



BEST/PTO NEWSLETTER

Bedford Elementary Schools Together/Parent Teacher Organization
Providing a Forum for Communication, Enrichment, and Support
November 2009

Letter from the President:

As the Genevieve fall fundraiser draws to a close, I am reminded that we are well on our way to meeting our 2009/2010 budget for BEST. That being said, however, we still have a lot to accomplish in order to meet our goals and fund the wonderful enrichment programs offered to the students at the Davis and Lane schools.

BEST is committed to raising money for this program, but we need the community to help us meet this challenge. As you will see in the directory, coming out soon, we have advertising from local businesses which helps to defray the cost of printing. Be sure to check out the ads on the last page. We will also be sending out our fall campaign letter, remember to ask your company if they match your donations as we are 501c3 non-profit organization. We will also be launching the Spiritwear fundraiser in November! Check out the new logo! A great idea for the perfect holiday gift. Be sure to watch for more details in kidmail.

There are a lot of opportunities to get involved and make a difference. Many of those ways I mentioned in last month's newsletter. As always your time also makes a difference with the programs that BEST offers. We are fortunate to have Laurie Sukoff who is organizing the greeters at Davis. I urge anyone that has 20 minutes to give in the morning to volunteer to contact her and be part of keeping this program available.

BEST also recognizes that in addition to giving time and money it is important for families to come together and participate in an activity that is fun for the whole family and is offered free of charge. The BEST special events committee has arranged a family movie night on Friday, November 20 at the JGMS. Come enjoy the movie UP and connect with family and friends!

Lyn Kapilian
BEST President

Support Your Schools

“Thanks to your financial support of our fundraising programs, BEST PTO was able to fund the Bee program for second graders and the Plimoth Plantation visitors for third graders.”

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! Our next deadline is February 2010 - so please keep clipping. Some new places to find Box Tops are on Avery notebooks and folders. Keep sending in your clippings via Kid Mail. We have set the goal for \$2000 this school year. Keep clipping!



BEST Shopping Night: BEST Holiday Shopping Night to be held at John Glen Middle School on December 3rd from 6:30-9:30. Some Vendors that will be there include: Ella Belle Creations, Stella & Dot, Excited to Learn, Denault Studios, Homemade jewelry, Tupperware, Silpada, Trisybear, Tastefully Simple, ALSO BRING YOUR GOLD and SWAP for MONEY \$\$\$\$\$. There will be a table there with a representative to do this for you. A perfect way to make some money and then go shopping! Snacks and Beverages will be served. Please contact Kristin Ferrari at kferrari@comcast.net with any questions. Please forward along my information if you know of someone who would be interested in being a vendor at this event. HAPPY SHOPPING!

BEST Family Movie Night: Join us on Friday, November 20th for a Family Movie Night at the JGMS Auditorium. The evening's feature presentation will be Disney Pixar's Up, an animated family comedy about a 78-year-old balloon salesman who takes the adventure of a lifetime with a young wilderness explorer. This movie is rated PG.

The movie begins at 7 pm and is a free event for Davis and Lane students and their families. Popcorn and beverage will be served. We hope you can make it! (Please note that the movie is subject to change. Parents will be notified prior to the event.)

UNICEF donations from Halloween? Remember to return your UNICEF donations to Davis School ... or take them to coinstar at Stop & Shop Bedford.

Every penny counts towards helping children. \$45.00 can provide school supplies for 20 children \$200.00 immunizes 104 children against measles. Remember no matter how insignificant what you do may seem, every little bit counts.

Community Corner:

Bedford SEPAC Parent Coffee, Friday Nov. 20, 8-10 AM, Whole Foods Café: Parents and guardians of children with special needs, come and share concerns, information and support in a relaxed, informal setting. Bedford Special Education Parents' Advisory Council (SEPAC) holds monthly parent coffees the fourth Friday of every month.

Questions? Contact Irene Gravina at (781) 275-6535. For info about Bedford SEPAC, go to <http://groups.yahoo.com/group/BedfordSEPAC> and sign up to receive notices of upcoming events.

SEPAC Book Raffle Winner Announced: Congratulations to Ellen Macklin, winner of the Bedford SEPAC book raffle! Ellen will receive of a brand new copy of, "Lost at School: Why Our Kids with

Behavioral Challenges are Falling Through the Cracks and How We Can Help Them". Thanks to Ellen and all of those who played and helped to support SEPAC.

Stories, Music & Dance Connect Us: Put on your dancing shoes and your listening ears! The Three Apples Storytelling Festival is proud to present Family Dance & Stories with renowned storyteller and musician Tim Van Egmond on Sunday, November 15 from 4-6pm at Old Town Hall, Bedford, MA. Admission is free. For more information, visit www.threeapples.org or call 781-287-0069.

TIM VAN EGMOND is a multi-talented storyteller, singer, musician and dance caller who transports people to the wellspring of wisdom, humor, inspiration and renewal found in the traditions of multicultural tales and folk music. His engaging warmth and dynamic performance will tickle your ribs, make your spine tingle, and warm your heart in an uplifting experience of enjoyment and enchantment.

Presented in association with the Bedford Center for the Arts and sponsored by the Massachusetts Cultural Council, the Bedford Cultural Council and Progress Software.

Family Dance & Stories with Tim Van Egmond is part of "Bedford Unplugged", an annual community initiative to encourage families to pull the plug on electronic distractions and disconnect from overly busy schedules and to connect with each other through activities with family and friends. The hope is for children and adults to remember to have a personal mix of connections with others while living in a fast-paced world with its own demands. For more information visit www.town.bedford.ma.us/youth/youthindex.html

"Tim is a triple treat. He can sing, he can play a variety of wonderful instruments, and he can tell whopping good tales!" - Jane Yolen, renowned author and storyteller

During November join Bedford Families Unplugged: 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.



Bedford Families Unplugged is an annual community initiative to encourage Bedford families and residents to pull the plug on electronic distractions and disconnect from overly busy schedules and to connect with each other through activities with family and friends. It is all too easy to forget having meals with others, making conversation, or bringing people together for fun, games, and relaxation. It is a reminder to take a break from the hectic times for a day or more! During the month of November watch for announcements about activities that do NOT require electricity and that emphasize person-to-person interaction and health.

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 4th, 2009. In addition, there will be no town-related meetings and virtually no community, school, or religious meetings held on that night.

Parents are encouraged to play their part on November 4th by being home for dinner, canceling/rescheduling any night meetings, and enjoying time with family or friends without attention to an outside schedule.

For more information about Bedford Families Unplugged please contact Bedford Youth & Family Services at 781-275-7727, stop in at our office at Town Center, or visit our website to view the 2009 calendar of events at <http://www.town.bedford.ma.us> and click on Youth & Family Services

Sponsored by the:

Bedford Selectmen

Bedford Public Schools

Bedford Community Partnership

Parenting Calendars Available: Bedford Youth and Family Services (BYFS) is pleased to announce the availability of their Celebrating Parenting Weekly Engagement Calendars at their offices at Bedford Town Center. Published every other year, the parenting calendar offers helpful suggestions and information to parents of children of all ages alongside a weekly appointment schedule. The calendars run from September 2009 through August of 2010.

Paid for largely by Town funds, the calendar has been subsidized in the past in part through grants from local organizations. This year's calendar was partially funded through the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic. The calendars are available on a first come, first serve basis while supplies last to Bedford residents, one per family.

A municipal department and a resource for the community, Bedford Youth and Family Services strives to identify and address the social, emotional, and developmental needs of the children, youth, adults, and families in Bedford through programs and services that support and nurture. Working in partnership with all citizens, community organizations, and other Town and School departments, Bedford Youth and Family Services works to foster a healthy community and enhance the quality of life in Bedford. The department offers supportive counseling, community education, resource and referral, and youth empowerment and support.

BYFS welcomes residents to drop by to pick up a calendar at the BYFS office space on the second floor of Town Center, 12 Mudge Way – the 'yellow building' behind Town Hall. The calendars will also be available at school open houses and upcoming parent education events. For more information please contact Sue Baldauf, Director, at 781-275-7727 or email at sueb@town.bedford.ma.us

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!

2009-2010 BEST/PTO Officers

President: Lyn Kapilian

lynkapilian@comcast.net

Vice President (Davis): Peter Ricci

bedfordriccis@verizon.net

Vice President (Lane): Susan Miele

susanmiele@gmail.com

Secretary: Kristin Ferrari

kferrari@comcast.net

Treasurer: Diane Bernstein

dgm.bernstein@verizon.net

BEST Committee Chair Open Positions

BEST Committee Chair Open Positions

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