



# BEST/PTO NEWSLETTER

Bedford Elementary Schools Together/Parent Teacher Organization  
Providing a Forum for Communication, Enrichment, and Support  
December 2009

## Letter from the President:

The unseasonably warm weather we've had makes it hard to believe that December is here. The BEST/PTO has had a very busy fall. Kicking off the year with our annual wrapping paper fundraiser. I was amazed at the smooth system by which orders were picked up or sent home. Thank you to Cindy Fissette and Monica Bou for organizing this project. The fall campaign is in full swing. A reminder to check to see if your employer matches funds.

The Spiritwear deadline is this Thursday, December 3. The new logo designed by Peter Ricci is a hit. Family movie night arranged by Jessica Tonini and Amy Pearson was a hit! It was a great turn out and a lot of fun for all. Last but not least, Shopping Night is this Thursday, December 3rd at 6:30pm at the John Glenn Middle School. I am told by Kristin Ferrari that we have new vendors as well as many from last year. BEST/PTO will be part of the Barnes and Noble fundraiser on December 14<sup>th</sup> and 15<sup>th</sup>. Enjoy shopping while helping to support our fundraiser.

Everyone's hard work and planning make these events possible. These events are the driving force for BEST/PTO to raise money to fund enrichment programs for students at the Davis and Lane Schools and we thank the community for your support.

There are a lot of great things happening in the schools. Did you know a second grader at Davis won a reading contest? As a prize Wally the Green Monster from the Red Sox is coming to the school to celebrate. We want to get the word out to families about these exciting happenings. If you or someone else you know would be willing to do public relations and help spread the word please let us know and we will be happy to share the details of the position.

As this is my last article before the New Year, I wish everyone a happy and healthy winter break! Maybe we will see some snow for the winter sport enthusiasts.

Lyn Kapilian  
BEST President

## Support Your Schools

**Box Tops:** Check out this web site for huge savings and more \$\$ for the school <http://www.boxtops4education.com/earn/clip/Coupons.aspx> Thanks for your continuous support! Our next deadline is February 2010 - so please keep clipping. Some new places to find Box Tops are on Avery notebooks and folders. Keep sending in your clippings via Kid Mail. We have set the goal for \$2000 this school year. Keep clipping!



**BEST Shopping Night:** BEST Holiday Shopping Night to be held at John Glen Middle School on December 3rd from 6:30-9:30. Some Vendors that will be there include: Ella Belle Creations, Stella & Dot, Excited to Learn, Denault Studios, Homemade jewelry, Tupperware, Silpada, Trisybear, Tastefully Simple, ALSO BRING YOUR GOLD and SWAP for MONEY \$\$\$\$\$. There will be a table there with a representative to do this for you. A perfect way to make some money and then go shopping! Snacks and Beverages will be served. Please contact Kristin Ferrari at [kferrari@comcast.net](mailto:kferrari@comcast.net) with any questions. Please forward along my information if you know of someone who would be interested in being a vendor at this event. HAPPY SHOPPING!

**Barnes & Noble Fundraiser:** Shop at B&N on December 14 and/or December 15 and a portion of your purchases go to BEST PTO. How it works: Look for the flyer being sent home in KidMail. Bring it with you to B & N and show it when you make your purchases.

**Family Fun Night:** Please join us for another family fun night on Saturday, January 2nd at The Edge Sports Center for a free hour of ice-skating! Skating will be free for BEST families from 6:10 – 7:10 pm. The Edge is located at 191 Hartwell Road in Bedford. This is not a drop off event. Bring helmet and ice skates. A limited quantity of skate rentals are available for \$3 a pair.

## It's Easy Being Green: *Submitted by Peter Ricci for the Green Committee*

It's a goal of mine for kids to know to ask if something should go in the recycling or trash. There are many great benefits to recycling, and it could be widely accepted if we could just make it easy for people. The Town of Bedford has done a good job, by increasing the size of the recycling tub, having recycling pick-up weekly, and allowing commingled recyclables. Besides the benefit of reducing the amount of materials incinerated, there is a cost savings to the town. Last year, it was reported that over \$122,000 was saved. Not too shabby for a few minutes to put something in one bucket instead of another.

So, while we strive at the schools to introduce programs at both the facility and consumer (kids) level, give us a hand at home by actively participating in home recycling. It would be great to see more car-pooling, less car idling, less purchasing of products with excessive packaging, and more purchasing of biodegradable, natural products. In the meantime, lets take the first and easiest step.

**Tip of the month:** Give away those gently used, much loved toys instead of tossing them in the trash. I got a plastic sandbox that way once, and just gave away a Little Tykes "Cozy Coupe" to a woman who reports the little girl who received it thought her birthday must have come early this year - she was so excited!

## **Community Corner:**

### **BedfordKids.com**

Visit [www.bedfordkids.com](http://www.bedfordkids.com), a web site for families with children ages 0-18 in Bedford, Massachusetts, and surrounding communities. You'll find a local calendar of events; things to do (activities, classes, sports, clubs, camps, museums, zoos, farms, playgrounds, story times, family-friendly restaurants); preschool & childcare options; information on Bedford Public Schools (K-12); local and statewide parent resources (support groups; health + wellness; job search); a Welcome to Bedford guide; Bedford + Neighbors community links; and an active site-related Yahoo email discussion group.

### **BHS Madrigal Nights**

The Bedford High School Music Department will present Madrigal Nights, an original performance by the BHS Madrigals choral ensemble, at 7:30 p.m., Friday and Saturday, Dec. 4 and 5, in the Lt. Job Lane School Cafeteria, 66 Sweetwater Ave., Bedford. General admission tickets are \$5; doors open at 7 p.m. A dessert reception will follow each performance. Tickets are available at the Bedford COA (12 Mudge Way) and Fetch It! (48 Great Road), and at the door. Tickets will also be sold in the school offices at Davis, Lane and John Glenn Middle schools. Call 781-271-1043, for ticket information.

### **Bedford SEPAC Parent Coffee, Friday December 18, 8-10 AM at Whole Foods Café**

Parents and guardians of children with special needs are invited to attend a coffee on Friday, December 18, sponsored by Bedford SEPAC (Special Education Parents' Advisory Council). Come and share concerns, information and support in a relaxed, informal setting. SEPAC holds parent coffees the fourth Friday of every month from 8-10 AM, at Whole Foods Café, 170 Great Road, Bedford. Questions? Contact Irene Gravina at [igravina@yahoo.com](mailto:igravina@yahoo.com) or (781) 275-6535.

For information about Bedford SEPAC events, activities or membership, go to <http://groups.yahoo.com/group/BedfordSEPAC> and sign up to receive notices of upcoming events.

### **Coming in January: Dr. Ross Greene on Managing and Resolving Challenging Behavior in Children**

On January 26, 2010, Bedford Special Education Parents' Advisory Council (SEPAC) in collaboration with Bedford Youth and Family Services will host Dr. Ross Greene, Associate Clinical Professor in the Department of Psychiatry at Harvard Medical School and author of the highly acclaimed books, "Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them" and "The Explosive Child". Dr. Greene is the originator of the Collaborative Problem Solving (CPS) model, an approach to working with children to identify and manage the specific problems at the root of most challenging behaviors. More information about this presentation will be available in the January BEST/PTO newsletter.

### **Birth Order: How Your Place in the Family Affects Your View of the World**

Speaker: Jack Agati

When: Wednesday, January 13, 2010

Time: 7:00 – 9:00 p.m.

Location: LEAP School, 376 Concord Rd., Bedford

Target Audience: Parents of Children of all Ages

This entertaining and informative program looks at the many characteristics associated with various positions in the family. Participants will gain a better understanding of the styles of their

children's behavior and how to avoid potential conflict between their own styles of behavior and those of their children. We will identify many of the characteristics associated with family position and look at better ways to use the positive characteristics of each position.

**Lost at School:**

Speaker: Dr. Ross Greene

When: Tuesday, January 26, 2010

Time: 7:00 – 8:30 p.m.

Location: Bedford Town Hall Auditorium

Target Audience: Parents of Challenging Children of all Ages

In many schools kids with social, emotional, and behavioral challenges are often poorly understood and treated in a way that can be at odds with what is now known about how they come to be challenging in the first place. The frustration and desperation felt by parents and teachers can be palpable. Parents know there is trouble at school, feel blamed, and can think their child is being misunderstood or mistreated. Teachers experience stress related classroom behavior problems and often do not receive the extra support they need to help challenging students.

Come hear Ross Greene discuss how to make system changes that do not blame the kids, parents, or teachers and make positive, practical, realistic suggestions for change. Sponsored by Bedford Special Education Parents' Advisory Council and Bedford Youth and Family Services

**Bedford Angels Volunteer Network** is a group of volunteers supporting Bedford families in crisis. Using the Lotsa Helping Hands website, meals, rides and other non-medical services can be managed efficiently. As a volunteer, you can sign up to fill a need only when it works with your schedule. While some families in need have a close network of friends and family and/or are affiliated with a church or temple, others may not. And even those who do often find that after time and with busy schedules these resources become exhausted. The Bedford Angels is a great resource for these situations as well as a supplement to a group already in place. All residents are welcome to join this community network of volunteers (a referral may be necessary).

To become a Bedford Angel visit <http://www.lotsahelpinghands.com/c/610954/>. To find out how the Bedford Angels can help you or someone you know or for more information, email [bedfordangels@gmail.com](mailto:bedfordangels@gmail.com).

**Could You Use Help with Home Heating Bills?** The Fuel Assistance Program may be for you! The Fuel Assistance Program provides a benefit for home heating for Bedford residents of all ages who meet income guidelines.

Household Size	Yearly Gross Income
\$29,126	
2	\$38,087
3	\$47,049
4	\$56,011
5	\$64,973
6	\$73,935



Those who enroll in the Fuel Assistance Program are also eligible for free home weatherization, free heating system repair or replacement, free energy-saving devices, and discounts on some utility bills.

To apply for the Fuel Assistance Program, Bedford residents under age 60 should call Bedford Youth and Family Services (YFS) at 275-7727 and those 60 or over should call the Bedford Council on Aging (COA) at 275-6825. Please be assured that all information will be held in the strictest confidence. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

### **23rd Annual Rotary Breakfast with Santa & Mrs. Claus**

Sunday, December 6th

New Location! BEDFORD HIGH SCHOOL

8am - Noon

Admission: \$7 at the door or \$6 in advance at New England Nurseries, Middlesex Savings Bank, The Goddard School, & Edward Jones.

Free Professional Keepsake Photos! Again this year: Silent Auction with gifts, one of a kind services, toys, and surprises! New this year: Raffle, crafts, face painting, and more!

Pancakes, Sausages, Eggs, Juice, Coffee, and more! All proceeds to benefit local programs

Presented by The Bedford Rotary Foundation ([www.BedfordMaRotary.org](http://www.BedfordMaRotary.org))

Question? Contact Christine Pinney 781-271-0398 or [info@BedfordMaRotary.org](mailto:info@BedfordMaRotary.org)

### **That Old Brack Magic!**

Wednesday, December 30th, 7-8 pm

Bedford Free Public Library Meeting Room

Join Bedford's own magician, Jeb Brack, for an entertaining magic show. You may even learn some tricks to do at home! This event is planned especially for children ages five and older.

FREE!

Sponsored by the friends of the Bedford Library

For more info call Sharon McDonald, 781-275-9440 ([bedfordlibrary.net](http://bedfordlibrary.net))

**Bedford Turf Association:** Hooray! We reached our goal! Over \$37,500 was donated to the Bedford Turf Association to help pay for design of a turf field for the BHS football field. A check to the Town was issued in October. Many thanks to all of the generous families and businesses!

The Department of Public Works is putting together an RFP (request for proposal) and we expect the design process will start this winter. (More funding will be required to build the field.) Please visit our website [www.bedfordturf.org](http://www.bedfordturf.org) for updates, and to join our mailing list.

#### **2009-2010 BEST/PTO Officers**

**President: Lyn Kapilian**

[lynkapilian@comcast.net](mailto:lynkapilian@comcast.net)

**Vice President (Davis): Peter Ricci**

[bedfordriccis@verizon.net](mailto:bedfordriccis@verizon.net)

**Vice President (Lane): Susan Miele**

[susanmiele@gmail.com](mailto:susanmiele@gmail.com)

**Secretary: Kristin Ferrari**

[kferrari@comcast.net](mailto:kferrari@comcast.net)

**Treasurer: Diane Bernstein**

[dmd.bernstein@verizon.net](mailto:dmd.bernstein@verizon.net)

#### **BEST Committee Chair Open Positions**

- 5<sup>th</sup> grade
- Green committee
- Celebrating Differences
- Parent Advisory Council
- Transportation Safety Committee