



BEST/PTO NEWSLETTER

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

Letter from the President:

The recent snowfall and days without power ushered in a new month. As we look back, we finalized our fall fundraiser. Fortunately, BEST was able to meet its target for this program! Thank you to the Davis and Lane communities for helping us to achieve our goal.

It is never too late in the year to participate in the BEST / PTO. There are still open positions; enrichment coordinator for Davis; green committee; events planning and grant writing. Again, no commitment is too small. It is a wonderful way to be part of your child's early school year experiences.

Now that the holiday season is approaching, don't forget to use the Amazon link when making purchases. Remember to pass it on to family and friends as well for their holiday shopping. BEST receives a percentage of marketing dollars for each purchase. <http://www.amazon.com/gp/aw/h.html>

Save the date...the Circus is coming March 24, 2012!!!

Lyn Kapilian
President BEST/PTO

In the Schools

Davis Hospitality Committee: The Davis Hospitality Committee is proud to announce the date for our first event for the 2011-2012 school year. We will be hosting a traditional luncheon in the Davis cafeteria on Wednesday, November 2 for the teachers and support staff. If you would like to cook, bake, or shop for this luncheon, please contact Audrey Gould at audreygould@yahoo.com or Dawn Kociubes at dawn.kociubes@gmail.com. We will need a variety of trays of sandwiches (12 regular or 24 finger size), appetizers, chips, beverages, condiments, fresh fruit, and a selection of dessert trays. Another opportunity for volunteering on this day will be to staff Bus Duty in the gymnasium of the Davis School from 1:40 to 2:30 PM. Help with set-up and clean up will also be greatly appreciated. The three other dates for Davis Hospitality events will be December 14 (dessert/tea social), February 1 (teacher's favorite- winter soup warmer), and May 30 (ice cream social).

National Safe Routes to School: Bedford is a partner in the National Safe Routes to School movement. The central mission of this program is improving children's safety while walking and bicycling. And the benefits of this program stretch beyond health, safety, community building and improving school readiness. The program also provides assistance with building pedestrian and bicycle-friendly infrastructure, as well as bicycle and pedestrian safety training. If you are interested in volunteering for, or learning more about, the Bedford SRTS program, please contact Carla Baer at saferroutes@bedfordma.gov or look us up on the Town Website under Community: Bedford in Motion.

Support Your Schools

Meadow Farms Fundraiser: Thank you to everyone who participated in our Fall Fundraiser with Meadow Farms. The sale totals were great, but it's not over yet! Online sales will be open through December. If you did not already create an online account, you can go to MeadowFarms.com and use the Username: 3200396 and Password: 4X9KP63 to create an account, so that BEST will receive credit and profits for any purchases that you or friends make in the next two months. Those Restaurant.com gift cards (Item #501) are a great deal - \$20 for a \$50 value card - what a great gift idea! Please note that the delivery option for purchases is now "Ship to Home," as our regular sale has ended.

DELIVERY INFORMATION

Fundraiser orders that were submitted to the schools (and online before Sept. 30 with "Ship to School" option) will be delivered to the schools on **Tuesday, November 8. If you ordered FROZEN FOOD, you must pick up your order during the afternoon of November 8. Items are perishable and we cannot guarantee quality if they are not picked up and frozen or refrigerated within a reasonable amount of time.**

Order pick ups at Lane School can begin at 2:00 PM in the cafeteria. Order pick ups at Davis School can begin at 3:00 PM in the back portion of the gym. You may pick up your order anytime until 8 PM on Tuesday, November 8th, **but if you have frozen food, please pick it up within 4 hours of the start time.** Orders from METCO students will be sent home on the bus with the students on Tuesday afternoon. We appreciate your cooperation in picking up your orders on this date - feel free to arrange for a friend to grab your order while getting their own, if that works better for you. Everyone who picks up orders will sign a pick up receipt to indicate which orders they took. Orders that are not picked up on November 8th will remain at the schools for pickup on Wednesday.

Thank you! Julie Phylis, Davis Fundraiser Coordinator, japhylis@verizon.net and Becky Ricci, Lane Fundraiser Coordinator, bedfordriccis@verizon.net

Box Tops: Thank you to everyone who brought in Box Tops for the month of September! We collected nearly 13,000 Box Tops. That's \$1300 in one month! We cannot thank you enough for your support and look forward to counting our next batch. It took our crew nearly 30 hours to trim the Box Tops that were sent in, so we kindly ask that the Box Tops coupons be cut along the dotted lines as to save our weary hands and assure that the trophy gets awarded in a timely manner.

The first winners of the Box Tops trophy were Mrs. Jones' class (529 Box Tops) at Davis and Ms. Salvucci's class (729 Box Tops) at Lane! Congratulations! Current standings for all classes can be found in the Box Tops showcase near the cafeteria at Davis or in the lobby at Lane. The classroom that collects the most Box Tops for the year will win a pizza-recess (a pizza party and an extra recess)! The next collection date is Friday, Nov. 18. Please have your child leave the Box Tops in their baggies to put in the classroom collection jar, rather than emptying their bag out.

At this time of year, especially with Cyber Monday quickly approaching, we want to make everyone aware of how you can do your online holiday shopping and earn e Box Tops. You can 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:

Register at btf.com by clicking "Join Box Tops" in the top right corner.

After you are logged in, click "Earn" at the top of the screen and then "Shop Marketplace."

Click the store you want and you'll be directed to their website. Now do your shopping as you typically would and the e Box Tops will automatically be sent to the school you're supporting!

Happy Holiday shopping and as always, thank you for supporting BEST! Any questions, please contact Meg McAllister (mwmcallister@yahoo.com) or Jenn Goldman (jenn96@gmail.com).

Community Corner:

Parent Networking prior to SEPAC Board Meeting November 2nd: Bedford SEPAC will now have on the first Wednesday night of every month an hour of parent networking from 7-8 pm in the Whole Foods Meeting Room. The SEPAC Board meeting will occur immediately afterward at 8-9pm. This gives parents who cannot attend the third Friday morning coffees a chance to meet board members and each other, ask questions, express concerns, ask about speakers, indicate topics of interest etc. Since the entire board will be present for a board meeting to be held from 8-9 pm, you will have a chance to meet the board and ask questions. If you are interested in seeing how we plan for the coming year, please attend the board meeting as well. All of our board meetings are public meetings. Contact [Dana Fine](#) to volunteer for any committees or to become Lane School Liaison

Beyond Autism Round Table 7:00-9:00 pm November 29th: Majoring in Autism: Beyond Autism 101 - What do you do after your child has received a diagnosis of autism? Join our roundtable of parents, experts, and advocates to learn about what's next and the educational, medical and legal resources available for school-aged children with autism on Tuesday, November 29 at 7pm in the Meeting Room of the Bedford Free Public Library. For more details, email BedfordLibrary@gmail.com.

SEPAC Parent Coffee: On Friday November 18, Bedford SEPAC will hold its monthly Parent Coffee at Whole Foods from 8:30am – 10:30am. Please come and network, chat and discuss our children with learning challenges. Parent coffees are held the third Friday morning of every month. SEPAC board members will be present to facilitate. For more information, please contact Dana Fine, danafine2000@gmail.com.

Try Hockey For Free! – Saturday, November 5th: The Massachusetts and New England (CT, ME, NH, RI, VT) Districts have joined with OneGoal, USA Hockey and the Boston Bruins to create an opportunity on Saturday, November 5, 2011 for families to come to a local rink and Try Hockey For Free! This free trial has been created specifically for children 8 years old and under who are interested in trying hockey for the first time. Lexington Bedford Youth Hockey (LBYH) will host this event at Hayden Ice Rink from 12:00 to 12:50 p.m. We will run the children through a series of fun drills, play some games with chances to win goodie bags and have some pizza. Hockey jerseys will be given away to the first 40 children who pre-register for the event at www.TryHockeyForFree.com.

For those who don't have equipment, participants only need to bring the following:

- Helmet
- A pair of gloves (they don't need to be hockey gloves - mittens are fine)
- A parent (to complete the registration form)
- Skates
- A smile

Limited quantities of some types of equipment will be available for use at the rink.

Who: Any interested 8 year or younger boy or girl
When: Saturday November 5, 2011
Time: 12:00 – 12:50p.m.
Where: Hayden Ice Rink, 24 Lincoln Street, Lexington MA

We hope you can make it. If you have any questions, you can contact Joe Palomba at jcpalomba@gmail.com

The Fuel Assistance Program: 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	\$31,218
2	\$40,824
3	\$50,429
4	\$60,035
5	\$69,641
6	\$79,246

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!

Bedford Named One of the Nation's 100 Best Communities for Young People by America's Promise Alliance and ING Competition Recognizes Community's Efforts to Reduce High School Dropout Rates

Bedford achieved national recognition as one of America's Promise Alliance's 100 Best Communities for Young People presented by ING for its initiatives to help young people. The competition recognizes communities across the country that focus on reducing high school dropout rates and providing service and support to their youth.

Bedford, a fourth-time 100 Best Communities for Young People winner, boasts a near perfect graduation rate and offers its young people a wealth of resources to aid in their positive development, including the Youth Policy Task Force. The task force is a collaboration among Bedford's municipal officials representing the 5 promises – Board of Health (health), School Committee (education), Police (safe places), Recreation (opportunity to serve), and Youth and Family Services (caring relationships). The Youth Task Force has worked to ensure area middle school-aged youth have a safe space to gather during non-school hours. The task force received grant funding for a Fridays Free program, which paid for monthly middle school social and recreational events like dances and sports and led to Selectmen supports of an after-school supervised drop-in center. Another resource for middle school students in Bedford is the Bedford Youth and Family Services' Peer Mentor Program. The mentor program allows high school students to mentor middle school students while providing guidance and also learning the value of giving back. The community also shows its young people the value of public service through volunteering at events such as the American Cancer Society's Relay for Life and Pan Mass Challenge Kids Ride.

"We are proud of Bedford for being named one of the America's Promise Alliance's 100 Best," said Town Manager Richard Reed. "This award recognizes the hard work of many community members that have dedicated their time to making a difference in the lives of our young people."

"In a nation where 7,000 students drop out of high school every day, we hope Bedford's initiatives inspire other communities across the nation to take action to solve the challenges facing their young people," said Marguerite W. Kondracke, America's Promise Alliance president and CEO. "Bedford is especially deserving of this recognition due to their efforts to ensure that their young people graduate high school and go on to lead healthy, productive lives. Bedford refuses to let the challenges they face determine the future for their young people. Instead, they are helping their youth prosper and become contributing members of society."

Come to Fall Town Meeting Monday, November 7, 2011 to celebrate with us and see the award presentation at the beginning!

Bedford Families Unplugged: Get ready to "Unplug!" Bedford Families Unplugged is a month long awareness campaign to remind Bedford families



and residents to “unplug their electronics” and “plug into” each other. Based on a program begun in Needham, Massachusetts seven years ago, and adopted in Bedford six years ago, the Unplugged program has expanded to the towns of Belmont, Newton, Northboro, and Falmouth, to name a few. Unplugged is a reminder that there is more to life than what is on the other side of a plug.

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.

During the month of November watch for a calendar of activities families can use to reconnect with 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 9, 2011. In addition, there will be no town-related meetings and virtually no community, school, or religious meetings held on that night.

Parents can play their part on November 9th by getting home for dinner, canceling/rescheduling any night meetings, and thinking about making this night a special time for the entire family without attention to an outside schedule.

Sponsored by the Bedford Selectmen, Bedford Public Schools, and Bedford Community Partnership, please contact Bedford Youth & Family Services at 781-275-7727 for more information about Bedford Families Unplugged, stop in at their office at the Town Center, or visit their website to view the 2011 calendar of events at <http://www.bedfordma.gov/youth>

Upcoming programs for Adults at Bedford Recreation Department:

A variety of adult classes are starting up in the next few weeks. Below are some of the classes available. The Recreation Department Fall 2011 brochure is available on-line at bedfordrecreation.org. Registration is available on-line, in person, by mail or by fax. The phone number is 781-275-1392. The department is located at 12 Mudge Way.

INTRODUCTION TO CREATIVE WRITING: instructor Mindy Pollack-Fusi

Co-sponsored by Bedford Center for the Arts

Are you harboring a story about your life that you wish you could place on paper for others to read? Have you been wanting to try your hand at fiction but always put it off? Local writer Mindy will guide you through a simple process of taking your thoughts out of your mind and bringing them alive on paper. You will learn techniques such as showing versus telling, use of the five senses, and adding tension to your writing. Share your work with the class, or not—your choice. This course is geared toward the “beginner” writer who wants to get started in a comfortable safe environment. Mindy is owner of The Place for Words & Workshops and also a freelance writer who publishes in The Boston Globe and the Boston Globe Magazine. She has been published in Chicken Soup for the Soul books and has completed a memoir and a novel. See some of her work at www.theplaceforwords.com Mon. 7:00-9:00pm, 11/7-12/12, Fee: \$115

TEACH WHAT YOU LOVE: A workshop on How to Teach, Instructor Pata Suyemoto

This is a three session workshop about a teaching and pedagogy for anyone who wants to teach something to another person or group. It is great for parents, homeschoolers or community education teachers who may not have a formal teaching background. The workshop will cover choosing and organizing material, creating a syllabus or course of study, structuring lessons, creating assignments and

assessing learners. This is a hands-on workshop so bring your ideas for topics. Mon. 6:00-9:00pm, 11/7 – 11/21, Fee: \$75

MAKE SOMETHING SPECIAL: instructor Melissa Skorupka

Whether you make something for yourself or need gifts for many people this holiday season, the bulk of your list can be covered with any of these special workshops. These workshops are designed to teach you a new skill. All of the materials you need are provided and it's a fun evening out for you...and some friends, new or old.

Luxury Moisturizers: In this workshop you will see how simple, easy and cost effective it is to create your own superior rich products. You will learn how to make lotions, creams, lip balms and cuticle balms. Material price, payable at class:

\$2.25 per 8 oz container. Thurs. Nov. 3, 6:30-9:30pm, age 16+, Fee: \$30

Just Necklaces (or Bracelets): Learn how to assemble a beaded necklace (or bracelet) using fine steel cable and crimp beads. You will leave with at least 2 bracelets or 1 necklace made from glass beads or cultured freshwater pearls. Additional materials may be purchased from the instructor to make at home (\$6 for glass beads, \$20 for freshwater pearls).

Mon. Nov. 7, 7:00-9:00pm, age 16+, age 13-15 w/ an adult. Fee: \$40

Just Earrings: You will learn techniques to make drop, dangle, and chandelier earrings using glass beads, Swarovski crystals, and cultured freshwater pearls. You will also learn how to make beaded hoops and cable hoops. You will leave class with at least 5 pairs of earrings. Additional materials may be purchased from the instructor to make kits at home. Thurs. Dec 1, 6:30-9:30pm Age 16+, age 13-15 w/ an adult. Fee: \$60

Pedicure Kits: Who doesn't love a little pampering? In this workshop you will learn to make a scented sea salt soak and extra rich foot cream. Pumice stones, containers, bags and materials will be avail. to make as many kits as you need. Material price, payable at class, \$3.50/kit.

Mon. Dec. 12, 7:00-9:30pm, age 16+, Fee: \$25

Homes for the Holidays

On Sunday, December 4th, from 1pm – 4pm, The Bedford Chamber of Commerce and The Higgins Group Realtors invite you to take a tour of six Bedford homes as part of the 2011 Higgins Holiday House Tour. The event is an opportunity to enjoy a great afternoon out with friends enjoying decorated homes, getting in the holiday spirit, and enjoying a coffee and dessert reception. A portion of the proceeds from the event will go to the Charles Hume Scholarship that is presented annually to a Bedford High Senior.

How to get tickets

Tickets for the tour are available online through the Bedford Chamber of Commerce at www.bedfordchamber.org, and at The Higgins Group office in Bedford on The Great Road (right next to the fire station) and at New England Nurseries and Great Road Gallery (by D'Angelos).

Ticket prices - \$20 for Adults, \$15 for Seniors 65 and over, \$10 per child (8-12 years and must be supervised by an adult). **For a special group discount for a mom's afternoon out (buy 5 tickets get one free) contact Jennifer Buckley at jbuckley@higginsre.com or (617) 519-7751.**

On the day of the event, tickets are \$5 more per person.

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