

# BMS NEWS

In this edition:

- \* *News from the Principal*
- \* *House and Department News*
- \* *BMS Notices and Announcements*
- \* *Community News*

## News from the Principal

It's so nice having the sun shining when I go out to greet students in the morning; it cuts down on the yawns! Before we know it track, baseball and softball will be starting up.

This will be the last newsletter for February. Vacation is the week of February 20th. Our next newsletter will go out on March 9th.

We are pleased to announce January's Students of the Month:

### **Reid House**

Most Outstanding: Sierra Wallace  
Most Improved: Skye Hogan  
Most Academic: Micailah Albertson

### **Green House**

Most Outstanding: Colin Bradford  
Most Improved: Tyler York  
Most Academic: Lilith Harris

### **Purple House**

Most Outstanding: Christine Skroski  
Most Improved: Kyle Simpson  
Most Academic: Randi Cowette

### **Popham House**

Most Outstanding: Alexander Gates  
Most Improved: Genesis Rodriguez  
Most Academic: Ethan Gagnon

### **Red House**

Most Outstanding: Jacob Merrill  
Most Improved: Carly Lister  
Most Academic: Laura London

### **Black House**

Most Outstanding: Charles Moore  
Most Improved: Sara Penuel  
Most Academic: Kaylee Seekins

Congratulations!

Enjoy your weekend.

Bud Solebello  
Principal

## HOUSE & DEPARTMENT NEWS



### 6th Grade Popham House

We continue to make progress with our work in Math, Science, and Humanities. A big event on the horizon for our students is the Ancient Greek research and presentation project, which has been the focus of work for the past few weeks in Humanities Class. These presentations will be made in the week of school just prior to February break. Everyone has been busy refining text elements of their presentation (what they plan to say) and the visuals (the props they'll show the audience) which will enhance the presentation's theme. Please encourage your student to practice the delivery of the presentation's elements in order to be best prepared. Repetition is the best recipe for a smooth delivery come time for presenting here in the classroom.

In math, fractions continue to be the focus: adding, subtracting, multiplying, and yes, even dividing. A good grasp of the multiplication facts - through the twelves tables - is the best foundation for knocking those pesky fraction problems down to manageable size. If your young mathematician does not have these multiplication facts memorized, more practice, practice, practice will pay dividends later.

In science we are still roaming around our solar system creating illustration and information pages for a book on the solar system. We also appear to have located some evidence of a few black holes because almost every pencil, eraser, and erasable pen has been sucked into the void. Please regularly check with your kids to insure they have an adequate daily supply of school supplies in order to be best prepared for the work we do here.

All of us hope you have a safe and restful February break.



### 6th Grade Reid House

Winter (if we can call it that) is in full gear. Winter break is almost upon us which means antsy students. However, there is still much that needs to be accomplished before break begins. Students need to continue to be reading for 30 minutes every night to work towards their AR reading goals. One of the best ways for students to improve their reading skills is to keep reading!

The Ancient Greece Project is due this Monday February 13th. Presentations begin on that day and will run through the week to get everyone it. This project is worth 50% of their grade so please check with your child to make sure they have everything completed.

With the Earth unit in Science, students are working on understanding informational texts along with being a clear and precise writer through different activities.

The mathematicians in Mr. Dwyer's room are working on Geometry skills.

Thank you for all your support and all you do to help your child be successful. Have a restful and enjoyable break!



## 7th Grade Green House

On February 2nd Green House students were able to participate in a special cross-cultural experience. We set up a video chat with a student in Pakistani, Bilal , and his teacher, Myna Anderson. Bilal and Myna are from the American school in Lahore, Pakistan, an international school in Pakistan's second largest city.

Our students were able to gain a deeper understanding of what life in Pakistan is like; while helping Bilal complete a project on American perceptions of Pakistan. Students really "WOWed" Bilal and Myna with their knowledge of Central Asia, and acted as true American Diplomats! We were very proud of them!

Save the dates! On March 1, 2012, we will be hosting a "tea" to wrap up our expedition, Peace Through Understanding. Expect to receive an invitation letter, written by your son/ daughter, shortly with all the details.

Also, mark your calendar for the Ferry Beach trip March 21-23. S letter with information has been sent home with students regarding this over night trip. If you did not receive this info, please contact the Green House.

As you are aware, we have been conducting debates in Literacy classes. We are pleased to announce, with the help of Morse's debate team, we will be forming a team here. Debating offers an opportunity to strengthen leadership skills, team building, group problem solving and oral presentation. This is a wonderful opportunity and we encourage those interested to join!





## 7th Grade Red House

We are using the space this week to send you a copy of the letter that your child should have brought home a few days ago. This matter is of some urgency to us, and we know that not all paperwork from school makes it home in a timely fashion.

*February 7, 2012*

*Dear Seventh Grade Parents & Guardians,*

*Our three-day, two-night trip to Ferry Beach Ecology School is coming up from March 21 - 23. To cover the cost of lessons, accommodations, and meals, we are asking each student to pay \$50.00. The program usually costs \$250.00 per student, and we have already raised money to pay for bussing. There are no hidden costs, so students should not bring food or money with them.*

*Because this trip is just a few short weeks away and logistics will start to get more complicated, we would like to begin collecting the money now. This will also give you time to do some planning. For example, you could pay half now and half next month. Or you could pay a few dollars each week over the next four or five weeks. Checks should be made out to BMS, and cash is fine too. Your child's literacy teacher will keep a record of your payments.*

*We want all our students to be able to enjoy this valuable experience but understand that some families may not be able to afford the entire \$50. We like children to help pay their way for events like this, instead of always getting everything handed to them, so your child could earn some of the cost of the trip him or herself. They should look for snow shoveling opportunities, babysitting, or bottle and can collecting in the neighborhood. Or maybe a family member or friend has an odd job that's just waiting for the perfect helper. They can explain that they're earning money for a school trip, and there's no harm in asking!*

*If coming up with the whole amount is still difficult, please get in touch with one of your child's teachers and let us know what you can realistically afford. We may have some additional funds available in exchange for your help with organizing students and belongings on the morning we leave.*

*Sincerely,*

*Red and Green House Teachers*



## 8th Grade Purple House

Purple House students are diving deeper into their study of force and motion in science and discovering Newton's Laws through experiments. We are currently investigating the use of graphs and diagrams to describe an object's motion and calculating speed, velocity, and acceleration. After February break we will wrap up our unit with our Physics of Play project.

While they continue their exploration of force and motion, in math the Purple House students continue to investigate exponential growth relationships in Growing, Growing, Growing. Ask your mathematician to explain the growth patterns that they have been exploring so far this quarter. We continue to connect the equations, to the tables, graphs of various exponential relationships.

As we continue our investigation into social justice and leadership, Purple House students have discovered many similarities between leaders. Martin Luther King Jr. stated that Gandhi and his belief in non-violent non-cooperation was a great influence in what he did during the Civil Rights movement.

We watched the movie Gandhi and saw how non-violence and cooperation can change even the most immovable situations.

Below are some terms and events to discover while watching the movie. Discuss them with a Purple House student: apartheid laws, Untouchables, pass laws, nonviolent non-cooperation, ashram, satyagraha ("truth force"), caste system, tenant farmer, boycott of British-made cloth home rule, homespun cloth, Salt March, Amritsar massacre, Partition of India, Hindu-Muslim question.

## ★ 8th Grade Black House

Nothing has really changed in the Black House since our last update! In Science, students are still learning about the periodic table and completing various projects or activities that are helping them learn more about the different families, interactions, and arrangements that exist. In Connected Math, have finished their exploration of Pythagoras and are revisiting the topic of linear equations that we explored earlier this year! Algebra students have moved on to analyzing linear equations as well, but they will be focusing on various ways to represent linear equations and different methods of graphing. In Humanities, students continue to learn about the American Revolution, focusing on the key concepts, so that students develop an understanding of the critical issues of this era. It is important for each student to have events they will encounter in subsequent periods of American history.

The Black House teachers are looking for volunteers to help with the kick-off for our Spring Expedition. We are looking for parents or other community members who would be willing to speak with students about different aspects of their career. Whether you are in the field that you always wanted to be part of or you tried out many different options before finding the career that best suited your needs, the Black House teachers would love to hear from you! Please contact Holly Feeney ([hfeeney@rsu1.org](mailto:hfeeney@rsu1.org) or 443-8270 ext 209) if you are interested!

Finally, we would like background knowledge on the revolution, so they can intellectually grapple with the to remind parents that Bath Middle School has a no cell phone policy that requires students to keep phones in lockers or with teachers during the school day. As the temperatures slowly begin to warm up and students begin to wind down for the school year, we hope to keep the Black House distraction and drama free! Please help us by reminding your child of this policy!



# SPECIAL ANNOUNCEMENTS

## BMS UPCOMING DATES

2/20 - 2/24 - February Vacation No School

3/19- 3/20 - Dental Hygiene Clinic at BMS

2/14 - 6<sup>th</sup> Grade Band goes to Dike/Newell



Please remember to call the school to let us know if your child will be absent.

## MUSIC NEWS

*The 6th Grade Band is heading to Dike/Newell on Tuesday, February 14th to perform for the K, 1st, and 2nd graders. They will also introduce the instruments of the Band. We are all very excited.*

*7th & 8th Grade Band and Chorus Students will be attending a music festival in Saco on Friday, May 11th. The program features performance for adjudicators followed by a clinic with the judges. The third part of the package is an afternoon at Funtown with all the musicians who participated in the morning events. We are busy working on our music. Each student needs to bring in \$20 for the "park" part of the day. We will need to raise \$750 for two buses for this event. We gladly will accept any donations for busing or to go toward paying for park tickets for financially disadvantaged band or chorus members. We will need chaperones (and they are free!).*



There will be another dental hygiene clinic at BMS, during the school days, on March 19th and 20th. If your child was already seen in the fall, he/she will be seen again for a cleaning and no additional paperwork is necessary.

If you would like your child to be seen for the first time this year, please fill out the attached permission slip and send it to the BMS office. There are also permission slips on the counter in the office.

## NEWS FROM THE NURSE

**OUTBREAKS OF COMMUNICABLE DISEASES HAPPEN** in our Maine Schools and children exhibiting symptoms do need to stay home. Schools play an important role each year in tracking this information for the State of Maine so please alert us if your child develops these symptoms, or is diagnosed with a communicable disease such as these:



**PERTUSIS (WHOOPING COUGH)** is a contagious respiratory illness spread through coughing which begins with cold-like symptoms and develops into a persistent bad cough after a few weeks that can linger for months. Despite childhood vaccination to this disease, immunity may decrease over time. Infants are particularly vulnerable to the disease and its complications. Anyone who has had a persistent cough for more than a week needs to talk to a doctor regarding the possibility of it being pertussis. Anyone testing positive for the disease will be started on **antibiotics** and **must stay home** from school/work and any social activity, **for 5 days**. Booster shots for adolescents are now available.

**NOROVIRUS GASTROENTERITIS** is a very highly contagious gastrointestinal illness that is transmitted in stool and vomit. Exposure can result from direct contact with someone who is ill, by eating foods handled by someone ill, and touching stool or vomit-contaminated surfaces or objects. It can also be spread through the air by droplets of vomitus. Symptoms include nausea, vomiting, diarrhea and some abdominal cramping and it usually lasts about 2 days. Some people also exhibit a low-grade fever, chills, muscle aches, and malaise. Dehydration is the most common complication. Anyone with vomiting or diarrhea must remain home from school/work. The Maine CDC requests ill children be **kept home 48-72 hours after the last symptoms** to prevent the spread of this highly contagious illness. Infected people should refrain from handling food or child care. Strict hand washing after using the bathroom or changing diapers is essential.

**INFLUENZA** is a contagious respiratory illness caused by influenza viruses and spread through the air by coughing, sneezing or talking. Severe illness and complications can develop in those who become infected. Flu symptoms include: fever, headache, chills, body aches, tiredness, dry cough, sore throat, and nasal congestion

Things to keep in mind for school-age children:

1. Encourage children to cover all coughs and sneezes-**teach them to bend their arm and cough into their elbow or shoulder.**
2. Discard used tissues immediately.
3. **Wash hands frequently with soap and water, or use alcohol-based hand sanitizer** – hand washing is extremely important in preventing the spread of disease. Hands should be washed after using the bathroom or coughing /sneezing, before eating/preparing food, and whenever dirty.
4. Keep hands away from eyes, nose and mouth.
5. Do not share glasses, water bottles or utensils.
6. **DO NOT GIVE ASPIRIN** to children or teenagers with the flu as it can cause a more serious illness-use Tylenol instead.
7. **Keep sick children home during the first days when most contagious with the flu.**
8. **May return to school when symptoms are improving and no fever has been detected for 24 hours.**
9. Antibiotics like penicillin will not cure the flu. The best way to prevent the flu is to get a flu shot.

# Early to bed, early to rise keeps a teen healthy and wise!

## Too little sleep

Teens are notorious for staying up late and being hard to awaken in the morning. Your teen is probably no exception. Before adolescence, most children naturally fall asleep around 8 or 9 p.m. But puberty changes a teen's internal clock, delaying the time he or she starts feeling sleepy- often 11 p.m. or later, and staying up late to study and socialize can disrupt a teen's internal clock even more.

Studies have shown that most teens need about 9 hours of sleep each night and sometimes more to maintain optimal daytime alertness. But few teens actually get that much sleep regularly thanks to homework, extracurricular activities, social demands and early morning classes. Is it a big deal? Yes. Irritability aside, sleep deprivation can have serious consequences. Daytime sleepiness makes it difficult to concentrate and learn, or even stay awake in class. Too little sleep can also contribute to mood swings and behavioral problems. Sleeping late on the weekends seems like a logical solution to teen sleep problems, but it doesn't help much. In fact, sleeping in can confuse your teen's internal clock even more, and a forced early bedtime may backfire as well. If your teen goes to bed too early, he or she may only lie awake for hours. So what can you do? Don't assume your teen is at the mercy of his or her internal clock. Take action tonight!

## How to reset the teenage clock:

**Adjust the lighting.** As bedtime approaches dim the lights. Turn lights off completely during sleep, and in the morning, expose your teen to bright light. These simple cues can help signal when it's time to sleep and when it's time to wake up.



**Stick to a schedule.** Tough as it may be, encourage your teen to go to bed and get up at the same time every day even on weekends. Prioritize extracurricular activities and curb late night social time. Stay no to weekday sleepovers, and put limits on cell phone and computer use.

**Nix long naps.** If your teen is drowsy during the day, a 30- min. nap after school may be refreshing. But too much daytime shut-eye may only make it harder to fall asleep at night. Instead get a little exercise and do something active.

**Curb caffeine consumption.** A jolt of caffeine may help your teen stay awake during class, but the effects are fleeting. And too much caffeine can interfere with a good night's sleep.

**Unplug and relax.** Turn off and remove cell phones, lap tops, and gaming devices each night, and avoid vigorous exercise, loud music, video games, texting, facebook, web surfing shortly before bedtime as they stimulate the brain. Move the TV out of your teen's room, or at least keep it off at night.

## Save the Date!!

All seventh grade students will be attending a 3-day, 2-night ecology based, outdoor educational experience at Ferry Beach Ecology School in Saco, Maine! This event will take place from March 21-23, 2012.

To cover the cost of accommodations, lessons and meals, we are asking each student to pay \$50.00. (This program usually costs \$250.00 per student).

We will be sponsoring additional fund-raising events to ensure no student will be excluded.

More information regarding this overnight adventure will follow as the date draws near.

You can check out Ferry Beach Ecology School at [www.fbes.org](http://www.fbes.org)

## CAFETERIA NEWS

Healthy, low-cost Brown Bag Meals "To-Go" are available from the BMS cafeteria for all students, especially athletes for away games or field trips. Each meal costs \$2.50 and includes a hearty sandwich, 20oz. water, 4 oz. juice, fruit and a crunchy snack. Just order it the day before your event and then pick it up before 1:00 the day of the event. Meals are charged to the students account at the time of order regardless of pick-up. Order forms are available in the cafeteria.



Sarah J. Bingham, M.S.Ed  
Health Coordinator  
Regional School Unit #1



### **WANT TO SUBSCRIBE TO THE BMS WEEKLY AS AN EMAIL? WANT TO UNSUBSCRIBE?**

*The BMS Newsletter is published on the second and last Fridays of each month. Please send an email to [dmacphee@rsu1.org](mailto:dmacphee@rsu1.org) and ask her to add or remove you.*

*Please be sure, if you use filtering, to allow mail from rsu1.org. Some service providers may block mass emails in general unless you specifically allow them. Some businesses block email as well.*

## COMMUNITY NEWS

# Mobil Food Truck Dates



(Note: Each truck is the last Tuesday of the month)

Tuesday, February 28<sup>th</sup>

Tuesday, March 27<sup>th</sup>

Tuesday, April 24<sup>th</sup>

Tuesday, May 29<sup>th</sup>

Tuesday, June 26<sup>th</sup>

Tuesday, July 31<sup>st</sup>

**TIME: 2:00-4:00**



## **LOCATION: Grace Episcopal Church**

1100 Washington St: Go ch turn left on Edwards St, which leads to the parking lot. The Food Truck will be in this parking lot. There will be plenty of room to park in our parking lot. **THERE ARE NO QUESTIONS ASKED.** If you need food you are welcome to come. Please bring something to put your groceries in...IT WOULD REALLY HELP.

**Join us in the church after 1:30 for a warm beverage and a snack while you wait.**

