

FALCON FLASH

April 10, 2018

Upcoming Events:

5/8 - Staff Appreciation Breakfast
5/10- BHM Art Show
5/14-BParent Partnership -6pm
5/14-18- Scholastic Book Fair
5/14 Elective 1
5/17-1st Gr. To Northeast Ag Show

5/21-Elective 2
5/22- Mrs. Marc-Aurele's class to Maine Maritime Museum
5/23-All School Spring Music Concert
5/28- Memorial Day-No School
5/29-30- Brighter Smiles (Dental Hygienist)
6/4-Elective 3
6/11-Elective 4



THE PRINCIPAL CONNECTION

@mrlajoiebham

Mark your calendar for our third annual schoolwide Spring Art Show: next Thursday, May 10th, 4:00-6:00pm. Our curator, Mrs. Goetting, has been preparing to display a beautiful piece of art for every single student in our school! This is a unique event, and we hope to see you there. We'll have the coffee on!

HOT TOPIC: STRUGGLE

All three of my children came around to bike riding later in their childhoods, largely due to our living in less bike-friendly areas of Harpswell and Bowdoin. But a couple weeks ago my youngest, Jude, decided he was going to figure this bike riding thing out before he turned seven.

At first, it was rough. He struggled even to get his second foot on the pedal. He tried over and over, on a bike too small for him to begin with, and a distracted dad keeping an eye out for traffic. Several times I felt the urge to put my hands on the seat of the bike, to hold the whole bike steady, to make it easier. I stopped myself. Jude struggled and struggled, over and over. But after ten minutes he got that second foot on there, as his handlebars wobbled wildly. "You're really close. Keep at it – once you get four or five pedals in a row you'll have it!" Another ten minutes, and he achieved that fourth pedal. He flashed a classic Jude smile. And a half hour after he started, I was running alongside my boy as he coasted down the East Burrough Road ...

When we let our kids struggle – in a safe, structured, caring way – they get the message that they are capable of solving problems themselves. They get the message that we believe they are capable. They get the message that it is ok to challenge themselves, fail, and try again. This is on our minds as a school, trying to reinforce that idea that we believe our kids are capable, and we give them time, space, and specific feedback to guide them to use more effective strategies to be successful. See if you notice a time this week where you want to jump in and "save" your child from a difficulty. And decide: What message do you want to send them about struggle, and what you believe about their capability and independence?

Yours in meaningful learning that lasts,

Mr. Lajoie ☺

Did you see on Facebook?

Eight fantastic Bowdoinham students helped Mrs. Marc-Aurele present at the Maine Reading Round Up conference in Augusta. They were reunited with recent visiting authors to our school – Annie Sibley O'Brien, and Maine Student Book Award winner, Lynn Plourde!



BOWDOINHAM COMMUNITY SCHOOL AT HADLOCK FIELD SEA DOGS VS Binghamton Rumble Ponies

FRIDAY, May 11, 2018 6:00 PM **\$5.00 PER STUDENT/ADULT TICKETS ARE ON SALE NOW IN THE OFFICE**
PRICE: **\$5.00 PER STUDENT/ADULT**



From Mary Booth, MS RD/LD District Health Coordinator / Homeless Liaison MSAD 75 **Bowdoinham Community School Supports Healthy Eating and Physical Activity through the 5-2-1-0+8 Program**

At Bowdoinham Community School we believe all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners. We are pleased to remind you that Bowdoinham Community School supports the 5-2-1-0+8 every day messages which state:

- 5 or more fruits & vegetables
- 2 hours or less recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks, more water
- 8 hours or more of sleep

Ask us about the strategies we are working on to support these behaviors, and if you are passionate about health and wellness, consider joining the District Wellness Team. For more information, go to: http://www.link75.org/district/departments/food_services



Art Show Support This year is our 3rd Annual All-School Art Show! Each year our BHM artists have a work of art displayed in the gym. As part of the celebration there are complimentary refreshments to enjoy as everyone enjoys the artwork and live music. Please consider donating some refreshments for the Art Show reception on May 10th. Small, easy to handle food is great! (cookies, veggies, brownies). You may drop off anytime next Thursday!

Thanks for your ongoing support!
goettingk@link75.org



COMMUNITY NEWS



Some Writer! As part of the Garth Williams exhibit at Curtis Memorial Library we welcome: Author talk with Melissa Sweet and Martha White (granddaughter of E.B. White). Thursday May 24th at 6pm in Building 1904.



GROWING BOOKS FOR BOWDOINHAM!! 45th Annual Plant Sale Bowdoinham Public Library Saturday May 19th 9-4 Bowdoinham Town Hall 11 School St. Perennials, Herbs, Annual & Vegetable Seedlings, Wildflowers, Shrubs & Trees. Oldest Continually Running Plant Sale in Maine. Donations of Plants Welcome. (bayviewess@comcast.net) Or join the fun and volunteer some time. Many different tasks! Bowdoinham Public Library 666-8405.



Mt. Ararat High School Pancake Breakfast and Inflatable Obstacle Course in the Commons/gymnasium Saturday May 5, 2018 8:00am-10:30am \$5/per person or \$20/family of four. **All proceeds support the Class of 2018 Project Graduation**



Bowdoinham Food Pantry has new hours of operation. Beginning Wednesday, September 6, the pantry will be open from 3pm – 5pm every Wednesday. For more information please call 751-7779



The Clothes Closet is open the 1st and 3rd Wednesdays of the month from 3pm-6pm at the Church of the Nazarene at 7 School St. Come to the house behind the church. A donation of \$1 a bag is welcome but not required.

HAPPY SPRING!

