



# EXPLORATIONS

## Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

March 14, 2013

**RESPECT  
RESPONSIBILITY  
KINDNESS**

### Gotcha!

Staff members from the Positive Behavior Team held a school-wide assembly last week introducing our new "Gotcha Card" program. As one of our first steps in becoming a PBIS school (Positive Behavior Interventions and Supports), students are now receiving these cards when they are "caught" displaying positive behavior. Gotcha Cards are carried by all staff members in the building and display the words *Respect, Responsibility and Kindness*, which are our school's recently elected PBIS values.

When a student receives a card, one or more of these words is circled, depending on the kind of behavior being praised, and a description of the event is written on the opposing side. Students bring their Gotcha Cards to the office to receive a stamp, and a card is chosen at random to be read during the morning announcements. So if you happen to notice a stamp on your child's hand, that means he or she did something great at school today!

### Report Cards Next Week

Our trimester 3 reports cards will be arriving in the mail early next week. This year is a pilot year for report cards as we transition to the new Maine Common Core Standards. We want the report cards to be what parents need to inform them of how their children are progressing. Please take some time to critique this tool and send your child's teacher or me an email or message to honestly tell us what you need for reporting purposes.

### Upcoming 8<sup>th</sup> grade event - Project Citizen

One of this year's teams is looking for feedback from the public about school start times and they

have posted a survey on the BHCS website under "School Wide."

### Outstanding Kids Outside of School!

Congratulations and good luck to Henry Scheff and Calvin Nelson who have qualified and are swimming in this weekend's USA Winter Champs swim meet at Bowdoin College.

### **BEEM Bash!**

*An Evening of Fun!*

Friday, April 5<sup>th</sup>, 6-11 PM.

Reserve your tickets today!

Barncastle Restaurant, Blue Hill

\$30/person includes dinner, silent auction, and dancing with DJ Gary Milliken.

Call 374-3513 or

email [spolitte@roadrunner.com](mailto:spolitte@roadrunner.com).

Benefitting Blue Hill Education Enrichment

Monies and the students at BHCS!

Find us on Facebook!

### 5-2-1-0 Reminder For All Parents, Family Members, & Community Members

**5 fruits and vegetables a day**

**2 hours or less of recreational screen time a day**

**1 hour or more of physical activity a day**

**0 sugar content drinks: more water & low fat milk**

These are the health messages that family doctors and pediatricians are sending to their families, parents, and even teachers!! These 5-2-1-0 messages have been adopted by BHCS for a few years now, and we are very proud of the healthy behaviors of this school. We strongly promote good nutrition, physical activity, drinking lots of water, and choosing healthier activities over watching TV, playing video games, etc. The 5-2-1-0 Committee consists of individuals from school, parents, and family and community members who would like to make a difference in the health and wellbeing of the

BHCS students and the community overall. We always welcome newcomers who would like to join us. As a matter of fact, we would love, love, love to have newcomers join us on Thursday, March 21<sup>st</sup> at 2:45 PM in the BHCS library. We will be discussing new ideas, and planning a spring event with the focus on TV Turn Off Week. Please feel welcome to join us if you can. We welcome all ideas and discussions. To find out more, call Mrs. Candage, the school nurse or email her with any questions.

### **Heart Health at BHCS**

There's a lot going on with BHCS students and staff this month to promote heart health. Mr. McCormick is promoting it with his Jump Rope for Heart Health activities. The students are all participating by jumping rope during every PE class. They will finish up this month of jumping by having Heart Health Day on March 21<sup>st</sup>. This is the second year for this event, in which all the students participate in a variety of jump roping activities, as well as running, jumping, hoola-hooping, climbing, and others. Everyone is smiling and laughing throughout the whole thing!!! It's the greatest way to be healthy and have fun at the same time!!! Look for pictures on the website, in the lobby, and on Mrs. Candage's "Wall of Jump Roping Champions" outside her office. And don't forget... THE SKIPPERS ARE COMING!!! The Jump Roping Team from Camden-Rockport will be here on Saturday, March 23<sup>rd</sup>, from 10 AM-12 noon in the BHCS gymnasium. All of these activities are happening to promote heart health in everyone, to support the American Heart Association in their efforts to educate the public about healthy behaviors, and to continue the efforts to help those with heart defects and illness. We will be accepting donations for the American Heart Association. So, come on out! Lots of skill, talent, and FUN, FUN, FUN!

### **Please help us fill the box for the Hancock County Food Drive**

We are in need of donations; our box in the lobby is not nearly full. Thanks so much.

### **PTF News**

Please join us for the long-awaited Potluck and Variety Show, and the weather is finally looking good! It's this Friday, March 15<sup>th</sup>! We will have dinner at 5:30 PM and the show begins at 6:00 PM!

#### **Save the date!**

Easter Egg Hunt on March 30<sup>th</sup>!

We are in need of many plastic eggs and many, many little things to put in them.

PTF met last week to plan our spring activities, and this week we are sending home a sign up sheet for all the ways you can be helpful! Thanks in advance for all the help!

~Heather Nelson, Co-President

### **Garden Club News**

Garden Club will be canceled on March 20<sup>th</sup>. Thank you for supporting our seed sales. We have begun planting seeds for our school garden! Spring is coming!

### **A New Sports Season is Here!**

The spring sports season schedule is online.

Please check the calendar available on the BHCS website. Here are some of the highlights:

- Our MANDATORY pre-season meeting for spring sports will be held on March 20<sup>th</sup>, Wednesday at 5 PM in the BHCS library.
- Softball tryouts for athletes in 6-8<sup>th</sup> grade will be held on March 21<sup>st</sup> and 22<sup>nd</sup> from 4-5 PM in the gym.
- Baseball tryouts for athletes in 6-8<sup>th</sup> grade will be held on April 1<sup>st</sup> and April 3<sup>rd</sup> from 5-6 PM in the gym. *For 6-8th grade students interested in baseball, we are offering baseball warm-ups on March 21, 22, 25, and 27 to get in shape for the season.*
- Our new track team for students in grades 5-8 is starting on March 25<sup>th</sup> outdoors from 2:45-4:00 PM. Wear warm exercise clothes and sneakers.
- The baseball/softball clinic will begin after April vacation. The clinic will be held on Monday and Wednesday for 6 weeks from 2:45-3:45 PM. Students in grades 3-8 may participate in the clinic.

*Here are some of the eligibility requirements for middle school students who wish to participate in interscholastic sports.*

#### **Eligibility Requirements**

- Parent permission
- Physical examination: Students who wish to participate in middle school athletics grades (grades 5-8) at Blue Hill Consolidated School are required to have a **physical examination no later than October 1<sup>st</sup>**. Physical exams must be submitted prior to participation once every two years. A student athlete will not be allowed to participate in practice or in competition without the required physical exam and medical approval after October 1st. The cost of the physical is the responsibility of the parents.
- Academic standing: An athlete must meet academic and behavior eligibility requirements outlined in Policy 6500.
- Behavior: An athlete disciplined for serious misbehavior or on suspension will not be eligible to practice or play for the duration of the suspension.
- Mandatory pre-season meeting: An athlete and/or parent must attend the mandatory preseason meeting in order to participate in a sport.

**Please check the Athletic Policy available on the home page of the BHCS website for further details.**

#### **Little League Baseball**

All kids who are Blue Hill residents and are between 9 and 12 years old on May 1st and are interested in playing Little League Baseball are asked to come to the Consolidated School lobby to sign up this coming Tuesday (3/19). If you can't attend please call Jon Smallidge at 374-5709.

#### **Rise & Dine! Pancake Breakfast**

Saturday March 23<sup>rd</sup>, 7:30-10:30 AM at the First Congregational Church of Blue Hill. Pancakes (plain & blueberry), scrambled eggs, Bianco sausages, baked beans, coffee, tea, milk, & OJ. Adults - \$6; Kids - \$4; Families - \$18. To benefit the church's General Fund & the Dolly Fisher Fuel Assistance Fund. Presented by the

Men's Morning Square. For more info, call 374-2891.

#### **St. Patrick's Day Corned Beef & Cabbage**

**Dinner** with Irish entertainment, Blue Hill Congregational Church, Saturday, March 16, 5:30 PM. (Vegetarian dinner also available.) Fun for all ages. Child care provided. Suggested donation adults \$7, kids \$4. For info and reservations: 374-2891; email [bhcongo@yahoo.com](mailto:bhcongo@yahoo.com).

#### **International Night at George Stevens**

**Academy** will take place on Saturday, April 6<sup>th</sup>, beginning at 5:00 PM. We will celebrate the diversity of our community with informational booths, food, and entertainment. Guests will be invited to visit each booth and sample food from 28 different countries. At 7:00 PM the entertainment portion of the evening, including songs, dances, skits and other special events, will begin. If you have any questions, please e-mail Kathy at [k.pelletier@georgestevens.info](mailto:k.pelletier@georgestevens.info) or call 374-2808. Come join the fun - it is going to be a great night!

#### **Dates to Remember**

During March	Hancock County Food Drive
Fri., March 15	PTF Potluck and Variety Show Dinner is at 5:30 PM and the show is at 6:00 PM, BHCS Café
Tues., Mar. 19	School Board meeting, 5 PM
Wed., Mar. 20	Mandatory Spring Sports Meeting, 5 PM, BHCS Library
Thurs., Mar. 21	Heart Health Day 5-2-1-0 Meeting, 2:45 PM, BHCS Library
Sat., Mar. 23	State Jazz Fest, Portland
Sat., Mar. 23	Skippers Jump Rope Team, 10 AM-noon, BHCS gym
Thurs., Mar. 28	Grade 8 Dessert Theater, 7 PM
Sat., Mar. 30	PTF Easter Egg Hunt
Fri., April 5	BEEM Bash, 6-11 PM, Barncastle