



# Explorations

Blue Hill Consolidated School

January 9, 2020

## **Welcome back and Happy New Year!**

We've been back at it at BHCS for a week now and the students have settled right back into the routine. We are so proud of them!

The month of January is a great time to reevaluate goals and routines in school and at home. Our health focus this month K-8 is Emotional Health. One way we foster positive emotional health here at BHCS is using a praise to correction ratio of at least 4:1. That is, for every one redirection of behavior (such as, "please don't interrupt") we want to have at least four positive comments, rewards, or gestures (such as, "great job lining up quickly and quietly!"). One way that families can help foster emotional health at home is by eating meals together whenever possible. A lot of research has been done that shows the benefit of spending this time together including better grades, better physical health, and feeling more connected with one's family. Below I've shared some tips from our health curriculum, *The Great Body Shop*.

Mealtimes are the perfect opportunity to connect with your child and teach healthy eating habits. Here are some tips for making dinner time the best it can be:

1. Remove distractions and talk to each other—Turn off the TV and cell phones so that your attention is on each other. Talk about your day in fun ways, such as "Rose, Thorn, and Bud." Learn about "Rose, Thorn, and Bud" below.
2. Offer your child variety—Don't give up if your child doesn't like the taste of a specific food. You'll be surprised how often kids will end up liking food they try prepared in different ways.
3. Let your child help out in the kitchen— Younger kids may like to help set the table with napkins and silverware, while older kids might want to help prepare foods. Getting involved will help build a healthy, positive relationship with cooking and food.
4. Mix things up—Try make-your-own dishes, such as tacos or personal pizzas, or take dinner to a local park for a picnic.

Find family-friendly recipe ideas here: <https://whatscooking.fns.usda.gov/>

### *Rose, Thorn, and Bud Game*

Rose, Thorn, and Bud is a game that will encourage you and your child to share and learn about each other's day. It is also a great way to encourage your child to reflect and express gratitude. Maybe you will learn something new about each other!

Here's how you play:

Take turns sharing your daily rose, thorn, and bud. Your rose is the best part of your day, your thorn is something disappointing that happened, and your bud is something that you are looking forward to.

Play during dinner or bedtime and make it a nightly tradition!

Come join us for the





**BHCS Open House!**

*Help us celebrate the completion of our school's newly-renovated building!*


**Wednesday**  
**January 15, 2020**  
**4-6:00pm**


**Welcome by Superintendent Hurvitt**  
**at 4:30pm in the Cafeteria**

*The dust has settled and our school has never looked better! We can't wait for you to see all that's new!*



See what's new!

Enjoy some hot apple cider, appetizers, and snacks!



**Families, Children, Friends,**  
**Community Members...**  
**All are welcome!**




### Playground Fundraising

This month we will continue our fundraising effort for our playground by selling coupon books for Dunkin' Donuts and Subway. Each coupon book has a lot of great savings and only costs \$10. The best part is that of that \$10, we get to keep \$6! This fundraiser will run from January 13th to February 14th. I've attached a pre-sale sheet for any families that would like to help by selling them. There will also be hard copies in the office. I'll be sending out another Sign-up Genius for anyone willing to bring their child on a Saturday to sell these outside of Tradewinds.

### Keyboard Search

Mrs. Means is looking for 3 more keyboards for her keyboard center. If you have an old one you would like to donate please let her know. If you would like to purchase one for the music department, please see this [listing on Amazon](#) for a suggestion or check with Mrs. Means.



### Happy Winter Clubs!

Winter Clubs kicked off this week! With more than 70 students participating in 11 clubs, our afternoons on campus will be pretty lively! Many thanks to club leaders and the support crew who are volunteering their time to host clubs, organize snacks, field questions, and ensure another successful season. Club materials and snacks are funded by BHCS Boosters thanks to generous support from our community!

### Connect with BHCS Boosters

We'd love to stay connected. Here's where you can find us:

- We're @bhcsboosters on Facebook, Instagram, and Twitter
- Follow for our announcements in future editions of Explorations
- Attend our Programming meetings: 3rd Wednesdays, 2:45-3:30pm
- Attend our monthly board meetings: 4th Mondays, 6-8pm
- Email us at [hello@bhcsboosters.org](mailto:hello@bhcsboosters.org)

### Library Volunteers

If you have a few hours a week to spare, the BHCS Library is seeking volunteers to help students check out books, check in books, and shelve returns. There are also opportunities to work with the catalog database to add new books to our system. There are morning and afternoon time slots available, so please contact Mrs. Gandy for more information or if you would like to volunteer.

| <u>Dates to Remember</u> |                               |
|--------------------------|-------------------------------|
| Wednesday, Jan. 10       | Open House, 4-6 PM            |
| Friday, Jan. 17          | No School - Teacher Inservice |
| Monday, Jan 20           | No School - MLK Day           |
| Friday, Jan 24           | Spelling Bee, 1:15 PM         |
| Friday, Jan. 31          | Geography Bee, 8:15 AM        |



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## Youth Programs @ BHPL

### January 2020 Schedule

Schedule subject to change – check online calendar at [www.bhpl.net](http://www.bhpl.net) for up-to-date listings

#### Weekly Programs

**Thursday 3:00 PM – Youth Chess Club**

Do you want to learn how to play chess? Do you already know how to play and are interested in playing more? Come learn and play at the library! Snacks will be provided.

#### Special Events

**Jan 14 Wild Sun Catchers Storytime**

**10:30 AM Larchwood Room**

Landere Naisbitt of Blue Hill Heritage Trust will read *Thanks to the Animals*, written by Allen Sockabasin and illustrated by Rebekah Raye, and we will make native plant bird feeders with white pine cones, peanut butter, winter berries, sumac berries, rose hips and sunflower seeds.

**Jan 16 Pajama Storytime  
Room**

**4:30 PM Larchwood**

Wear your pajamas, bring a stuffed animal and join us for a story, songs, and coloring.

**ALL PROGRAMS ARE FREE AND DO NOT REQUIRE REGISTRATION UNLESS OTHERWISE NOTED. MORE INFO**  
[www.BHPL.net](http://www.BHPL.net)

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### Middle School Appreciation Night!

**GSA**

**vs**

**Bucksport**

Friday, January 10th

JV Boys at 5:30 pm/Varsity Boys at 7:00 pm

+Free Admissions, Pizza & Drink for 7th & 8th Graders +Giveaways & Contest

+The GSA Band will be Rocking the House

\*Mark your calendar for February 5th when we do it again for

the GSA Girls Teams vs. Mattawanacook

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](mailto:tgandy@bhcs.org)). Views/opinions expressed in this section are those of the authors and do not necessarily reflect official school positions or policies.