

# BURLINGTON HIGH SCHOOL

52 Institute Road  
Burlington, VT 05408  
[www.bhs.bsdt.org](http://www.bhs.bsdt.org)

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Upcoming Dates at BHS  
Wednesday 11/8 Financial Aid forms  
workshop 6:30pm BHS  
Thursday 11/16 The Drowsy  
Chaperone 7pm BHS Auditorium  
Friday 11/17 The Drowsy Chaperone  
7pm BHS Auditorium  
Saturday 11/18 The Drowsy  
Chaperone 7pm BHS Auditorium  
Monday 11/20—Friday 11/24 NO  
SCHOOL

## TICKETS NOW ON SALE FOR THE DROWSY CHAPERONE

The Drama Club and Musical Department's Fall Musical is always a highlight of BHS's year! Tickets are now on sale for the show!!!! Come and support the Arts in our School!

A silly, slapstick & very funny musical, The Drowsy Chaperone, comes to BHS with three performances, November 16 through November 18, 2017.

Thursday, November 16: House opens at 6:30 pm, curtain at 7:00 pm

Friday, November 17: House opens at 6:30 pm, curtain at 7:00 pm

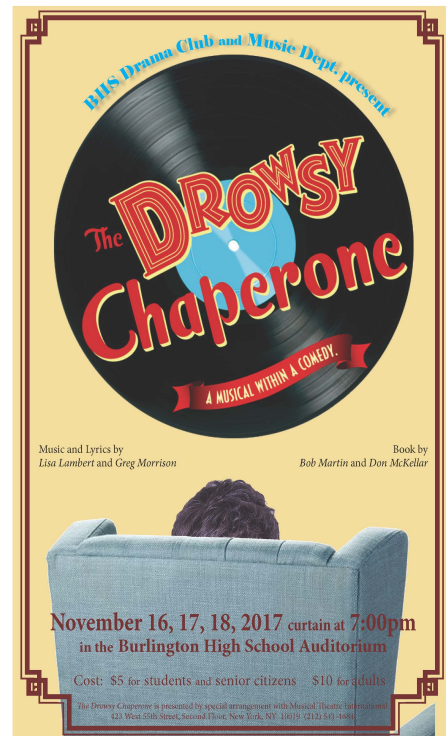
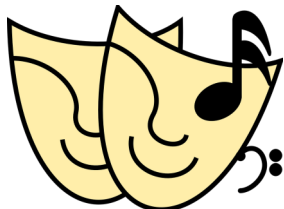
Saturday, November 18: House opens at 6:30 pm, curtain at 7:00 pm.

A cast and crew of over 50 talented BHS students will kick up their heels, sing and dance with energy and style. You won't want to miss this!

General Admission ticket prices for The Drowsy Chaperone are \$5.00 for students & senior citizens / \$10.00 for adults. Best Seats in the House, with early choice of seating and a special Drowsy goody bag are \$25.00.

Tickets can be purchased during lunch period or any other time from any cast member or at the BHS Main Office during school hours, or by texting to [BHSVTDrama@gmail.com](mailto:BHSVTDrama@gmail.com) and finally, at the door prior to each performance.

Get your tickets early! You won't want to miss it!!



## **GUIDANCE STAFF OF THE WEEK BRENDA RACHT**

Brenda J. Racht has worked for the Burlington School District since 2007. She served as Administrative Assistant for the Continuing Education Division of BTC for 10 years and started working in the BHS Guidance Department at BHS in July 2017.

When not at BHS Brenda can be found at Champlain College where she has served as a Librarian for the past 20+ years.

She holds a B.S. from Cedar Crest College, an M.S. from Northeastern University and an M.S.L.I.S. from Simmons College

In her spare time Brenda enjoys reading, playing tennis and being outdoors walking and biking.



## **FINANCIAL AID FORMS WORKSHOP**

Join us for a *free* Financial Aid Forms workshop. November 8th 6:30—8:00pm @ BHS. At this informal workshop, we will assist you as you file your FAFSA and Vermont state grant applications.

Please be sure to create your FSA ID a few days prior to coming to the workshop. Students *and* parents will each need their own ID and can sign up at

<https://fsaid.ed.gov/npas/index.htm>



## SAT VS. ACT —WHICH TEST IS THE RIGHT CHOICE?

Which test is the best choice for your student's college options? Let us help answer that with our FREE National Practice Test Weekend on November 18 or 19. This free, interactive, live online event lets students learn the differences between the SAT® & ACT®, then try sections from each test to see which is a better fit. Students will see their scores instantly and learn effective test strategies from our team of experts. Space is limited - don't wait to reserve a spot.

Reserve your spot now:

[www.kaptest.com/practicetestweekend](http://www.kaptest.com/practicetestweekend)

## THANK YOU FROM THE HEALTH OFFICE

A heartfelt *THANK YOU* to all who have donated tea and honey to the Health Office. We so appreciate the generosity you are showing to the sneezing students who benefit from a soothing, hot drink. Please keep the donations coming as the cold weather moves in.

With gratitude,  
The BHS School  
Nurses



## SENIOR PORTRAIT INFORMATION

### OREAD Senior Portraits

#### DUE DATE

Class of 2018 Senior portraits are due by Friday, December 1, 2017.

#### STYLE

It is up to the senior how they "wished to be remembered" (so long as it is not offensive to others). However, the typical photograph is a 2/3 headshot. Portraits may be color or black/white.

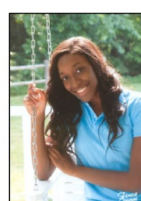
#### FORMAT

We prefer high resolution digital format (minimum resolution of 300).

#### SUBMITTING PHOTOS

Please label the file as the student wishes their name to appear in the book (Smith, Joe P.jpg). Senior Portraits can be email to Mrs. Skoglund at [cskoglund@bsdvt.org](mailto:cskoglund@bsdvt.org) -or- dropped off in the BHS Main Office -or- mailed to:

Colby Skoglund, OREAD Advisor  
c/o BHS  
52 Institute Road  
Burlington, VT 05408



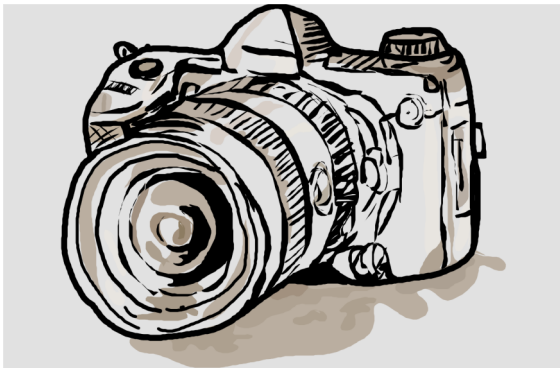


## ADVISORY

It's the third annual Advisory Gauntlet Photo Challenge!

This year's photo categories were: Best Action shot, Funniest Photobomb, and "Grandma's Favorite".

Check out our public facebook page, BHS Advisory, to see all the entries, and 'like' your favorites. (You can also 'like' the page; this will allow updates to show up in your Facebook newsfeed.) You can also follow us on Twitter, @bhsadvisory.



## LOOKING FOR A SCHOOL CHEF

The Burlington School Food Project seeks a motivated individual to join our School Nutrition team!

For more information and instructions on applying, please visit:

<https://bsdvt.tedk12.com/hire/ViewJob.aspx?JobID=552>



## BTC PRESCHOOL OPENINGS

Our 5 star NAEYC accredited program has openings for children 3-5 years old. The preschool program is run on Monday, Wednesday and Friday from 9:45-1:45 (funds available through Act 166 if you live in the Burlington area). Your child will learn valuable skills to help prepare them for kindergarten. At the end of the school year, your child will receive a portfolio of their growth to take home! Please call Jenn at 864-8426 at extension 12115 for more



## REMINDERS FROM GUIDANCE

- November 8th 6:30-8:00pm is the Financial Aid forms workshop at BHS
- Please check for November 15th College Application Deadline
- December 1st Service Academy Nomination Application Deadline



## FOLLOW UP ON OUR JAPANESE EXCHANGE STUDENTS VISIT LAST WEEK

We had an AMAZING time hosting the Japanese students last week. We are excited to reciprocate the exchange in April as we visit our Japanese counterparts from Tottori, Japan! Special thanks for Sofia Andersen-Harrington, Isabelle Smith, and Jeena Rai for hosting Japanese students! Also a special thanks to those students who had some Japanese students shadow them throughout the day: Phin Brown, Hermany Diaz, Maddie Evans, and Kaitlyn Blaise.

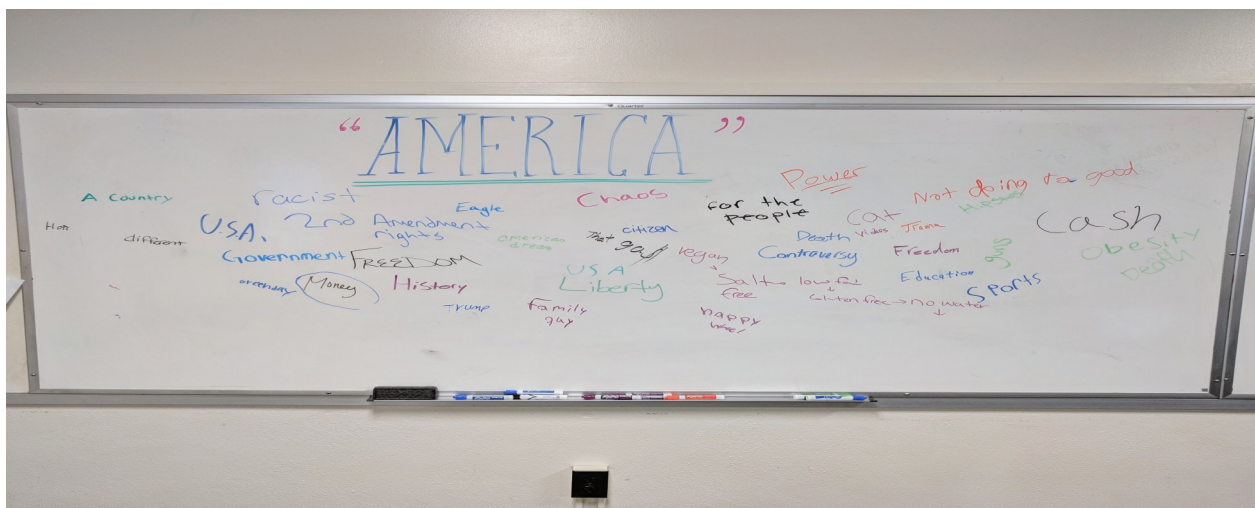


1. What did you expect Burlington to be like?

Until I came to Burlington High School, I could not imagine what kind of school Burlington High School is. What I thought about coming Burlington High School was that everyone was very kind. I was very surprised that we could make friends even for the first time people.

## WHATS 9TH GRADE HUMANITIES BEEN UP TO?

The 9th Grade Humanities students are exploring *Of Mice and Men*. One of the main themes of the story is "The American Dream." Students were asked about what they thought of when they heard the word "America," and this is what we saw:



## CENTER FOR RURAL STUDIES RESEARCH PROJECT TO SURVEY BHS STUDENTS ABOUT LUNCHES

The Burlington School Food Project (BSFP) has been given a grant to increase student access to locally grown- and healthy food options when eating school meals. This program has been implemented across the school district, including your student's school.

In order to evaluate the effect of this program, BSFP has asked researchers at the Center for Rural Studies at the University of Vermont to conduct a survey among the students at Burlington High School. Students will be surveyed about how frequent they eat the school lunch, their favorite school lunch foods, their preferences for certain school lunch meals, and their feelings about school lunch. Students will take the survey once. Researchers will then analyze the results to determine how students feel about food offered in the BHS cafeteria.

\*\*\* For more information, and if you choose not to have your child participate in the survey, please see the last three pages in this newsletter \*\*\*

## SERVICE ACADEMY NOMINATION DEADLINE

Students interested in appointment into any of the Service Academies, must apply directly to the service academy they are interested in attending.

United States Naval Academy  
USNA Candidate Guidance Office  
Annapolis, MD 21402-5018  
<http://www.usna.edu/Admissions>

United States Air Force Academy  
Admissions Office  
USAF Academy, CO 80840-5025  
<http://academyadmissions.com>

United States Military Academy  
Admissions Office  
600 Thayer Road  
West Point, NY 10996-9902  
<http://admissions.usma.edu>

United States Merchant Marine Academy  
Office of Admissions  
Kings Point, NY 11024-1699  
<http://www.usmma.edu/admissions/>

United States Coast Guard Academy  
Admissions Office New London, CT 06320  
<http://www.uscga.edu/admissions>

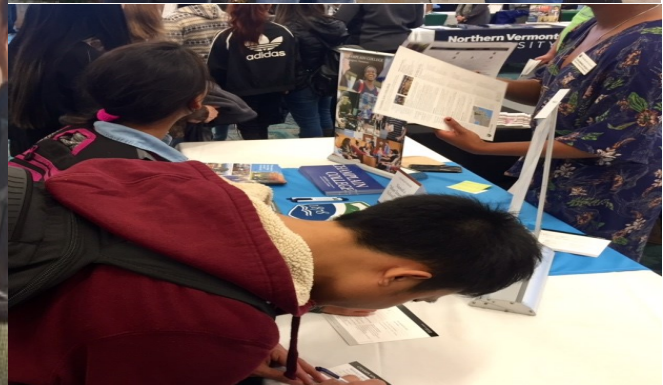
All service academies, except the U.S. Coast Guard Academy, require a political nomination. The most common type of political nomination is a congressional one. Each Senator or Representative can make a certain number of nominations each year to fill their appointment vacancies at each academy. As the nomination process is very competitive, we encourage students to apply for a nomination from all three congressional offices in Vermont.

The complete nomination application requirements, as well as the addresses to send materials to, can be found on the website of each congressional office. *Please note that all of your application materials must be received by 5pm on December 1st. If December 1st falls on a weekend, materials are due the preceding Friday.*



## PATHWAYS TO COLLEGE AND CAREERS

On Friday, November 3rd 29 students attend the first “Pathways to College and Careers” Fair hosted by Champlain College. This opportunity was designed specifically for first generation college students and designed to minimize barriers and improve opportunities for our young people. Students met with over 20 Vermont College representatives and participated in two engaging works on how to apply for college and navigating the financial aid process. Students left energized and ready for these next steps towards their successful futures!



## **IS YOUR CHILD TOO SICK TO ATTEND SCHOOL?**

When a high school student is sick, parents may wonder how to tell if their child is too sick to attend school. Below are some general guidelines to help in deciding if your student should stay home.

The American Academy of Pediatrics suggests asking yourself three questions when deciding if your child should stay home:

Does your child have a fever?

Do you think your child may be contagious to other students?

Is your child well enough to participate in class?

Fever is a sign of illness. If your child has a fever of 100.4 or higher, before taking fever reducing medicine such as Tylenol (acetaminophen) or Advil (ibuprofen), they should stay home from school.

If your child is vomiting or has diarrhea they should stay home.

Students with a severe, uncontrolled cough should stay home until they are evaluated by their primary care provider. A severe cough may be a symptom of contagious illnesses such as pertussis (whooping cough) or bronchitis. Coughing may also be a symptom of asthma.

Headache and body aches may precede a fever at the start of an illness. If your child wakes up with a headache and body aches and you chose to send your child to school please make certain that you are available to take a call from the school nurse in case your student needs to go home.

Students with a mild cold or sore throat, and no fever, can come to school.

If your child has strep throat they must take the prescribed antibiotics for 24 hours prior to returning to school.

You are the expert on your child. If your child develops a new or unusual symptom such as pain or a rash, or does not seem like their normal self we suggest consulting with your child's primary care provider before sending her/him to school.

If you have concerns about whether or not your child is too sick for school talk to your child's primary care provider or the BHS nurses at 864-8586.



BHS Drama Club and Music Dept. present

# The DROWSY Chaperone

A MUSICAL WITHIN A COMEDY.

Music and Lyrics by  
*Lisa Lambert and Greg Morrison*

Book by  
*Bob Martin and Don McKellar*



**November 16, 17, 18, 2017 curtain at 7:00pm**  
**in the Burlington High School Auditorium**

Cost: \$5 for students and senior citizens    \$10 for adults

*The Drowsy Chaperone* is presented by special arrangement with Musical Theatre International  
423 West 55th Street, Second Floor, New York, NY 10019 (212) 541-4684



## Meet Brittany Langevin!

**Position:** Burlington High School Registrar

**Fun fact:** I was born in Germany

**Schools attended:** Penn State University

**Interests:** Soccer, DECA, Volunteering, Event Planning, Cheerleading

**Favorite quote:** "There are two ways to do things right and again." Lt. Col. Gregg Langevin

**Influences/mentors:** My father and mother, my siblings, my fiancée and my daughter

**Anything ELSE you would like to share:** I am super excited to be working at BHS and trying to get some of the activities I did during my high school career started here. I cannot wait to see what the next year holds.



## Meet Kim Fankhauser!

**Position:** EL Service Coordinator BTC / EL teacher BHS

**Fun fact:** I've lived in Switzerland and have dual citizenship.

**Schools attended:** University of the Nations / Saint Michael's College / Champlain College

**Interests:** hiking, rock climbing, cooking, traveling, cross-cultural communication, health

**Favorite quote:** "The first time you share tea with a Balti, you are a stranger. The second time you take tea, you are an honored guest. The third time you share a cup of tea, you become family...you must take time to share three cups of tea (Morteson quoting Haji Ali, Three Cups of Tea, p. 150)."





## Parental/Legal Guardian Information Form

**Title of Research Project:** Evaluation of Burlington School Food Project

**Principal Investigator:** Jane Kolodinsky, Ph.D.

**Sponsor:** Burlington School Food Project

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In order to evaluate the effect of this program, BSFP has asked researchers at the Center for Rural Studies at the University of Vermont to **conduct a survey among the students** at Burlington High School. Students will be surveyed about how frequent they eat the school lunch, their favorite school lunch foods, their preferences for certain school lunch meals, and their feelings about school lunch. Students will take the survey once. Researchers will then analyze the results to determine how students feel about food offered in the BHS cafeteria.

**If you ARE NOT willing to include your student in this survey, please read the remainder of this document,** please email Burlington High School administration no later than Monday, 11/13 if you do not want your child to receive the survey.

**If you ARE willing to include your student in this survey,** you do not have to do anything further.

*Please retain this document for your records.*

We encourage you to ask questions about the study. This form is designed to answer questions you may have but, if you have additional questions or concerns, please feel free to use the contact information provided, or talk to anyone else who may provide you with the information that you need.

### **Q. Why is This Research Study Being Conducted?**

A. The Burlington School Food Project (BSFP) is part of Burlington School District's effort to increase student access to locally grown, and healthy choices when eating school meals. BSFP received a grant from the USDA to increase local purchases and outreach to the community. In schools, the goal of BSFP is offer fresh, nutritious foods year-round and to increase choice to reflect the diversity of diets among its students. Last year, BSFP began offering new options during breakfast and lunch to address the diversity of diets among students. The BSFP would like to better understand how these changes have impacted student participation in school meals.



**Q. How Many People Will Take Part in the Study?**

A. All students who matriculate at BHS will be eligible to participate in the study.

**Q. What Is Involved in the Study?**

A. Surveys will be distributed to participating students in their class after lunch. Instructions will be provided and time allocated to complete the surveys by their teacher. Students will be asked NOT to write their names on the surveys; only the grade level will be recorded. The surveys will ask questions about how often students buy school lunch, their favorite school lunch meals, their preferred meals, and their feelings about school meals in general. The survey should take approximately 5-10 minutes to complete.

When the student completes the survey, it will be placed in an envelope with all other surveys from that data collection period. All envelopes will be mailed to University of Vermont. The survey responses will be data entered and tabulated by the Center for Rural Studies researchers at the University of Vermont.

The survey process will not be repeated.

**Q. What are the Risks and Discomforts of the Study?**

A. There are no known risks or discomforts to participating in this study.

**Q. What are the Benefits of Participating in the Study?**

A. While there are no personal benefits of participating in this study, the results will be used to improve the Burlington School Food Project programming.

**Q. Are there any costs?**

A. There is no cost for participation in this research project.

**Q. What other options are there?**

A. There are no alternative ways to participate in this project.

**Q. What is the compensation?**

A. There is no compensation for participating. The project is being done as part of the Burlington School Foods Project.

**Q. Can you withdraw or be withdrawn from this study?**

A. The student (or parent/guardian) may discontinue participation in the study at any time during the survey. Once the survey is completed, there will be no way to remove a student's survey from the study.



**Q. What about confidentiality?**

A. The surveys are completed anonymously and no record of student names will be retained by the researchers. On average 250-300 students are expected to complete the survey so confidentiality can be assured.

**Q. What if I have questions or concerns?**

A. You may contact Jane Kolodinsky, the Principal Investigator in charge of this study, at 802-656-4616 for more information about this study. If you have any questions about your student's rights as a participant in a research project or for more information on how to proceed should you believe that your student has been injured as a result of participating in this study, you should contact the Research Protections Office at the University of Vermont at 802-656-5040.

**Q. What if I don't want my student to participate in the survey?**

A. Participation is voluntary. If you do not wish your student to participate in this study, simply sign below and return this form to the school before the survey is administered. There will be no penalty if a student chooses not to participate in the survey.

I, \_\_\_\_\_,  
(Print Parent/Legal Guardian/Students 18 years and older name)

**DO NOT** WISH MY STUDENT \_\_\_\_\_  
(Please print Student name)

TO PARTICIPATE IN THE BURLINGTON SCHOOL FOOD PROJECT EVALUATION SURVEY.

\_\_\_\_\_  
Parent/Legal Guardian/Students 18 years and older Signature

\_\_\_\_\_  
Date of Signature

\_\_\_\_\_  
Teacher Name

*Please return the signed form to BHS.*

**Committee on Human Research**  
Date Approved 10-17-17  
CHRBSS# 18-0101