



BEST/PTO NEWSLETTER

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

Letter from the President:

Thankfully the cold blustery weather is gone now we have the spring showers. That can only mean one thing...the end of the year is fast approaching. I was informed by my son John that there are 8 weeks of school left!!

As the school year winds down there is still a lot of learning and even more events at both Davis and Lane. The first week of May is community week at Davis. I know there are some exciting plans for the students. That being said, volunteers are needed for additional recess time. The volunteer shifts are 9:00-10:30, 10:30-noon, noon-1:30 and 1:30-3:00. It would be ideal to have at least 3 volunteers per shift. Please email Ellen Tate to sign up for a time slot. Thank you for your help in making community week a great experience for the Davis students.

A big thank you to the parent community for the contributions to the Sponsor A Class Fund. As a result of the tremendous generosity we will be able to give each teacher a check in the amount of \$125 to be used for supplies and materials for the classrooms.

Last, but certainly not least, I am entering my final year as president of BEST PTO. It has been an exciting time and I have had the privilege of working with wonderful people in bringing enrichment programs to the students of the Davis and Lane schools. This is a great opportunity for someone to shadow me starting the end of the summer and next year to transition in to the role of president. I hope that everyone will take a minute and consider this role as it is very rewarding. I look forward to hearing from folks that are interested.

Happy spring!
Lyn Kapilian

In the Schools

FIELD DAY AT LANE!

Mrs. Post (Lane School Health and Physical Education teacher) will be looking for parent volunteers interested in helping with the third and fourth grade Field Day. It is scheduled for Thursday, May 26th with a rain date of Friday, May 27th. Please look for parent volunteer forms to go home with your children after April vacation.

TEACHER APPRECIATION WEEK COMING UP: MAY 2-6, 2011

For Teacher Appreciation Week (TAW), we thank our teachers by doing something special for them each day of the week. We are only able to do this with the support of parent volunteers at Davis and Lane. Chris Anderson and Laurie Sukoff will be organizing TAW for teachers at Davis School, and Lisa Hafer will be organizing TAW for teachers at Lane School. We will be requesting

food items such as breakfast, coffee, lunch, fruit, drinks and cookies. You will be able to sign up on-line and choose the item(s) that you wish to contribute (see links below).

We will also need volunteers to assist with morning set-up and afternoon clean-up each day at both schools. Furthermore, Davis School will need people to do Bus Duty for the teachers all week during afternoon dismissal.

Please consider contributing in some way so we can ensure yet another WONDERFUL and SUCCESSFUL week for our terrific teachers!!

Sign-up for TAW begins now. Please go to the following links to donate items/volunteer:

www2.mysignup.com/cgi-bin/view.cgi?datafile=davistaw2011 – for Davis School items

www2.mysignup.com/cgi-bin/view.cgi?datafile=lanetaw2011 – for Lane School items

Thank you to all BEST World Language Program VOLUNTEER INSTRUCTORS: This spring 2011, BEST was able to place 56 Davis students in eight language classes. Many current parents have acknowledged their child's excitement and enthusiasm to take part in this popular program. A big THANK-YOU from the students, their parents and the WLP coordinator go out to our eight dedicated volunteer instructors - Ginko Isobe (Japanese), Karen Gao (Chinese), Heidi Burchardt (German), Shaheen Bossi (Sign Language), Ana Finnegan (Spanish), Paula Driscoll (Spanish), Omar Santiago (Spanish), and Tomas Revesz (Spanish).

WORLD LANGUAGE PROGRAM needs Co-Coordinator. In 1998, this program started by a few BEST parents who wanted to provide Davis School children an opportunity of exposure to another language and maybe even some of its culture. It is an extremely popular before school program which we hope all interested students will have the opportunity to participate during either their 1st or 2nd grade year at Davis. To ensure the continued success of the World Language Program, BEST is looking for a Co-Coordinator to work with the current coordinator for the Fall 2011 session. Please contact Paula Driscoll @ driscoll.paula@verizon.net or 781.275.1028 if you are interested or would like more information.

Special Thanks to All Talent Show Volunteers. The Fifth Grade Talent Show sailed successfully through all three performances on April 12, 14, and 15 thanks to the help of a dedicated crew of volunteers. Whether you donated food or drink for the Senior Luncheon, helped with set up and clean up, monitored kids in the Multipurpose Room, served as a hall escort, kept things quiet and in order backstage or picked up flowers – a million thanks to you. We could never have done it without you and Mrs. DeRocco and Mrs. Dick send their thanks as well for all your help.

So, kudos to the following volunteers: Diane Bernstein, Monica Bou, Carla Bradford, Annette Brown, Anne Caron, Hillary DeMello, Kathy Doherty, Paula Driscoll, Katie Dunn, Janet Chang, Karen Fallon, Kristin Ferrari, Ana Finnegan, Anne Flynn, Noreen Garrity, Jackie Heller, Stephanie Kriesberg, Theresa Meuse, Christine Pare, Lori Pariseau, Susan Place, Deborah Regan, Tanuja Sud, Bianca Valentine, Annmarie Vaughn, and Wendy Winn.

Many thanks, Marge Heckman Talent Show Coordinator

Please join Bedford as we celebrate Massachusetts Walk and Bike to School Day! This year, on Wednesday, May 4, 2011, we will join students and families statewide, demonstrating a commitment to active lifestyles, fitness, and environmental awareness. As we hear in the daily news, childhood obesity has skyrocketed, and obesity-related diabetes is an epidemic among

youth. It may surprise you to know, in Massachusetts, overweight and obesity rates among children ages 10-17 are at 30%, consistent with the national average of 31.6%. This alarming challenge correlates with one of the biggest trends in travel behavior in the United States; the sharp decline in the number of children walking and biking to school. Simply put, children today are not getting enough physical activity. Unfortunately, today, fewer than 15% of American children walk or bicycle to school, and over 50% arrive in private automobiles, contributing not only to inactivity among our children, but unhealthy air quality around our schools.

Consider walking or biking with us on May 4! If it is not possible to walk or bike the distance from your home to the school, please consider walking to the next bus stop, or perhaps a car drop off where you could safely walk the last part of the journey.

Information will be sent home from individual schools about chaperoned and organized walk/bike opportunities. Chaperoned Gathering Sites for Walk/Bike Day:

7:50 AM gathering at St. Paul's Church for 8:00 departure - walking 1 mile to Lane
7:50 AM gathering at Marshall's parking lot for 8:00 departure-1.5 bike ride to Lane
8:00 AM gathering at Middlesex Community College Overflow Parking Lot for 8:10 departure - .5 mile walk to Lane
8:45 AM gathering at Lutheran Church for 8:55 departure - .33 mile walk to Davis

If you have any questions, or would like to volunteer, please contact Carla Baer at saferoutes@bedfordma.gov.

Support Your Schools

Bedford Chairs – Now Available: Show your pride for BEDFORD! Support BEST/PTO! Buy your BEDFORD CHAIR! Collapsible chair with carrying bag – only \$25! Limited quantity available! Contact Peter Ricci, BEST/PTO Vice President, Davis to purchase: bedfordriccis@verizon.net

Super Easy and FREE ways to earn BEST money that goes directly to our elementary schools.

Attention Target Card holders:

Target Credit Card gives back 1% to a local school. Just sign up!

1. Go to Target.com
2. Click on the words Red Card saves you %5 everyday
3. Scroll down a little and there is a box that says "Take Charge of Education" click on that and follow the directions.

You can put Bedford schools like Davis or Lane as recipients!!

Box Tops!

They can be found on several food products, just look for them (they are a little sneaky) they can be found often on the bottom or top, sometimes items have DOUBLE tops! Cut them out and send them to BEST via Kidmail. They earn 10 cents per top!

Green Tip for Spring

Now that spring is finally here why not get outside and have fun with your kids. Gardening is a great way to get outdoors and yet still accomplish learning - and it's great exercise too! Make sure to keep it fun, don't use chemicals and let them get dirty. Children who develop regard and concern for the natural world come to be good stewards of the land and its resources. Being responsible for tending a garden also fosters their sense of "nurturing" and helps them learn to care for other living things. Get gardening!

Community Corner:

Documentary "Race to Nowhere" - Monday May 2nd. The MSPA and BHSPA with a grant from First Parish Church are proud to bring to Bedford the documentary "Race To Nowhere" on Monday May 2 at JGMS starting promptly at 7:00 with a panel discussion led by Dr. LaCroix and Bedford Principals Jon Sills, Jayne Viladenis, Rob Ackerman and Phil Banios.

The documentary features stories of kids pushed to the brink, burned out educators and parents who are trying to do what's best for their child. Race To Nowhere points to the silent epidemic in our schools: commonplace cheating, disengaged students, stress-related illnesses, depression and young people arriving at college unprepared and unmotivated.

RSVP at MSPA2@hotmail.com in order to reserve your 2 complimentary tickets. Seating is limited and tickets will be dispersed on a first come basis. Mark your calendars for this important event. Visit <http://www.racetonowhere.com/home> to view trailers of the film.

MSPA, BHSPA and the Social Responsibility Committee of First Parish, Bedford.

PMC Bedford Kids Ride: Registration can be done online at: <http://kids.pmc.org/bedford/> for the 7th annual PMC Bedford Kids Ride to be held June 11th from 9am-1pm at John Glenn Middle School. We are once again looking forward to an incredible ride and really need your support!

Last year the Bedford ride raised over \$140,000 and we would love to do the same this year - we can only do this with everyone's participation. Once again, the PMC is continuing its Heavy Hitter program for kids who raise at least \$250. PMC Kids Heavy Hitters will be recognized with a special PMC Kids Heavy Hitter baseball hat and other items to distinguish their achievement. In addition, the PMC Bedford Ride will be having a special Heavy Hitters' raffle where we will be raffling off an iPad! We are encouraging all riders to take part in this challenge and become a Heavy Hitter. Last year our ride had 45 Heavy Hitters - let's see if we can double that!

For information or questions about the ride contact Amy Mason at a.mason10@verizon.net. We'd also like to remind the parents that in order to make this event a success we are in need of volunteers as well. Please visit the PMC Bedford web page to register as a volunteer or contact eva.naldini@gmail.com. Don't forget to look for us on Facebook as well. We look forward to seeing you at the ride!

PMC Bedford Kids Ride KIDS NIGHT OUT. This popular event will be held on May 21st from 5.30-8.30 pm at the Edge Sports Center. Come join in the fun with Sandy Morvillo, Peter Laskaris, Nancy Griffiths and Callahan Karate for crackabout, mat ball, dancing, obstacle courses, karate moves and more. Open to kids K through 5th grade. The cost is \$25 per child (siblings pay \$10) and includes pizza and Bedford Farms ice cream! All proceeds benefit the PMC Bedford Kids Ride in support of the Dana-Farber Cancer Institute. Space is limited. For reservations or information contact: bedfordpmckidsride@gmail.com

Middlesex Benefit Bike Challenge. Middlesex Community College's Bike Challenge 2011, a 10-mile or 40-mile bicycle ride, will be held at 9 a.m. (40-mile ride) and 10 a.m. (10-mile ride) Sunday, June 5, on the Bedford campus, 591 Springs Road. One in a series of special events celebrating MCC's 40th anniversary, the benefit bike ride supports the MCC Foundation.

Open to cyclists throughout the community, the 10-mile course will traverse a scenic route on and around MCC's 200-acre Bedford campus, while the 40-mile course will incorporate parts of Bedford, Billerica, Carlisle and Concord.

The Bike Challenge 2011 registration fee is \$50 for all riders ages 18 and up (fee includes T-shirt, water bottle and hot lunch). Cyclists who raise \$150 or more in pledges receive a FREE Bike Challenge 2011 jersey (\$75 value).

Same-day registration starts at 8 a.m., in the Bedford Campus Center. Races start promptly at 9 and 10 a.m., rain or shine.

To register or for more information, visit www.middlesex.mass.edu/events/bike_challenge or call 781-280-3785.

Enrollment Open for MCC Summer Camps. Middlesex Community College is now accepting enrollments for its 2011 Summer Camps. Designed to actively engage students ages 8 to 15 in an exciting learning environment, MCC's Summer Camps run July 11 through Aug. 19.

More than 30 one- and two- and three-week camps will be offered, exploring the fields of design, science, technology, fashion and the arts. Most camps run 8:30 a.m. to 4:30 p.m.

For more MCC Summer Camps information, visit our website: <http://www.middlesex.mass.edu/sucamps2011/> or call 978-656-3215. To register directly for MCC's Summer Camps, call 1-800-818-3434.

Sign Up For Bedford's SAFE HOMES. The Safe Homes program is a support network for Bedford parents with children in grades 6-12 who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings. Through Safe Homes, we are encouraging parents of Bedford middle school and high school students to make a pledge that they will provide a safe environment for youth when they have parties or gatherings in their homes - safe from alcohol, drugs, firearms and other hazardous items.

The names of those who make the pledge will be included in the Safe Homes Directory - including the grade level of their children, address and telephone number. The Directory is mailed only to those who have made the pledge. Last year, 260 families of students in grades 6-12 signed the pledge; and we hope to double that number this year. If you made the pledge last year, your name will remain in the directory, with an update to your childrens' grade levels, unless you request that it be removed. If you have not already done so, you are encouraged to join the Safe Homes Program and make it clear that you are committed to providing a safe environment for teen parties and gatherings.

This year we are trying to get the word out earlier. You can sign up online for Safe Homes by going to our website www.bedfordma.gov/youth go to the Prevention Services link and click on the box that says Sign Up Online. You can also download the Safe Homes flyer and pledge form and mail it to Bedford Youth & Family Services, Town Center, 12 Mudge Way, Bedford, MA 01730 Let's join together to keep all our youth healthy and safe.

For more information or questions about the Safe Homes Program please call Jessica Santos, Prevention Services Coordinator at 781-275-7727 ext. 262.

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 Youth & Family Services Spring newsletter is available on line at <http://www.bedfordma.gov/youth> or in hard copy at our Town Center offices.

Bedford SEPAC Board Meeting, Wed. May 4: Bedford SEPAC will hold its monthly board meeting on Wed. May 4 at the Bedford Free Public Library. The meeting will be held in the 3rd floor conference room from 7-9 PM. If you are interested in serving on the SEPAC board for the 2011-2012 school year, please come and find out more about our organization and what we do. For more information, contact Dana Fine at danafine@verizon.net.

Bedford SEPAC Board Elections, Thursday May 19 – Volunteers Needed! Bedford Special Education Parent Advisory Council (SEPAC) will be holding elections for executive board positions for the upcoming 2011-2012 school year. SEPAC needs parents of children in special education, on IEPs or 504 plans who are interested in being active members and can volunteer at least 2-4 hours each month on a regular basis. We are currently seeking volunteers to fill vacancies for publicity coordinator, treasurer and school liaisons beginning in June/July 2011 for the 2011-2012 academic year. If you have been thinking about getting involved with SEPAC, this is the time!

The elections will take place at Bamboo Restaurant, 213 Burlington Rd. in Bedford on Thursday May 19 at 6:30 PM to be immediately followed by our end-of-year social. All parents or guardians of children with special needs or learning challenges attending Bedford Public Schools and/or are residents of Bedford are invited to attend and participate. SEPAC can be a strong voice for children with special needs, but only with your help. For more information, contact Dana Fine at danafine@verizon.net.

Bedford SEPAC Invites You to Our End-of-Year Dinner Social, Thurs. May 19: *Save the date!* On Thursday May 19, Bedford SEPAC will hold its annual end-of-year dinner social at Bamboo Restaurant at 213 Burlington Road in Bedford at 6:30 PM. Election of new board members will be held first, to be immediately followed by the social. Parents of children with special needs or learning challenges as well as anyone with an interest in special education or helping to support Bedford SEPAC are welcome. Come and enjoy an evening of good food and good company in a casual setting close to home.

For more information or to RSVP, please contact Dana Fine at danafine@verizon.net and let her know how many in your party will attend.

Bedford SEPAC Parent Coffee at Whole Foods Café, Fri. May 27: Parents and guardians of children with learning challenges or special needs on IEPs or 504 plans are invited to attend a coffee on Friday May 27, sponsored by Bedford Special Education Parent Advisory Council (SEPAC). Parent coffees are a great way to connect with others who may be facing some of the same challenges that you are. Drop in any time between 8:30 and 10:30 AM and share concerns, information and support in a relaxed, informal setting. If you have concerns about a child who is struggling in school but not on an IEP or 504 plan, come and talk to us. SEPAC generally holds parent coffees the fourth Friday of every month at Whole Foods Café, 170 Great Road, Bedford. Questions? Contact Irene Gravina at igravina@yahoo.com or (781) 275-6535.

2010-2011 BEST/PTO Officers

President: Lyn Kapilian

lynkapilian@comcast.net

Vice President (Davis): Peter Ricci

bedfordriccis@verizon.net

Vice President (Lane): Kristin Ferrari

kferrari@comcast.net

Secretary: Caroline Fedele

Caroline.fedele@comcast.net

Treasurer: Diane Bernstein

dsm.bernstein@verizon.net

BEST Committee Chair Open Positions

- Transportation Safety Committee