



BEST/PTO NEWSLETTER

Bedford Elementary Schools Together/Parent Teacher Organization
Providing a Forum for Communication, Enrichment, and Support
December 2011

Letter from the President:

Forgot to order enough wrapping paper for the holidays? Never fear...orders can still be placed online through the Meadowbrook website. Online ordering is available through the end of December. If it's not wrapping paper you need? The Amazon link (found on the BEST website) is a great way to help support BEST while getting the perfect item.

Sponsor a Class letters were sent out this past week. BEST uses this money to donate to each classroom for supplies and other materials used during the school year.

Annual Barnes and Noble Fundraiser, December 14th & 15th. Please come enjoy the programs while supporting Bedford Schools. Volunteer opportunities are available. Please contact Linda White for details lindawhite1@juno.com

As the hectic season is upon us, BEST is making plans for a family movie night the end of January. Stay tuned for details after the holidays!!

Wishing everyone safe and happy holidays.

Lyn Kapilian, President
BEST/PTO

Support Your Schools

BOX TOPS Holiday Shopping. Get your holiday shopping done and earn lots of Box Tops for our school. Visit btfe.com throughout the holiday shopping season to earn eBoxTop while you get your holiday deals! Shop at over 100 stores like Best Buy, the Apple Store, Dell, Toys R Us, Music & Arts, The Lego Store, or Macy's and get e Box Tops automatically sent to the school with NO CLIPPING involved! Here's how:

1. Go to btfe.com and register by entering our zip code and choosing Lt. Eleazer Davis Elementary or Job Lane Elementary. {Funds are pooled together into one account before being dispersed back to the schools.}
2. After you are logged in, click "Earn" at the top of the screen and then "Shop Marketplace."

You will find so many of your favorite stores. Just follow the link for the store where you want to shop and the e Box Tops will be credited to the schools automatically! NO CLIPPING INVOLVED! You can even order gift cards to your favorite stores through the Box Tops Marketplace! (If you access a participating merchant's site in any manner other than by linking directly from the BTFE Marketplace, your purchases WILL NOT result in a donation

to the school.) Any questions, please contact Meg McAllister (mwmcallister@yahoo.com) or Jenn Goldman (jenng96@gmail.com).

UPDATE: Meadow Farms Fundraiser

Our fall fundraiser was once again a success. Thank you to everyone who helped us reach our fundraising goal. Each student that sold \$100 or more in products was entered into a drawing for a Nintendo 3DS and a Game Stop Gift Card. Congratulations to Lane School winner, Bryce van der Linden, and Davis School winner, Nicole Pittman! Remember, you can still shop online at MeadowFarms.com through the end of December. If you haven't already set up an online account, please use the Username: 3200396 and Password: 4X9KP63 to create an account, so that BEST will receive profits for any purchases.

Thank you to everyone who has been bringing in Box Tops! We have collected 19,421 Box Tops so far this year. That's nearly \$2000! The winners of the Box Tops trophy for October were Mrs. Jones's class once again at Davis (249 Box Tops) and Mrs. K. O'Brien's class at Lane (184 Box Tops). The winners of November's contest were Mrs. Flaherty-Dawson's class at Davis (218 Box Tops) and Mrs. DeRocco's class at Lane (243 Box Tops). Box Tops are collected on the last Friday of each month. The next collection date is Friday, December 23. Here are the cumulative classroom Box Top totals so far this school year:

DAVIS			LANE		
Kind.	Mrs. Buttrick	252	3rd Grade	Mrs. Dilorio	354
	Mr. Flaherty-Dawson	84		Mrs. Ferguson	222
	Mrs. Kuhlmann	236		Mrs. Grimes	383
	Mrs. Lang	152		Mrs. K. O'Brien	305
	Mrs. Ryder	473		Mrs. L. O'Brien	613
	Mrs. Seldon	163		Mrs. Weinstein	287
	Mrs. Valley	198		Mr. Wichterman	456
	Mrs. Wait	88			
1st grade	Mrs. Cormie	264	4th grade	Mrs. Colpoys	557
	Mrs. Hall	403		Ms. Curro	410
	Miss Hart	78		Ms. Edwards	515
	Mrs. Hodgdon	364		Mrs. Elien	520
	Mrs. Kimball-Dorey	128		Ms. Franklin	372
	Mrs. Nocera	349		Mrs. Larrenaga/ Mrs. Venuti	470
	Mrs. Petracelli	126		Mrs. Lee	641
				Ms. Salvucci	853
Multiage	Mrs. Davies	239			
	Mrs. Houston	223			
2nd grade	Mrs. Arakelian	457	5th grade	Mrs. DeRocco	511
	Mrs. Flaherty-Dawson	778		Mrs. Dick	157
	Mrs. Flannery	59		Mrs. Koeman	197
	Mrs. Jones	938		Mrs. Lerra	450
	Mrs. Meyer	247		Ms. Maguire	261
	Mrs. Peterson	289		Mrs. Stone	246
	Mrs. Shamon	454		Mrs. Williams	341
	Mrs. Sutton	426		Ms. Zavalick	307

Box Tops collected at Davis since September:

8,671

Box Tops collected at Lane since September:

10,750

In the Schools:

Community Corner:

Bedford Library to host FREE kids programs during School Vacation Week:

December 27, 3:30 – 4:30 -- LEGO CHALLENGE

Kids in grades K-5 are invited to explore the wonderful world of Legos. We will challenge you with a theme, or you can build your own creation. Afterwards, your model will be put on display in the case outside the Children's Room. We have loads of Legos to build with, so just bring your imagination! Questions? Please contact Nancy at 781-275-9440.

December 29, 10:30-11:30am or 2:00-3:00pm -- PUPPET SHOW (Sign up required)

Young ones up to the age of 6 – this show's for you! The Bedford Library Puppets and their puppeteer, Sharon McDonald, are already thinking up several short plays to astound and amuse you, including an encore of their famous song "Throw It Out the Window" which got wild applause last spring. To have room for all theatergoers, they'll put the show on twice, once in the morning and once in the afternoon. Call the library at 781-275-9440 to register.

Bedford in Motion, Safe Routes

"Did you know that the CDC recommends 1 hour of physical activity for school-age children each day, and the recommendation for adults is 30 minutes of physical activity on most days?"

Maybe you have heard that you could reach these goals by walking 10,000 steps per day and improve your health and fitness? Perhaps you are wondering, how far is 10,000 steps anyway? The average person's stride length is about 2.5 feet long that translates to just over 2,000 steps to walk one mile, and 10,000 steps is about 5 miles.

A sedentary person averages only about 1,000 to 3,000 steps a day. For these people adding walking and counting steps provides many health benefits. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day.

So, how many calories are burned by walking? If you are walking a brisk clip (think late for a meeting, or getting your child to school on time!), the body burns calories at a net rate of 1.38 calories per kilogram of body mass per mile. That's about 63 calories per mile of fast walking for every 100 pounds of body weight. A 150 pound person will burn 94 calories per mile and a 200 pound person will burn about 126 calories per mile.

Experts suggest that this activity can be done throughout the day with measurable health benefits. This writer clocked walking from the Lutheran Church to Davis School at 500 steps - each way! If you are a parent who drops off or picks up- this is one way to consider accumulating a chunk of steps in your day.

There are many options for integrating walking and biking into your daily routines. For more ideas and resources, plus upcoming events and activities see [Bedford in Motion](#) on the Bedford Town Website: <http://www.town.bedford.ma.us/index.php/community/bedford-in-motion>.

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.

Neighbors Helping Neighbors: There is a spontaneous spirit within each of us that is motivated to help another, to give and to receive, and to make an impact on someone's life. Bedford Angels is a group of volunteers supporting Bedford families in temporary crisis. Families face significant challenges when tragedy unexpectedly strikes. The impact on household routines often makes life seem unbearable. Having volunteers delivering meals, running errands, driving an ill family member to appointments, or offering a simple act of kindness is worth more than words can say. Volunteers can sign up to fill a need only when it works with their schedule. While some families in need have a close network of friends and family and/or are affiliated with a church or temple, others may not. And even those who do often find that after time and with busy schedules these resources become exhausted. The Bedford Angels is a great resource for these situations as well as a supplement to a group already in place. Recipients of care include people in a temporary crisis such as serious illness, major surgery, a tragic event or accident, or a debilitating, late stage terminal illness; and people challenged with day-to-day non-medical tasks.

All Bedford residents are welcome to join this community network of volunteers (a referral may be necessary). To become a Bedford Angel visit <http://www.lotsahelpinghands.com/c/610954/>. To find out how the Bedford Angels can help you or someone you know or for more information, email bedfordangels@gmail.com.

Bedford Youth and Family Services: Bedford Youth and Family Services provides counseling services to High School, Middle School and Elementary students and their families. The agency provides confidential, individual, family and group counseling as well as information and referral. These services are available to all Bedford students and residents and are provided at these locations:

- Town Center Building, 12 Mudge Way, Bedford
- Community Agencies Building, Concord

Office hours are 8:30 to 4:30 p.m. Monday through Friday. Appointments may be made by calling 781-275-7727.

Check out Bedford Youth and Family Services Newsletter available on-line www.bedfordma.gov/youth or in hard copy at our Town Center offices!

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
1	\$30,751
2	\$40,213
3	\$49,675
4	\$59,137
5	\$68,598
6	\$78,060

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.

Upcoming Bedford School Committee Meetings

All are welcome to attend.

School budget presentations are on the agenda for the December School Committee meetings. The meetings will be held on Tuesday, Dec 6 and Tuesday, Dec. 13, 2011, and start at 7:30 pm in the Multipurpose Room of BHS. While the complete agendas are not finalized until close to the meeting dates, all agendas include a regular "Comments from the Public" item, typically at the start of the meeting.

Full agendas are posted 48 hours before the meeting dates on the school website at <http://www.bedford.k12.ma.us> and at Bedford Town Hall. School Committee meetings are taped by Bedford Cable Access TV. Check the BCAT website at www.bedford.tv or the Bedford Minuteman for the replay schedule.

2010-2011 BEST/PTO Officers

President: Lyn Kapilian

lynkapilian@comcast.net

Vice President (Davis): Peter Ricci

bedfordriccis@verizon.net

Vice President (Lane): Caroline Fedele

Caroline.fedele@comcast.net

Secretary: Julie Phylis

japhylis@verizon.net

Treasurer: Robin Steele

eleets922@comcast.net

BEST Committee Chair Open Positions

- Enrichment Coordinator for Davis