

BURLINGTON HIGH SCHOOL

52 Institute Road
Burlington, VT 05408
www.bhs.bsdt.org

Tracy Racicot, Principal
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Upcoming Dates at BHS
Wednesday 10/11 PSAT/PACT
Thursday 10/19 Early release day—
Parent Conferences
Friday 10/20 No School—Parent
Conferences
Monday 10/23 About Brown Girl
Dreaming 6pm BHS Auditorium
Thursday 10/26 Fall Preview Concert
7pm BHS Auditorium

STUDENT ID UPDATE

Student ID's for Freshmen, Sophomores, and Juniors will be distributed on Monday 10/9 during all Advisory periods. Seniors can pick up their ID's in the Main Office Monday 10/9 from 9 am until 3:30 pm

PARENT COFFEES

Please join us on the following mornings for coffee and conversation with Principal Racicot. These meetings will take place from 7:30—8:30am in the BTC Aviation Room and are open to all.

October 27
December 1
January 19
February 23
March 23
April 20
May 25



Over 100 parents were in attendance on 10/3 for our College Informational Night!

BHS BOOSTERS IS NOW BHS SEAHORSE PRIDE

SEAHORSEPRIDE: BHS Parent Volunteer Organization Supporting BHS Students in Arts, Academics and Athletics

Parent Volunteers - We welcome everyone!

OCTOBER IS A GREAT MONTH TO VOLUNTEER AT BHS! Copy our BHS SEAHORSEPRIDE Sign Up Genius web address:

www.SignUpGenius.com/go/508054AACA923A6F85-bhsseahorsepride

BHS Parent Volunteer Contacts:

Athletic Team Yard Signs
Tammy Kuypers
email: kuypers5@yahoo.com

Daily School Support
Clare Wool
email: clarewool@me.com

Snack Shack at Buck Hard Field
Jennifer Woods
email: jenniferwoods173@gmail.com

Social Media Support
Deirdre Donovan
email: donovanmitchell5@gmail.com

Sponsorship/Advertising
Chris Hood
email: chood@cssu.org

COUNSELOR OF THE WEEK - LISE BRUDER

Lise grew up in New York just outside of Manhattan in a large family of seven children. She attended State University of NY, majoring in Psychology. After graduating from university Lise became trained in computer graphics and worked as graphic artist in New York City for several years. In 1999, after marrying and starting a family she moved to VT. Once in Vermont she decided to change career course and return to her passion for Psychology - while blending that with her passion for education and learning. She began working in the Burlington schools in 2004 and then entered the Masters in School Counseling Program at Johnson State College in 2006.

While employed in the school district, Lise was also living in Burlington and raising two daughters - which has been her favorite life purpose! She completed her Masters in School Counseling at Johnson State College in 2011, at which time she became the School Counseling Coordinator at Burlington Technical Center. This Fall 2017 she was assigned as the Freshman Counselor here at Burlington High School. She looks forward to getting to know each of the new students who joins us this year at the high school. Her goals include: supporting students in experiencing a smooth transition to high school and creating a successful foundation for continued success in high school, to be available to families, to support the teachers who work with our students and to develop effective positive working relationships with all students and staff in order to serve students and families.

Outside of school Lise enjoys the outdoors in all seasons. She values spending time with friends and family, teaching Yoga and Pilates, reading, gardening, being creative, learning new things, traveling, as well as appreciating quiet time at home. Lise has two daughters aged 19 and 21; both attended the Burlington schools and after graduation from BHS are attending college at George Washington University and Syracuse University. Lise hopes her personal and professional experiences will lend benefit to her role here at Burlington High School.



PSAT / PRE-ACT INFO

As part of our support for students becoming college-ready, we offer practice college admissions tests for 10th graders (the Pre-ACT) and for 11th graders (the PSAT). This year the national school testing date is Wednesday, October 11 and both of these exams will be administered at BHS beginning @ 8:05 that morning. Practice PSAT booklets were distributed in Advisory with further information available @

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice>

There is no practice test booklet for the Pre-ACT but students and parents can find out more information @

https://www.act.org/content/dam/act/unsecured/documents/PreACT_WhyTake.pdf

Please note should bring a calculator to each test. They will not be allowed to use a calculator from an iPhone, iPad, or other outside technology.

ADVISORY

Friday is often a community building day in advisory. We finished last week with some intense rivalry among the 10th and 11th grade advisories. Sophomores competed in wheelbarrow races, with the Hagan advisory in the lead; and juniors scrambled for trivia points. Winning advisories of the trivia challenge were Healy, Dupuis, Hoffman, and Williams. Meanwhile, 9th graders had a fantastic first community meeting, led by the senior mentors.

This week, all grades start the week with PLP work. Both sophomores and juniors have community meeting. In community meeting, students come together and often have a chance to talk about issues or concerns here at BHS.



Wednesday, October 11, 2017- White Day
10th and 11th Grade PSAT & Pre-ACT Testing

7:30 - 8:00 Breakfast is available in the cafeteria

7:50 All 10th and 11th grade students report to school

8:05- 11:25 10th and 11th grade PSAT & Pre-ACT Testing

See testing rooms posting on the windows near main office for your location

11:30 - 12:30 Lunch is available in the cafeteria - Grab 'N Go Style!

All grades report for afternoon classes (35 min ea.):

12:30 - 1:05 Block 3

1:10- 1:45 Block 4

1:50 - 2:25 Block 1

2:30- 3:05 Block 2

All grades start classes at 12:30.

BTC afternoon students should attend afternoon BTC classes until 1:45.

Grade 12 students with BTC morning classes should attend those classes as usual.



BURLINGTON STUDENTS TRAVEL TO THE “SUPERBOWL” OF YOUTH PREVENTION

This summer, adult leaders and student members of Burlington School District prevention groups - Above the Influence and BE Above Burlington - traveled to Smithfield, Rhode Island to attend the Youth to Youth Eastern States Conference. Youth to Youth (Y2Y) conferences bring together young people from across the country who have chosen a drug-free lifestyle. Over 500 middle and high school students attended this year's Y2Y Eastern States Conference. During the four-day conference, students attended educational and interactive workshops about alcohol, tobacco, marijuana, and other drugs; practiced leadership skills; heard from nationally recognized speakers; developed action plans to create positive change in their own communities; and had a TON OF FUN! The scale of the conference, the exceptionally high quality of the programming, and the celebratory atmosphere lead many in the prevention field to refer to the conference as “the Superbowl,” of youth prevention.

Paul Knapp, an Above the Influence Burlington and Burlington High School student, indicated his favorite part about the conference was the people: “Everyone was incredibly nice and dedicated to making good life choices. It was an incredibly productive environment.” He added that the conference speakers were another especially impactful part of the conference, “The most important thing I learned was what was said by the 3 amazing speakers. They really resonated with me and are affecting a lot of my life choices.”

Shamura Awayle, a BE Above and Hunt Middle School member, said the experience taught her “great ways to bring more alcohol and tobacco awareness to our community through fun activities with amazing new people.”

Tara Rueckert, an Above the Influence and BE Above adviser, described the powerful impact the conference had on the Burlington students who attended. “Our students were given the opportunity to connect with so many other teens who have also committed to a drug-free lifestyle; many of the conference activities were even led by trained teens. This amazing level of peer support was so energizing and empowering for our students. I witnessed them learn so much and experience so much personal growth over four short days.”



Burlington students Kaltuma Ibrahim, Shamura Awayle, and Kaltuma Bulle (from left) pose for a silly shot during one of the nightly fun events.



Conference attendees look on as trained youth staff perform drug prevention skits.

SCHOOL BASED HEALTH CENTER

Sore throat that won't let up? Questions about a weird rash? Ear pain that comes and goes? Recurring headache or stomachache making you miss school?

Come along to the School Based Health Center at BHS. On Monday and Friday mornings the SBHC works out of the Health Office and is staffed by UVM Pediatrics whose providers offer health services to any student (need a parent/guardian to sign up). The School Based Health Center provides basic primary health services as well as facilitates mental health services. In addition, the Center provides information and referrals to other community services.

Center staff members take special care not to disrupt the existing relationships between students, families and their primary care providers. By stopping in during the school day you can miss less class time and avoid the need for a ride to your health provider. The services are provided without copay and insurance will be billed. Please call if you have questions: 802 864 8586 or stop by the Health Office to sign up and get more information from your BHS nurses.

Our SBHC staff for 2017/18 are:
Mary Lee Ritter, APRN on Mondays 8-11am
Barb Frankowski, MD, MPH on Fridays 8-10am



THIS WEEKS HOME ATHLETIC EVENTS

- 10/5 4:30 pm GVB v. Enosburg
- 10/6 4:00 pm GJV Soccer v. BFA
- 10/6 6:00 pm GV Soccer v. BFA
- 10/7 8:00 am - 12:00 pm Youth Football
- 10/9 4:30 pm GVB v. Mid VT
- 10/9 6:00 pm JVFB v. Colchester
- 10/10 4:30 pm BJV Soccer v. CVU
- 10/10 6:00 pm BV Soccer v CVU

WHAT'S NEW AT BTC



BTC's PreTech class tests out their spaghetti towers to see who has built the tallest tower that can support an egg. Ethan Trembly verifies the height of his tower with Mr. Feralio.

SPIRIT WEEK, PEP RALLY, PARADE, AND HARVEST DANCE

There are lots of exciting things happening for Spirit Week October 9th—13th !!

Monday 10/9—Pajama Day

Tuesday 10/10—Sports Team Jersey Day

Wednesday 10/11—Decade Day

Thursday 10/12—Class Color (9th: :green, 10th: purple, 11th: red, 12th: black

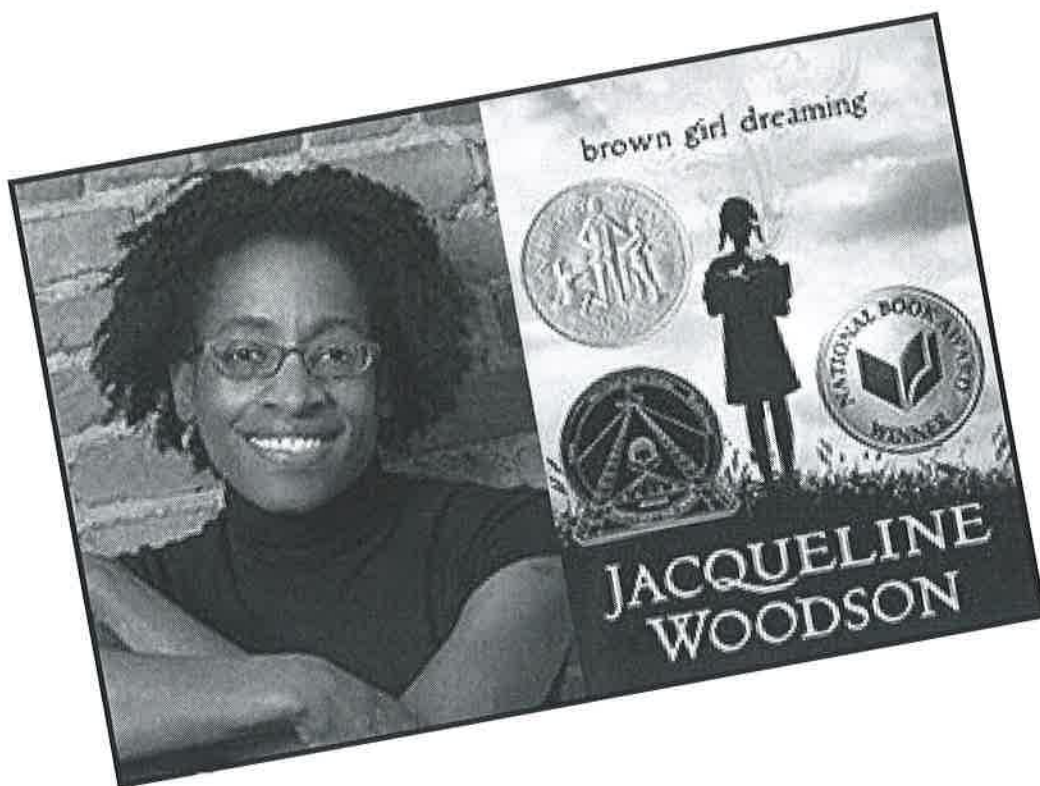
Friday 10/13—Super Fan Day

Pep Rally Friday 10/13 @ 1PM / BHS Gym

Parade & Tailgating Friday 10/13 @ 5:30 PM / Battery Park/BHS

BHS / Middlebury Football Game 10/13 @ 7PM

Harvest Dance 10/14 8-11PM BHS Gym. Tickets are \$5 and will be on sale in the cafeteria next week Oct 9—13.



BHS is
thrilled to
welcome

Jacqueline Woodson,

author of Vt Humanities Council's

2017 Vermont Reads book,

Brown Girl Dreaming

to **Burlington High School**

on **Monday, October 23.**

The event is free and open to all,

and starts at 6:00 pm.