



# BEST/PTO NEWSLETTER

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

February 2012

## Letter from the President:

I am not complaining about the lack of snow, but it doesn't feel like winter. So imagine my surprise that the circus committee is already in full planning mode for the circus. The committee has already logged a lot of hours putting the event together. Tickets for the March 24 circus performances at 11am, 1pm and 3pm will be available soon....stay tuned for the details.

Another thing that I find hard to believe is this is my last year as BEST/PTO president. Over the course of the last three years there has been a great team in place to make sure the students of the Davis and Lane Schools have had an enriching experience with cultural events and academic programs.

I am happy to announce that Peter Ricci will be moving on from the VP of Davis to the President role. He has played an integral role over the past years in the planning and shaping of BEST. Not to mention he almost single handedly rebuilt the majority of circus games!!!

I encourage anyone that is thinking of getting involved to contact me. Any time you are willing to donate to such a worthy cause is greatly appreciated. I want to thank the Davis and Lane families for making my position so rewarding.

Lyn Kapilian, President  
BEST/PTO

## Support Your Schools

**SAVE THE DATE!** Saturday, March 24<sup>th</sup> is the **BEST/PTO Carnival and Circus!**

Held at Bedford High School

Bucky & Gigi and friends are back by popular demand!

Carnival is from 12noon to 5pm with Circus Shows at 11am, 1pm & 3pm

Circus tickets go on sale March 1st. More information to come home soon.

### **Box Tops Fundraiser**

Our online earnings for Box Tops continue to grow each month. Thank you all so much for registering at [btfe.com](http://btfe.com) to help support BEST. We are up to 167 Davis and Lane families who are now supporting our schools through the Box Tops website! You can do your online shopping through the Box Tops Marketplace, get bonus box tops through "Click and Earn", and enter contests for the chance to win loads of Box Tops.

We have heard some people comment that they don't buy box tops brand products because of other competitive prices. To solve that problem, you can log on to [btfe.com](http://btfe.com) to print out coupons for items with Box Tops! This month they are offering over \$11.00 worth of coupons to print out and use at your local grocery store. Just go to [btfe.com](http://btfe.com) and then click "Earn" at the top of the screen to see all the ways to get those box tops!

Our next collection date will be February 17, the Friday before Winter Vacation. Remember to hand in your box tops before they expire! In next month's newsletter, we'll announce January and February's Box Top Contest winners.

### **Babysitting Fundraiser for the Bedford High School Marching Band**

Reserve your spot today! On Friday Feb 10th from 5-8pm drop off your grade school children (grades K-5) for babysitting at Lane School while you go out to dinner.

The Bedford High School Marching band is having this babysitting fundraiser to raise money for their trip to Disney World to march in the Grand Parade. Just imagine, these wonderful musicians will show the good citizens of Disney World that Bedford MA is a musical town. But we need your help to raise the money to get there. \$25 donation for first child and \$15 for each additional child. Your children will have pizza and fun activities while you get to do anything you like to do. Drop off at 5, pickup at 8. This could be your Valentine's dinner or the chance for a great nap! To reserve a slot and obtain a registration form, contact Audra Hamilton (781-275-7574 or email [audrah@alum.bu.edu](mailto:audrah@alum.bu.edu)).

### **In the Schools:**

#### **ATTENTION all 5<sup>th</sup> Grade Families:**

The **5<sup>th</sup> Grade Talent Show** is just around the corner, with performances scheduled for April 10, 12 and 13. Each performance has a specific audience: April 10 in the evening is for family and friends, April 12 is a luncheon performance for the Bedford Council on Aging (grandparents are also welcome) and April 13 is during school for the Lane student audience. We need your help to make these shows a success! Help is needed backstage during the performances and for the luncheon. More information will be provided on how to sign up, but mark your calendars now.

Also, we are looking for a parent to be the event photographer, taking still photos of all the groups before the first night's performance and then during the show as well. Please contact Diane Bernstein at [dgm.bernstein@verizon.net](mailto:dgm.bernstein@verizon.net) or Kristin Ferrari at [kferrari@comcast.net](mailto:kferrari@comcast.net) if interested.

Finally, we can use a few 4th grade parents to volunteer so the 5th grade parents can watch the show on April 10 and to help during the luncheon. This is a great way to learn the ropes for next year!

### **Community Corner:**

#### **"Sunday Skate"**

Middlesex Community College will again offer their Sunday Skate on February 12 from 1 to 3 p.m. on the MCC Fitness Trail Pond. For more information call Patrick Cook at 978-656-3134 or email at [cookp@middlesex.mass.edu](mailto:cookp@middlesex.mass.edu).

#### **Pan Mass Challenge (PMC) Bedford Kids Ride Cocktail Party, Friday, March 23rd - 6th Annual PMC**

Cocktail Party & Auction to benefit the Dana Farber Cancer Institute and its Jimmy Fund. This year's event will be held at Pedro's Fine Latin Cuisine (the former Naked Fish) on Middlesex Turnpike in Bedford. We will have the entire restaurant to ourselves to enjoy a great night out with friends in support of a cause that touches us all. There will be a chance to bid on exciting auction items including restaurant gift certificates, hotel stays, sports tickets and more. Admission is \$30 per person which includes ample tapas and dessert. More information is available on the PMC Kids website:

[www.kids.pmc.org/bedford.aspx](http://www.kids.pmc.org/bedford.aspx). For questions, email: [bedfordpmckidsride@gmail.com](mailto:bedfordpmckidsride@gmail.com).

**Adult and Family Recreation Programs.** A variety of adult and family classes/workshops are starting up in the next few weeks. The Recreation Department Winter 2012 brochure is available on-line at [www.bedfordrecreation.org](http://www.bedfordrecreation.org). Registration is available on-line, in person, by mail or by fax. The Spring Session brochure will be available in March. We are always looking for new ideas and classes to offer. If you would like to teach with us, please send us your proposal along with contact information.

**EXERCISE/FITNESS/DANCE:** The following classes have started, however you can still register! Tap Dance, Tai Chi, BodyPump and BodyJam, NIA, Power Vinyasa Yoga, Hatha Yoga, Journey Dance and Zumba.

**PERSONAL INTEREST CLASSES:** See our brochure for many upcoming programs.

## FAMILY PROGRAMS

**JOURNEYDANCE KIDS** with Janet Powers and Linda Ugelow Join Linda and Janet in a fun-filled creative dance journey as we inhabit the lives of animals, ride a magic carpet and travel to other worlds. We'll be singing from our hearts, twirling our scarves, drumming up a storm. Adults must stay and participate with children. If you and your child love to move to music, this class is for you. Ages 3-6. Mon. 11:00-11:45am, 1/23-3/19, fee \$96. Still accepting registrations.

**INTRODUCTION TO GEO-CACHING** /w Still River Outfitters This outing will get you started enjoying the modern day treasure hunting activity of Geo Caching. You will learn how to get the coordinates for interesting caches near you and how to use a hand held GPS receiver and compass to find the cache. GPS receivers will be supplied for your use during class. This course is designed to be enjoyed by families. Come on out and try something new! Tues. March 20, 6:00-8:00pm. Fee: \$57/person, \$35/child ages 12 and under with paying adult

**BOATING SKILLS AND SEAMANSHIP** with the USCGAUX Flotilla 52. This introductory course is for both sail and power boaters and includes instruction on safety afloat, legal responsibilities, aids to navigation, rules of the road, charts and compass, engines, knots, weather, boat handling, radio procedures, and navigation electronics. Completion certificate helps reduce boat insurance fees. Families are welcome. Children age 12 and older are encouraged to attend with a parent at a reduced rate. Course materials payable in class, \$30-\$45. Class held at Concord-Carlisle HS, 500 Walden St. Wed. 7:30-9:30, 2/29-5/30 Fee: \$50 (\$25 per child - middle school age and up- with parent)

## Bedford in Motion, Safe Routes

Seems like everyone, from First Lady Michelle Obama to Boston's Mayor Menino, are promoting healthier living through increasing physical activity. Experts tell us that obesity rates among Americans have risen to alarming rates, impacting our quality of life, and perhaps even our longevity. Bedford Public Schools, along with all other public schools in the state are now collecting student body mass index data (BMI), as one tool to assess student's health. While recent results show the total percentage of overweight and obese students in Bedford, for all grades screened, was lower than the state average, the data indicates that 22% of Bedford's students are either overweight or obese.

So, what are some strategies we can use at home to make physical activity part of your families routine? [www.letsmove.gov](http://www.letsmove.gov) offers these ideas:

Set Goals: Effective goals are specific, achievable and forgiving. "Exercise more" is a great idea, but "take a 30 minute walk" three times a week is more specific and easier to achieve. Issue a family challenge to see who can be the first to achieve a Presidential Active Lifestyle Award (PALA) <http://fitness.gov/presidents-challenge/presidential-active-lifestyle-award>, by committing to physical activity five days a week, for six weeks.

Download the Let's Move Family Activities Guide [www.letsmove.gov/sites/letsmove.gov/files/Family\\_Activities.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Family_Activities.pdf), for ideas to get started. Then, come up with your own.

Schedule Your Activity: The best way to begin increasing your family's physical activity is to schedule time for it. Start by identifying at least three 30-minute time slots this week for activities like taking a walk,

playing sports or doing active chores. Choose times of the day or week when everyone is most likely to stick to the schedule.

Download the Let's Move Family Calendar

<[http://www.letsmove.gov/sites/letsmove.gov/files/Family\\_Calendar.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Family_Calendar.pdf)> for an easy way to begin scheduling your activities. Once you've personalized the calendar for your family, post it on the refrigerator or in another location where the whole family can see it and track progress. Don't forget to celebrate your achievements; every little bit counts.

Be Flexible: If a conflict comes up during physical activity time, reschedule instead of canceling. Find a new time for the activity to replace what you missed.

### Ideas to Get Started

There are countless ways to enjoy physical activity together as a family. You can download the [Let's Move Family Activities Guide](#) [<http://www.letsmove.gov/sites/letsmove.gov/files/FamilyActivitiesAccessible.pdf>] for more ideas like those listed here:

- Play tag, swim, toss a ball, jump rope, hula-hoop, dance to music or even play a dancing video game. It doesn't have to be sports-just get your family moving!
- Walk instead of drive whenever you can. If you have to drive, find a spot at the far end of the parking lot and walk to where you're going.
- Park farther away and count with your children the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop!
- Train as a family for a charity walk or run.

For more ideas on Active Healthy Living in Bedford, see Bedford in Motion at: [www.bedford.ma.gov/BedfordInMotion](http://www.bedford.ma.gov/BedfordInMotion), developed thru funding via a MiniGrant through the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic.

**BedfordKids.com:** Visit [www.bedfordkids.com](http://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](mailto: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](http://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.

**February Bedford School Committee Meetings**

The Bedford School Committee will meet on Feb. 7 and Feb. 14, 2012. Meetings are held starting at 7:30 pm in the Multipurpose Room of BHS. While the full agendas are not set until close to the meeting dates, the following presentations are currently scheduled for the upcoming meeting:

Feb. 7, 2012

- Field use for the Bedford Public Schools
- Fields Partnership/Bedford Turf Committee
- Policy Approval: Acceptable Use Policy and Social Networking Policy

Feb 14, 2012

Open Budget Hearing

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](http://www.bedford.tv) or the Bedford Minuteman for the replay schedule.

## **2011-2012 BEST/PTO Officers**

**President: Lyn Kapilian**

[\*lynkapilian@comcast.net\*](mailto:lynkapilian@comcast.net)

**Vice President (Davis): Peter Ricci**

[\*bedfordriccis@verizon.net\*](mailto:bedfordriccis@verizon.net)

**Vice President (Lane): Caroline Fedele**

[\*Caroline.fedele@comcast.net\*](mailto:Caroline.fedele@comcast.net)

**Secretary: Julie Phylis**

[\*japhylis@verizon.net\*](mailto:japhylis@verizon.net)

**Treasurer: Robin Steele**

[\*eleets922@comcast.net\*](mailto:eleets922@comcast.net)

## **BEST Committee Chair Open Positions**

- Enrichment Coordinator for Davis