



BEST/PTO NEWSLETTER

Bedford Elementary Schools Together/Parent Teacher Organization
Providing a Forum for Communication, Enrichment, and Support
February 2010

Letter from the President:

What: BEST-PTO Circus / Carnival, **When:** March 20, 2010 Noon to 5pm. **Where:** Bedford High School. Bucky and Gigi are back by popular demand!!

The planning is underway, now we are looking for volunteers to fill the following positions: People to work at the carnival game booths – 2 people for a 2 hour shift; volunteers to serve food/drinks and work the raffle ticket table; circus act liaison to make sure the circus performers have everything they need (food, water etc.) during the day of the event; and a set-up crew for Friday afternoon / early evening; and Saturday clean-up crew 5pm – 8pm to take down the carnival games.

If you are interested in volunteering please contact Caroline Fedele, caroline.fedele@sprint.com

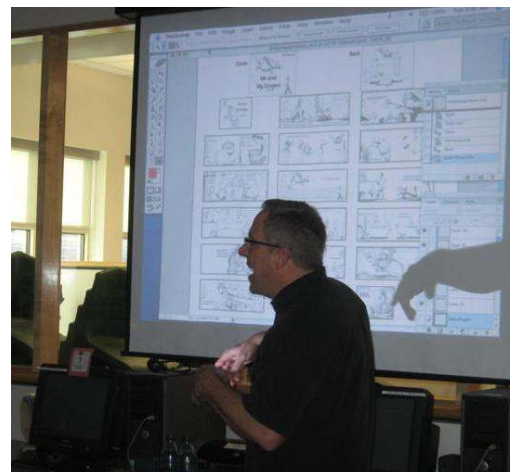
Job well done! Thank you to Jennifer Buckley. We were awarded a grant from the Bedford Chapter of the Massachusetts Cultural Council. The money will offset the costs of the 4th grade visit to Lowell National Historical Park and Mills Museum and the 5th grade "The Road to Revolution" and "Rebels, Redcoats and Homespun Heroes" Program for April 2010.

Lyn Kapilian
President BEST/PTO

In The Schools

Financial support and resource scheduling was provided by BEST-PTO for these programs at Davis and Lane Schools.

On January 26th. David Biedrzycki, author and illustrator, came to talk to 2nd graders about what it's like to write and illustrate books. He talked to the class about illustration using a computer, how to get book ideas and all the revisions one goes through in order to publish a book. Biedrzycki's latest soon to be released book is "Me and My Dragon". He gave a preview of this book to the 2nd graders.



Simple Machines Made Fun: The Lane School and B.E.S.T. are pleased to welcome back Tom Wahle of Techsploration on February 1st and 2nd to present "Simple Machines Made Fun" to the 4th graders.

Mr. Wahle's energetic and engaging programs get students excited by science. In "Simple Machines Made Fun," Mr. Wahle demonstrates how simple machines help us do work by trading distance for effort using a twelve foot long lever, three foot tall gears and pulleys, a catapult, and a hand crank music machine.

After the show, each 4th grade class will participate in the hands-on "Levers and Catapults" workshop. In this workshop students experiment with the three classes of levers and use their knowledge to design their own catapults and they fire away with marshmallows.

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!
Green Committee



Bedford "Spiritwear": It's been great to see people using their Spiritwear. All prior orders have been delivered at this time.

100 percent of the net proceeds support BEST/PTO in its mission for enrichment in the schools. Thanks to those who have made additional orders from our extra on-hand stock. There are still some items available. It's a great way to support school programs and get a useful item as well. We will sell these on a first come first served basis. The BEST/PTO appreciates all the support families give to continue our mission.

Please email Davis VP Peter Ricci at bedfordriccis@verizon.net if you are interested.

Available now:

Hooded sweatshirts - Youth medium, and large ; Adult medium, large and extra large

PJ Pants - Youth Large (14-16); Adult Small, Medium, Large, Extra large

Long sleeve Tees - Youth small, large extra large; Adult small, medium

Short sleeve Tees - Youth Medium, large, extra large; Adult small

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

I should have mentioned this in last month's article, during the prime of gift giving holidays, but it is a great practice all year long. Invest in rechargeable batteries for those much used toys and small battery powered electronics. It might seem like a higher cost initially, but in the long run, it adds up to saving money and the earth. Rechargeable batteries are highly sought after for recycling, keeping them out of landfills. Most electronic stores have a free recycling drop off point. One test that was done showed that over the life of a small electronic, 2000 alkaline batteries could be used at \$2.85 /4 pack. This would be \$1425 over the lifetime of the device. In

comparison, one could purchase 4 rechargeable NiMH (Nickel metal hydride) batteries at about \$12, a charger for about \$30, charge them 2000 times at about a cost of a penny (\$20) for a total cost of \$62 for the life of the appliance. Then when the NiMH batteries fail they can be easily recycled. It takes a little more work, in charging the batteries, but I think it's worth it. Places like the local hardware store and Radio Shack, as well as online sources, carry rechargeable battery systems.

This month's Green tip: Your purchase might come in a plastic clamshell package, but many of these are recyclable. Look for the symbol before throwing it away. And even if the plastic clamshell is not recyclable, the cardboard insert in many packages is. Separate the two and recycle what you can!

Community Corner:

Bedford TV, "The Best Show in Town": Check out the new **Bedford Community Calendar** (<http://www.bedford.tv/calendar>). This is a great way for you to find out what's going on around town or to promote your own community event.

Please take our online survey to help us improve our service. Visit our website at www.bedford.tv and follow the link to take the 1-minute survey and you could win a Bedford TV t-shirt!

BedfordKids.com Visit 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.

Pan Mass Challenge Bedford Kids Ride Cocktail Party Save Friday, March 26 for the 4th Annual Pan Mass Challenge Cocktail Party & Auction to benefit the Dana Farber Cancer Institute. This year's event will have an added twist with music, dancing, entertainment and a new venue at the spacious Double Tree Bedford Glen Hotel on Middlesex Turnpike. Enjoy a great night out with friends in support of a cause that touches us all and a chance to bid on exciting auction items!



Admission is \$25 per person and includes heavy hors d'oeuvres. R.S.V.P. to bedfordpmckidsride@gmail.com. Pay at the door, or to expedite your check-in, send payment in advance to: Amy Mason, 23 Alaska Avenue, Bedford, MA. 01730, make checks payable to "PMC". Contact Myrsini Morris at mmakrakis@gmail.com or Wendy Winn at WMLwmlw3@aol.com with questions.

Celebrate Chinese New Year with the Bedford Free Public Library! Saturday, February 13, 2 - 4 pm, drop in at the Library Meeting Room. Join a dozen Bedford Middle Schoolers who will present a busy afternoon of crafts, puppets and exhibits. What's a tangram? Sculpt a good luck fish. Can you pick up candy with chopsticks? Origami's fun! Watch your name being written in Chinese. There will be hands-on activities for the whole family! FREE and no RSVP needed. www.bedfordlibrary.net or Children's librarian Sharon McDonald at 781-275-9440.

Bedford SEPAC Parent Coffee Friday February 26, 8:30-10:30 AM at Whole Foods Café: Parents and guardians of children with special needs or learning challenges are invited to attend a coffee on Friday February 26, from 8:30-10:30 AM sponsored by Bedford SEPAC (Special Education Parents' Advisory Council). Come and share concerns, information and support in a

relaxed, informal setting. SEPAC generally holds parent coffees the fourth Friday of every month at Whole Foods Café, 170 Great Road, Bedford. Questions? Contact Irene Gravina at 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.

"A Different Take on Behaviorally Challenging Kids", an engaging and informative talk by author and clinical psychologist Dr. Ross Greene was given to a standing room-only crowd in the Town Hall auditorium last Tuesday. The event was co-sponsored by Bedford SEPAC and Bedford Youth and Family Services. It was recorded by BedfordTV and will be re-broadcast at select times during the upcoming week, see below and visit www.bedford.tv for additional times.

Upcoming shows (Comcast ch. 8 / Verizon ch. 38 and Comcast ch.10 / Verizon ch.40)

-Sunday, Feb. 7 at 9 PM

-Monday, Feb. 8 at 4:30 PM

-Wednesday, Feb. 10 at 6 PM

**Many thanks to Carol and Mike Hand for graciously hosting the SEPAC Winter Potluck Dinner Social on Sat. Jan. 30. A good time was had by all!

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, 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!

MAKE SURE OUR KIDS ARE CYBER SAFE

Speaker: Middlesex Partnerships for Youth with Margie Daniels, Director and Onyen Wong, Assistant District Attorney

When: Tuesday, March 2, 2010

Time: 7:00 p.m. – 9:00 p.m.

Location: Bedford Town Hall Auditorium

Target Audience: All Parents and School Personnel

The internet offers almost limitless opportunities to gain knowledge and make contact with others. When used appropriately, it is a powerful and positive tool. However, school staff and parents need to be aware of the risks inherent in this technology. Effective prevention and intervention strategies for parents and school staff and administrators will be outlined and discussed.

Middlesex Partnerships for Youth, Inc., is a private, nonprofit organization affiliated with the Middlesex District Attorney's Office and designed to foster collaborations among community leaders, public safety agencies, and educators to safeguard students in Middlesex County. Bedford Public Schools is a member of the Partnership.

Sponsored by Middlesex Partnerships for Youth, Bedford Public Schools and Violence Prevention Coalition of Bedford (VPC)

2009-2010 BEST/PTO Officers

President: Lyn Kapilian

lynkapilian@comcast.net

Vice President (Davis): Peter Ricci

bedfordriccis@verizon.net

Vice President (Lane): Susan Miele

susanannmiele@gmail.com

Secretary: Kristin Ferrari

kferrari@comcast.net

Treasurer: Diane Bernstein

dgm.bernstein@verizon.net

BEST Committee Chair Open Positions

BEST Committee Chair Open Positions

- 5th grade
- Green committee
- Celebrating Differences
- Parent Advisory Council
- Transportation Safety Committee