Bell Hill Academy Bulletin

DATES TO REMEMBER

CHARACTER TRAIT OF THE MONTH: COMPASSION

10/3 Parent Conferences 4 to 7:30
Paw Pride Drawing
Early Release 1:35

10/5 Spirit Day! Wear your black and red

10/8-10/12 Spirit Week! Monday--Sports Day Tuesday--Outdoor Explorer Day Wednesday--Crazy Hair Day Thursday--Pajama Day

Friday--School Spirit Day! Red and Black

10/9 3rd Grade SYRCL Salmon Expedition

10/10 Early Release at 1:35

10/12 Jogathon

10/15 1st Grade to Bishop's Pumpkin Patch4th Grade to Sutter's Fort

10/17 Kindergarten to Bierwagen's Farm Early Release at 1:35

10/19 Spirit Day! Wear your black and red

10/22-10/26 October Break--No School

10/30 Student of the Month Assembly 9:20 Site Council 3:30

10/31 Halloween

Early Release at 1:35

Coming in November:

Commig in November.	
11/1	Staff Training DayNo School
11/2	Spirit Day! Wear your black and re
	Day of the Dead Festival 4:30-7:30
11/5	PTC Meeting 3:30
11/7	Picture Retakes
11/12	Veterans' Day HolidayNo School
11/14	ELAC Meeting 5:30-7:00

11/19 Site Council Meeting 3:30



LEARNING TOGETHER

Dear Bell Hill Families,

It has been wonderful to experience the change of seasons from summer to fall in Nevada County for my second year here. It's so beautiful to look out and see a few trees starting to change colors, and the cool mornings have been a relief from the heat of summer. I hope all of you have had the opportunity to get out into nature with your families to experience the changes first hand!

Here at Bell Hill Academy, it has been a busy fall so far with lots of learning for both students and staff. Our Professional Development Day on September 17 involved all teachers coming together to learn about how to improve their work as teams. We call these teams Professional Learning Communities (PLCs). They are a way for teachers to structure their collaboration time and use that time most effectively to support student learning. Teamwork can be challenging, and I truly admire and appreciate the work ethic and integrity the Bell Hill teachers apply in their PLCs!

Further, over the past few weeks, a number of our staff have had the chance to attend state level conferences in Sacramento. The focus of these conferences has been on improving the way we encourage positive student behaviors as well as how to support students in need, either social-emotional or academic need. Ongoing professional learning for staff is an important facet of the way we continually strive to meet the needs of students and families.

Speaking of conferences, I hope all parents were able to (continued on page 2)

Principal's Corner

(continued from page 1) make time for the parent teacher conferences held over the past two These weeks. conferences represent an essential part of how we work with students and their families. Communication between home and school helps to set children up for academic success as well as overall happiness in the educational setting. Conferences are an opportunity for teachers to share what they have learned about their students, and, equally, parents are also able to share information about their children that help teachers more fully understand how to work with them. If you were unable to attend a conference, please contact your child's teacher to set up another time to meet.

Lastly, there is so much going on at Bell Hill Academy this fall! Please find a way to lend a hand and participate in our vibrant school community!

WIth much appreciation,

Mrs.Graham







Ants on a Log

Serves: 5-8, Prep time: 5 min

- 5 stalks celery
- 2 Tbsp. peanut butter or other nut butter
- ¼ cup packed raisins Chop celery stalks into 15 sticks. Spread nut butter onto sticks, top with raisins.

Variations: Try filling celery stalks with hummus or herbed goat cheese and topping with sliced cherry tomatoes or olives for "caterpillars" on a log.

Celery is the vegetable the classes will be tasting this month through our partnership with Sierra Harvest.

Celery



Healthy Serving Tips:

- Eat celery sticks raw with different dips: hummus, spreadable cheese, baba ghanouj, Greek yogurt or ranch dip, nut butters, bean dip or guacamole
- Chopped celery leaves are delicious in soup and salads
- Blend it with lime juice and spices- a fresh salsa verde

Upcoming Field Trip for the Third Grade Classes

On Tuesday, October 9, the Third Grade students will be taking an exciting field trip to the Yuba River where they will learn all about salmon, their life cycles, and the perils they face. Students will board a bus in the morning and ride down to Browns Valley where they will join the South Yuba River Citizens League at the UC Research Center to learn all about these amazing fish! This field trip ties in well with the students' studies of biomes and animal adaptation. They're all very excited!



October Break is Coming!

The Grass Valley School District will be on October Break during the week of Monday, October 22 through Friday, October 26. We will return on Monday, October 29. Also, remember that there is no school on Thursday, Nov 1 is as it is a Professional Development Day for staff.

The Counselor Connection

by Emily Gallup

How to Reduce Arguing

Most children will argue with their parents as long as they think there's a chance it will work. If you feel like there's been too much arguing going on in your home, choose a neutral time to talk about the problem. (Trying to talk to your kids about a problem when they're already upset usually doesn't work).

Start by letting your child know that you don't want to continue spending your time arguing, and that you are going to put some new rules in place to help everyone in your family get along better. The first rule is that while it's okay to disagree, the conversation must occur in a respectful fashion. Raised voices and other forms of disrespect should not be permitted. If the conversation starts to get out of control, tell your child know that you will continue discussion when s/he can speak to you in a calm, respectful manner.

The second rule is that while some decisions are negotiable, others are not. An example of a negotiable issue would be letting your child choose what time of day homework will be completed. A non-negotiable issue, in contrast, would be choosing whether or not homework gets done at all. As a parent, you have the right to tell your child that certain topics are non-negotiable. Once you have determined that an issue is non-negotiable, explain that you will not tolerate any attempts to engage in arguing. Let your child know that you will give him or her a warning (i.e. "If you continue to argue, you will lose one dollar of this week's allowance") and that this will be followed by the removal of whatever privilege you said you would take. It is critical that if you tell your child s/he will lose a privilege (such as the dollar), that you follow through with taking it away. Not following through with a promised consequence will teach your child not to take you seriously. It may take a few times for your child to realize just how serious you are, but consistency is essential. If you stick with this plan, your child will learn that when you say it's time to stop arguing, it's time to stop. Both of you have better things to do with your time together.



MANY THANKS!

So many members of our Bell Hill Community go out of their way to lend a hand or show appreciation that it is a challenge to ensure we recognize everyone! Here are just a few...

- Eva Lea has stepped forward to lead the Day of the Dead Festival.
- Nicole Klimek brought us chili and corn muffins during parent conferences.
- Donya Miguel helped us out with extra treats when we needed to combine two classes one afternoon.
- The Biggs family drops off extra donuts for staff on their children's birthdays.
- Sarah Griffin-Boubacar has agreed to be our Sierra Harvest liaison again this year, and Eduardo Hernandez has been helping out with the fresh fruit and veggie cart during recess.





How to Get Involved in the PTC!

This month there are a couple of key ways parents and families can get involved. First of all, the Jogathon is coming up on Friday, October 12. We can use as many parents as possible to help set up in Condon Park, supervise students, and clean up at the end of the event. The Jogathon is Bell Hill Academy's biggest fundraiser and is a lot of fun, too! If you can, please come out to support our students. Check with your child's teacher or email the PTC at bhaptc@gvsd.us.



Coming up after the October Break will be our Day of the Dead Festival on Friday, Nov 2 starting at 4:30. We still need parent volunteers to help with face painting, craft booths, serving food and much more! Again, the more help we have for this event, the more successful it will be. We are raising money to by translation equipment for our school. Eva Lea is the coordinator for this festival. You can email her at the PTC email or leave a message for her in the BHA office.

Please feel free to reach out to any of our board members for questions or ideas!

Ashley Schwarz - Pres. of Operations, Mom to Addy, 1st Grade with Maestra Campbell - bhaptc@gvsd.us

Nicole Klimek - Secretary

Andrea Bradley – Vice President of School Community **Danielle Noble** - Treasurer

OUR NEXT MEETING IS NOV 5 AT 3:30!



Remember to bring in your Box Tops!

Each month our librarian, Mrs. Swartz, counts up how many Box Tops each class turns in and gives that class a special prize!

Box Tops = New Library Books



There is an Official Bell Hill Academy

Facebook Page!

www.facebook.com/ bellhillacademygrassvalley

This is another way for parents and community members to stay up-to-date on the happenings at BHA.

Look for upcoming events and information!

Bell Hill Academy is a Global Studies and Dual Immersion School. The educators at Bell Hill share the goal of preparing students to be informed and curious world citizens.

