



BEST/PTO NEWSLETTER

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

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News From the President of BEST

Happy New Year!

I hope you all had a relaxing and enjoyable vacation and were able to partake of many of the activities of the season! As we start a new year, I would like to extend a special thanks to all those who have given of their time and talents during the first half of the year to help with BEST activities. It has been a great year so far and there are many more opportunities ahead to make your contribution to your child's school. If you have not yet found a way to help out, check the list of committee contacts in the directory or on our website (www.bestpto.org) to find something of interest to you.

As the second half of the school year begins, we will be looking ahead soon at committee and board positions for next year. At least 3 of 5 board members will be "retiring" at the end of this year, so we will be looking for some new faces to step into these positions. If you are particularly interested in any position, please contact me. Also, remember that we are always looking for new thoughts and suggestions for ways that we can continue to support our schools. Please feel free to contact myself or any board member with your ideas.

Our first ever shopping night held in December was a tremendous success and I have gotten lots of positive feedback from those who attended. Thanks to all who helped to make this possible. Looks like it could become a new tradition!


I look forward to working with you for the rest of the year.

Warmly,
 Marge



January Calendar of Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 • Moms' Book Club	10
11	12 • SEPAC Talk-Dr. Ann Helmus	13 • School Comm. Mtg.	14 • Habitat for Humanity Informational Mtg.	15 • <i>Early Release Day</i>	16 <i>Full Day Workshop -No School</i>	17
18	19 <i>MLK Day-No School</i> 	20 • School Comm. Mtg.	21	22 • Lane-Gr. 3 Open House	23 • Grades close-2nd term • SEPAC Coffee	24
25	26	27	28 • Lane-Gr. 4 Open House	29 • Lane-Gr. 5 Open House	30	31 • BEF Fundraiser-Summit Health Club

In the Schools

Davis School Principal Search Committee: As you have all heard by now, we will sadly be saying farewell to Mrs. Jenny Brown, Davis School Principal, at the end of this year. A search committee has been formed by Superintendent Maureen LaCroix to include parent representatives, Davis School staff and district staff. There will be three representatives from the BEST community on the committee: Lore Alper, Jessica Tonini, and Kristin Ferrari. They will surely do a great job representing the interests of Davis School parents. Once the search has been narrowed, look for an opportunity for parents to meet the final candidates before a final decision is made. BEST will keep you updated on this process.



Celebrations of Learning at Davis School: The dates for Celebrations of Learning have been set! They will be held on Thursday, February 5, (snow date February 25th) and Thursday, February 12, (snow date February 26th). You will be notified which date to attend for your child/children's class(es).

Lane School Open House Dates: **Grade 3**, Thursday, January 22, 6-7 PM; **Grade 4**, Wednesday, January 28, 6-7 PM; **Grade 5** Thursday, January 29 6-7 PM.

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/>. In addition to soups and cereals, look for Box Tops to clip from Ziploc and Hefty brands, as well as numerous diapers and paper products. *Our next deadline is February 12.* 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.



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:

1/13: Budget discussion

1/20: Budget Discussion; Music Department presentation; BHS Program of Studies

Bedford SEPAC Parent Coffee: Friday, January 23, 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.

Dr. Ann Helmus to Speak on Executive Function: On Monday, Jan. 12, Bedford Special Education Parents' Advisory Council (SEPAC) will host neuropsychologist Ann Helmus who will present, "Executive Functioning in Middle School Students." This talk will also be relevant to high school students who struggle with executive function difficulties. Dr. Helmus is the director of Neuropsychological and Education Services for Children and Adolescents (NESCA) in Newton, MA and a former co-founder of the Children's Evaluation Center where she served as director for 10 years. She specializes in the evaluation of children with learning and attentional disorders. The presentation will take place in the multipurpose room at Lane School, 7-9 PM. Light refreshments will be served. For upcoming details on this and other SEPAC events go to <http://groups.yahoo.com/group/BedfordSEPAC> or call Irene Gravina at (781) 275-6535.

Community Corner (continued)

Moms' Book Club: We hope you had a great Winter Break. We will meet again at 10:00 a.m. on **Friday, January 9**, in the First Congregational Church Library located at 25 Great Road. Our January Selection is *The Middle Place* by Kelly Corrigan. If you are interested in childcare, please contact Ann Guay at 781-271-9062 or Wendy Stacey 781-275-5480 Our February Selection is *The Brief Wondrous Life of Oscar Wao* by Junot Diaz. A complete list of books to be read for the remainder of the year will appear in the February newsletter. Happy New Year!



Bedford Learning Connection: In addition to offering about 60 courses in Bedford, we have access to over 200 instructor-led online courses and currently have several Bedford residents enrolled. Enrollment and more information at <http://www.BedfordLearningConnection.org>. BLC winter courses for parents:

Dadswork taught by Art Smith. This eight week course is a survival workshop for Dads of all ages. Bacon Room, Unitarian church. Thursdays, Jan. 15-Feb. 26, 7-9pm. \$195 or \$175.50 members.

Poetry and Parenting taught by writer and therapist, Pat Russo. Through the lens of poetry, we will explore a variety of themes relevant to our lives today. Bacon Room, Unitarian Church. Wednesdays, Jan. 21-Feb 4, 7-8:30pm. \$79 or \$71 members.

How to Raise a Money Smart Child taught by financial Planner and mother, Lea Ann Knight. She will cover goal setting for kids and how to teach them to make wise money choices. John Glenn Middle School. Tues, Feb. 3, 7-8pm. \$25, \$21.50 members



Bedford Recreation Program Offerings: Sign up for these or any of our recreation programs by using online registration at www.bedfordrecreation.org, or by signing up at the Recreation Office at Town Center 12 Mudge Way, Bedford MA 01730. For more information please call the office at 781-275-1392.

Art for Starters w/ Penny Leslie (ages 4-6) Your beginner will explore a range of different materials and complete take-home projects using mixed media, collage, weaving, and tempera. Mondays 9:30 - 10:30, 1/26 - 3/16 (no class on 2/16) 7 weeks in the Art Studio, bottom floor of the Old Town Hall. \$85

Pre Gymnastics w/ Jennifer McGrath & Dotty Martin (walking & up) Jennifer & Dotty keep the children moving in this exciting class that teaches children basic gymnastic skills using mats, bar and low beams while strengthening coordination and listening skills. Check the Bedford Recreation website for class days and time options, or call the Recreation Office for more information.

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, MA. 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. For more information please contact Myrsini Morris (mmorris@chenpr.com) or Wendy Winn (WMLW3@aol.com).



Habitat for Humanity: Did you know that Habitat for Humanity is building 8 homes at 130 North Road? Habitat is continuing to develop a Bedford Partnership that will represent our town in this exciting venture, and there are many opportunities for you to get involved! There are a number of activities that require organizational, financial, marketing, fundraising and/or planning skills. Liaisons are also needed for the families, churches and the town. If you are interested in becoming involved with this amazing project, please come and meet Bill Mersch, the President of our Habitat affiliate, to learn more. We will have a "Meet and Greet" informational night at 7pm on Jan. 14th at the First Parish Church, 75 Great Road. Feel free to contact Laura Bullock with any questions. 781-275-2482 or laura.bull@verizon.net. Hope to see you there!!



Wildlife Sightings: Bedford Conservation Land Stewards, <http://www.bedfordstewards.org>. When you click on **Wildlife Sightings**, it takes you to a page that has links to 20 plants found in Bedford and how the Indians used them, 20 birds found in Bedford, 20 insects found in Bedford, and lastly, full pages on each of 20 animals found in Bedford. The pages are colorful and have lots of information. Last year, the elementary school principals and some science teachers were encouraged them to use the site for school projects and several of them thought it might be nice for parents to be aware of this resource. Enjoy!



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 newsletter and information related to resources new resident support, parent education programs, JGMS After School program, Bedford WIC program, Job Match and Veterans Services.

Kudos

You're the "BEST"! BEST sends a hearty shout-out to the Davis Hospitality Committee members who did such a great job providing support for the **Dec. 3 Teacher/Staff luncheon** and the **Dec. 4 Shopping Night fund-raiser**: Lori Alper, Carla Baer, Carla Bradford, Julie Capone, Jiyhung Choi, Beth Doyle, Cindy Fissette, Breena Gordon, Deb Griffin, Lisa Hafer, Janel Halupowski, Venus Ho-Barber, Dawn Kociubes, Sandy Morvillo, Tina Nappi, Lisa O'Brien, Sue Parenti, Carolee Parsons, Christine Portlock, Kathy Reiss, Karen Shamon, Christine Speciale and Jayme Szymczak.

Student Activities

Fitness Fundraiser at Summit Health Club: To benefit the Bedford Education Foundation (BEF) Saturday, Jan. 31st, 8am-1:30pm, 65 Wiggins Ave, Bedford. Come enjoy classes at Summit including Spin, Body Pump, Pilates, Body Step, Parent/Child Jam, Parent/Child Yoga, and Parent/Child Conditioning. Non-members pay \$10 per adult, \$15 per family. Summit Members are encouraged to donate. ALL proceeds will be donated to the BEF. Come join the fitness fun at Summit and raise money for the education foundation. Look for more information to come at www.Bedfordeducation.org



It's Easy Being GREEN!



One of the best things you can do to encourage recycling is to show your kids products that have been made with recycled materials, and the materials with which they are made. We have a frisbee that was made from recycled milk pull tabs. Of course, there are paper products that can have a high level of pre-consumer recyclable content such as comic books and activity books. But, the most "green" recycled products contain a high content of post-consumer materials.

Patagonia makes a clothing line of recycled materials. Most importantly they have created a program to recycle polartec fleece into new garments. The fleece can come from any brand, not just Patagonia. For more details, check their website at www.patagonia.com and look for the Common Threads Recycling Program under Environmentalism-What We Do.

Tip of the month: It's cold and flu season. Those little measuring cups that come with cough syrup and the like are usually marked for recycling. Some plastic ear thermometer sheaths are also marked for recycling. -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

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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