



# EXPLORATIONS

## Blue Hill Consolidated School

60 High Street • Blue Hill, Maine 04614

May 2, 2013

### Screen Free Week

\*The week's kick off included simple 30-second exercises every hour on the hour, initiated from the office. Stand up and skate, high knee march in place, tree pose, woodchopper, and more. Kids were doing these in their rooms when the announcement came on, or would stop in their tracks in the hallways at the sound of the jingle.

\*Wednesday was a screen free day, all day at school. It actually was a pleasure to not have to use the computers, but it's amazing how many times we started to go for them and realized, "No, not today."

\*Don't forget the 5210 Spring Fling tonight (Thursday). Family Potluck at 5:30 -- bring a healthy dish and recipe to share; fun activities at 6 (yoga, basketball, jump roping, hula hooping, garden kits, healthy snacks, and more!).

\*Students returning the Screen Free Week activity recording forms next week with at least 5 activities listed will be able to pick several already been loved books to add to their home libraries.

\*The recent research and psychological observations on addictions to video games and computer use is alarming and important for us to realize. While we know that this is the technology age, we also must keep perspective on how to live our lives independent of video games and constant computer use. We hope this week has been a good break for all.

### Recycled materials still needed

Containers and noise-making materials are needed for a Project Awareness workshop (for Gr. 7-8) on May 15. Drop them off at the library.

### Staff Appreciation Week

Next week is Staff Appreciation Week, and let me be the first to say, "THANK YOU," to the very dedicated teachers, ed techs, and supporting staff members at BHCS. They are truly committed to our mission to "provide a well-rounded education that prepares each student, academically and personally, to be responsible, creative, self-motivated, and thoughtful citizens of our community, nation, and world." I've said it many times before, but will say it again; the educational and social experiences of the kids of Blue Hill Consolidated School are exceptional. We have our teachers to thank for that!

### Sport News

Our spring teams are very successful these days, and so far the weather has been pretty cooperative. Please be considerate of our coaches and remember to pick your child up promptly from practices and games. The coaches take on this responsibility because they feel they have something to offer the kids, but their days are really long and they have family responsibilities at home. Most of what they do for us is really considered volunteering, because their compensation is not nearly enough to cover their time. Coaches will be leaving after their practices or games. If you want your child to stay here at school longer, please send a note to Mrs. McKechnie or the coach. Otherwise, the students will be asked to wait for you in the lobby. Thanks for helping.

### Peninsula Metamorphic Arts & Learning

PMAL announces their final round of workshops for this academic year. Come on up the hill and check out an afternoon at Arts Playhouse.

Monday - Gardening

Tuesday - Games Galore

Wednesday - Skills for the Outdoors

Thursday - Art Studio w/ Mrs. Ricker!

We hope to see you there!

**Dates to Remember**

- Thurs., May 2 5-2-1-0 Spring Fling – Think  
Healthy! 5:30 PM
- Mon., May 6 BHCS Speech Contest (6/8),  
4 PM, Café
- Thurs., May 9 Union #93 Speech Contest –  
Grades 6 - 8  
Penobscot, 4:30 PM
- Wed., May 22 7/8 Science Fair, 6-7:30 PM
- Mon., June 3 5-8 Concert, 7 PM
- Tues., June 4 K-4 Concert, 6:30 PM
- June 5-7 8<sup>th</sup> Grade Class Trip
- Thurs., June 13 Graduation, **6 PM** (PLEASE  
NOTE TIME CHANGE)
- Fri., June 14 Last student day