



# BEST/PTO NEWSLETTER

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

Dear BEST families,

It's that time of year again in New England when we are all sick of ice and snow and happily dreaming of the warmer spring days to come! I'm sure many of you took advantage of February vacation to spend time in a sunny climate somewhere. For those of us who didn't have that chance, spring can't come soon enough!

To help shake those winter blahs, come join the fun at the Lane School Gym on March 20<sup>th</sup> as BEST hosts the first ever family Get Movin' night. There will be fun moves for young and old, so bring the whole family. Details are provided elsewhere in this newsletter.

Also this month, our very popular Celebrating Differences program kicks off at both Davis and Lane Schools. The focus this year is on Physical Disability, Epilepsy, Asthma and Food Allergies. Children in both schools will have a chance to meet with and ask questions of visitors who live with these challenges during Visitor Days. Lane students will have an opportunity to experience what it is like to live with these types of challenges during Challenge Days March 9-11. Many thanks to all those who have already volunteered to help make this a great experience for our kids.

There will be many opportunities to get involved as the spring progresses with Baseball Day at Lane, Opening Day at Davis, and field days at both schools. Stay tuned for further info on these events next month. Hope to see many of you on the 20<sup>th</sup> at Get Movin' Night.

Warmly,

Marge

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## Dates for this month's calendar:

March 4 - Early Dismissal

March 13 - No school - teacher workshop

March 6, 20, 27 - Walking to Wellness at Davis School 8:25 - 8:55

March 9, 10, 11 - Celebrating Differences Challenge Days - (Grades 3-5)

March 20 - BEST Family "Get Movin'" Night at Lane School -- 7-9 PM

March 24 - Foreign Language Story Teller - Grade 4 - Lane

## Dates - looking ahead:

April 2<sup>nd</sup> - Red Sox Opening Day at Davis

April 14, 15, 16 - 5<sup>th</sup> Grade Talent Show Lane School

May 28 - Field Day Lane

June 4 - Field Day Davis, rain date the 5<sup>th</sup>

June 12 - 5<sup>th</sup> Grade Challenge Day Lane School

## Support Your Schools

**Box Tops for Education:** **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/Promotions/Default.aspx> Thanks for your continuous support! We just submitted \$800 worth of Box Tops. Keep clipping it does add up!

**CC Ca\$h:** New 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 the all inkjet cartridges. Boxes are located by the office area at both schools.

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## It's Easy Being Green!

It's a pretty easy decision to recycle. You have to haul out trash to your curb anyway, so hauling out a recycling bin doesn't add too much work. The biggest piece is finding what is recyclable before it goes in the trash.

I just replaced the wiper blades on my wife's van. The Anco brand wiper blade package was cardboard and plastic. I found a #3 mark on the plastic, so I separated the plastic from cardboard, and put them in their corresponding recycling bins. This was a win-win. Long packages tend to rip trash bags; these fit in the recycling bins great, and it's one more thing kept out of the trash.

I just learned about some products that can help the environment if you take the effort. Check out [www.preserveproducts.com](http://www.preserveproducts.com). I came across this site when researching recyclable toothbrushes. I had often wondered about the waste here - we throw away a number of plastic handled toothbrushes a year - can they be recycled? This company not only has toothbrushes made from 100% recycled products (including yogurt cups), but when you are done with the product, you can send it back to the company in a postage paid envelope to be recycled - again! These products are available locally, according to the website, at Whole Foods and Stop & Shop. Preserve's parent company is Recycline, Inc., located in Waltham, MA, and all of Preserve's recycling and manufacturing is done in the United States. - Submitted by Peter Ricci for the Green Committee

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## Student Activities

**Family Get Movin' Night:** Get Out and Get Moving!!! Please come join us on Friday, March 20<sup>th</sup> as BEST presents a family Get Movin' night at Lane School from 7-9 PM. Join Carolyn Martin and Nancy Griffiths, both instructors at Summit Fitness and Health as they lead us in a variety of hip hop and funky dance moves, jump roping, hula hooping, karate moves, and much more. It will be a fun night for young and old alike so bring the whole family. Everyone will also have the chance to join in making some healthy snacks that we can all enjoy! If you can volunteer to help out that night to monitor all those moving bodies, contact Annette Brown (pgbanb@comcast.net) or Nancy Griffiths ([n.griffiths2@verizon.net](mailto:n.griffiths2@verizon.net)). Hope to see you there!

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## In the Schools

**Coming up at Lane:** Fifth Grade Talent Show - April 14, 15, 16; Baseball Day - May 1; Field Day - May 28

**Teacher Appreciation Week:** Coming Up! May 3-9. Every year, we honor our teachers during Teacher Appreciation Week (TAW). We thank our teachers by doing something special for them each day of TAW. We are only able to do this with the help of parent volunteers at Davis and Lane. Again, we will be asking for your help to have another successful week. Lori Alper and I will be organizing TAW for teachers at Davis School. Monica Bou and Caren Venuti will be organizing TAW for teachers at Lane School. Over the next month, we will be sending out requests looking for volunteers to bring in breakfast items, fruit, and other food items. Also, for Davis, we will need 30 volunteers for bus duty in the afternoon. If you have any other ideas or food suggestions, please feel free to contact any one of us. We hope that you will be able to contribute in some way and make this another successful week for our wonderful teachers! Thank you for your help in advance. Karen Fallon, Lori Alper, Monica Bou and Caren Venuti

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## Community Corner

**Bedford School Committee:** 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](http://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](http://www.bedford.tv/schedule) or the Bedford Minuteman for the schedule. Topics scheduled for upcoming school committee meetings are:

March 10<sup>th</sup>: Discussion of Food Services and Lunch Prices; Music Department Field Trip

March 24<sup>th</sup>: Annual Town Meeting (no SC Meeting)

**Bedford Pan Mass Challenge Kids Ride 3<sup>rd</sup> Annual Cocktail Party and Auction:** PMC Cocktail Party and Auction to benefit the Dana-Farber Cancer Institute and The Jimmy Fund. Friday, March 6 at 7pm at Max Stein's American Steakhouse, Lexington. Enjoy the company of good friends, good food, and support a great cause. It will also be an opportunity to bid on some amazing auction items: red Sox, Celtics, 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](mailto:mmorris@chenpr.com) or Wendy Winn at [wmlw3@aol.com](mailto:wmlw3@aol.com). If you would like to donate an auction item please contact Myrsini Morris at [mmorris@chenpr.com](mailto:mmorris@chenpr.com).

P.S. Mark your calendars for the Kids Ride - Saturday, June 13! 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.

**Bedford Education Foundation Fundraiser:** The Bedford Education Foundation (BEF) is holding a fundraiser at Wilson Farm on Wednesday, March 18th. Bring in a flyer anytime between 9 am and 7 pm on Wednesday, and Wilson Farm will donate 20% of your purchase to the BEF. Enjoy shopping in their beautiful market while supporting the BEF! To print a flyer, go to [www.bedfordeducation.org](http://www.bedfordeducation.org) and click on "this flyer" at top of page. Flyer is required at check-out to get 20% donation. Check out Wilson Farm at [www.WilsonFarm.com](http://www.WilsonFarm.com). Thanks for your support! Due to our community and corporate support, this year we have been able to give out twenty-two teacher grants across all schools. Thank you everyone for your help! We will be awarding more teacher grants later this month.

**Parent Education Series:** Fall - Spring 2008-2009 brochures have been mailed out to each Bedford residence. These can also be found on our Town of Bedford, Youth & Family Services website, [www.town.bedford.ma.us/youth/youthindex.html](http://www.town.bedford.ma.us/youth/youthindex.html) as well as available in hard copy at our offices in Town Center. Save the dates:

March 9, 2009, Wendy S. Grolick, **PRESSURED PARENTS, STRESSED OUT KIDS**

April 8, 2009, Patricia Marquis, **HANDLING CHILDREN'S ANGER CONSTRUCTIVELY**

April 29, 2009, Kathryn Yamartino, **HELP! HOW TO ENJOY LIVING WITH A PRE-ADOLESCENT**

**Bedford SEPAC Parent Coffee:** Friday March 27, 8:00-9:30 AM 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) on Friday March 27 at Whole Foods Café, 170 Great Road, Bedford. 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.

**Basic Rights Workshop:** Bedford Public Schools Special Education Department, in partnership with the Bedford Special Education Parent Advisory Council (SEPAC) is offering an evening presentation for parents titled, "Parent, Students and Schools as Partners; Rights and Responsibilities in Special Education". Originally scheduled for March 2, 2009, the presentation has been rescheduled for Monday, March 30, 2009 at Job Lane Elementary School in the multipurpose room from 7:00 to 9:00 PM. Anyone with questions regarding this program may contact Mary Koert, Director of Special Education for Bedford at (781) 275-5296 or [Mary.Koert@bedford.k12.ma.us](mailto:Mary.Koert@bedford.k12.ma.us) or Irene Gravina (Co-Chairperson, Bedford SEPAC) at (781) 275-6535 or [igravina@yahoo.com](mailto:igravina@yahoo.com).

**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.

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**2008-2009 BEST/PTO Officers**

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