

BURLINGTON HIGH SCHOOL

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

Tracy Racicot, Principal
tracicot@bsdt.org
Cristel Byrne, Main Office
cbyrne@bsdt.org



Upcoming Dates at BHS
Friday 12/15 BHS Hockey v. St J @ 5:30
Saturday 12/16 Burchard Tournament
5:30/8:00
Monday 12/18 JVB BB v. BFA 5:00
Wednesday 12/20 Music Dept Parent
Boosters Mtg @ 6pm Choral Room
Friday 1/5 Quarter 2 Ends
Monday 1/8 Quarter 3 Begins
Tuesday 1/16 Inservice—No school for
students

BHS HEROES AT THE POLAR EXPRESS

This year, 17 students volunteered as elves, chefs and wing engineers for the Polar Express, which is an event sponsored by the Vermont Children's Trust Foundation. Together, they raised more than \$600, earning themselves the title of the Polar Express Cup for the second year in a row! This also gets them a Ben & Jerry's ice cream party!



DECA CASH CALENDARS

DECA is selling Winter Cash Calendars now! Cash calendars give you up to 38 chances to win money during the end of December and month of January. They cost \$10 to buy and if you win you are guaranteed to win your money back. They make great gifts for friends, family, neighbors and more. Provided is a link to purchase them. Please support our club! Thank you.

<https://goo.gl/forms/6mRPegbvTAvtvJrv1>

MUSIC BOOSTERS MEETING

Just a reminder that on Wednesday, December 20th there will be a Music Department Parent Boosters Meeting at 6:00PM in the Choral Room



PARTICIPATE IN THE PENGUIN PLUNGE!



This year's Penguin Plunge is on Saturday, February 3!
Join BHS' team to support Unified Sports, the Special Olympics of VT
and earn community service. All participants must raise \$150 dollars
and have a parent/guardian sign a waiver.

To learn how to join the team, then please contact Simon Parlante (sparlant@bsdvt.org),
Jennifer Haselman (jhaselma@bsdvt.org) or Francesca Dupuis (fdupuis@bsdvt.org).

STAYING HEALTHY THIS WINTER

The following are some steps you can take to stay healthy during cold and flu season:

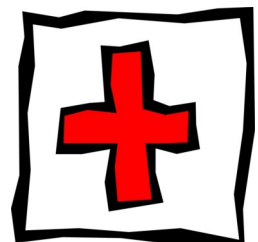
Don't short change yourself on sleep. Sleep deprivation has been shown to suppress the immune system. The immune system is your body's defense system against illness.

Cold and flu germs mainly enter the body through the mouth and nose. Experts believe that the flu virus is mainly spread by tiny droplets that are dispersed when people cough and sneeze. The droplets can spread up to six feet when someone coughs or sneezes so try to keep distance between yourself and anyone who is obviously sick.

Cover your cough or sneeze with a clean tissue and dispose of the tissue in the trash. If tissues are not available cough into the bend of the elbow.

Cold and flu germs are also spread by touching an object on which the droplets have landed and then touching your eyes or mouth. Avoid touching or rubbing your face. Wash your hands for at least 20 seconds with warm soapy water before eating and before touching your mouth or nose. If soap and water are not available an alcohol based hand sanitizer can be used.

Stay home from work/school if you are ill and have a fever.



BURLINGTON CITY AND LAKE SEMESTER

Next fall, BHS will be launching a new immersive, interdisciplinary program, the *Burlington City and Lake Semester*. Taught by Social Studies teacher, Dov Stucker, and English teacher, Peter McConville, the program will be located off campus where students will work with a variety of community partners on real world issues facing the city.

During the program, students will spend their entire Blue Days downtown and their White Days at BHS. The program schedule and credits will cover 5 out of students' 8 courses. Participants can enroll in up to three additional year long courses.

The program will explore a number of local issues with a special focus on physical and human geography, community and personal identity, civic engagement, social justice, and sustainable development. This is a unique opportunity for students who are ready to explore their city, collaborate with adult professionals, and grapple with real-world issues. The program is open to Sophomores, Juniors, and Seniors.

To learn more, contact:

Dov Stucker at dstucker@bsdvt.org or Peter McConville at pmcconvi@bsdvt.org.

Don't hesitate to be in touch with any questions. We'd love to share more about this innovative learning opportunity!

To learn a bit more about the program, click [HERE](#).



SUPPORT CENTER STAFF OF THE WEEK

JESSE COPE

Hi BHS families, my name is Jesse Cope. I started working as a maintenance man here at Burlington High School 18 years ago. I then progressed to working with Mr. Sparks in the Alternative Day Program, and the summer program that works with incoming freshman from the BSD middle schools. Currently, I work in the Support Center with a great team of co-workers. In my spare time I like to read, study, cook, and hang with my Wife and daughter. I've also worked in the community giving out turkeys at Thanksgiving, and toys at Christmas time to many families in need. I just graduated from the International Miracle Institute with a Doctorate of Christian Theology and am an Ordained Licensed Clergy. I enjoy working with students and giving them support in school as well as out of school.



WE LOVE OUR SNOWY FIELDS AT BHS!!



BHS Physical Education classes learns to Nordic Ski with teacher Pavel Dvorak. We ♥ Vermont



CONGRATS BHS VARSITY BOWLING

Burlington's first ever Varsity Bowling match was played Saturday in Rutland, Vermont. The team earned the 5th seed and played their way into the 2nd round of the playoffs, where they lost to Springfield by just 1 pin, who went on to win the event.

Burlington's own Shane O'Brien picked up a 5 -7 split in a crucial moment of the playoffs that drew the loudest reaction from the crowd. Heather Lamore rolled a 180+ game!!

GREAT JOB SEAHORSES!!!



BTC CULINARY ARTS BAKED GOODS

BTC Culinary Arts Students are offering a variety of holiday baked goods for sale to BSD staff and the community. They will be taking orders from Friday, December 8th, until Monday, December 18th. To order, please click on the following link:

<https://goo.gl/forms/7faBDlujBuRyClgt1>

UPCOMING STUDENT ACTIVITIES!!!

Mark your calendars for the upcoming BHS Winter Ball!!! This year's ball will be a Masquerade. Saturday January 27th from 8—11pm at the Sheraton.



The Student Planning Committee is also participating the Burlington First Night Dragon Parade at 6:00pm on December 31!



REMINDERS FROM GUIDANCE

- ⇒ Reminder to Seniors: Please send your scores via College Board (SAT) and ACT to your perspective colleges.
- ⇒ Reminder: January 1st and January 15th Deadlines
- ⇒ UVM Early Action Decision Day is December 14th
- ⇒ January 24th is 8th Grade Info Night
- ⇒ January 16th is the Gap Year fair
usagyf2018burlington.eventbrite.com



ALL ARE WELCOME MERCHANDISE

Available [online](#) ordering through December 19. Order online and pick up your order at the high school.

Checks can be made out to BHS International Club - Proceeds help the club with its mission

Questions? Email [Susan Blethen](#)



WHATS NEW WITH YEARBOOK CLASS?

On Monday, Colby Skoglund's Yearbook class worked with artistic designer, Rick Brooks of State College, Pennsylvania. Burlington High School is one of the few high schools in the northeast he works with -- he typically assists college level students.

During his visit, Rick assisted students with the development of our theme and book cover. Students also received feedback on their spread designs and some technical tips using Adobe software.



BHS AFTERSCHOOL ACTIVITIES

Winter is here! Ski and Snowboard Club is starting up after break so make sure you sign up! The Burlingtones are having a big event on December 21st at the Main Street Landing. Also, if you are interested in Cryptocurrency, mining, and general information please email Franco at FSalese@bsdvt.org. Please email if you have any questions or want to join!



INPUT SESSIONS FOR BHS STUDENTS

BHS Rebuilding/Renovation Input Sessions for BHS Students are scheduled for Wednesday, December 20 from 8—8:45AM

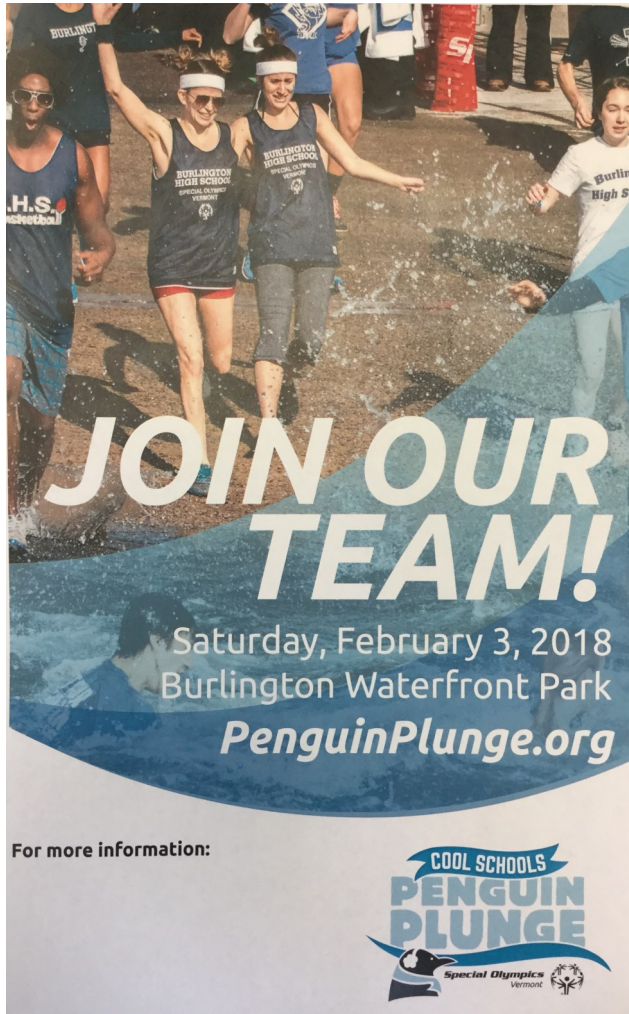
LOCATION – Library Balcony

A community based steering committee is seeking input from students on proposing facility renovations or rebuilding our high school. They have gathered the work from past years to compile design directives. There are two concepts on which this committee is gathering input.

Students are encouraged to join Kate Stein, steering committee member on one of these Wednesday mornings!

JOIN THE PENGUIN PLUNGE TEAM!!!

Consider joining the Penguin Plunge Team on Saturday February 3 at the Waterfront.



“Now in its twenty-third year, the Special Olympics Vermont Penguin Plunge event series supports sports training and competition, health screenings, and leadership opportunities for children and adults with intellectual disabilities in Vermont. Today, Special Olympics Vermont serves 1,310 athletes (people with ID) and 400 Unified partners (people without ID who train and compete with Special Olympics athletes) offering thirteen sports and nine state-wide competitions each year. In 2017, Penguin Plunge events raised a record-shattering \$572,000, or nearly 40% of our operating budget.”



TOOTH TUTOR UPDATE

Happy Holidays! I hope all enjoy our break coming up. Just remember to FLOSS, Brush and visit your Favorite Dentist regularly! Good Oral Health means Good Overall Health!

Diane Polson, RDH - 864-8586 or 316-0378



BHS SEAHORSE PRIDE COAT DRIVE

BHS SEAHORSEPRIDE Coat Drive is going on now through December 22nd
Seeking BHS Family Donations!

Drop Off A Coat Anytime in the Lobby, or Take A Coat Anytime in the Lobby
Thank you!

Questions: seahorsepride@gmail.com



SEAHORSEPRIDE BHS WINTER APPAREL

SEAHORSEPRIDE WINTER WEAR

All orders will be shipped to BHS for pick up.

LOGIN and PASSWORD are both BURLINGTON

You can pay with cash. Bring to front office with item # and size.

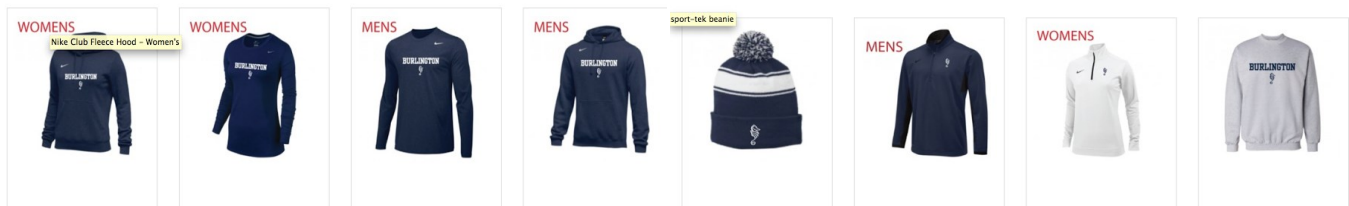
Order today!

Questions: seahorsepride@gmail.com



CLICK ON LINK BELOW TO VIEW BHS SCHOOL STORE ON-LINE:

<https://ptsteam.com/index.php?route=product/category&path=1499>





Meet Brennan Carney!

Position: Burlington High School History and Social Studies Teacher

Fun fact: I have coached field hockey and I was on the college golf team

Schools attended: Wesleyan University and UVM

Interests: Coaching, fitness, used to be golf before kids, snowboarding

Favorite quote: "You are judged by what you do, when no one is looking."

Influences/mentors: My parents and sister Shawn (Irish twin)

Anything ELSE you would like to share: I am by far the worst athlete in my family, so you may think I am cocky, but I humbled everyday.



**LOOK BEYOND THE
CLASSROOM.**



GapMatcher

Visit gapmatcher.com to find out which programs might be a good fit for you!

Brought to you by



BURLINGTON
January 16, 2018

Burlington High School

52 Institute Road

Burlington, VT 05408

Speaker: 6-6:45 PM | Fair: 6:45-8:30 PM

Pre-register for free at usagapyearfairs.org/fairs

BUY YOUR BASKETBALL AND HOCKEY
SPORTS SIGN TODAY!!

Have you seen the signs, like the one below, popping up all over town?



In an attempt to get more people to join in the great events that take place at BHS, we have created a Seahorse sign for different sports/activities that are taking place at the high school.

When you see a sign up you know that one of the BHS teams is playing that day.

- Go to the BHS website at www.bhs.bsdt.org,
- Click on the top bar that says athletics,
- and you'll know who, where and when they are playing.
- come see a great game and support our student/athletes!!

A big thank you to the Seahorse Pride Committee (formerly Boosters) who support this effort.

Signs are on sale for only \$5.

If you're interested in owning one and taking part in Seahorse Pride,

please contact Tammy Kuypers at Kuypers5@yahoo.com

Get Your BASKETBALL and/or HOCKEY One Today!!!

Then You'll be Ready For The First Game!

***If you have a team in mind that you would like to create signs for,
please email me at the above email address! The more teams we can represent the better!! ***

GO SEAHORSES!!

APPLICATIONS ARE OPEN FOR WINTER WEEKEND 2018



10 Exhilarating Topics to Choose From

Winter Weekend I

February 9-11, 2018

Social Entrepreneurship
Global Education and Youth Voice
Disaster Health and Epidemiology
Design/Build Engineering
Creative Writing Workshop

Winter Weekend II

February 23-25, 2018

AstroPhotography
Debate and National Issues
Directing Theatre
World Musicology
Intermediate Robotics

Although we accept applications until January 15th, topics will start closing as they fill, so don't wait to apply!

*"I have a first and second choice in mind,
and I'm ready to start my application!"*

*"I'm not sure yet, I'd like to read
more about these topics first."*

*GIV's mission is to empower young people with intensive,
hands-on learning experiences in college settings
which inspire their academic and creative passions, build confidence
and leadership, and expand their sense of possibility.*

Dirt Chic & August First's Third Annual

COATS & COFFEE

Saturday, December 16th 2-4PM



**Receive a FREE WINTER COAT &
ACCESSORIES**

compliments of Dirt Chic

**And a FREE HOT COFFEE compliments of
August First**

at THE SALVATION ARMY

64 Main St

Burlington

Dirt Chic: 802-863-1461

***One coat per person**

COATS & COFFEE VOUCHER

Receive a FREE WINTER COAT &
ACCESSORIES
compliments of Dirt Chic

And a FREE HOT COFFEE compliments of
August First

Saturday, December 16th 2-4PM
at THE SALVATION ARMY
64 Main St
Burlington

Dirt Chic: 802-863-1461
*One coat per person

COATS & COFFEE VOUCHER

Receive a FREE WINTER COAT &
ACCESSORIES
compliments of Dirt Chic

And a FREE HOT COFFEE compliments of
August First

Saturday, December 16th 2-4PM
at THE SALVATION ARMY
64 Main St
Burlington

Dirt Chic: 802-863-1461
*One coat per person

COATS & COFFEE VOUCHER

Receive a FREE WINTER COAT &
ACCESSORIES
compliments of Dirt Chic

And a FREE HOT COFFEE compliments of
August First

Saturday, December 16th 2-4PM
at THE SALVATION ARMY
64 Main St
Burlington

Dirt Chic: 802-863-1461
*One coat per person

COATS & COFFEE VOUCHER

Receive a FREE WINTER COAT &
ACCESSORIES
compliments of Dirt Chic

And a FREE HOT COFFEE compliments of
August First

Saturday, December 16th 2-4PM
at THE SALVATION ARMY
64 Main St
Burlington

Dirt Chic: 802-863-1461
*One coat per person

COATS & COFFEE VOUCHER

Receive a FREE WINTER COAT &
ACCESSORIES
compliments of Dirt Chic

And a FREE HOT COFFEE compliments of
August First

Saturday, December 16th 2-4PM
at THE SALVATION ARMY
64 Main St
Burlington

Dirt Chic: 802-863-1461
*One coat per person

COATS & COFFEE VOUCHER

Receive a FREE WINTER COAT &
ACCESSORIES
compliments of Dirt Chic

And a FREE HOT COFFEE compliments of
August First

Saturday, December 16th 2-4PM
at THE SALVATION ARMY
64 Main St
Burlington

Dirt Chic: 802-863-1461
*One coat per person

SEAHORSEPRIDE

BHS BOOSTERS is now BHS SEAHORSEPRIDE

SEAHORSEPRIDE

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

All Are Welcome To Volunteer in Any Way!

Help with School Support: Arts & Academics

Cnt: Clare Wool

email: clarewool@me.com

Help with Music and Choral Dept.

Cnt: Suzanne Garrity

email: suzannemgarrity@gmail.com

Help with Sponsorship/Advertising

Cnt: Chris Hood

email: chood@cssu.org

Help with Winter Sports Concessions

Cnt: Jennifer Woods

email: jenniferwoods173@gmail.com

Help with Athletic Team Yard Signs

Tammy Kuypers

contact: kuypers5@yahoo.com

SEAHORSEPRIDE

ARTS

ACADEMICS

ATHLETICS

STUDENT

CENTERED

SUPPORT