and provide praise.
- ~Point out when you are controlling your impulses. Share your thinking out loud.
- ~Encourage lots of exercise.

*Information from Boys Town Parenting for more information visit, www.boystown.org/parenting

Box Tops for Education

The Box Tops for Education collection program is back up and running here at BHCS. Each Box Top is worth \$.10 so it really adds up and enables the BHCS Boosters to provide enrichment and support for the teachers and students at BHCS. The most recent submission was for over \$500 worth of Box Tops! So please keep clipping and sending in your Box Tops.

BHCS Book Fair



Next week will be the BHCS Scholastic Book Fair. Stop by to find a just right book for the readers in your life. The Book Fair is open each day from 7:30 AM - 7:30 PM.

Flu Shot Information

Reminder:
Please make sure to return Flu Shot forms before Monday, October 16. The shots will be given on Tuesday, October 24 from 2:30 to 5:00pm and the students need to be accompanied by a parent.

Specialists' Conference Hours

Megan Granger, our school counselor, is available to meet with parents individually by appointment or to join scheduled parent/teacher conferences at the request of parents or teachers. Megan is also available at any time throughout the school year. Please feel free to contact her by phone at 374-2202, x104, or email her at mgranger@bhcs.org.

Mrs. Gandy	M - Th	3:00 - 7:30
Sr. Holman	M, T	3:00 - 7:00
Mr. Jurick	M -Th	3:00 - 5:00

Mrs. Means	M,T	3:00 - 6:00
	W	3:00 - 4:00

Mrs. Ricker	M	3:00 - 4:00
	W, Th	3:00 - 6:00

Mr. Schubeck	T, Th	3:00 - 6:00
	W	3:00 - 4:00

Dates to Remember

Friday, Oct. 13	Dace in Sedgwick 6-9 (Gr. 6-8)
October 16 - 19	BHCS Book Fair
	Gr 7 Camp Kieve
	Parent - Teacher Conferences
Wednesday, Oct. 18	Gr 6 to Sand Beach
Friday, Oct. 20	No School
October 23-27	Parent - Teacher Conferences (Gr 6-8)
Wednesday, Oct. 25	BHCS Boosters Programming Meeting, 2:45 PM in Miss Nelson's room
Friday, Oct 27	BHCS Halloween Dance Gr 6-8 6:00 PM - 9:00 PM



Blue Hill Heritage Trust Events:

10/14 Saturday 11am-3pm- Peninsula Harvest Festival at [Mainescape](#). Admission is free and all are welcome to this celebration of all our peninsula has to offer. Area vendors will be there sampling and selling a variety of items. Farmers Market – Live Music – Kid’s Activities – Scarecrow Contest – Food – Beer – Coffee – Crafts & Much More! **This event is hosted by Mainescape with help from Blue Hill Heritage Trust.**

Special Events at the Blue Hill Public Library

Afterschool with Downeast Audubon

Oct 25 – Owl Pellet Investigation at 3:30

Word! Literary Festival

Oct 21 – Go Wild: Nature Writing for Kids with Kim Ridley at 10:00

Oct 21 – Milkweed is for Monarchs with Bundy Boit at 11:00

Meet a Firefighter!

October 28 at 11:00

Inklings Book & Movie Club

Oct 28 – “Goosebumps” at 4:00

Library After-Dark: Teen Lock-In

Oct 28 – 7:30 pm to 9:00 am the 29th (teens only, 20 spaces available, registration and permission slip required)

Trick or Read!

Oct 31 from 9:00 – 5:00 (stop by in costume, get a free book!)

Word.

Be sure to check out this amazing new literary event here in Blue Hill. There is a flier attached to the newsletter or you can follow the [link](#) to their webpage.

BLUE HILL LITERARY ARTS FESTIVAL

Community articles submitted by the Blue Hill community are posted as-is. Those interested in submitting community news for the newsletter may contact Tracy Gandy (tgandy@bhcs.org). Views/opinions expressed in this section are those of the authors and do not necessarily reflect official school positions or policies.