



BEST/PTO NEWSLETTER

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

Inside this issue:

In the Schools	2
Community Corner	2-3,5
Student Activities	4
Volunteer Opportunities	4
Support Your Schools	4
Kudos	4
BEST Updates	5
It's Easy Being Green	5

News From the President of BEST

Dear BEST Families,

Unlike last year when we had a significant January thaw, this January lived up to its' reputation as the coldest month of the year! Despite the cold, I know many families have been enjoying skiing and other winter activities to help get through these long winter days. However, a little warm up would be appreciated!

The Lane School orchestra, band and chorus wowed their audience once again last month with a fabulous evening of music. I think many parents were amazed to hear the quality of the performance after only a few months of lessons for many students. The Lane School music staff deserves many kudos for their dedication and hard work with our students. Lane School students also had an opportunity to share their classroom work and tour the school with their families during Open House nights over the past two weeks. Celebrations of Learning nights will be held at Davis School this month to give families a chance to visit their children's classrooms and see the results of all their hard work. Schedules for your child's class can be found in Mrs. Brown's newsletter.

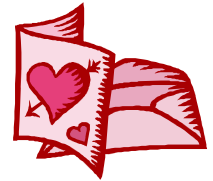
Students at both Lane and Davis schools have enjoyed a number of special enrichment programs over the past month and students at both schools also had the opportunity to watch on TV as Barack Obama was sworn in as our 44th president. What an exciting day for us all!

As March approaches, planning is underway for our annual Celebrating Differences program. This program does a great job of helping our students learn about various disabilities. Many volunteers are needed to pull it off. Please check the notice elsewhere in this newsletter and consider volunteering if you can. Also, check the notice regarding open board positions for next year. It's not too early to start thinking about it!

Have a relaxing and enjoyable vacation this month.

All the BEST,

Marge



February Calendar of Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 • SEPAC Talk-George Mulgrew: Spec. Ed. Law	3	4 <i>Early Release Day</i>	5 • Davis-Celebr. Of Learning	6 • Moms' Book Club • BHS Winter Carnival • Report Cards Issued	7
8	9 • SEPAC Talk-Dr. Jane Koomar: Sens. Integration • BYFS Speaker: Dr. Wendy Grolnick	10 • Lane-Deanna's Fund • School Comm.	11 • Davis-Celebr. Of Learning	12 • Lane-Gr. 4 O.H. • Boxtops Deadline	13	14
15	16 <i>February Vacation Begins</i>	17	18	19	20	21
<i>Winter Break!!!</i>						
22	23 <i>Schools reopen</i>	24 • School Comm. Mtg.	25	26	27 • SEPAC Coffee	28
1	2	3	4	5	6 • Moms' Book Club	7

In the Schools

Celebrations of Learning at Davis School: The dates for Celebrations of Learning have been set! Thursday, February 5, (snow date February 25th) for the following teachers: Ryder, Buttrick, Hart, Hardiman, Lang, Kuhlmann, Ragusa, Nocera, Hall, Arakelian, Littig. Wednesday, February 11, (snow date February 26th) for the following teachers: Sylva, Caron, P. Flaherty-Dawson, Flannery, T. Flaherty-Dawson, Wait, Seldon, Gallant, Hodgdon, Petrocelli, Houston, Davies, Kimball-Dorey, Jones.



Wacky Hair Day at Lane School: The student council hosted a successful wacky hair day on Friday Jan 23. Wacky hair was donned by students and teachers. Even Mr. Ackerman was seen wearing a clown wig!! The wackiest winners were: Best Wig- Smiling Jose Grade 3; Best Hair: Grade 3- Talia Kriesberg; Grade 4- Isak Johnson; Grade 5- Kayla Hussey. Congratulations to all winners!!

Deanna's Fund: Deanna's Fund is coming to Lane on February 10 from 9:00 to 11:00. The performance is a high energy series of mini skits with a "no bullying" theme. The students will watch the shows and then discuss how the bullying occurred and, more importantly, how to stop the bully if they should encounter it at Lane. It has been very well received in year's past.

Fifth Grade Talent Show: The fifth graders will begin practice for the annual Lane School talent show which will be held on April 14, 15 and 16. If your child is the talented one in your family, fill out the form that will be sent home by Mr. Fichera. Students must attend all practices and shows to be in the performance. Parent volunteers are needed to assist with costumes, etc backstage. Please contact Annette Brown at pqbanb@comcast.net or Phyllis Linnehan at phyllis777@verizon.net



Celebrating Differences: Sponsored by BEST and the Bedford Parent Advisory Council, *Celebrating Differences* is a program designed to engage students at Davis and Lane school in learning about disabilities. We believe that education about people who are "different" builds attitudes and behaviors which are positive and accepting in our community and in the classroom. Our approach engages the entire school in an exploration of selected disabilities with opportunities for students to experiment and learn on many different levels. Our emphasis is on better understanding of those things which are different and those things which are not different, with an emphasis on problem solving to find solutions to limitations. This year our focus is on Physical Disabilities, Epilepsy and Asthma. We need many volunteers to run these programs. **Please join us! See Volunteer Opportunities for ways that you can help!**



Coming Up At Lane: Baseball Day- May 1; Field Day- May 28

Community Corner

Bedford School Committee: New Location! Meetings will be held at 7:30pm in the Bedford High School Multipurpose Room unless otherwise noted. All agendas include a regular "Comments from the Public" item. Full agendas are available 48 hours prior to each meeting at www.bedford.k12.ma.us and at the Bedford Public Library. All are welcome to attend, and meetings are taped and shown on channel 10. Check the BCAT website at www.bedford.tv/schedule or the Bedford Minuteman for the schedule.

Note that we have our meetings two weeks in a row vs. normal to give us time in advance of meetings with the Finance Committee in late January. Topics scheduled for upcoming school committee meetings are:

2/10: Update on JGMS scheduling; Presentation: English Department

2/24: Open Budget Hearing; Goals-Mid Year Report; Facilities Department Overview

Bedford Pan Mass Challenge Kids Ride 3rd Annual Cocktail Party & Auction: SAVE THE DATE! PMC Cocktail Party and Auction to benefit the Dana-Farber Cancer Institute & The Jimmy Fund. Friday, March 6, 7pm at Max Stein's American Steakhouse, Lexington. Book the babysitter & mark your calendar; treat yourself to an evening out! Enjoy the company of good friends, good food & support a great cause. It will also be a great opportunity to bid on some amazing auction items. Here's a sneak preview...Red Sox, Celtics and Patriots tickets; BC tickets; Chef-prepared dinner for 8 in your home; Golf packages; F1 Boston tickets; Weekend at Condo near Loon Mountain; Lobsters for 10 delivered to your home; Boston weekend getaway; Restaurant gift certificates; Spa package; And many more items! For more information please contact Myrsini Morris (mmorris@chenpr.com) or Wendy Winn (WMLW3@aol.com). If you would like to donate an auction item please contact Myrsini Morris mmorris@chenpr.com.



P.S. Mark your calendars for the Kids Ride - Saturday, June 13th! The Pan Mass Challenge gives children a way to become activists for charity at an early age, while doing something fun and athletic! Through the PMC Kids Ride program, kids of all ages ride their bikes to raise money for life-saving cancer research and treatment at the Dana Farber Cancer Institute and its Jimmy Fund.



Community Corner (continued)

Moms' Book Club: Our next meeting will be at 10am on Friday, February 6, in the First Congregational Church Library located at 25 Great Road. Our February Selection is *The Brief Wondrous Life of Oscar Wao* by Junot Diaz. If you are interested in childcare, please contact Ann Guay at 781-271-9062 or Wendy Stacey 781-275-5480. Our March Selection is *The Alchemist* by Paul Coelho. We will meet on Friday, March 6th at 10:00 a.m in the Church Library.



Bedford SEPAC Parent Coffee: Friday, February 27, 8-9:30am at Whole Foods Café. Parents and guardians of children with special needs are invited to attend a coffee sponsored by Bedford SEPAC (Special Education Parents' Advisory Council). Come and share concerns, information and support in a relaxed, informal setting. SEPAC holds monthly parent coffees the fourth Friday of every month. For more info about Bedford SEPAC, go to <http://groups.yahoo.com/group/BedfordSEPAC> and sign up to receive notices of upcoming events.

Bedford SEPAC-Attorney George Mulgrew on Special Education Law: Monday Feb. 2, 7-9 PM Lane School multipurpose room. Special education rules and regulations can be confusing and overwhelming, but without a basic understanding of them, parents cannot advocate effectively for their special needs children. A parent's knowledge of the law can make a significant difference in quality of education their child receives. Do you know what your child is entitled to receive under the law? George Mulgrew will present, "Beyond Basic Rights: Effective Advocacy for Your Special Needs Child." After a quick survey of basic special education law, Mr. Mulgrew will present more specific laws regarding services for children. His presentation will help to identify legal resources available to help you help your child. Bring any questions you may have! Mr. Mulgrew is an attorney with over twenty years of experience working as a child and family advocate. He has worked both for and against government agencies litigating special education, mental health, disability, and child neglect and abuse cases. For more information, contact Irene Gravina at (781) 275-6535 or at igravina@yahoo.com. For information on this and other upcoming SEPAC activities, events or membership, go to <http://groups.yahoo.com/group/BedfordSEPAC>

Bedford Recreation Program Offerings: February Vacation Programs! *Disney on Ice: The Worlds of Fantasy*-BankNorth Garden, Boston, Wed. Feb 18. \$45 per person, includes transportation. *Sarah Behn Girl's Basketball Clinic:* Grade 1- 8, 2/17-2/19, 9:00-12:00, \$159. *Performing Arts Program:* ages 6-12, 2/17-2/20, 9:00-12:00, \$150



Other events and programs: *Family Rock Climbing* at Boston Rock Gym (Woburn), Sunday, March 15, 3:30-5:30, \$75 per parent child/\$25 per extra person. *Baby Sign, Say and Play Classes*, Thursdays, 2/26-4/2 from 10:00-10:45, ages 6 months to 3 yrs. *Sunday Open Gym*- Bedford High School thru March 8-see website for times. Check out our website for details: www.bedfordrecreation.org. Also, look for new and expanded adult programs. If you have any ideas or would like to teach with us, please contact the Rec Dept.

Bedford Youth and Family Services: BYFS is here to support and nurture the social, emotional, and developmental needs of children, youth, adults and families in Bedford. Our offices are located on the 2nd floor of the Town Center Building. Office hours are 8am-4pm Monday-Friday, with later afternoon and evening appointments available as schedules permit. Appointments can also be arranged for other town or school locations or at the Community Agencies Bldg. in Concord, MA next to Emerson Hospital. Please call 781-275-7727 for more information, to make an appointment or visit the BYFS website at www.town.bedford.ma.us/youth/youthindex.html for our **NEW WINTER NEWSLETTER** and information related to resources new resident support, parent education programs, JGMS After School program, Bedford WIC program, Job Match and Veterans Services.

Speaker-Wendy Grolnick, PhD, Author of Pressured Parents, Stressed-out Kids: The Bedford Free Public Library Monday, March 9 at 7pm Library Meeting Room. *Co-Sponsored with Bedford Youth & Family Services.* The stress and pressure on parents today is unprecedented. Grolnick addresses this in her new book, *Pressured Parents, Stressed-Out Kids — Dealing With Competition While Raising a Successful Child.* Reassuring and empathic, Grolnick will share with parents how to avoid the burn-out — in both parents and children — that afflicts so many in our highly competitive society, while raising children who thrive and excel. Wendy S. Grolnick, Ph.D. professor of psychology at Clark University, is one of the nation's leading parenting researchers. She has conducted pioneering studies on the role parents play in children's motivation and achievement. Dr. Grolnick has been interviewed on National Public Radio's *The Public Eye* and is frequently quoted in *Parents* magazine, *Family Circle*, and *Newsday*, among other journals. She is the author of *The Psychology of Parental Control* in addition to many scholarly articles. Free and Open to All.

See page 5 for additional notices from Bedford Youth and Family Services.

Student Activities

BHS Winter Carnival: Feb 6th, 5-7 pm. Bedford High School and the BHS Parents Association invite all families to the Winter Carnival! It's 20 degrees outside - Ready to kick off the winter blahs and have some fun? Come to the Winter Carnival on Friday February 6th in the high school cafeteria from 5-7 pm. Featuring music and entertainment by our BHS Cheerleaders, Step Team, Dance Team, ROTC, Bellachords and Buccapella performers. Great tunes by DJ Carmine Conte'. Fun activities include face painting, tattoos and crazy hair. Pizza, salads and refreshments will be available for sale at the BHS Cafeteria. Enjoy some hot coffee and cocoa and make your own Ice Cream Sunday as well! There will be raffles of school and community donated items. Sports memorabilia, team autographed items, BHS apparel, local gift certificates - restaurants, hair salons - prom up do's, manicures, movie basket and more. *The Big ticket Item is a genuine NBA Celtics basketball autographed by the Entire 2008 Celtics Championship Team!!* After the Carnival, head into the gym to cheer for the BHS Boys Varsity Basketball Team vs. Weston High School. Tip off is 7:00 pm. Bring a friend; bring your family the Winter Carnival will have something for everyone! For more information, contact: BHS Vice Principal - Kristen Vogel 781-275-1700. Coordinator- Maryann Barry 781-275-9030 mao.barry@verion.net



Volunteer Opportunities

Volunteers Needed-BEST Family Night: BEST would like to host a free family night on March 20th. Since we do not have a chair for our Events committee this year, we are looking for a volunteer or group of volunteers who might be willing to organize this event. We have some ideas about a family Get Moving night or we could just do another movie night with a pajama party theme. If you are willing to at least explore the possibilities, please contact Annette Brown at pgbanb@comcast.net.

Celebrating Differences: Davis School Visitor Hosts-Visitor Days - In March, dates to be determined; hours are 9:15 -11:30 or 12:30- 2:30 p.m. each day. Dates will be emailed soon or contact Nancy Richard if you are interested. Involves meeting a visitor at the school, hosting him or her in the classrooms, helping him or her find their way around the school, etc. If you are interested in volunteering at Davis, contact Nancy Richard - richard.family@verizon.net or 781-271-0360

Lane School Visitor Hosts-Visitor Days - February 26th and 27th; hours are: 8:45 -11:30 am or 12:30 - 2:20 p.m. each day. Involves meeting a visitor at the school, hosting him or her in the classrooms, helping him or her find their way around the school, etc

Lane School Challenge Days-Challenge Days (Lane School only): Hands-on workstations with interactive items to give students a real perspective on how people with disabilities participate in everyday life. **MANY VOLUNTEERS ARE NEEDED.** Training will be provided the day of the event. Davis parents are welcome to help out at Lane Challenge Days. It's a fun way to see what's happening at Lane! March 10-12th. : a.m./p.m. shifts (approx. 8:30 a.m. - 11:15 & 12:30 - 2:10 p.m.). If you are interested in volunteering at Lane, contact: Linda Roth at lindaroth1@verizon.net or 781-275-6529.

Please let Nancy or Linda know if you are interested in volunteering and which time slots would work for you. We look forward to hearing from you! Sincerely, Nancy Richard and Linda Roth, Celebrating Differences Co-Chairs

Support Your Schools

Box Tops 2008 - 2009: Clip - Clip Box Tops from hundreds of participating products. Box Tops are worth 10¢ each when our school redeems them from Box Tops for Education. Check out this web site for huge savings and more \$\$ for the school <http://www.boxtops4education.com/AboutBoxTops/>. *Our next deadline is February 13.* Thanks for your continuous support!



CC Ca\$h: Recycling program available at Davis and Lane Schools. By each office area, there is one recycle box for Cell Phones. Cartridge World (right here in Bedford) is handling the recycling for all inkjet cartridges. Boxes are located by the office area at both schools.



Kudos

Thank you to the following people who contributed to the Lane Teacher's Luncheon on the early release day of Thursday, January 15th: Maureen Eliason, Kathy Reiss, Cynthia Brewington, Venus Ho Barber, Paula Driscoll, Anna Wallace, Lisa Hafer, Linda Roth, Christine Thompson, Cindy Bosco, Caren Venuti, Andrea Hayes, Karen Fallon, Cindy Fisette, Beth Doyle, Christine Speciale, Jill Scanlon. The teachers definitely enjoyed everyone's contribution to this warm meal on such a cold day. Thanks for making this luncheon a success as always!




BEST Updates

BEST Board Positions for 2009-2010: Believe it or not, we are already looking ahead to next year! We all know that the second half of the year just flies by, so we would like you to start thinking now about the possibility of joining the BEST board for 2009-2010. The Vice President positions for both Lane and Davis schools will be open next year as Annette Brown and Kristin Ferrari step down. Kristin will remain on the board and shift into the secretary position being vacated by Lore Griffith. Diane Bernstein will stay on as treasurer and Lyn Kapillian will assume the president's role. Lyn has been working with the board this year so she will be in great shape to hit the ground running by June.

Please consider taking on a board position. It is a great way to get involved in your child's school and we really do have a lot of fun! You can contact any board member for additional information. We look forward to hearing from you!

It's Easy Being GREEN!

Local Businesses with Eco-friendly Consumer Practices: These are just a few highlights of Bedford businesses being greener!
 **Lapels Dry Cleaners** recycles wire hangers, and has started using a biodegradable bag for covering the cleaned clothing. This is in addition to their green cleaning practices, which use more environmentally friendly cleaning solvents than traditional dry cleaners. The cleaning solutions are non-toxic, break down naturally, and are reclaimed and recycled in the plant. **Whole Foods** has receptacles for recycling plastic bags and donation bins for cell phones and compact fluorescent light bulbs. The store only provides paper bags for consumers (no plastic) and encourages customers to use reusable bags by offering a 5 cent credit for each one brought in and used to carry out purchases. **Stop and Shop** has a plastic bag recycling container and also offers a 5 cent credit for each reusable bag you use. **Radio Shack** takes NiCad batteries for recycling. These are the type of batteries found in rechargeable toys, phones, and battery operated tools. **Chip-in Farm** sells eggs from their Bedford resident chickens. The manure generated by these birds is used in their fields, and is offered for sale to consumers for their own gardens. They also have an egg carton recovery program. Old vegetables are composted, and used for feed for their livestock. **David W. Dillen Tree Service** plants a sapling for every tree he removes from a property. He gives the option to the owner to plant it elsewhere on their property, or donates it to a willing recipient. If you know of other eco-friendly practices being done by local businesses, please let me know. -Submitted by Peter Ricci for the Green Committee

Welcome New Residents! Bedford Youth & Family Services, a Town of Bedford department, welcomes contact from new residents to Bedford to provide information on the resources for which new residents may be interested. Our role in the community is to support and nurture the social, emotional, and developmental needs of children, youth, adults and families in Bedford and foster a healthy community. Contact 781-275-7727. We look forward to hearing from you.

Fuel Assistance Available: If you could use some help paying your home heating bills, the Commonwealth's Fuel Assistance Program may be for you! Bedford residents of all ages are invited to apply for the program which provides a benefit to those who meet income guidelines to help pay fuel bills. Those who participate in the program are automatically eligible for a number of other benefits also. For more information or to apply, those under 60 should call Youth and Family Services at 781-275-7727 and those over 60 should call the Council on Aging at 781-275-6825. Please be assured that all information will be held in strictest confidence.



WIC Is in Bedford! The WIC Nutrition Program is at the Bedford Town Center (the yellow building), 12 Mudge Way, Rm. 210, 2nd floor, every second Wednesday of the month 8:30 a.m. to noon. WIC information 1-617/666-5059 Other questions, please call 781-275-7727.



2008-2009 BEST/PTO Officers

Marge Heckman, President
maheckman@gmail.com; 781-275-5167
Kristin Ferrari, VP Davis
kferrari@comcast.net; 781-276-0591
Annette Brown, VP Lane
pgbanb@comcast.net; 781-275-1081
Lore Griffith, Secretary
lgriffith@itsma.com; 781-275-4112
Diane Bernstein, Treasurer
ddm.bernstein@verizon.net; 781-276-1769



Visit these websites:

www.BESTPTO.org
www.Bedford.k12.ma.us
www.bedford.k12.ma.us/davis/index.html
www.bedford.k12.ma.us/lane/index.html
www.Bedfordeducation.org
www.genevieves.com/
www.patagonia.com
www.boxtops4education.com
<http://www.bedfordstewards.org>