



EXPLORATIONS

Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

October 27, 2010

Flu Vaccines

Please return the flu request forms to the office by November 2nd. The clinic is on November 4.

Picture Retakes – November 5

Greenhouse News

Cate Reuter has been appointed as Garden Coordinator at BHCS. She will be helping teachers and students plan lifelong learning activities related to gardening. Cate has a degree in horticultural therapy and adds a lot to the possibilities for our greenhouse project. If you have ideas that you would like to suggest for the garden project, please contact Cate here at school.

CALLING ALL ANGELS!

The Christmas Angels are spreading their wings for the 2010 holiday gift-giving season! This will be the organization's 22nd year of providing gifts of warm clothing to children in need residing on the Blue Hill Peninsula and Deer Isle/Stonington.

The Christmas Angels welcome cash donations as well as volunteer angels to shop for gifts. Each shopping angel will be provided with a detailed list, including the child's age, clothing size and specific needs. Individuals can shop for one or more children, and clubs and businesses can organize as a team to shop for one or more families. The shopping will take place in November and the gifts will be distributed in early December.

The Christmas Angels are also seeking donations of children's books and stuffed animals in new condition.

To learn more about how you can take part in the Christmas Angels program, contact Kathy Soper at kathyspr14@gmail.com or 374-2703. Financial donations are always welcomed and appreciated, please send checks with the notation "Christmas Angels," to Christmas Angels, First Congregational Church of Blue Hill, P.O. Box 444, Blue Hill, ME 04614. To receive a request form for help from the program, contact Wendy Ritger at 374-2891 or bhcongo@yahoo.com and deliver to the church by November 22nd.

From the Sports Desk

It has been a great season! Hope to see all the soccer families at the Sports Banquet on November 3rd in the cafeteria at 6 PM. Families are asked to bring a casserole or something else to share. We will enjoy a potluck

dinner. Then the coaches will stand at the podium, celebrate highlights of the season, and pass out certificates and awards. It is a great night and leaves everyone feeling good about the season.

BEEM Makes A Good Thing Better!

The mission of BEEM (Blue Hill Educational Enrichment Monies), a non-profit corporation, is to develop resources to support and supplement programs at Blue Hill Consolidated School.

Each year resources developed by BEEM are used to address specific needs at our school. In addition, BEEM has established an endowment fund to ensure continued support covering a wide range of educational opportunities.

Since 1992 BEEM has awarded more than \$56,000 in grants to enhance school curriculum, special projects, and events.

BEEM is directed by a volunteer board that may include Blue Hill Consolidated School board members, administration, staff, parents, community members, and others with skills needed to further its mission.

Fund-raising activities sponsored by BEEM occur throughout the year. Volunteers are always needed and encouraged to assist in these activities. BEEM raises money through school fund-raisers, school activities, and their annual campaign.

Your support can be through the gifts of time, resources, or knowledge. Grant-writing expertise and contacts are also important as BEEM searches for grants and other assistance from outside our immediate community. We always need your input and help. If you have questions, ideas, or if you can offer your expertise, please contact Matt Elliott, the BEEM Board Chairperson at elliott@eena.com or call 374-2566.

5-2-1-0 Tidbit

Check out the bulletin boards in the lobby and the cafeteria. Robin, Kathy and Jerin have posted some interesting information about "food portions" for the kids to enjoy when getting their meals in the cafeteria. The bulletin board in the lobby is dedicated to the "5" in the 5-2-1-0 message: Eat 5 or more fruits and vegetables a day. So, check em out-- they are fun, colorful, and interesting. For the rest of October, which is fast running out and for November, I thought I would try to provide some easy suggestions for incorporating the 5-2-1-0 messages into our everyday lives. Hopefully everyone will enjoy these small tidbits of information.

Della L. Martin, Principal • Loretta Smith, Secretary • Beth Jackson, Librarian • Matt Jurick, Technology Specialist

From the book entitled " Eat This, Not That": *Trick Your Kids into Loving Vegetable: 3 Easy ways to help your children go green.*

SHAPE 'EM: A carrot is still a carrot- unless it's shaped like a ninja throwing star!! A few quick turns of the knife can make vegetables into cool new edible toys. And don't forget the old trick of spelling out words with green beans.

HIDE "EM: Toss broccoli, spinach and other veggies into the blender, then spoon them into spaghetti sauce.

Blended finely, they become almost invisible, but they still impart their magical nutritional content.

FRENCH FRY "EM: Even kids who hate vegetables love French fries. But traditional fries are laden with grease and low nutrition. Trick your youngsters with baked fried made from thinly cut potatoes, sweet potatoes, carrots, and parsnips. Splash the fries with a little olive oil, paprika, and salt and bake at 450 degrees for 30-40 minutes."

Enjoy, Everyone!!!

Upcoming Events:

Sat., Nov. 13: Jazz Band to Orrington for Jazz Festival

Sat., Nov. 20: PTF Holiday Craft Fair

Wed., Nov. 10: School Board Mtg. at 5:00 PM.

Thurs., Nov. 11: NO SCHOOL, Veterans' Day

Wed., Nov. 24: Thanksgiving Break Begins