



BEDFORD HIGH SCHOOL PRINCIPAL'S NEWSLETTER OCTOBER 14, 2015

PRINCIPAL'S MESSAGE

TEDx

By Justin Yannix 2016

"Over the past few months, a group of students and faculty have been working to organize TEDxBedfordHighSchool. TEDxBedfordHighSchool is an offshoot of the famous TED conference, which has hosted speakers from Bill Clinton to Stephen Hawking. The speakers selected to present at TEDxBedfordHighSchool will touch on a large variety of different topics, ranging from scientific innovation to entrepreneurship to artistic exploration. It is a unique and unparalleled opportunity to hear inspirational ideas through the TEDx platform, created for the Bedford school community by members of the community. The event is 100% free, and is open to everyone who wishes to attend. Space is limited, so register at TEDxBedfordHighSchool.org to reserve your seats!"

Start of School Year

The 2015-16 school year is off to a successful start. Please remember that interim grades have been posted and the end of the quarter is not far away. If you have any questions or concerns please do not hesitate to contact your child's counselor or teacher(s).

School Safety

During my summer letter to you I indicated that we were training students and staff in new safety protocols based on the A.L.I.C.E protocol. I indicated that, under the leadership of Superintendent Sills, Bedford Police and the District Crisis Team, BHS will be adopting new procedures in the event of an emergency. This protocol, which our School Safety Task Force recommended, differs from the traditional school response in that staff members are trained to use their discretion as to whether to evacuate students if the opportunity presents itself. The procedures are based on the A.L.I.C.E protocol, which was recommended last year by the Governor of Massachusetts (<http://www.alicetraining.com/massachusetts-governor-recommends-alice-school-safety/>). Last year we trained teachers on these procedures and this year we will be training students.

Please join us at the next Principal's Roundtable on
October 23, 2015 at 8am here at Bedford High School

Continuing School Safety

On September 25th parents joined me to discuss the protocols. Moving forward we will begin to train students over the next few months with the goal of having a drill in the winter/spring. If you have any questions or concerns regarding these new protocols, please do not hesitate to contact me.

Regarding alcohol use at school events and parties

Last week I emailed my concerns about student alcohol use at football games and parties. After receiving countless responses from you and speaking with Bedford Police, it is clear that there is a lot of concern about the risky behavior that is occurring with our students.

One of the steps that parents can take immediately to address this issue is by signing up for the Safe Homes program, sponsored by Bedford Youth and Families. Safe Homes is not a legally binding contract, but an agreement among parents that they promise to maintain a safe and supervised home for teenage parties. You can sign the promise by going to this link **<http://www.bedfordma.gov/youth-family/pages/safe-homes>**

Additionally, BHS is open to participating in a community discussion around student decision making. I feel strongly that this discussion must go beyond discussing High School's responsibilities with these situations and rather discuss all of our roles in creating a safe community for our students. If you are interested in organizing a community discussion around this topic, please email me and I would be happy to provide you with the building as well as connect you with all of the local partners, including Bedford PD and Bedford Youth and Family.

A Blast from the Past

A few weekends back I had the delightful opportunity to give a tour of the building to the class of 1965 during their 50th reunion. There were many bits of BHS history that I learned, including that Burlington was our original Thanksgiving football rival. It was also great to listen to these alumni describe how much BHS has progressed since they were in school. Last week, one of the organizers of the reunion reached out to me and so I thought I would share a portion of her thank you note.

Henry,

"We are just coming down to earth after a wonderfully fun Reunion. I must say, one of the highlights..(other than the sheer hilarity of watching 68 year olds dance like they were 17) was the tour of BHS. What a gem! We loved it so much when we were there, and know that we would love it more if we were there now. Thank you from the bottom of our hearts for taking time out of your Saturday to give us the tour. It was unreal. And, for those of us who have spent our lives in education, VERY impressive!"

FROM THE SCHOOL NURSE

During the week of October 19th, all sophomore students will have hearing and vision screening. Parents will be notified if further evaluation is necessary by their physician. Heights and weights will also be done at this time.

Updates to Annual Height and Weight Screening

Massachusetts schools have taken heights and weights of students each year since the 1950's. The Massachusetts Department of Public Health has made amendments to improve the annual height and weight screening protocols to include the calculation of a Body Mass Index (BMI) and percentile for grades 1,4,7, and 10, which began in the fall of 2010.

Each child's height and weight will be used to calculate their BMI. The results will be kept confidential in each student's school health record.

BMI is a "weight for height for age" index that can be a useful tool in early identification of possible health risk factors among children and youth. **Please feel free to contact Nancy Thorsen with any questions you may have about the BMI screening and let her know if you do not want your child to participate in the screening.** Additional information about children's wellness and fitness is available upon request or you may access the state's resources at www.mass.gov/massinmotion/.

To parents of Fall Athletes:

Please remind your child to carry their epipen and inhaler with them in their sports bags to all games. It is important to stress to them not to share water bottles.

To all parents:

Please report any communicable diseases to the school nurse such as strep throat or mono.

Please e-mail with any questions.

Nancy_Thorsen@bedford.k12.ma.us

SCIENCE DEPARTMENT NEWS

Science Department to host Women of Science Competition

Bedford High School will be hosting the 13th annual Women of Science Competition on December 19, 2015, sponsored by ThermoFisher Scientific and EMD Millipore with support from UMass Lowell and the Bedford Education Association. Approximately 40 teams of three junior and senior women will be competing in four science and technology events throughout the day, with the top three teams winning college scholarships. The idea of creating a competition for female students only is guided by the interest to have more women enter science related fields. ~We are hoping the day will celebrate women in science and spawn interest in science related fields.



We would like to invite women from the Bedford community who currently work or have worked in science, technology, engineering, and/or math (STEM) fields to have lunch with the participants to discuss their educational and professional experiences. If you are interested in joining us for lunch, please contact Liana Heldman or Michael Griffin at BHS. Please also check out our website: <https://sites.google.com/a/bedford.k12.ma.us/women-of-science/>

To volunteer or learn more about how you can help contact - Liana Heldman @ Liana_heldman@bedford.k12.ma.us or Michael Griffin – Michael_griffin@bedford.k12.ma.us

New Massachusetts Science Standards

In the current school year, Massachusetts will be adopting new science standards that will balance core ideas with practices. The Science Technology and Engineering Practices make sure that students can reason scientifically and technologically about the world and are integrated with content that can be applied in relevant real world situations.

The shift in the revised standards focuses on three themes:

Relevance: Organized around core explanatory ideas that explain the world around us

Rigor: Central role for science and engineering practices with concepts

Coherence: ideas and practices build across time and between disciplines

In addition there is a shift in curriculum and instruction related to the standards. The goal of teaching shifts from facts and concepts to explaining phenomena. Inquiry- and design-based learning is not a separate activity; all STE learning should involve engaging in practices to build and use knowledge. The standards involve building a coherent storyline across time.

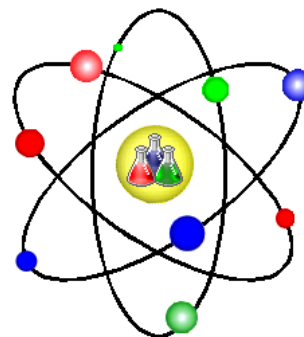
SCIENCE DEPARTMENT NEWS

Continuing

New Massachusetts Science Standards

The standards help students develop and apply the eight science and engineering practices. Below are the practices that are integrated with the standards.

1. Asking questions and defining problems
2. Developing and using models
3. Planning and carrying out investigations
4. Analyzing and interpreting data
5. Using mathematics and computational thinking
6. Constructing explanations and designing solutions
7. Engaging in argument from evidence
8. Obtaining, evaluating, and communicating information



The public is being welcome to provide feedback on the standards during the next month. It is anticipated that the standards will be voted on for adoption in January. To view the standards please visit, www.doe.mass.edu/stem/review.html. If you would like to comment or have questions on the standards, please send them to mathsciencetech@doe.mass.edu.

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GUIDANCE DEPARTMENT NEWS

Parents of Seniors please join us for a financial aid workshop hosted by MEFA on November 5th at 7pm in the Auditorium.

Juniors and Sophomores and their guardians please join us for a workshop on the differences between ACT and the NEW SAT hosted by Chyten on November 5th at 6:30 in the Library

Tomorrow! College Visits

Attention Students!

The following colleges will have representatives visiting Bedford High:

Tomorrow! Thursday, October 15th: Mitchell College

Friday, October 16th: University of Rhode Island

Monday, October 19th: New England College

Tuesday, October 20th: Plymouth State University

Wednesday, October 21st: Vanderbilt University

Thursday, October 22nd: Southern New Hampshire University

Friday, October 23rd: College of the Holy Cross

Please stop by guidance to see what these institutions have to offer!



FOREIGN LANGUAGE DEPARTMENT NEWS

The Spanish Club kicked off their new "Cuentos para niños" program on Thursday, October 1st at the Bedford Children's library. Through this new program students are bringing the Spanish language content and skills they learn in school out into the community. During their first Story time, students read children's books, sang songs, and performed puppet shows in Spanish with children from the



Bedford community. Both students and children are very excited about this program and are looking forward to the next session. The next meeting at the Bedford Children's library will take place on November 6th.

MATHEMATICS DEPARTMENT NEWS

This summer Ms. Reichlen and Ms. Irving worked on a complete overhaul of the prerequisite knowledge unit for our Honors Calculus course. Ms. Faulkner and I worked to organize and add to our AP Calculus "Challenging tasks" that we had collected over the course of our first-year of offering AP Calculus AB at Bedford High School.

Melissa Sullivan joins the math department teaching two (2) sections of Pre-Calculus and one (1) section of Math Applications. She worked in Marketing for more than 10 years, and has an MBA from Boston College.

If you have any questions or concerns about your child's math class, please visit our contacts page and write or call the teacher directly.

<http://www.bedford.k12.ma.us/contact-us/bhs-contact-information.html>

I look forward to my second year as program administrator at Bedford High School. My "big rocks," those things that are most important to me, include: classroom observations of teachers and the conversations we have afterward, my emphasis on math content that makes students think and apply what they know, my support of our teachers in their Professional Learning Communities (the Calculus, Geometry, Business, and Algebra I teams), and my work in supporting students as they pursue excellence.

Thank you.

Patrick Morrissey
Program Administrator, Math
Phone: (781) 275-1700 x 5300
Twitter: @pmm888

ATHLETIC DEPARTMENT NEWS

Winter sports signup meeting for students at 1:45 on Thursday 10/15 in the front cafeteria

Parent and Student mandatory winter sports meeting 6pm BHS auditorium Monday 11/9.



MUSIC & THEATER ARTS DEPARTMENT

Congratulations to Matthew Bridgeman! He will be performing with the National Honors Choir in Nashville Tennessee on October 28th hosted by the National Association for Music Education. We are very proud of his accomplishments!

Student Musicians in grades 9-12 may audition for the Eastern District Senior Festival. Auditions will be held on 11/21. More information about the festival can be found here:

<http://www.mmeaeasterndistrict.org/senior.htm>

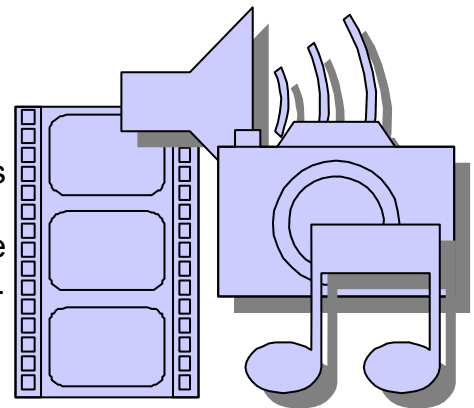
Freshmen musicians are still eligible to audition for the Eastern District Junior Festival in January. Details are here:

<http://www.mmeaeasterndistrict.org/junior.htm>

Upcoming Events:

November 11--Marching Band performs at Bedford's Veterans Day Ceremony

November 13-15--BHS Drama Club presents Will Eno's "Middle Town" in the auditorium at 7:30 pm (2:00 p.m. on Sunday). Tickets are \$8 & \$10 in advance and \$12 at the door.



PL-874 Form

Every parent or guardian must fill out this form and return it back to BHS. Extra copies of this form can be found in the Student Office or at:

<http://www.bedford.k12.ma.us/home/bedford-high-school/1316-201516-pl874-for-all-students.html>

BEDFORD YOUTH AND FAMILY SERVICES

November Is Substance Abuse Awareness Month in Bedford

Since 1998, November has been recognized as Substance Abuse Awareness Month in Bedford. During the next month, look for a variety of opportunities to familiarize yourself with the current issues related to substance abuse in the community.

Some places to look include the Bedford Minuteman Newspaper, the Citizen online news, and the Bedford Youth and Family Services website www.bedfordma.gov/youth (Under Prevention Services, click on the link that says prevention related issues.) Articles will provide information about the latest trends, how to help keep your kids healthy, and about The Great American Smoke Out

Bedford Youth and Family Services bulletin boards at both the middle and high school will have displays on smoking to coincide with the 38th Great American Smoke Out campaign held nationwide on November 19th. This is the day that smokers are encouraged to stop smoking even if they have tried to quit before or decided they are not ready to quit entirely. Students will be offered information about the dangers of smoking as well as ways to support smokers in their efforts to quit or cut down.

Pamphlets on a wide range of topics are always available at the Bedford Youth and Family Services office at Town Center building, 12 Mudge Way, second floor. Stop by or call us at 781-275-7727 Monday-Friday 8:00 am - 4:00 pm. You can also check out the Youth and Family Services website for more information as well as the 2014 Youth Risk Behavior Survey results. Take our Mental Health Screening or the Alcohol Screening and find out about your habits and how they may affect your health. Go to the Bedford Youth and Family Services website www.bedfordma.gov/youth and look under "screenings".

The Bedford community is fortunate to have information and support available for its residents about substance use and abuse. Please take advantage of the opportunities to learn about what is going on and to access information that can help you to have a safe life.

For more information call Prevention Services Coordinator Jessica Wildfong at 781-275-7727 ext. 262 or email at jessicaw@bedfordma.gov

TEEN SUBSTANCE USE

Use of addictive substances—tobacco/nicotine, alcohol and other drugs during adolescence interferes with brain development, reduces academic performance and increases the risk of accidents, homicides, suicides and serious health conditions, including addiction. Teens and young adults are more inclined than adults to take risks, including smoking, drinking or using other drugs. Use of any addictive substance while the brain is still developing increases the chances of future use of that and other addictive substances.

BEDFORD YOUTH AND FAMILY SERVICES

TEEN SUBSTANCE USE

THE EARLIER AN INDIVIDUAL STARTS SMOKING, DRINKING OR USING OTHER DRUGS, THE GREATER THE LIKELIHOOD OF DEVELOPING ADDICTION:

- ♦ 9 out of 10 people with addiction involving nicotine alcohol or other drugs began using these substances before they were 18
- ♦ People who began using addictive substances before age 15 are nearly 7 times likelier to become addicted than those who delay first use until age 21 or older
- ♦ Every year that substance use is delayed during brain development, the risk of addiction decrease

WARNING SIGNS OF TEEN SUBSTANCE USE

Certain symptoms and behaviors are warning signs for substance use in teens, although they may also indicate other problems, such as depression. Warning signs can include:

- ♦ Alcohol, smoke or other chemical odors on your child's or their friends' breath or clothing
- ♦ Obvious intoxication, dizziness or bizarre behavior
- ♦ Changes in dress and grooming
- ♦ Changes in choice of friends
- ♦ Frequent arguments, sudden mood changes and unexplained violent actions
- ♦ Changes in eating and sleeping patterns
- ♦ Sudden weight gain or loss
- ♦ Loss of interest in usual activities or hobbies
- ♦ School problems such as declining or failing grades, poor attendance and recent discipline problems
- ♦ Trauma or frequent injuries
- ♦ Runaway and delinquent behavior
- ♦ Depressed mood or talk about depression or suicide; suicide attempts

WHAT CAN A PARENT DO ABOUT SUSPECTED DRUG USE?

- ♦ Stay calm, don't accuse your child or let your anger get the best of you.
- ♦ Ask your child whether he or she is taking drugs.
- ♦ Be open and ready to receive the information that your child will give you. Make it clear how you feel about drugs. Establish a zero tolerance for drug use and set clear expectations.

If you need help, contact your child's school counselor or pediatrician. You may also call the National Clearing house for Alcohol and Drug Information at 1-800-788-2880 or visit the web site www.findtreatment.samhsa.gov for drug abuse prevention information and a listing of the treatment centers closest to you.

Source: CASAColumbia - Addiction Science, Prevention & Treatment Research
For more information call Prevention Services Coordinator Jessica Wildfong at 781-275-7727 ext. 262 or email at jessicaw@bedfordma.gov

2015/2016 School Calendar

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

October 2015

- 15th Winter Sports Sign Up @ 1:45pm
Cafe
- 20th School Committee @ 7:30pm
- 23rd Roundtable @ 8am
Principal's Conference Room
- 23rd Homecoming Dance
- 27th School Council
- 28th Principal's Advisory Council @ 12pm
Principal's Conference Room

November 2015

- 3rd No School—Professional Day for Teachers
- 3rd School Committee @ 7:30pm
- 4th MCAS Retest—ELA Composition Sessions A&B
- 5th MCAS Retest-ELA Reading Comprehension
Sessions 1&2
- 6th MCAS Retest-ELA Reading Comprehension
Session 3
- 9th MCAS Retest-Mathematics Session 1
- 9th Parent & Student Mandatory Winter Sports
Meeting @ 6pm
Auditorium
- 10th MCAS Retest-Mathematics Session 2
- 11th No School—Veterans Day
- 17th School Committee @ 7:30pm
- 25th Early Release @ 11:20am
- 26th No School—Thanksgiving
- 27th No School

December 2015

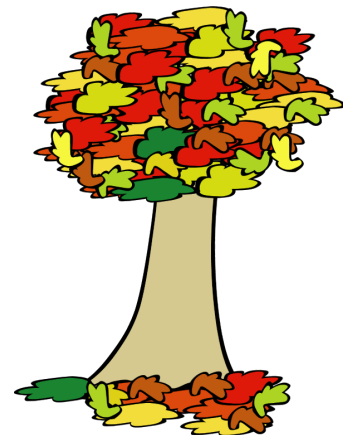
- 8th School Committee @ 7:30pm
- 10th Parent/Teacher Conferences
- 15th School Committee @ 7:30pm
- 18th Roundtable @ 8am
Principal Conference Room
- 21st Principal's Advisory Council @ 1:20pm
Principal's Conference Room
- 22nd School Council @ 2:45pm
Principal's Conference Room
- 24th December Vacation Begins
- 25th December Vacation
- 28th December Vacation
- 29th December Vacation
- 30th December Vacation
- 31st December Vacation

January 2016

- 1st December Vacation
- 12th School Committee @ 7:30pm
- 14th Junior/Senior Semi
- 15th No School—Teacher Workshop
- 18th No School—Dr. Martin Luther King Day
- 19th Midterms
- 19th School Council @ 2:45pm
Principal's Conference Room
- 20th Midterms
- 21st Midterms
- 22nd Midterms
- 26th School Committee @ 7:30pm
- 28th Principal's Advisory Council @ 1:20pm
Principal's Conference Room
- 29th Roundtable @ 8am
Principal's Conference Room

February 2016

- 1st MCAS Biology Session 1
- 2nd MCAS Biology Session 2
- 9th School Council @ 2:45pm
Principal's Conference Room
- 15th February Vacation Begins
- 16th February Vacation
- 17th February Vacation
- 18th February Vacation
- 19th February Vacation
- 23rd School Committee @ 7:30pm
- 25th Principal's Advisory Council @ 1:20pm
Principal's Conference Room
- 26th Roundtable @ 8am
Principal's Conference Room
- 29th MCAS Retest-ELA Composition Sessions A&B



2015/2016 School Calendar

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

March 2016

1st	MCAS Retest-ELA Reading Comprehension Sessions 1&2
2nd	MCAS Retest-ELA Reading Comprehension Session 3
3rd	MCAS Retest-Mathematics Session 1
4th	MCAS Retest-Mathematics Session 2
11th	No School—Teacher Workshop
16th	BHS Musical
17th	BHS Musical
18th	Roundtable @ 8AM
18th	BHS Musical
19th	BHS Musical
22nd	MCAS 10 Grade—ELA Composition Sessions A&B
23rd	MCAS 10 Grade— ELA Reading Comprehension Sessions 1&2
24th	MCAS 10 Grade-ELA Reading Comprehension Session 3
25th	Early Release @ 11:20am
29th	School Council @ 2:45pm <i>Principal's Conference Room</i>
29th	School Committee @ 7:30pm
31st	MCAS 10 Grade Make Up-ELA Composition Sessions A&B

April 2016

5th	Mandatory X-Block Meeting for All Grades
12th	School Council @ 2:45pm <i>Principal's Conference Room</i>
12th	School Committee @ 7:30pm
18th	April Vacation Begins
19th	April Vacation
20th	April Vacation
21st	April Vacation
22nd	April Vacation
28th	Principal's Advisory Council @ 1:20pm <i>Principal's Conference Room</i>
29th	Roundtable @ 8am <i>Principal's Conference Room</i>

May 2016

3rd	School Committee @ 7:30pm
6th	Art Show
7th	Art Show
8th	Art Show
17th	MCAS 10 Grade-Mathematics Session 1
17th	School Council @ 2:45pm <i>Principal's Conference Room</i>
17th	School Committee @ 7:30pm
18th	MCAS 10 Grade— Mathematics Session 2
21st	Relay for Life
22nd	Relay for Life
24th	ROTC Awards
27th	Roundtable @ 8am <i>Principal's Conference Room</i>
27th	Principal's Advisory Council @ 1:20pm <i>Principal's Conference Room</i>
30th	No School—Memorial Day
31st	School Committee @ 7:30pm

June 2016

1st	MCAS-STE Session 1
2nd	MCAS STE Session 2
2nd	2016 Graduation @ 6:15pm
7th	Locker Clean Out
10th	Finals Begin (With No Snow Days)
13th	Finals (With No Snow Days)
14th	Finals (With No Snow Days)
14th	School Council @ 2:45pm <i>Principal's Conference Room</i>
14th	School Committee @ 7:30pm
15th	Finals (With No Snow Days)
16th	Finals (With No Snow Days)

