

EXPLORATIONS

Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

November 17, 2010

One Little Seed

A seed is planted in fertile ground.
The sun shines bright and the rain comes down.

What a miracle to think that a little seed brought all this food to the people it will feed!

For all this food we pass on to others in need, we need to give thanks for one little seed.

by Loretta Smith

<u>Casa Verde Ribbon Cutting Ceremony and</u> 5210 Theme Teams Activity Today

Today was an exciting day at BHCS; we dedicated our new greenhouse, *Casa Verde*, with a ribbon cutting ceremony and some thanks to those who had helped the greenhouse become a reality. We especially thanked Cate Reuter who has been the project manager and Tim Farrar who organized his GSA students to help complete the project. We said thanks to the cooks who are willing to incorporate the vegetables into the school lunch program, too.

The weather did not cooperate with us this year, so we did not get to form our human delivery line at the Food Pantry, but we still enjoyed the experience of giving to others with our annual Thanksgiving food drive. Rusty Roberts from the Food Pantry joined our all-school assembly to accept the food donations and a check for \$210 from the PTF's Warm Hearts, Warm Homes project. The students were glad to offer their support to those who need it.

After that ceremony, we met in our Theme Team multi-age groups for a "taste-testing" activity and everyone had a chance to try some colorful fruits and veggies. Kids also had an opportunity to dip these fruits and veggies into vanilla yogurt and/or sunbutter (recipe to follow***). Ask your child what these choices were and what they liked the best. It may give you some ideas to use at home for everyone in the family!!! We also welcomed the kindergarteners to the Theme Team groups that they will enjoy during their years at BHCS.

Thanks to the parents who prepared all the food for tasting!

And...Zumba with Senora Cuello! We danced in the gym to highlight the physical component of 5210. We dedicated the dance to the 200 or so families that the Food Pantry serves in the winter. Ten families were represented for every minute a student did Zumba! Whew!

Parent/Student/Teacher Conferences

Conferences are coming up during the week of December 6th. Please look for information coming home from your child's teacher asking for a time when you can meet to discuss his/her progress. This is a very important meeting contributing to the academic success of a student. We strive to meet with 100% of our students. At the conference you will receive your child's progress report, but for children in grades 3-8 you can check the progress on the parent portal regularly. If you are not able to get online to see the Parent Portal, see our tech specialist, Matt Jurick (374-2202 X143 or mjurick@bhcs.org).

What can you expect to see on the Power School Parent Portal? Look for the due dates of big assignments and projects and see if your

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

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child is missing any homework. Also, check to see if she/he is meeting standards that have been assessed. You may not see things like daily math homework, as those assignments can change depending on the needs of the students on certain days. But, there might be comments and notes from teachers on the portal. At conferences you can ask your child's teacher what else to expect.

Looking for Grant Writers

If you have knowledge or a special talent for writing innovative and competitive grants.... we could use your help. There are funds out in "Fund Land" that we may not have tapped, and if you have time it would prove to be valuable for the education of BHCS kids.

PEE WEE Basketball

Grades 1-4 Starting December 4 from 10:00 - 11:30 AM George Stevens Academy GYM

BEEM Bags!!!!

They're back by popular request. New designs and colors. These make great Christmas gifts and those who bought them last spring found a million uses for them. They will be sold at the Holiday Craft Fair on November 20!!! All proceeds benefit BEEM, Blue Hill Educational Enrichment Monies, and ultimately your children at school.

Harlem Superstars

Our own Mr. Baxter is participating in a fundraiser basketball game vs. the Harlem Superstars to be held at Ellsworth High School on Dec. 2nd at 6:30 PM. Tickets can be bought at NAPA for \$5.00 or at the door the night of the event for \$6.00. This is a link for more info: http://www.ellsworthchamber.org/site/Should be a ton of fun!!

5-2-1-0 *Tasty Tidbit*

The newsletter this week will include a handy, dandy list of fruits and veggies and a color chart. The chart may be used to keep track of all the different colored fruits and veggies your child eats in a week's time. I hope that every

student will try to complete the color chart. Sometimes trying a new fruit or vegetable is not the most exciting thing to do, so here are some suggestions to help entice your child to try new foods and then discover he/she may actually LIKE IT!!!

TRY IT: Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time---it can take 7 to 10 tries before you like a new food.

Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.

Make a fruit smoothie with low fat yogurt.

MIX IT: Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.

Add fruit to your cereal, pancakes, or other breakfast foods.

Be a good role model for your family and have at least one veggie at every meal.

SLICE IT: Wash and chop veggies and fruits so they are ready to grab and eat.

Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

Original Works Orders

Please check your orders that came home this week to be sure they are OK. Bring any issues to the office by Friday so they can be sent in and corrected in time for the holidays.

HOLIDAY CRAFT FAIR SATURDAY

This Saturday: 5th annual PTF Holiday Craft Fair in the gym from 10 AM-2 PM; Winter Clothing and Gear Exchange from 10 AM-noon in the cafe. Don't miss it!

PTF News

*Still seeking donations and help for the Craft Fair and Clothing/Gear Exchange this Saturday. Sign up in the lobby if you can provide sandwiches, snacks, or baked goods for the Craft Fair, or can help with set-up, clean up or during the day. Drop off outgrown winter clothing or gear in the lobby for the Exchange,

or bring it on Saturday to the cafeteria. Thanks to everyone who will help make this a successful PTF fundraiser and community holiday event!

*It isn't too late to turn in the slips on how you can help with the Kids' Holiday Workshop on Dec. 18. Ideas, craft assistance and food donations are all welcome! Send the forms in to the office.

*PTF December meeting: Wed., Dec. 1, 2010, 8-9 AM in the library.

The BHCS "Giving Tree" will be in the lobby before vacation to help any early shoppers. Help make someone's holiday a bit more special, and teach the spirit of giving to the next generation. If you would like to help provide gifts for some BHCS students, pick a tag from the tree, shop for the listed gift, and turn the wrapped present in to the office by Dec. 13th.

From the Library

Students chose a new book and an "already been loved" book at our first Reading is Fundamental book distribution of the year on Monday, then planted lettuce and spinach seeds to be transplanted into the new BHCS greenhouse as soon as the seedlings are big enough. We look forward to eating the greens this winter, and enjoying the great books! Plant a seed -- read!

Community News

CHRISTMAS ANGELS SEEK BOOKS: The Christmas Angels Program is in need of new and very gently used books. Please consider helping to make a child's Christmas a little brighter this year by donating a book to the collection box in the BHCS library. We are looking for books for children from newborn to age 18. Also, if you would like to make a donation of stuffed animals or if you would like to be an Angel - please contact Kathy Soper @ kathyspr14@gmail.com or 374-2703. Thank you!!!

From the Sports Desk

The winter sports teams are in full action. With all of the teams, we are keeping the gym busy from the end of the school day until 7:30! The

final game schedules will be out by the end of the week. Each student will get one and there will be one posted on the school website under Athletics. Please check it often, as things do change. Make sure the students come to school with all of their "gear" as we do not want them calling home to have you bring it to them. We are trying to instill responsibility on their part to be prepared. As always, please call me with any questions or concerns. Let the games begin! Lori Wessel,

Athletic Director

Petanque -- We'll look towards next spring, while everyone practices this winter. Thanks for coming out to play! Queries - Kate at 266-1814.

***Make your own Sunbutter!

2 cups of roasted unsalted sunflower seeds1 - 3 tablespoons oilHoney for sweetening

Honey for sweetening

Sea salt to taste

Place sunflower seeds in food processor. Grind the seeds completely -- the mix will get pasty -- then add oil (corn, canola or vegetable) and continue to grind until it gets to the desired consistency. Add sea salt and honey to taste.

DATES TO REMEMBER:

Sat., Nov. 20: PTF Holiday Craft Fair

Tues., Nov. 23: Grades Close

Thanksgiving Break: No school November

24-26 (Wed. - Fri.)

Wed., Dec. 1: PTF Meeting, 8:00 AM

Week of Dec. 6: Conferences and Book Fair Thurs., Dec. 16: K-4 Winter Concert, 6:30

PM

Mon., Dec. 20: 5-8 Winter Concert, 7:00 PM