

B.E.S.T. CARNIVAL AND CIRCUS

Saturday, March 20th

Circus ShowTime's: 11am, 1pm & 3pm

Carnival: Noon – 5pm

Bedford High School

Cirque du Jour is back with **former Ringling Bros. comedy duo Bucky & GiGi** along with their amazing circus friends Chinese Acrobat Li Liu and daredevil The Amazing Sladek!

Children of all ages will enjoy this 60 minute show that will have them sitting on the edge of their seats as The Amazing Sladek does a **handstand 20 feet in the air**, while perched on a stack of ordinary chairs.

Watch in awe while Li Liu performs a one-arm handstand on a post while at the same time spinning 4 hoops on her legs and other arm.

Kids and adults will be doubling over with laughter as Bucky & GiGi combine comedy magic with good old fashioned slapstick comedy!

In addition, BEST will host a Family Carnival with traditional carnival food, face painting and over **14 games** where everyone wins a prize!

Back by popular demand is the **Principal Pie Shop!** Come throw a pie at your favorite principal, teacher, firefighter or police officer!

Carnival game tickets are available in a sheet of 24 for \$6 or 2 sheets for \$10. Carnival tickets can be used towards games and food!

Tickets for the circus are only \$8 each for adults and children!

Circus AND carnival tickets may be purchased in advance through the Bedford Recreation Department online at www.bedfordrecreation.org

Buy your circus tickets early before they sell out! Quantities are limited!

All proceeds from the circus and carnival to benefit BEST/PTO (Bedford Elementary Schools Together/Parent Teacher Organization) www.bestpto.org



BEST/PTO NEWSLETTER

Bedford Elementary Schools Together/Parent Teacher Organization
Providing a Forum for Communication, Enrichment, and Support
March 2010

In The Schools

Two New Vegetable Gardens in Bedford Schools: Volunteers Wanted. This spring, two new school gardens will spring to life in Bedford, one each at Davis School and Job Lane Elementary. The Lane School garden will be spearheaded by two third grade teachers --- Beth Stadtlander and Audrey Ferguson. The third graders will be involved with all aspects of the garden from seed selection in the late winter to harvesting in the spring. The main attraction will be a native garden of corn, beans and squash, but the garden will also involve organic vegetable production, attraction of beneficial insects, efficient water usage, and an herb spiral. Once established, the garden will be available for use by all Lane School teachers and students.

The Davis School is also starting a vegetable garden initiative this year, with one garden for Mrs. Davies' multiage class, and the hope of expanding to include more classrooms in the near future.

To get involved with the Lane Garden contact Alec Ellsworth (ellsworth.alec@gmail.com)

To get involved with the Davis School Garden contact Meighan Matthews (MeighanMatt@yahoo.com)

Teacher Appreciation Week Coming Up: May 3-7. 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. Sandy Morvillo and Chris Anderson will be organizing TAW for teachers at Davis School. Lori Alper and Karen Fallon will be organizing TAW for teachers at Lane School. Over the next couple months, 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. 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. Sandy Morvillo, Chris Anderson, Lori Alper and Karen Fallon

Support Your Schools

Box Tops: 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 have clipped over \$1000 dollars this school year. Please keep clipping. Some new places to find Box Tops are on Avery notebooks and folders!

It's Easy Being Green: *Submitted by Peter Ricci for the Green Committee*

I know the snow, and threat of snow has been hanging around, but Spring is just around the bend. When spring comes, I tend to think about the earth more, because of the newness of everything -- the bright green leaves and fresh smell of the air. It's a good time to think about trying to be better about resources. Studies have shown that 80% of our trash is recyclable, but

only 33% is recycled. Of that trash, 54% goes to a landfill, 33.4% recycled, and 12.6% goes to incinerators. The average American tosses 4.6 pounds of trash a day. Let's try to make a commitment to get the recycling numbers higher. Always be on the lookout for what can be recycled. Bedford offers a really good curbside program, as a consumer try to be vigilant of what goes into trash, and what goes into recycling.

Recycling find of the month:

Most of us grew up with toothpaste tubes, but today, a lot of toothpaste comes in stand up bottle-like containers. Look for the recycling mark. Crest for Kids has a number 7 marked for recycling on it!

Community Corner:

Bedford TV, "The Best Show in Town": Check out the new [Bedford Community Calendar](http://www.bedford.tv/calendar) (<http://www.bedford.tv/calendar>). This is a great way for you to find out what's going on around town or to promote your own community event.

Please take our online survey to help us improve our service. Visit our website at www.bedford.tv and follow the link to take the 1-minute survey and you could win a Bedford TV t-shirt!

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.

Bedford METCO Program fundraiser: Come for dinner (or takeout dinner) on Friday, March 5, from 4pm until the food runs out! Soul Food Dinner fundraiser at First Church of Christ, Congregational, 25 The Great Road.

Pan Mass Challenge Bedford Kids Ride Cocktail Party Save Friday, March 26th (7:00 p.m.) for the 4th Annual Pan Mass Challenge Cocktail Party & Auction to benefit the Dana Farber Cancer Institute. This year's event will have an added twist with music, dancing, comedian Jim Colliton and a new venue at the spacious Double Tree Bedford Glen Hotel on Middlesex Turnpike. Enjoy a great night out with friends in support of a cause that touches us all and a chance to bid on exciting auction items such as a private plane ride for 8, a week's stay in Hawaii, zip line tour, dinners and more! In addition, we will be raffling off an Amazon KINDLE!

Admission is \$25 per person and includes heavy hors d'oeuvres and pasta station. Please R.S.V.P. to bedfordpmckidsride@gmail.com. You may pay at the door, or to expedite your check-in, send payment in advance to: Amy Mason, 23 Alaska Avenue, Bedford, MA. 01730, making checks payable to "PMC". We look forward to seeing you there!

BHS to Stage 'The Music Man' March 10-13 The Bedford High School Music Department will stage its spring musical, "The Music Man," at 7 p.m. Wednesday, Friday and Saturday, March 10, 12 and 13; and at 4 p.m. Thursday, March 11, in the BHS Auditorium. Advance tickets go on sale March 1. Evening-performance tickets to "The Music Man" are \$10 in advance or \$12 at the door. Matinee tickets are \$8 in advance or \$10 at the door. Advance tickets will be on sale at Fetch It!, 48 Great Road (781-275-0584); Great Road Gallery & Framing, 363 Great Road (781-275-8886); and the Bedford Council on Aging, 12 Mudge Way (781-275-6825). Tickets will also be

on sale in the school offices at Davis, Lane and JGMS. For more information about the BHS production of "The Music Man," contact Diane Pritchett at diane_pritchett@bedford.k12.ma.us or 781-275-1700 ext. 4200.

"Fiddler on the Roof" at JGMS March 17-20 with Bedford Education Foundation Benefit 3/17 This year's JGMS Spring musical is "Fiddler on the Roof, Jr." One hundred cast members and 30 stage hands are busy getting ready to shine in this timeless classic, set in the Russian village of Anatevka, circa 1905. Tickets are \$9.00 general admission, and can be purchased in advance at the Davis, Lane and JGMS school offices. Starting on March 3rd, you can also purchase them on-line through the website for the Bedford Education Foundation: www.bedfordeducation.org

Performances will be at the JGMS Auditorium on: Wednesday, March 17th, 2010, 4 pm Matinee (to benefit the Bedford Education Foundation; Thursday, March 18th, 2010, 7:30 pm; Friday, March 19th, 2010, 7:30 pm; Saturday, March 20th, 2010, 7:30 pm

Bedford Turf Association: We are now in municipal mode! That means that the Town has design money and is going through the process of creating a Request for Proposal and choosing a vendor. Then the design will be reviewed by stakeholders (schools, recreation, DPW). Thus we are not ready for this upcoming Town Meeting. Thanks for the continued support. Remember you can visit www.bedfordturf.org for more information.

Sarah Ward to Speak on Executive Function in Adolescents, Wed. March 3. On Wed. March 3, Bedford Special Education Parent Advisory Council (SEPAC) will host Sarah Ward, M.S. CCC-SLP, who will present a parent workshop on developing executive function skills in adolescents. The workshop will provide practical, everyday strategies that parents can teach children of all ages to help them develop crucial executive function skills. Participants will learn strategies to improve awareness and effectively access forethought and hindsight. Strategies for improving initiation, time and task management and independent organization of personal materials and space will also be presented. The event will be co-sponsored by the Bedford Middle School Parent Association (MSPA).

The presentation will be held from 7-9 PM in the Large Group Instruction Room (H207) at Bedford High School, 9 Mudge Way, Bedford. All are welcome. There will be a \$5 per person admission fee at the door. Donations in any amount to help offset the cost of this presentation will be gratefully accepted. Please make checks payable to Bedford SEPAC and mail to Bedford SEPAC c/o Gail Valbona, 3 Donovan Drive, Bedford, MA 01730.

For any questions or for further information, please contact Dana Fine at danafine@verizon.net or Berni Vatcher at bvatcher@winchester.k12.ma.us.

Bedford SEPAC Parent Coffee, Friday March 26, 8:30-10:30 AM at Whole Foods Café. Parents and guardians of children with special needs or learning challenges are invited to attend a coffee on Friday, March 26, sponsored by Bedford Special Education Parent Advisory Council (SEPAC). Come and share concerns, information and support in a relaxed, informal setting. SEPAC holds parent coffees the fourth Friday of every month from 8:30-10:30 AM, at Whole Foods Café, 170 Great Road, Bedford. Questions? Contact Irene Gravina at igravina@yahoo.com or (781) 275-6535.

For information about Bedford SEPAC events, activities or membership, go to <http://groups.yahoo.com/group/BedfordSEPAC> and sign up to receive notices of upcoming events.

Bedford Youth & Family Services: New Spring Newsletter available in March on line at 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
\$29,126	
2	\$38,087
3	\$47,049
4	\$56,011
5	\$64,973
6	\$73,935

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. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

MAKE SURE OUR KIDS ARE CYBER SAFE

Speaker: Middlesex Partnerships for Youth with Margie Daniels, Director and Onyen Wong, Assistant District Attorney

When: Tuesday, March 2, 2010

Time: 7:00 p.m. – 9:00 p.m.

Location: Bedford Town Hall Auditorium

Target Audience: All Parents and School Personnel

The internet offers almost limitless opportunities to gain knowledge and make contact with others. When used appropriately, it is a powerful and positive tool. However, school staff and parents need to be aware of the risks inherent in this technology. Effective prevention and intervention strategies for parents and school staff and administrators will be outlined and discussed.

Middlesex Partnerships for Youth, Inc., is a private, nonprofit organization affiliated with the Middlesex District Attorney's Office and designed to foster collaborations among community leaders, public safety agencies, and educators to safeguard students in Middlesex County. Bedford Public Schools is a member of the Partnership.

Sponsored by Middlesex Partnerships for Youth, Bedford Public Schools and Violence Prevention Coalition of Bedford (VPC)

H.E.L.P. or “How to Enjoy Living with a Pre-Adolescent” by Dr. Kathryn Yamartino Middle School age is a time when many changes are occurring. Pre-teens may look older but their behavior can be erratic, emotional and hard to predict. This presentation will address the range and motivation of many early adolescent behaviors offering strategies for constructive parental response.

TARGET AUDIENCE: PARENTS OF MIDDLE SCHOOL YOUTH

All parents invited but parents of first time 6th graders & 5th graders entering sixth in the fall especially encouraged to attend

Date: Wednesday, April 28, 2010

Time: 7:00 - 9:00 p.m.

Place: Flint Room, Bedford Town Center

Dr. Kathryn Yamartino is a licensed psychologist and works with teens and their families at North Bridge Psychological Associates in Acton. Moving from theory to practical application, Dr. Yamartino uses her personal experiences and great sense of humor to increase parents' wisdom about their emerging teen. She has been running well-received parent education programs in the area for about 15 years.

This offering is free and open to the public and is sponsored by Bedford Youth and Family Services. Questions? Call 781-275-7727

2009-2010 BEST/PTO Officers

President: Lyn Kapilian

lynkapilian@comcast.net

Vice President (Davis): Peter Ricci

bedfordriccis@verizon.net

Vice President (Lane): Susan Miele

susanannmiele@gmail.com

Secretary: Kristin Ferrari

kferrari@comcast.net

Treasurer: Diane Bernstein

dgm.bernstein@verizon.net

BEST Committee Chair Open Positions

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- 5th grade
- Green committee
- Celebrating Differences
- Parent Advisory Council
- Transportation Safety Committee