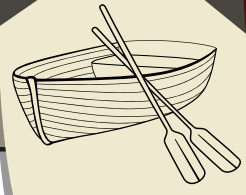


January 7,
2026

STUDENT
SPOTLIGHT

SOUTH BRISTOL SCHOOL



SBS ACADEMIC EXCELLENCE AWARD RECIPIENTS



UPCOMING EVENTS

- 1/8 - READING BUDDIES 8:15
- 1/8 - GIRLS BBALL GAME @ GSB 3:45
- 1/8 - BOYS BBALL GAME @ GSB 5:00
- 1/9 - GIRLS BBALL PRACTICE @ SBS 2:30
- 1/9 - BOYS BBALL PRACTICE @ BCS 2:30
- 1/12 - MINIMAL TECH MONDAY
- 1/12 - BOYS BBALL PRACTICE 2:30
- 1/12 - GIRLS BBALL GAME @ SBS VS BOOTHBAY 3:45
- 1/13 - CLUB TEAM PRACTICE 7:15
- 1/13 - BOYS BBALL PRACTICE @ SBS 2:30
- 1/13 - GIRLS BBALL PRACTICE @ BCS 2:30
- 1/14 - DEMO TEAM PRACTICE 7:15
- 1/14 - COASTAL RIVERS TO 3 / 4 CLASSROOM 8:20
- 1/14 - 8TH TO LINCOLN ACADEMY
- 1/14 - XTRA ART WITH MRS. PRIOR 2:45-4:00
- 1/14 - GIRLS BBALL PRACTICE 2:30
- 1/14 - BOYS BBALL GAME @ GSB 3:45
- 1/15 - CROMWELL CENTER IN GUIDANCE CLASSES
- 1/16 - GIRLS BBALL GAME VS WISCASSET @ SBS 3:45
- 1/16 - BOYS BBALL GAME VS WISCASSET @ SBS 5:00
- 1/19 - NO SCHOOL MARTIN LUTHER KING JR DAY
- 1/20 - NO SCHOOL PROFESSIONAL DEVELOPMENT WORKSHOP DAY



[HTTP://SOUTHBRISTOLSCHOOLME.ORG](http://southbristolschoolme.org)

January 7,
2026

SOUTH BRISTOL SCHOOL



YAC & 1 / 2 CHRISTMAS CAROLING

The 1st and 2nd graders
joined the middle school
Youth Action Club on
their annual caroling trip!



Over the past few weeks
the two groups joined
together to make fleece lap
blankets and holiday cards
to bring to residents at the
Round Pond Green and
Cove's Edge!



Special thank you to the Boosters for
helping to fund this project and to
Tenley Seiders for lending a creative
hand in the cards and blankets!



January 7,
2026

SOUTH BRISTOL SCHOOL



COOPERATIVE TEAM CHALLENGE DAY



HOW CAN WE WORK AS A TEAM TO GET ACROSS THE GYM WITHOUT TOUCHING THE FLOOR?

January 7,
2026

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COOPERATIVE TEAM CHALLENGE DAY



January 7,
2026

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COOPERATIVE TEAM CHALLENGE DAY



January 7,
2026

SOUTH BRISTOL SCHOOL



**After Care students
made
holiday centerpieces**



Note: Not all ornaments shown here

January 7,
2026

SOUTH BRISTOL SCHOOL

Winter break is the perfect time to
have fun with math!

Try

*playing How Many
with something
around the house.*

*playing Notice and
Wonder with the
view out a window*

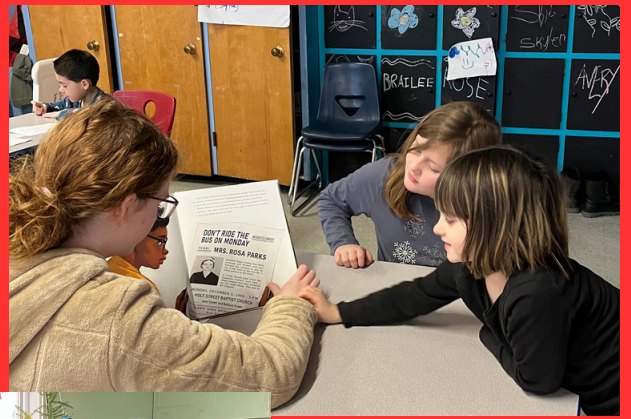
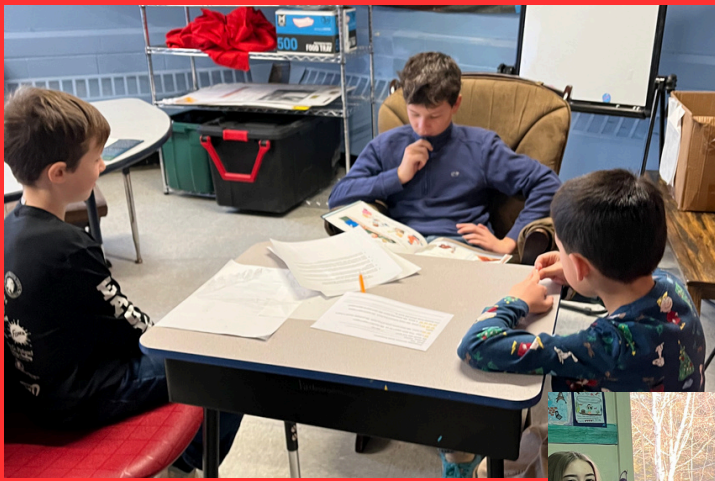
**Math for
Maine**

*Experimenting with
other math
activities*

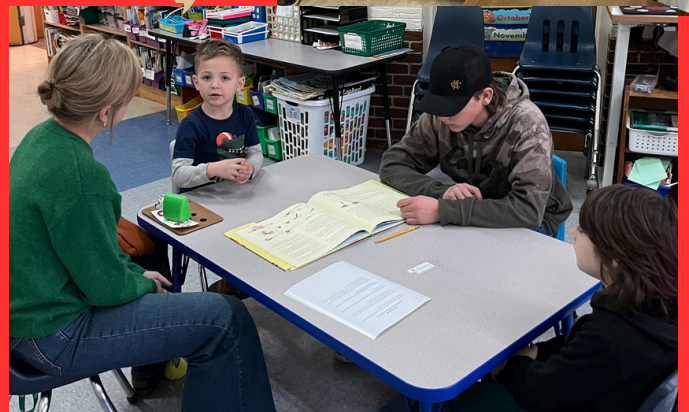
*playing any game
that involves cards,
dice, money, or
keeping track of
points*

*working together on a
project that involves
measuring*

*following a recipe to
cook something tasty*



READING BUDDIES





SBS students are encouraged to join in the fun with the 100 mile club starting now through the Spring! The goal is to move as many miles as possible, getting heart rates and breathing rates up to improve fitness and have fun! There are prize incentives along the way.

Miles will be recroded on the trackinh papers sent home with students. Pedometers, watches or anything that track miles or steps are useful. We have also put together a chart with average time estimates per mile of movement type!

Walking	15-22 Minutes of walking = a mile
Running	10-12 minutes of running = a mile
Basketball Game	12 minutes = a mile
Biking	Easy pace for 20 minutes = 1 mile Moderate pace 15 minutes = 1 mile
Dance class	25 minutes = 1 mile
Swimming	30 minutes = 1 mile Or 1.650 yards
Jump rope	Slow for 11 minutes Moderate for 8 minutes
Cross Country Skiing	15 minutes = 1 mile
Ice Skating	20 minutes = 1 mile
Soccer	12 minutes = 1 mile
Volleyball for fun	23 minutes = 1 mile
Tennis	18 minutes = 1 mile
Low impact aerobics	16 minutes = 1 mile

STEPS TO MINUTES TO MILES CONVERSION CHART

STEPS	MINUTES	MILES	STEPS	MINUTES	MILES
500	5	.25	5,500	55	2.75
1,000	10	.50	6,000	60	3.00
1,500	15	.75	6,500	65	3.25
2,000	20	1.00	7,000	70	3.50
2,500	25	1.25	7,500	75	3.75
3,000	30	1.50	8,000	80	4.00
3,500	35	1.75	8,500	85	4.25
4,000	40	2.00	9,000	90	4.50
4,500	45	2.25	9,500	95	4.75
5,000	50	2.50	10,000	100	5.00



Pre K through 4th grade students created fitness journals to take home over break. Please encourage students to fill them out. Anything that gets their heart rate and breathing rate up, counts! Please send them back after vacation.



Some ideas:

**Shoveling
Building a snowman
Sledding
Obstacle courses in the house
A mini workout (planks, jumping jacks etc.)
Walking or hiking
Jump rope**



Lots to share with you in Guidance where I missed the last newsletter deadline. From buttoning up the garden, Chef Thibodeau, amazing enrichment sessions, fun pics, crafts & reindeer games in class, our Gazette team wrapping up the last edition of 2025, our school wide elf workshop, reading buddies, winter concerts and sweet messages left in my office....plus, it is Bailey's favorite time of the year receiving lots of affection from her favorite kiddos. May you and yours have a very lovely holiday and feel the love of the season, too!

