



BEST/PTO NEWSLETTER

Bedford Elementary Schools Together/Parent Teacher Organization
 Providing a Forum for Communication, Enrichment, and Support
 November 2008

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News From the President of BEST

Dear BEST families,

I hope you have all been enjoying the glorious fall weather that Mother Nature has provided this past month. All those soccer, baseball and football games at least give us the opportunity to be outside and enjoy the season! I'm sure, like me, many of you are looking forward to some free evenings and weekends as these sports activities draw to a close, (at least until the next round starts)!

Our fall fundraiser with Genevieve's has come to a close. (BUT, remember that you can continue to make on-line purchases any time throughout the year!) Many thanks for all your support in helping us to achieve about 70% of our budget goal. Given the economic situation right now, we are grateful to have done so well. Kudos to Cindy Fisette and Colette Ciregna for doing a superb job coordinating the drive once again this year. Orders are scheduled to arrive here on November 13th and may be available for pickup later that day. Watch for an update on that later this month. **Remember, you must pick up your orders this year.** No orders will be sent home with children. Why not check with your neighbors, and arrange for 1 or 2 people to do a neighborhood pickup to avoid everyone having to drive to the school.

Given that we want to continue to be able to fund all of the enrichment programs we have scheduled for this year, we will be doing some additional fundraising to supplement our budget. If you have not yet responded to our General Fall Campaign request, it's not too late! Send in your forms and checks to Diane Bernstein, BEST treasurer by Kidmail. In addition, you should have received a flyer announcing the sale of Bedford Spiritwear - various clothing items with a Bedford logo. This was a tremendous success last year and we have had multiple requests to repeat it again. We have added a few items this year including BHA-free water bottles. Lastly, BEST will sponsor a Shopping Night at Davis School on Wednesday, December 4th featuring a variety of vendors. If you would like to have a table or can volunteer to help, please contact Kristin Ferrari at kferrari@comcast.net. Support BEST and get your holiday shopping done early!


Finally, be sure to check out all the great family activities on the Bedford Unplugged Calendars that were sent home and plan a great family dinner for Unplugged night on November 12th. I will be thinking of each of you at Thanksgiving this year, grateful for all your efforts on behalf of our children. Happy Thanksgiving!

Fondly,
 Marge



November Calendar of Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 • Election Day Bake Sale-J&MS • Risk Behavior Survey Panel	5 • Bedford Spiritwear viewing	6	7 • Moms' Book Club • Bedford Spiritwear viewing	8 • NEW DATE! Unplugged-Ultimate Frisbee
9	10 • SEPAC Fundraiser • Lane Gr. 3-Plimoth Plantation Visit • Lane Gr. 5-Barry Burbank Weatherman	11 <i>No School-Veteran's Day</i>	12 • Bedford Unplugged Night!	13 • <i>Early Release Day</i> (possible Genevieve's order pickup) • St. Paul's WNS Gift Boutique	14 • Bedford Spiritwear order deadline	15
16 • Unplugged-Rick Goldin Family Concert	17 • Lane Library Book Fair	18 • School Comm. Mtg. • Lane Library Book Fair • BEST Membership Mtg.	19 • Lane Library Book Fair • BEF Fundraiser-Whole Foods • Library Storytelling Program • Davis-Gr. K Storyteller	20 • Lane Library Book Fair	21 • Lane Library Book Fair • SEPAC Coffee • BEST Family Movie Night	22
23	24	25 • Unplugged-Family Story Time	26 • <i>Early Release Day</i> • Unplugged-Family Story Time	27 	28 <i>No School</i>	29
30	Dec 1	2	3 • <i>Early Release Day</i>	4	5 • Moms' Book Club	6

In the Schools



Time to Vote: Lane School fifth graders will be doing their best on Polling Day, Monday November 3 as they transform the library into a presidential polling center. Twenty-four polling booths will be set up in the library so that the school population can cast their vote. Updates will be given throughout the day as to which candidate Lane likes. Every student will have the opportunity to vote and fifth graders will help to run the polling center. BEST is proud to support this event by supplying the red, white and blue decorations for the day. *BEST is asking parents to donate cookies, etc for the day. If you can donate a food item, please contact Annette Brown at pgbanb@comcast.net.*

POMS (Patrons of Music Students): Term 2 for private instrument lessons through the POMS (Patrons of Music Students) Private Lesson Program will begin in early December. If you haven't signed up yet this academic year for lessons, please go to the Bedford Public Schools web site and click on "Current News" and scroll through the list of announcements; you can download the registration form from there. Those students returning will receive an invoice via email in November. For more information about music lessons, contact Colette Ciregna at cciregna@comcast.net or call 781-271-0761.



Coming soon to a Library near YOU! Mark your calendars for Lane Library's upcoming Book Fair! The Banbury Cross Bookstore will be joining us again during the week of November 17th-21st. The fair will offer lots of choices in print books, audio books and activity books for young readers of all ages. The fair will be open as follows: Monday 11/17 11am-3pm; Tuesday 11/18 9am-7pm; Wednesday 11/19 9am-3pm; Thursday 11/20 9am-3pm; Friday 11/21 9am-11am (make-up sessions). Students will be scheduled to shop with their classes, and parents are invited to come to school to shop with their children or on their own (the holidays are right around the corner!). All proceeds from the sales will be taken in books for the Library and staff. Hope you can join us to help support this Library fundraiser. Thank you! Ms. Coviello and Mrs. Young



Parking Issues at Pickup - How About Carpooling? Many parents have noticed the increased number of cars at both Davis and Lane schools at afternoon pickup and the resultant parking issues. Things will only get worse once we have snow and even more limited parking. BEST would like to suggest that parents try to arrange neighborhood carpools when possible to help cut down on the number of cars at each school. Most of us would be more than happy to have an extra passenger or two on some days and freedom from pickup on others. Also, if you are waiting for your student, please turn your car off and help us create an idle-free zone around the schools. It's the Green thing to do!! Thanks for your help!



Support Your Schools

Bedford Spiritwear: Get some holiday shopping done AND support the Davis and Lane Schools (All proceeds benefit BEST). Back by popular demand, BEST will once again offer BEDFORD SPIRITWEAR. This is an opportunity for interested families to purchase hooded sweatshirts, flannel pajamas, t-shirts, hats, etc. with our Bedford pennant logo. Based on your input, we added a few more items this year, such as PBA-free water bottles, short-sleeved t-shirts, crewneck sweatshirts, longer hats and a fleece blanket.



Order sheets have gone home via kidmail. If you are interested in ordering items, please return the order form along with your check made payable to BEST by November 14th. Please send via kidmail addressed to: Kristin Ferrari c/o Emma Ferrari for Davis, or Lore Griffith c/o Blake Griffith for Lane. Absolutely no orders can be accepted after Friday, November 14th. Items will be delivered to each school on Monday, December 15th. You may select to have your child take home his/her order, or request your order held at either Davis or Lane for parental pickup during designated times that day.

Samples will be available for viewing at the Davis and Lane Schools. We will have a small quantity of hats and flannel pajama pants available for purchase at each school. All other items will need to be ordered. During these times you may place your order if you'd like or send in via kidmail.

Viewing Dates: *Davis School - Wednesday, November 5th, 8:45-9:15am and 2:45-3:15pm; Friday, November 7th, 8:45-9:15am and 2:45-3:15pm.*

Lane School - Wednesday, November 5th, 8:25-8:55am and 2:30-3:00pm & Friday, November 7th, 8:25-8:55am and 2:30-3:00pm

Please feel free to email with any questions - lgriffith@itsma.com - kferrari@comcast.net Thanks for your 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.



Support Your Schools (continued)

The JGMS Parent Association Election Day 2008 Bake Sale: Tuesday, November 4th in the JGMS Parking Lot, 6:00am-8:00pm



Proceeds will go to scholarships for the 8th Grade Trip to Washington, DC. We need your baked goods! We will be selling cakes, donuts, candies, cookies, cupcakes, muffins, breads and pies. Later in the day, we will be selling beverages and slices of pizza to hungry voters. Please contact Bake Sale organizer Ann Guay (Mguay70046@aol.com or 781-271-9062) if you'd like to bake or for more information.

Save the Date—Shopping Night! BEST is hosting a "Shopping Night" on Dec 4th from 7-9pm at Davis School. Booths will be set up with vendors selling items from handmade scarves to headbands and jewelry. Anyone interested in being a vendor for the night please contact Kristin Ferrari at kferrari@comcast.net.



BEST News

BEST Membership Meeting: Calling All Parents !!! Come join us for an open meeting on Tuesday, November 19th from 7 - 8:30 PM in the Lane School Multipurpose Room. A number of parents have raised the issue of the amount of sweets and treats in the classroom for birthdays, parties and class incentives. We would like to have an open discussion about this issue and decide whether or not you think BEST should make any recommendations concerning it. Come let us know what you think! We will have a very brief business meeting to update you on current activities and the budget followed by the discussion. Hope many of you can join us!



Student Directory Update: The new student directory for this year is ready! By the time you read this newsletter, it may have been sent home. If not, watch for it in your child's backpack if you ordered one. If you did not order one and would like to, please send a check for \$6.00 made out to BEST to Kim Lovy via Kidmail. Please include your name and your child's name and teacher name.

Welcome to BEST's New President-Elect: We are thrilled to welcome Lyn Kapillian to an ex-officio position on the BEST board as President-Elect. Lyn has a son in Kindergarten at Davis School. She and her family moved to Bedford from Arlington last October and are enjoying getting to know the town. Lyn served on the board of her son's preschool so has some idea of what she is getting into! Lyn will attend board meetings this year and work closely with Marge Heckman to "learn the ropes" and be ready to take over as president next year. Welcome Lyn!

It's Easy Being GREEN!

Keep up the search for those recyclables. Take a few seconds to look before dropping in the trash. In addition to saving resources, recycling saves the town money in trash disposal costs. According to the Bedford DPW, in 2007, 1100 tons of paper and cardboard and 571 tons of co-mingled plastics, white goods, and yard waste were recycled. 4600 tons of refuse goes to the incinerator. While close to 30% being recycled is pretty good, we can do much better. *Give paper a second life.* When you get junk mail or notices that are only printed on one side, keep them for children to draw or write on, using the blank side as their canvas! *Be a recycling neighbor.* Let co-workers or neighbors know you are open to taking hand me down clothing and toys. Not everything we need needs to be new. I have a sandbox that I got from a neighbor who is throwing it away 5 years ago, and I plan to pass it on when my kids outgrow it.



As we head into the holiday gift giving season remember that the UPS store and Kinko's FedEx locations accept packing "peanuts" for reuse. When you are packing gifts for shipping or giving, use newspaper or packing paper when possible. It's a lot easier to put these items in your recycling bin for curbside pick up, and saves you the expense of buying special packing materials. In addition, remember that kids' old art projects on paper can make good wrapping paper. Grandparents love receiving gifts wrapped in these in their grandchildren's creations. My grandmother saved the Sunday "funnies" and wrapped all our gifts in this earth friendly material. It gave you the bonus of having something to read while waiting to open your gift.



Tips of the month: Penn and Dunlop tennis ball containers are marked with a 1 for recycling; the lids are marked with a 5. The Penn one is marked on the side, not the bottom. Also, Whole Foods recycles compact fluorescent bulbs now! There is a receptacle at the exit near the plastic bag recycling bin. You can put your used CFB in a provided plastic bag, and deposit it in the container.



— Submitted by Peter Ricci for the Green Committee

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.

Topics scheduled for upcoming school committee meetings are:

11/18: Science Department Presentation; 2009-2010 School Calendar Adoption.

Bedford Education Foundation Fundraiser: The Bedford Education Foundation (BEF) is holding a fundraiser at Whole Foods in Bedford, November 19th. Whole foods will donate 5% of their net sales for the day to the BEF who support classroom creativity and innovation. Support your schools and shop Whole Foods on Wednesday Nov 19th! For more information about the BEF, go to www.bedfordeducation.org.



Moms' Book Club: The Book club meets the first Friday of each month in the First Congregational Church Library located at 25 Great Road. This month we will meet on October 3rd and our selection is *Nickled and Dimed* by Barbara Ehrenreich. If you are interested in childcare, please contact Ann Guay at 781-271-9062 or Wendy Stacey 781-275-5480.



Bedford SEPAC Parent Coffee: Friday Nov. 21, 7:30-10:30am at Whole Foods Market. Meet Mary Koert, 9:30-10:30. 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, November 21 at Whole Foods Market, 170 Great Road, Bedford. Come and share concerns, information and support in a relaxed, informal setting. Parent networking from 7:30- 9:30 AM. From 9:30-10:30, Director of Special Education, Mary Koert will join us to answer any general questions you may have about special education in Bedford. SEPAC holds monthly parent coffees the fourth Friday of every month from 7:30- 9:30am. See our web page at <http://groups.yahoo.com/group/BedfordSEPAC> for more info and sign up to receive notices of upcoming events.



Bedford SEPAC Fundraiser: Need some holiday gift ideas for the chefs in your life? Bedford SEPAC is hosting a Pampered Chef Chocolate Extravaqanza fundraiser on Monday November 10, at 7:15pm. Chocolate treats and drinks to savor. Pampered Chef offers professional-quality tools for cooking and entertaining. All proceeds will be used for high school scholarships for special education students pursuing a secondary education. Bring your chocolate-loving friends and make the evening even sweeter! The fundraiser will take place at 34 Putnam Road, Bedford. RSVP to Jude DeHart at (781) 271-1184 or by e-mail at jude.dehart@comcast.net

Breakfast with Santa and Mrs. Claus: Sunday December 7, 2008. 8 am- 12:00 pm. LANE Elementary School, Sweetwater Ave, Bedford, MA. \$6.00. Free professional photos! Again this year 96 Silent Auction Gifts* One-of-a-kind-Services* Toys* Surprises, Crafts, Face painting, and more. 22nd Annual. All proceeds to benefit local programs. Presented by The Bedford Rotary Foundation. .BedfordMARotary.org Questions? Sponsors Call Christine Pinney, 781-271-0398



St. Paul's Weekday Nursery School 2nd Annual Holiday Gift Boutique Fundraiser: Thursday, November 13 from 7:00 - 9:00pm at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. Come start your holiday shopping early by browsing products from many vendors. Enter the raffle to win prizes donated by many local businesses. For more information please visit <http://www.stpaulsweekdays.org>

Storytelling for Tweens, Teens, and Adults at the Library: "Wild, Weird, and Creepy" a one hour long show of storytelling of urban legends for tweens, teens, and adults performed by Mary Jo Maicheck, Minstrel Storyteller. Wednesday, November 19 at 7:30pm in the meeting room of the Bedford Public Library. For more information check the library website: www.bedfordlibrary.net. This program is free and open to the public. Sponsored by the Friends of the Library.

Kids Play Bedford: Visit www.kidsplaybedford.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); information on the Bedford Family Connection (a local group for families with children ages 0-5); 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. www.kidsplaybedford.com



Community Corner (continued)

Bedford Youth and Family Services: The BYFS is here to support and nurture the social, emotional, and developmental needs of children, youth, adults and families in Bedford. The BYFS offices are located on the 2nd floor of the Town Center Building. Office hours are 8am-4pm Monday-Friday, with late afternoon and evening appointments available as schedules permit. Appointments can also be arranged for other town or school locations or at the Community Agencies Building in Concord, MA next to Emerson Hospital. Please call 781-275-7727 for more information or to make an appointment or visit the BYFS website at www.town.bedford.ma.us/youth/youthindex.html for their newsletter and information related to resources such as the *Fall Newsletter available online, new resident support, Parent Education Series, Bedford WIC program, and Bedford Housing Authority.*

Fuel Assistance Program: 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. *To be eligible, you must be a Bedford resident and have an income ranging from \$20,800 for a one-person household to \$56,800 for a six-person household.* The income limit is higher for families with more than six members. The amount of the money the program provides depends on the number of household members and the household income. Those who enroll in the Fuel Assistance Program may also be automatically eligible for a free home weatherization program, free heating system repair or replacement, free energy-saving devices, and discounts for many utilities. To apply, Bedford residents under age 60 should call Bedford Youth and Family Services (YFS) at (781) 275-7727 and those 60 or over should call the Bedford Council on Aging (COA) at (781) 275-6825. *The YFS or COA will set up a time to assist you with the application in their offices, at your home, or at another convenient site.* The agencies will hold appointments beginning November 1. *Please be assured that all information given to the friendly agency staff who help you 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!



Results of Bedford's Youth Risk Behavior Survey: Tuesday, November 4, 2008, 7-8:30pm, Town Center, Shawsheen Room. Panel Includes: Dr. Maureen LaCroix, Superintendent of Schools, Chief James Hicks, Police Department, Jackie Supprisse, School Health Coordinator. In March of this year middle and high school students were surveyed about their healthy and risky behaviors. Questions ranged from substance use - alcohol, tobacco, and other drugs - to stress, depression, violence and safety, diet and exercise, and vehicle related risk behavior. The presentation will include 2008 data as well as trend data from the past surveys and a review of our community effort to ensure youth are safe. Questions? Call 781/275-7727

Volunteer Opportunities

Davis Art Room: Thanks to all that have volunteered for the Art Room so far this year! We are still looking for additional volunteers for all classes, but especially need volunteers for Mrs. Jones, Mrs. Gallant, Mrs. Ragusa, and Mrs. Seldon's class visits. Each Art class lasts about 45 minutes and Art Room volunteers do not need any special artistic talent - just encouragement for the kids and help with setting up and picking up art projects. Volunteering in the Art Room is a great way to see the kids' creativity in action and to get to know the kids in your child's class! If you are interested in volunteering, please e-mail Soraya Stevens or Sumiko Goldbaum at davisartroom@yahoo.com.



Greeters needed for Davis School! This is a great opportunity to provide a nice service for kids to start their day with a warm welcome and a smiling face!! If you can commit to a couple of days a week (8:45-9:10) that would be great, or if there are specific dates you would like let me know that as well. Siblings are welcome as long as they can safely be in the drop off area which is right near the entrance of the school. If you are interested please let me know ASAP by emailing me back at dgirifalco@verizon.net. And if you know someone who might be interested in greeting, please spread the word! Thanks! Daisy Girifalco

Kudos

Lane Teachers' Luncheon: A BIG Thanks to the following people who contributed to a delicious luncheon at Lane School on Wednesday, October 1st: Jill Scanlon, Cindy Bosco, Paula Driscoll, Venus Ho Barber, Marge Heckman, Stephanie Kriesberg, Anna Wallace, Karen Fallon, Christine Thompson, Marie Liang, Corinne Doud, Nancy List, Monica Bou, Andrea Hayes, Cindy Fisette, Caren Venuti, Christine Speciale. The teachers are truly appreciative to such a special treat on an early release day.



Davis Teachers' Luncheon: Thank you! Many thanks to the following BEST Hospitality Committee members who provided food, supplies and support for our first early-release day luncheon of the school year for our wonderful Davis School teachers and staff: Lori Alper, Carla Baer, Carla Bradford, Jihyung Choi, Sara Cottman, Maureen Eliason, Kristin Ferrari, Sabine Gossart, Deb Griffin, Lisa Hafer, Janel Halupowski, Venus Ho-Barber, Debbie Kostas, Sandy Morvillo, Mary Ann Murphy, Lisa O'Brien, Caroley Parsons, Christine Portlock, Dori Pulizzi, Karen Shamon, Christine Speciale, and Beth Venuti. Please contact Carla Bradford at 781-275-6395 or at carlajbradford@yahoo.com if you'd like to contribute to our next luncheon!

Davis School Photo Day: A Big Thank you for all the help October 24th at Davis School Photo day, the following people include: Kerry Rackey, Bonnie McCulloch, Karen Shamon, Marge Heckman and Annette Brown.

Bedford Families Unplugged

Get ready to "Unplug!" **Bedford Families Unplugged** is a month long awareness campaign to remind Bedford families and residents to "unplug their electronics" and "plug into" each other. Based on a program begun in Needham, Massachusetts six years ago, and adopted in Bedford five years ago, the Unplugged program has expanded to the towns of Belmont, Newton, Northboro, and Falmouth, to name a few. Unplugged is a reminder that there is more to life than what is on the other side of a plug.



It is so easy to get caught up into electronics --- TV, computers, Internet, Gameboy, and Nintendo are fun, entertaining, and a nice way to relax. It can become a problem when you find yourself spending 2, 4, 6 or even 8 hours a day plugged in...and little time is devoted to interacting with family and friends or simply engaging in a quiet activities such as reading or walking.

Electronics are a wonderful part of life --- we learn, communicate, and access information from electric powered devices; we watch TV or surf the Internet as a way to relax and to relieve the stress of daily life. Unfortunately being so "plugged in" can isolate us from other people. Instead of interacting with family and friends, we all too often become passive voyeurs.

During the month of November watch for a calendar of activities families can use to reconnect with activities that do NOT require electricity and that emphasize person-to-person interaction and health.

Sponsored by the Bedford Selectmen, Bedford Public Schools, and Bedford Community Partnership, please contact Bedford Youth & Family Services at 781-275-7727 for more information about Bedford Families Unplugged, stop in at their office at the Town Center, or visit their website to view the 2008 calendar of events at <http://www.town.bedford.ma.us/youth/UnpluggedNov08Info.pdf>.

Bedford Families Unplugged Special Activities (All Unplugged Activities FREE Unless Noted**!!)**

Rick Goldin Family Concert: Sunday, November 16, 2008 - 4:00 p.m. Old Town Hall - Bring the whole family and your singing voice to this special family concert with popular musician Rick Goldin and his band of puppets. Dress casually! Sponsored by Bedford Family Connection and Bedford Youth and Family Services.

Free Family Story Time at Bedford Free Public Library: Tuesday, November 25 7:00-7:30 p.m. or Wednesday, November 26, 2008 10:30-11:00 a.m. Bedford's children's librarians invite families with little children to a Bear Storytime at the Bedford Library. There will be stories, sing-alongs, rhymes, conversation with a friendly teddy bear puppet and lots of lively interaction. Come either Tuesday night, 7:00-7:30 p.m., or Wednesday morning, 10:30-11:00 a.m. (Wednesday is primarily for children under age 5.) Call Sharon McDonald at the Library, 781/275-9440 with questions.

Ultimate Frisbee: Please note, Ultimate Frisbee, originally scheduled for Nov. 5 on the unplugged calendar *has been changed* to Nov. 8 at 3pm at the Middle School field. Questions email a.mason10@verizon.net.

Bedford Historical Scavenger Hunt: Be sure to grab a map of the Bedford Historical scavenger hunt at the Bedford Library or at <http://www.town.bedford.ma.us/youth/youthindex.html>. Visit all 18 sites, write down the codes as you find them and bring your list to the library to be entered into a raffle to win a Bedford Farms gift certificate. Have fun and good luck!

The highlight of this year's program will be a no-homework, no-sports, and no-activities night for Bedford Public School Students on November 12, 2008. In addition, there will be no town-related meetings and virtually no community, school, or religious meetings held on that night.

Parents can play their part on November 12th by getting home for dinner, canceling/rescheduling any night meetings, and thinking about making this night a special time for the entire family without attention to an outside schedule.

2008-2009 BEST/PTO Officers

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