



EXPLORATIONS

Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

February 9, 2012

Heart Health at BHCS: Learning about the Cardiovascular System and Jumping Rope for Heart Health: February--the month for love, romance and chocolate!!! That's what we often think of when we think of February. Yes, we often relate matters of the heart to matters of love and romance. For example, when we fall in love, we feel good. Maybe your heart "flutters a little" when you see or think of that "special someone," and even more so the closer to Valentine's Day we get. Or, when that love may not be returned or is rejected, we think our "heart is breaking."

Your child in 5th, 6th, 7th and 8th grade can tell you that your actual heart that beats inside your body is not really the place where these feelings take place, but in fact, happen in the brain. The brain receives and sends messages about our thoughts and feelings to the rest of the body, which is actually the reason your heart may beat faster when you're in love. The middle school students are now learning about the heart and the circulatory system, what it looks like, how it works, and the important jobs it performs. For example, the heart is a muscle with 4 chambers and a bunch of valves that all work together to pump oxygen to the body, pump carbon dioxide out to the lungs, and then picks up fresh oxygen and starts the process all over again. Ask your child what makes the "lub-dub" sounds that we hear when we listen to the heart beating. They know this answer!!!

Also, for the month of February, all the students of BHCS will be jumping ropes to celebrate their healthy hearts and to acknowledge the fantastic work that scientists and doctors are doing to help children, and all people, who may have problems with their hearts to be fixed and treated so they may live healthy, happy and active lives, too. We have a few special events planned to celebrate these accomplishments and the kids' expertise in jumping ropes. February 14th will be one of those days. Mr. McCormick and the 8th graders will be assisting the younger students with some really cool jump-roping techniques in the gym all day. Everyone will be jumping rope at some point that day. You can be sure their hearts will be beating faster on this day of love!!! And from what I've seen already, these kids LOVE to jump rope, and they are very good at it!!!

This Spring, the 5-2-1-0 Committee will be hosting another Spring Fling event with a big focus on the local resources we have in Blue Hill to help us

live healthy lives. The students will have another opportunity to "strut their stuff" and demonstrate all the cool techniques they've learned with jumping ropes!!! Stay tuned for more details as the time gets closer. And remember.... regular exercise, eating fruits and vegetables, and maybe a little "dark chocolate" at times are all good, healthy choices for heart health.

Happy Valentine's Day, everyone!!!

~~Debbie Candage, School Nurse

Fedco Seed Sale

Don't forget that the orders need to be in by this Friday, February 10.

Bridge, Anyone?

We are taking an informal survey of kids who might be interested in learning duplicate bridge. Elvira Bass has connected with the foundation started by Bill Gates and Warren Buffet to bring bridge playing to our youth in this digital age of iPods and video games. Also, bridge can have a significant impact on math proficiency. Ms. Bass stopped in today to offer this opportunity to us, if there was interest. She has \$5,000 to spend on finding a teacher and getting kids motivated with t-shirts, trophies, and such. So, if your child is interested in a club after school next year to learn the skills of bridge, please send an email, a note, or give me a call.

Lost and Found

Please check the lost and found bins for your child's clothing. There are some very expensive looking coats and other items.

Pee Wee Basketball

Practice at BHCS,
Sat., Feb 11, 10:00 – 11:30 AM.

PTF

***BEAR Night (Be Enthusiastic About Reading)**

Calling all readers to help us celebrate Dr. Seuss's Birthday by reading!

Who: students with an adult and a book-ish snack to share.

When: Friday, March 2nd, 6:30 PM.

Where: BHCS Cafeteria and Library

We will read, play games and eat special snacks.

More details and a sign-up sheet will go home soon!

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

Telephone: (207) 374-2202 • Fax: (207) 374-2919 • www.bhcs.org

The next PTF meeting will be Tuesday, March 6 at 6:30 PM in the library. We will be planning spring activities. Would you be interested in helping with any of the following?

****Spring Bobcat Gear Order**

****An Easter Egg Hunt**

****Refreshment Sales at Town Meeting**

****An Indoor Yard Sale**

****Spring Clean-Up**

****TV Turn-off Week Activities**

Please call Melissa Emerton (479-2763) or Heather Nelson (667-4968) if you can help.

Caring Hands

To celebrate National Children's Dental Health Month there will be a FREE DENTAL CARE at the Dental Center in Ellsworth on FEBRUARY 18th from 9 Am to 4 PM! Staff from the *Caring Hands of Maine Dental Center* are volunteering to provide free dental visits to any child from ages 0-18 who does not have a dentist and does not have insurance coverage. It's necessary to make an appointment by calling 667-6789. We have many volunteers and we want them kept busy all day!

Dolly Fisher Emergency Fund Benefit Voice & Piano Recital

Sunday, Feb. 12, at 3:00 PM, First Congregational Church of Blue Hill. Performers: Sarah Schneider (Soprano), John Moyer (Piano), and Julianna Nielsen (Contralto). Suggested Donation \$10 - \$20. Children free. All proceeds will go to the church's fund that helps area people with fuel. For info call 374-2891.

The Simmering Pot

A Community Created Supper, Mondays 2:30 to 6:00 PM at the First Congregational Church of Blue Hill.

Eat in or take out. No charge, donation accepted. In case of winter storms, follow school closing schedule. Call 374-2891.

Dates to Remember

Tues., Feb. 14

Jump Rope for Heart

Jazz band to play at GSA

Feb. 20-24

February Vacation

Fri., Mar. 2

Dr. Seuss's Birthday!

BEAR Night (Be

Enthusiastic About

Reading!)

Tues., Mar. 6

Jazz band to Orrington

To Be Determined for the Month of March – For 8th graders.

GSA half day visit for area 8th graders and registration for classes for those who are attending GSA next year. Notification for two different dates will be coming to parents soon.