

FALCON FLASH

In It Together: Meaningful Learning That Lasts

Care for each other, take Responsibility, and Focus on learning

February 3, 2017

Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10
Color: Red Pancakes & Sausage Ham Salad Sandwich	Color: Rainbow Bosco Sticks w/Dip Cheese Sandwich	Color: Green Baked Chicken Corn/Potatoes	Color: Yellow Cheese Lasagna Tuna Sandwich	Color: Blue Pizza w/Toppings Fr. Veggie Sub

Upcoming Events:



THE PRINCIPAL CONNECTION

@mrlajoiebham

I was lucky to be able to serve as fire tender for today's Forest Friday with Ms. Atkins' class! Follow our kids' outdoor learning adventures – in their own words – at <http://bhmforestdays.wordpress.com>.

HOT TOPIC: PERSUASION

Devoted or even casual readers of the Principal Connection will recall that last week I shared how our students are readers and writers of persuasive writing. Mrs. Frye's second and third grade writers have completed persuasive speeches, many of them addressed to me, about improvements they'd like to see in our school! Mrs. Frye – who is our MLTI Apple Teacher Leader – took it to the next level by attaching QR codes to videos of each kid giving their speech. Point your QR scanner to this code on the left to see Nella making the argument for why Mrs. Frye's Math group needs new headphones. You'll see her demonstrating the craft technique of surveying and quoting her classmates on this topic to strengthen her argument. Just one great example of innovation and meaningful learning at our school this week. I'll need to start pricing out quality headphones next week ...



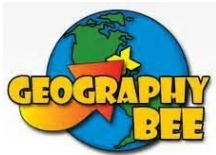
Yours in meaningful learning that lasts,

Mr. Lajoie ☺

Does your family qualify for free or reduced price school lunch? If your financial situation has changed, and you think you might qualify, you can apply for free/reduced lunch at any time. The process is confidential, but here in the office we can help you get started. Our school maximizes our Title I funding when we have all of our qualified families sign up. See Mr. Lajoie with any questions.

Kindergarten

CALLING ALL INCOMING 2017-18 KINDERGARTEN STUDENTS – If you have or know of anyone who has a child who will be turning 5 on or before October 15, 2017 please ask them to contact Mrs. Russell in the school office in order to have their child's name put on the registration list. Email is russellv@link75.org or 666-5546. Thank you.



Bowdoinham Community School's Geography Bee - Congratulations to Celeste Gray for becoming the winner of our school geography bee this past Monday.

5th Grade

*Do you have a space where you are always wondering the date? Or a place that could use a rotating exhibit of beautiful art by a local fifth grade artist? If so, you need a **Bowdoinham Fifth Grade 2017 Calendar!!** There are lots of calendars left and you can get yours from the school office for \$10. Stop in during school hours or send cash or a check and a note to Mrs. Russell and she can send one (or more!) home with your child. These are beautiful calendars and the proceeds will help send the whole fifth grade to historic Boston, Massachusetts. **Seven Minute Workout CD's also available, for \$7 each.***



Jump Rope for Heart Registration -Students in Grades 2-5 will be receiving Jump Rope for Heart registration forms and pledge envelopes next week during their Physical Education classes. Please feel free to choose whether you are able to support this fundraiser for the American Heart Association or not. All students will participate in the special jump rope activities that will be done during Physical Education classes the week of Feb. 27. Contact Mr. Jones at jonesb@link75.org if you have any questions. All pledges should be turned in at school by March 10. Thank you

February

COMMUNITY NEWS



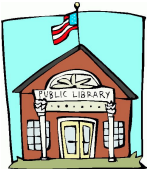
New Mt. Ararat High School News: *The Mt. Ararat High School project was presented to the Maine State Board of Education for Concept Approval and was unanimously approved on Jan. 11, 2017. This is another significant step in the process of building a new high school to serve the students of Bowdoin, Bowdoinham, Harpswell and Topsham. This approval allows the School District to submit the project to the voters in a Referendum on March 7, 2017, with voting taking place at each town's regular polling site. A Public Hearing is scheduled for February 15, 2017 in the Mt. Ararat High School Commons at 6 p.m. Should an alternate date become necessary, the hearing will be held on Feb. 16.*



Maine Legislature - Sen. Vitelli Invites Students to be Honorary Pages in the Senate Chamber -With the Legislature set to reconvene in January, Sen. Eloise Vitelli, D-Arrowsic, would like to remind local schools and students about the Senate Honorary Page program at the State House in Augusta. The daylong program gives students a unique opportunity not only to observe the state's legislative process, but to be a part of it. All students from third grade through high school are encouraged to participate. "I strongly encourage students in Sagadahoc County to participate in this program," said Sen. Vitelli. "I am happy to help set up a visit to the state house for anyone interested - it is a great experience for young people to be a part of." Honorary pages help deliver messages, distribute documents within the Senate Chamber, interact with the senators and, most importantly, take part in a real-world, interactive legislative learning experience. The Legislature will begin meeting tomorrow on Wednesday, January 4, 2017 and is expected to run through June 2017. Honorary pages are needed throughout the session, so scheduling is flexible. For more information or to schedule a visit, contact Sen. Vitelli by phone at (207) 287-1515 or by email at Eloise.Vitelli@legislature.maine.gov.



Wellness Connection: Series on Top Nutrition Change Habit #3. Drink Water. Pack a water bottle for school & work. When hydrated, our hormones are better regulated. The mind/body communication is efficient making it easier to be aware of our body's hunger cues. "Real Food" snacks/meals every 3-4hours along with water intake will keep you from becoming too hungry allowing you to make better food choices later. Be aware: Diet drinks still cue your body in to thinking you are taking in sugar. This triggers insulin response and results in fat storage. Diet Drinks have 0 to offer!



February Events at the Bowdoinham Public Library: **Storytime for Preschoolers** Every Tuesday morning at 10. We all could use a little more LOVE!... Saturday February 11, from 10-2. Drop in and make a Valentine. All ages welcomed. No charge. Parents are encouraged to work together with young children and work together to create a lovely paper valentine to take home. **From 12:30 to 2, Amy Decker of Stampin' Up** will be on hand to teach us some fun designs and take orders for anyone interested in purchasing stamp supplies like paper, ink and rubber stamps. Zero pressure, just lots of good ideas. **Documentary Film and Discussion** The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Experts in neuroscience, psychology, sociology, sports, education, and media also weigh in, offering empirical evidence of the "boy crisis" and tactics to combat it. Watch the film and join in a discussion. Two showings: Wednesday February 22, 6:30 pm or Saturday February 25 at 1:00pm. Kendall Meeting Room, Coombs Municipal Building..... **(School Vacation Week)** Tuesday February 21, Tessa Kingsley will join us during Storytime at 10am to Celebrate Dental Health Month. Free Toothbrushes for Everyone!



The Maine Dept. of Education has launched the "**Read to Me**" Challenge. This challenge encourages you to read for 15 minutes a day to your children through March 2, 2017, Read Across American Day. A few ways to do this are: Read to and/or have a child/children read to you for at least 15 minutes. Read an engaging book, chapter of a novel, newspaper or magazine article, comics, nursery rhymes or poetry. Capture a photograph or short video (15-30 seconds) of yourself reading to the child. Use **#ReadtoME** or **#ReadaloudME** to post the photo or video on social media with your challenge to others to read aloud 15 minutes to a child or children they know. Recommended social media platforms include: Facebook, Twitter, Instagram or Youtube. If you live a distance from a child you'd like to read to, use Skype or Facetime to read aloud via digital means. If you are unable to complete the challenge within 48 hours, consider: Donating a book to a school or public library, a food cupboard, a homeless shelter or a little free library near where you live. Volunteering your time at a library. Singing to or having a conversation with a child. Take up the Challenge today!!