



# BEST/PTO NEWSLETTER

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

## Letter from the President:

It never ceases to amaze me all paperwork sent home from school that accumulates on my kitchen counter. In order to help cut down all the paper used, we are now posting notices on the BEST Facebook page and sending out notices via the BEST email distribution list. If for some reason you need a paper copy please let me know.

Despite the efforts BEST makes to try to time the information and requests we send out; there always seems to be overlap with the various other fundraisers and information disseminated.

Recently, families received the Meadow Farms Fundraising package. Commonly known as the "fall wrapping paper" campaign. I think it is important understand how this fundraiser fits in to the programs BEST offers. A large part of the BEST budget is for enrichment. What is enrichment you ask.... it could be a field trip to a farm, an author that comes to read to students, a Techsploration science program. In other words, anything that relates and enhances the educational experience of the students at the Davis and Lane Schools is what the BEST budget will support. There are grade coordinators at the each school that select these programs to coincide with the curriculum being studied by the students.

The grade coordinators at each school are given a budget. The past two years the budget has been \$9,000 at each school. This may sound like a lot of money, but to put it in to perspective, a great science program for 4th grade costs on average of \$3,000. The goal is to spread the funding evenly among all the grades.

Typically, the fall fundraiser has netted around \$15,000. My point, this is an important time of year for BEST in ensuring we can meet the needs and goals. We appreciate everyone's support in making these programs happen for the children of the Davis and Lane Schools.

Lyn Kapilian, President  
BEST/PTO

## In the Schools

### **ATTENTION Davis Library Volunteers**

Please sign up for one of two training sessions for new library volunteers. Returning volunteers are welcome to attend as well if you'd like to brush up on the new computer system. The training should take no more than one hour but probably less. Please choose one session below and RSVP with your selection to Brenda Kenahan [mbedfordbrenda@gmail.com](mailto:mbedfordbrenda@gmail.com).

Tuesday, October 11th 6:30 - 7:30 PM  
or  
Friday, October 14th 10:00 - 11:00 AM

If you are interested in becoming a library volunteer, please email Brenda.

## **WORLD LANGUAGE PROGRAM LOOKING for VOLUNTEER INSTRUCTORS**

The World Language Program will run a fall session beginning soon. So far this session, language offerings include Armenian, Farsi (Persian), German, Japanese and Spanish. Maybe you would enjoy the opportunity to share some of your foreign language talents and teach a small group of students? Several past offerings that have been very popular include Chinese, French, Italian, and Sign Language. Please consider being a volunteer instructor for BEST's WLP. The commitment includes before school instruction (8:15-9:00 am), once per week for a 6-week program. The WLP applications will be going home with 1st and 2nd graders within the week, so please e-mail or call Paula Driscoll, World Language Coordinator so your language class can be added to our schedule. driscoll.paula@verizon.net, 781.275.1028

### **Davis Hospitality Committee.**

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](mailto:audreygould@yahoo.com) or Dawn Kociubes at [dawn.kociubes@gmail.com](mailto: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).

### **Sibling Photo Day**

Sibling Photo Day will be Saturday, October 15 at Lane School. Pictures will be taken outside, weather permitting, from 9am-12pm. To reserve a time slot, contact Becky Ricci at [mailto:mbefordriccis@verizon.net](mailto:mailto:mbefordriccis@verizon.net) or 781-275-7635. An information notice about this will be coming home soon via KidMail. Orders and payments SHOULD NOT be turned in to your child's school. Payment envelopes will be available at Sibling Photo Day.

**Lane School Parents** – please note that Sibling Photo Day is BEFORE the student photo day at Lane School this year (Tuesday, October 18), so please read the notices from Hayward Photography carefully to eliminate any confusion.

## **Support Your Schools**

**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! We earn 10 cents per top**

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.

## **Community Corner:**

**Parental Expectations Your 3 to 6 Year Old in their Identity & Power Stage.** Kathy Bowen, B.E., CPC (sponsored by Bedford Family and Youth Services)

Helping your child establish an individual identity and figure out their role in relationships with others is the major focus of this important developmental stage. This course will review the developmental expectations of the child, assist with helpful and unhelpful parenting behaviors to interact with this child as well as skills for supporting your personal growing up.

Date: Thursday, October 20, 2011

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

Place: Flint Room, Bedford Town Center Building

RSVP REQUIRED: <mailto:mParentEd@BFCToday.com>

## **Space Night for Girls! (Grades 2 – 8)** - Thursday, October 27, 2011, at MIT Lincoln Laboratory

The Society of Women Engineers (SWE) Boston section is partnering with the Amateur Telescope Makers of Boston (ATMOB) and MIT Lincoln Laboratory for a Space Night!

Girls in grades 2 through 8 are invited to participate in various hands-on workshops bringing out the excitement of space exploration and the AMTOB will set up their telescopes for observation of the dynamic night sky! \$5 registration fee includes snack and workshop supplies. Visit <http://sweboston.org/SpaceNight.html> for more details and registration. If you have any questions regarding the event, please contact <mailto:mwespacenight@sweboston.org>

**Bedford Youth & Family Services Fall 2011 newsletter** is available on line at <http://www.bedfordma.gov/youth> or in hard copy at our Town Center offices.

### **APPLAUDD: A Prevention Program Learning About Underage Drinking & Drugs**

Speaker: Marilyn Belmonte

When: Wednesdays, October 5, 12, 19 and 26, 2011

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

Location: Bedford Town Hall Auditorium

Target Audience: Parents of youth in grades 5 to 12

Please contact Bedford Youth & Family Services with questions: **781/275-7727**

This four-session parent workshop is offered FREE of charge to Bedford parents SAMHSA evaluation process. Boston University's Center for Addiction Research and Services will analyze evaluation responses from parents participating in all four sessions of this APPLAUDD PROGRAM. Incentives have been built into the program for up to 200 parents of children in grades 5 to 12 who attend all four sessions and complete the series of three surveys. Those parents will receive a \$20 gift card. All sessions include some small group discussion on assigned topics.

APPLAUDD 1 - POWER OF PARENTING, WEDNESDAY, OCTOBER 5, 2011

Session 1 begins with an introduction to the power of parenting on substance abuse.

APPLAUDD 2 - PRESCRIPTION DRUGS, WEDNESDAY, OCTOBER 12, 2011

Session 2 discusses the newer trend of abusing prescription drugs and over-the-counter medications.

APPLAUDD 3 - UNDERSTANDING MARIJUANA, WEDNESDAY, OCTOBER 19, 2011

Session 3 focuses on the huge task of understanding marijuana. Although most people think they know this drug, the science and facts are clouded in politics.

APPLAUDD 4 - UNDERAGE DRINKING, WEDNESDAY, OCTOBER 26, 2011

Session 4 covers the affects of underage drinking on adolescent brain development, the myth of teaching children to drink responsibly and social host liability. includes the "What Now?" Action Plan for continued education, resources and implementation of strategies.

### **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.

### **Bedford SEPAC October Events**

#### **October 5 - Parent Networking prior to SEPAC Board Meeting**

On the first Wednesday night of every month, Bedford SEPAC holds an hour of parent networking from 7-8 pm in the Whole Foods Meeting Room (access to meeting room is near the flower display). The entire SEPAC board will be present for its meeting to be held from 8-9 pm. 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. 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.

### **October 21 - Parent Coffee**

On Friday October 21, 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.

### **Oct 13 - Basic Rights Presentation at Minuteman High School**

On Thursday October 13, 7-9 pm, the Lexington/Winchester/Minuteman/Bedford SEPACs will hold a free presentation on basic rights in special education at the Minuteman High School, 758 Marrett Rd. in Lexington. The Federation for Children with Special Needs will be presenting. The workshop is designed to help parents understand their children's eligibility for, planning of, and progress in special education. Please register in advance by calling the Federation at 617-236-7210 or click on <http://fcsn.org/pti/workshops/home.php>.

### **Oct 13 - College Planning for Students with Learning Challenges Panel**

On Thursday October 13, at Bedford High School in the Large Instruction Room, The Bedford SEPAC and the Bedford High School Guidance Chair Diane Ryan will hold an information session on planning for and determining the best colleges for our students. There will be representatives from various colleges to discuss their schools, their services and how to succeed at college. Free and open to all. More information to come shortly!!!

Remember November is Unplugged Month!

And November 9<sup>th</sup> is Unplugged Day!

### **Bedford Recreation Department: Upcoming family oriented programs.**

Please check out our website for more information [www.bedfordrecreation.org](http://www.bedfordrecreation.org)

#### **TEACH WHAT YOU LOVE: A workshop on How to Teach w/ 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, 3wks Fee: \$75

#### **PARENTING POINTS TO PONDER: A FAMILY LIFE EDUCATION SERIES w/ Mara Briere, MA CFLE**

[www.pointstponder.net](http://www.pointstponder.net)

*Families in Transition:* This course is a road map through the tumultuous paths of family changes through separation, divorce, and after. The do's and don'ts and the impact of these transitions on children are explored. Strategies for parenting, problem solving, and communicating more effectively are offered.

Wed. 7:00-9:00pm (10/5-10/26) Fee: \$92

*Taking Care Of The Caregiver:* Taking care of a child with special needs can be exhausting. Somewhere in the process, it is easy to lose touch with ourselves. This is an evening devoted to you, the caretaker. Learn some strategies for increasing the odds that you can take better care of yourself and therefore, your child. Thurs. October 6, 7:00-9:00pm Fee: \$25

*Turning Down The Invitation To Fight With Your Children!* Tired of getting hooked into fighting with your children? Do you find yourself wishing you had more effective ways of speaking so that you wouldn't end up fighting? In addition to exploring "fighting words" and "thinking words," you will learn how to

use enforceable statements, neutralize arguing and increase your chances to stay cool in hot situations! Mon. Oct. 17, 7:00-9:00pm Fee: \$25

*Consequences: How To Design And Deliver Them.* We are told to match the consequences with the behavior. How do we do this? Invest in an evening to examine how to design and deliver consequences that increase the odds that your children will learn and you will both feel pretty good about it all! Mon. Oct. 24, 7:00-9:00pm Fee: \$25

### **PREPARING YOUR ESTATE PLAN**

Complimentary workshop w/ Barb Davis, Financial Advisor and David Cormier, Bedford Estate Attorney Do you know where your assets will go when you die? If not, this seminar will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. Sponsored by Edward Jones Investments Tues. 10/18, 7:00-8:00pm, Class held in The Town Center Bldg, Rm 144.

\$10 Rec. Dept' adm. fee per family

### **Farmers' Market Still Going Strong During the Fall**

The days are getting cooler—and shorter!—but the harvest's abundance of fresh and locally-grown fruits and vegetables is still available every Monday now through October 17th, our last market day at the Bedford Farmers' Market.

**Annual Pie Contest October 10.** Bakers, it is time to preheat your ovens for the annual pie contest, held on October 10th. There are two pie categories (apple and sweet vegetable) and two age groups (adult and youth). The competition is fierce and fun, and the judges—like the produce—are fresh and local, too! Stop by the Manager's Table for a copy of the contest rules and a registration form. Or, you can also find them on the Market's website: <http://www.bedfordmarket.org>

**Annual Food Pantry Collection October 10.** Our annual drive for the Bedford Food Pantry will also be held on Columbus Day. Please bring healthy, nonperishable, non-breakable food items (not less than six months from the expiration date) to the Manager's Tent on Columbus Day. Unopened toiletries and cash donations are also gratefully accepted!

Remember: The Market accepts SNAP/food stamps. Come to the manager's tent for details or to conduct EBT transactions. This program has been made possible, in part, by a grant from First Church of Christ Congregational for which we are extremely grateful.

The Bedford Farmers' Market is located at Depot Park at the intersection of South Road, Loomis Street, and Railroad Ave. Depot Park is the terminus of the Minuteman Bike Path and is accessible by the #62 MBTA bus (Loomis St. at South Rd. stop).

### **2010-2011 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