

FALCON FLASH

In It Together: Meaningful Learning That Lasts

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

April 28, 2017

Monday 5/1	Tuesday 5/2	Wednesday 5/3	Thursday 5/4	Friday 5/5
Popcorn Chicken Fish Sticks Pasta Salad	Ham/Turkey Club Tomato Soup Corn	Cheese Lasagna Tuna Sandwich Dinner Roll	Chicken Fajita Wrap Sun butter Sandwich Bla Bean & Corn Salad	Pazzo Bread w/Dip Egg Salad Sandwich Fr. Veg w/Hummus

Upcoming Events:

5/1 Elective Assembly – 2nd-5th grade
 5/8 – 6/5 Electives
 5/5 - Bridge to Bowdoin – 5th graders
 5/5 - Bowdoinham at the Sea Dogs
 5/11- Bowdoinham Art Show
 5/15-19 -Book Fair
 5/19 - 1st Grade Field Trip
 5/24 -Step Up day for 5th Grade

6/2 -Boston Trip – 5th Grade
 6/2 - Bowdoinham Days – 4th grade
 6/2 - Bowdoinham Buds
 6/2- Gr. 2/3 to Scarborough Marsh
 6/14-Kindergarten & 1st grade Field Trip
 6/15 - Field Day (Rain date – June 16)
 6/19 - Magnificent Monday
 6/22- 5th Grade Graduation



THE PRINCIPAL CONNECTION

@mrlajoiebham

Thank you to Bree Brawn and all the parents who contributed to the Staff Appreciation Breakfast this week. The food was delicious, the décor nice, and we even had music performed by four of Susan Brown’s piano students: Lydia White, Mailie Smaha, Jack Taylor, and Lyra Legawiec. Our BHM Parent Partnership is the most supportive group for teachers, support staff – and the Principal – I have ever experienced. We continue to feel appreciated and it energizes us for the work we get to do with your kids! Bree and all, again, thanks.

HOT TOPIC: SLEEP

“Sleep is the best meditation.” – Dalai Lama XIV

Please forgive me this annual Spring reminder about the importance of sleep for your child’s developing brain. This time of year is chock full of special activities, at the same time our bodies are craving the increase in light every day. It often happens that this combination means a decrease in sleep for our kids. But I want to give you permission, here and now, to say *No!* to activities that will disrupt your child’s regular sleep routine. At BHM we are not “winding down the year;” we will be going strong, focusing on learning until the last day of school. Your elementary-age child needs 8-10 hours of sleep each night to be at his or her best. Helping your child stay on a routine with a predictable early bedtime is more important than any sports practice or television special, more important even than making sure their homework is done or their sneakers are packed. Thank you for keeping electronics out of your kids’ bedrooms, and helping them be prepared for each and every school day, well rested.

Yours in meaningful learning that lasts,

Mr. Lajoie ☺



Artist-in-Residence opportunity for students and special invitation to parents: It is with great excitement that we announce artist-in-residence Michael Wingfield, highly esteemed Afro-Cuban percussionist and teacher, will be spending two days at our community school (May 1st. and 2nd.), working with all students. Your children will be playing on drums, moving, and singing and will be part of a culminating performance! “Michael Wingfield is a performer and a teacher with over 25 years experience in the rhythm and song of the African New World. Through instruments such as conga drums, flute, and voice, Michael interactively imparts the spirit and history of the African Diaspora in ways that speaks to today’s issues of diversity.” Parents are welcome to stop in and see what the workshop is all about. And...

Parents, family members, friends and community members are invited to attend the culminating performance on May 2nd at 2pm. Michael’s residency, which has been generously funded by the BPP, is brought to our children through our school’s Caring Kids parent committee and the Arts Alive electives program.



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.



ANNUAL Rummage Sale - Please begin setting aside your gently used items for our rummage sale this year. This fundraiser has raised from \$900-\$1200 for our school’s enrichment programs each year. This sale will take place May 5th from 5PM-7PM & May 6th from 9pm-12pm. We will start collecting items at the town hall beginning Sunday, April 30th. Happy Spring Cleaning with your school in mind! FMI - Jess Sullivan 504.7103 text or call.



Active April Sheets Due this Week - Hopefully many of you took the Active April challenge and have been moving a lot this month. If you completed the log, please return it to Mr. Jones at school by Friday, May 5 to be eligible for prizes. And please, keep MOVING IN MAY!!



Bowdoinham Community School has once again, purchased 100 General Admission tickets to the Friday, May 5, 2017. Sea Dogs vs Reading Fightin Phils Game Time is 6:00pm (Gates open at 4:30pm) Cost of Tickets: \$5.00 each (First Come First Serve) Tickets are now available for sale in the school office. Your child(ren)s name will be entered in the drawing to throw out a ceremonial pitch before the game. **UPDATE** I was contacted by the Sea Dogs regarding the game on Friday, May 5. Due to the opening day game of April 6th being cancelled due to poor weather, they rescheduled that game to a double header for Friday May 5. This is what I have for information regarding this: The gates will open at 3:30 PM and the first game will start at 5:00 PM, each game lasting 7 innings. The second game will start about 45 minutes after the end of the first game. Your tickets will cover both games if the students wish to stay for both. **Singing of "Take Me Out to the Ballgame" by BHM** will happen in the middle of the seventh inning or end of the first game if the Portland Sea Dogs win.

The winner of our **"ceremonial pitch"** will need to be at the field **by 4:15** at the latest (I know this is not the easiest time to be there) and the **Pre game parade with slugger will be between the two games.**

If you want to purchase tickets to this "double header" please send your money in an envelope with the amount of tickets or come on in and purchase them from me.

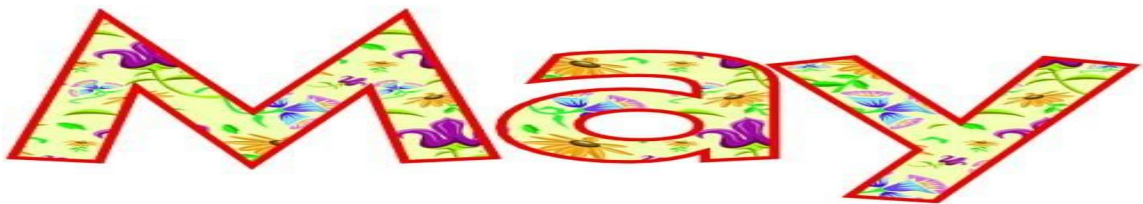


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Bowdoinham Chicken Run - It's back!! There will be a Chicken Run Subcommittee meeting for anyone interested in the planning process on Tuesday, May 2 at 6:00 in the Learning Commons. If interested but can't attend, please email Suzie Satterfield at jsatterfield@comcast.net.



The **"Scholastic Buy one, Get One Free"** book fair will be open Wednesday May 17 at 1PM through Monday, May 22 at 11AM. Please note that we are closed each day from noon until 1pm. for lunch and recess. Most children will be visiting the fair during their regular Learning Commons time. We are always looking for volunteers to help with the fair, so if you would like to help with your child's class, or at any other time, please let us know. Students will not be purchasing anything during their Learning Commons time. Instead they will be making wish lists, which they will bring home to share with you. On the bottom of the wish list will be the order form, which can be filled out and returned to us with cash or a check made out to BHM. We will be able to make change and there is no tax. If you have no preference as to what your child buys, you can simply send them with money or a check. Students will be able to make purchases at designated times throughout fair days and teachers will be notified of these times. You can also make purchases by shopping with your child Thursday, May 18 after school until 7pm. Thanks for your support!
Wed. May 17 1:00-3:15 Thurs May 18 9:15 - 7:00 Fri May 19 9:15-3:15 Mon. May 22 9:15- 11:00



COMMUNITY NEWS



Upcoming Course: Beginning to Stay Home Alone - Using games, puzzles, and discussion on how students ages 8 - 11 learn the knowledge and skills needed to begin to stay home alone. Students learn about safe snacks and activities as well as how to deal with potential problems, such as a fire or medical emergency. Includes a take home booklet to be shared with parents. Certificate given to the student at the end of the 4-hour training. May 6 & 13, Saturday 3-5pm \$25. Includes certificate and materials Location: Merrymeeting Adult Education Center, Topsham Teacher: Judy Emch Register by phone 729-7323 or online at merrymeeting.org
<https://merrymeeting.coursetorm.com/course/beginning-to-stay-home-alone?search=home+alone>

“You’re never too old, too wacky, too wild, to pick up a book and read to a child.”

- Dr. Seuss



More great quotes at supersimplelearning.com