



# **BEDFORD HIGH SCHOOL PRINCIPAL'S NEWSLETTER APRIL 27, 2016**

## **PRINCIPAL'S MESSAGE**

### **Course Selection Process**

At this point you should have viewed your child's requested courses for next year. Please contact your child's guidance counselor if you have not viewed your child's requested courses or if you have any questions. Your input is important in this process as we strive to find both a balanced and rigorous course load. Please note that directed study should be selected only if a student needs support during the school day. Students should not choose directed study as a stress reduction measure. Rather we have an array of electives that can be a great alternative for students who are looking to reduce stress.

### **BHS Chapter of the NHS Second Annual College Panel**

BHS' chapter of the NHS is planning our second annual college panel. It will be on April 28th, a Thursday, at 6:30-8:30 P.M. In the auditorium. I was wondering if you could post some information about this event in student news, or if a newsletter could be sent out to the people who live in Bedford, on Hanscom, and in Boston.

### **2016 Graduation**

Please join us at the BHS graduation 6:15pm on June 2<sup>nd</sup> at Tsongas Arena, 300 Martin Luther King Jr. Way, Lowell, MA 01852. There is a parking garage adjacent to the arena for a \$10.00 fee. All 2016 graduating students must arrive by 5:30pm.



### **Legos & K'Ne'x Needed!**

Do you have Legos or K'Ne'x at your home that your children no longer use? JGMS is collecting gently used pieces for the students to use in a new Makerspace. If you have any that you are willing to donate, please bring them to the JGMS Library. Thank you!

Please join us at the next Principal's Roundtable on  
April 29, 2016 at 8am here at Bedford High School

## MATH MCAS

10th graders will be taking the math MCAS test on May 17 & 18. It is important that students get sufficient sleep and eat a healthy breakfast on testing days. Please make every effort to not schedule appointments and family vacations on these dates. Since this assessment is used to determine competency toward a high school diploma, the DESE does not allow students to make up the test or part of the test without a doctor's note. Technology is NOT allowed at any time during the testing times. Using technology can result in test results being invalidated. Please encourage your student to leave technology at home those days. In addition, please refrain from calling or texting your student. If there is an urgent message, please call the main office.

## HEALTHY AND UNHEALTHY RELATIONSHIPS WORKSHOP 4/28/16

On Thursday, April 28, 2016, in the BHS Large Group Instruction room from 6:30-7:30 pm, there will be a workshop on Healthy and Unhealthy Relationships, featuring subject matter experts Julie Youdovin, Outreach and Program Coordinator of Journey to Safety, and Dawn Shewmaker, Family Advocacy Program Assistant, Interim Prevention Specialist.

About this workshop:

Teen dating abuse is an issue that crosses all socioeconomic, cultural, and demographic lines. One in three teens in the US is a victim of physical, emotional, or verbal abuse from a dating partner. This workshop aims to generate community-wide awareness to empower adults to prevent dating abuse, recognize the warning signs of abuse, know how to respond, and to promote healthy and respectful behavior in dating relationships.

## ROTC

On May 4, 2016, the US Army Challenge will be at Bedford High School. This event challenges students to complete different obstacles. Students will find themselves relying upon their strength in science, technology, engineering, and math to complete said events. Along the way, the students who succeed will have demonstrated sound STEM and leadership abilities. Some comments from one of the US Army Challenge administrators:

"Strategy Tower" and "Air Lift" obstacles both incorporate strategy, mental agility, and critical thinking. In order to accomplish these tasks quickly and successfully, students must be innovative and able to think on their feet. Please see the attached Activities PDF for reference.

In addition to the two activities mentioned above, students will have an opportunity to interact with our "Strength Match" application. This custom iPad app shows how students' STEM and leadership attributes match up to the strengths of a U.S. Army Soldier. Once students have ranked themselves, their strengths are matched to available careers in the Army—jobs often involving high technologies. Each student will receive their top three matches, and can then share their results via email, text, or social media. For more information on Strength Match, please visit this website: <http://www.armystrengthmatch.com/>.

**This event is planned to occur in the school gym and students are required to register before participating. At no time is a student signing up for the US Army or any other branch of military service.** After registering, students are then to print out the **GO PASS** and bring it to the event. The challenge runs concurrently with the school day.

The registration link (which will be added to BHS student news) is:

<https://army-2016.fishsoftware.com/module/preregsurvey/?token=8grGFvs7>

If you have additional questions or comments, please let me know.

Major Gary Maki, USAF (ret)  
Bedford High School (BHS) Senior Aerospace Science Instructor (SASI)  
781-275-1700 x5206

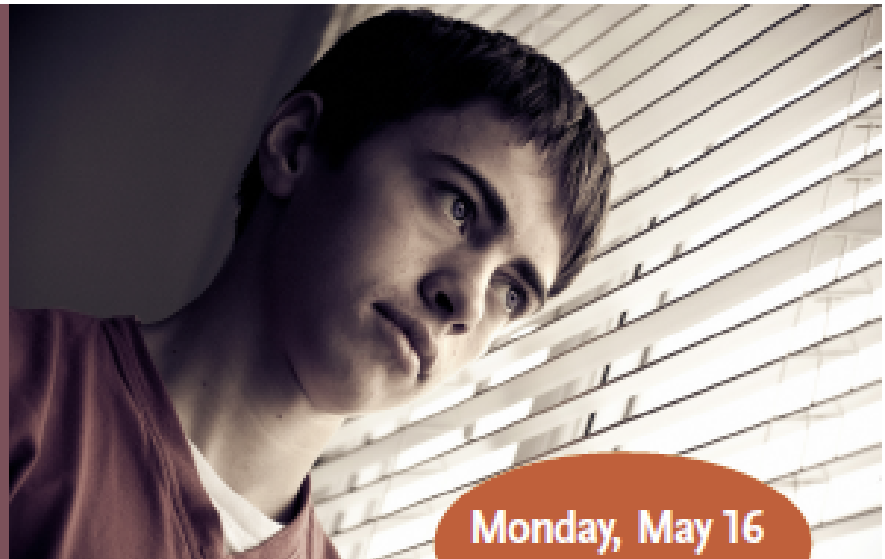
A COMMUNITY FORUM

# Rising OPIOID epidemic in our community

An evening about prevention, collaboration  
and education

Our communities  
are struggling with  
prescription drug abuse  
and opioid addiction.

Please join us to hear  
from prevention and  
treatment experts,  
people in recovery, local  
law enforcement and  
a family who has been  
impacted.



**Monday, May 16**

**6:00–9:00 pm**

**LEARN:**

- How prescription drug abuse and opioid addiction affects all members of our community
- The facts about the disease of addiction, trends in our community, options for treatment and the realities of recovery.
- How community prevention is a vital component of the solution.

**WHERE:**

**Concord-Carlisle High School  
Auditorium**

500 Walden Street, Concord

Doors open at 5:30 pm; event starts  
at 6:00 pm

*Open to all — no reservations are required*

For more information/questions, please email: [OpioidForum@emersonhospital.org](mailto:OpioidForum@emersonhospital.org)

Representatives from area prevention, education and treatment resources will be on hand.

 **Emerson Hospital**  
[emersonhospital.org](http://emersonhospital.org)

**Bedford Festival**  
**Multicultural**

**presented by**  
**Bedford embraces diversity**



## Multicultural Dance

[illegible]



Are you gay or is someone you know a LGBTQ person?  
Are you the parent or grandparent of a gay or transgender child?  
Do you have a friend or relative that just came out?

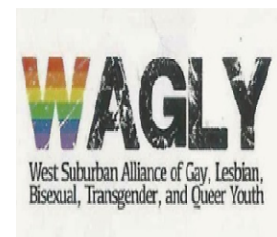
The Bedford First Parish Welcoming Committee invites you to an exploratory meeting to discover the needs of parents, grandparents, friends, and relatives of LGBTQs. and offer support and information to our diverse Bedford community. Join us.



Wednesday, May 4, 2016  
7:30pm - 9:00pm  
Bedford First Parish Church  
Room 202



Are you wondering how to support your loved one?  
Do you have questions on what this means?  
Do you need guidance in sharing this news with others?  
Are you afraid of what others will think?  
Is your family divided on their feelings?  
Do you and others need support?  
Do you know you are not alone?



# 2015/2016 School Calendar

(Times and dates can change so please also check on the on line calendar too)

## May 2016

- 3rd School Committee @ 7:30pm
- 6th Art Show
- 7th Art Show
- 8th Art Show
- 9th Mr. BHS @ 7pm  
*JGMS*
- 13th Deadline to Pay for College Transcripts
- 16th Deadline for Seniors to Submit Essays for Graduation Speaker
- 17th MCAS 10 Grade-Mathematics Session 1
- 17th School Council @ 2:45pm  
*Principal's Conference Room*
- 17th School Committee @ 7:30pm
- 18th MCAS 10 Grade- Mathematics Session 2
- 19th Senior Locker Clean-out and iPad Collection  
@ 1:20pm
- 19th Cambridge Saving Scholarship Dinner  
@ 6:30pm *Café Escadrille*
- 20th Jr. Prom @ 7pm—11pm  
*Bedford Doubletree*
- 20th Seniors Last Day of Class
- 21st Relay for Life
- 22nd Relay for Life
- 23rd Senior Final Exams @ 8am-10am & 10:30am-12:30pm in the LGI
- 24th Senior Final Exams @ 8am-10am & 10:30am-12:30pm in the LGI
- 24th Senior Graduation Speaker Selection  
1:20pm in the Auditorium
- 24th ROTC Awards
- 25th Senior Final Exams @ 8am-10am & 10:30am-12:30pm in the LGI
- 25th CSF Awards—Registration & refreshments @ 6pm Awards Presentation @ 7pm.  
*Bedford Doubletree*
- 26th Senior Final Exams @ 8am-10am & 10:30am-12:30pm in the LGI
- 26th Awards Night @ 6:30pm  
*BHS Auditorium*
- 27th Roundtable @ 8am  
*Principal's Conference Room*
- 27th Principal's Advisory Council @ 1:20pm  
*Principal's Conference Room*
- 27th Deadline for Financial Obligations for Seniors to Receive their Cap & Gown and School Records.
- 27th Senior Mandatory Graduation Rehearsal @ 10:30am in gym

## May 2016

- 30th No School—Memorial Day
- 31st School Committee @ 7:30pm
- 31st Senior Prom Stroll Sponsored by the Cambridge Saving Bank. It will begin at 4:45pm with class picture to be taken at 5:15pm followed by the promenade.
- 31st Senior Prom @ 7pm—11pm  
Willowdale Estates, Topsfield

## June 2016

- 1st MCAS-STE Session 1
- 2nd MCAS STE Session 2
- 2nd 2016 Graduation @ 6:15pm  
*Tsongas Arena, Lowell*
- 2nd All Night Graduation Party  
@ 10pm to 5:30am @ BHS
- 7th Locker Clean Out
- 14th Finals
- 14th School Council @ 2:45pm  
*Principal's Conference Room*
- 14th School Committee @ 7:30pm
- 15th Finals
- 16th Finals
- 17th Finals
- 20th Finals

