

BURLINGTON HIGH SCHOOL

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www.bhs.bsdt.org

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Upcoming Dates at BHS
Wednesday 1/31 AP Exam Payment
Due in BHS Guidance
Thursday 2/1 Winter Concert 2 7pm
BHS Auditorium
Saturday 2/3 Penguin Plunge
Monday 2/5 Math League Meet
3:30pm @ U—32

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@bsdt.org),
Jennifer Haselman (jhaselma@bsdt.org) or Francesca Dupuis (fdupuis@bsdt.org).

PLEASE DONATE ***EVEN MORE TEA AND HONEY!***



Do you have herbal tea at home that you would like to donate to the BHS Health Office? Maybe a flavor you think it's unlikely you will use? We are continuing to look for donations of herbal tea and honey for students suffering with coughs and colds. The simple, soothing, remedy of tea and honey to alleviate cough and cold symptoms can work wonders. Thank you so much for any donations you can make! Those received so far are greatly appreciated! We have a little tea left but we've run out of honey. Thankfully Eva Edwards Stoll and her family came to the rescue last week with some agave sweetener but we can always use more donations to support the health of students.

-The BHS School Nurses

BHS AFTERSCHOOL ACTIVITIES

We have snow, so let's snowboard! Parks and Rec Snowboard and Ski club is having its final two weeks, this Friday and next. Please meet with Mr. Salese at the Auditorium before 8am on Friday to store your equipment. GSA with Ash and Abby is back! Wednesdays after school, listen for announcements. If you have any questions please email: fsalese@bsdvt.org

WINTER CONCERT 11

Winter Concert II happening this coming Thursday at 7 pm in the auditorium! The performing groups include the Jazz Band, Wind Ensemble, Concert Band and Freshman Band. With music ranging from Sonny Rollins to Freddie Mercury and Bach to the Pokemon theme, there will be something for everyone to enjoy! Over 100 BHS students will be performing at this concert, and you being there will be a great support and morale booster for them.

Looking forward to seeing you there!

CONGRATULATIONS KEVIN GARRISON!

Congratulations to Senior Captain Kevin Garrison who became the 11th player to join the 1000 point club last Friday night. This event happened the same night the new scoreboards were installed! Thank you BHS Alumni from class 1971-1981 and the Seahorse Pride Booster organization for your generous support of the scoreboards.



CONGRATULATIONS BHS SCHOLARS BOWL!!

The BHS Scholars' Bowl team will compete for the state championship in March after a strong showing at the qualifying playoffs in Montpelier on Saturday.

The Burlington A team of Mary Markley, Teagan Hart, Delia McConnell, Audrey Nichols and Isidora Bailly-Hall faced a difficult early schedule, edging Montpelier in its first match before falling to Hanover in Round 2. But BHS bounced back with comfortable wins over BFA-Fairfax and St. Johnsbury to reach the three wins necessary to advance before defeating Montpelier again in the final round to improve its seeding.

Burlington will be one of the top four seeds in the state finals at UVM on March 24th. The team will start play in the quarterfinals as it seeks to reclaim the state championship it last won in 2016.

BHS also entered two JV teams in Saturday's playoffs and both performed well. The B team of Bella Farkas, Zoe Koeninger, Vilena Lee, Elliott Montroll and Emma True won three of five matches in the top JV bracket while the C team of Isa Bloch, Zoe Crane, Daniel Halladay, Ben Huston and Hessain Tamang went 4-1 and placed second in their bracket.

If you would like to make a donation towards the Scholars Bowl's trip to the Nationals, they are fundraising with bake sales, including at the Winter Concert this Thursday, or follow the link to the Go Fund Me page listed below:

<https://www.gofundme.com/bhs-scholars-bowl-trip-to-nationals>



JOIN THE CONVERSATION! THE FIRST SUPERINTENDENT CHAT OF THE YEAR!



SUPERINTENDENT CHAT

February 1, 2018
8:00 AM - 9:00 AM

NUNYUNS BAKERY & CAFE

Join us for a "Superintendent Chat" with Burlington School District's Superintendent Yaw Obeng on Thursday, February 1st, 2018 from 8:00 AM- 9:00 AM. These informal gatherings are part of a series of community chats that provide an opportunity for Burlington residents to connect with Yaw. Stop by and join the conversation!

Where: [Nunyuns Bakery & Cafe, 139 N. Champlain St., Burlington, VT.](#)

When: February 1st, 2018, 8:00 AM - 9:00 AM.

More dates and location announcements to come throughout the month of February.
See you there!

BHS ATHLETIC UPDATES

Girls Basketball:

As of 1/31/18 the Varsity Girls team is 8 wins, 5 losses. We have won 5 of our last 6 games. All players are contributing both in the games and in practices. On Monday January 29th both the JV & Varsity teams secured wins vs rivals Rice, with the varsity winning in overtime. We have a very tough stretch of Metro Conference games coming up in February including home games vs CVU Th Feb 1st & St Johnsbury M Feb 5th. Please come and watch us play!

Indoor Track:

Along with many key returners, our indoor track team saw lots of new faces this season. Though the weather has made training difficult and has caused a few cancelled meets, our athletes have continued to work hard. Division 1 State Championships will be at UVM on February 10, in which we have 7 individual qualifiers and several more competing for the Seahawks in relays!

MORE BHS ATHLETIC UPDATES!

Boys Basketball:

This season the division 1 schedule has been more competitive than its been in years. It's mid-way through the season and the boys basketball team is fighting hard. At this point we are in the middle of the pack in the division 1 standings. With big games coming up in the weeks ahead we are looking forward to close out the regular season strong. Consistent production from seniors Kevin Garrison (a recent 1000 point scorer) and Haji Haji have allowed us to be highly competitive. We have had great support from the BHS community this season along with a fiery student section that ignites the gym. Playoffs will be here before you know it and the Seahorses are gearing up to make a big run.

Bowling:

Burlington has the 6th highest state team average, and currently owns the 3rd best baker game (out of 200). Our own Heather Lamore ranks 9th in the state, while Nathan Arre & Kuochuan Ponzio are both ranked in the top 32, which currently qualifies all of them to participate in the end of the year invitational tournament.

Nordic Summary:

Nordic skiing is entering a growth cycle, with 16 new additions to the team this year, all of whom are making great strides in the sport. Our standout skiers from last year, Marika Massey-Bierman and Gaelen Kilburn, continue to dominate the field, and are joined this year by Freshman superstar Quincy Massey-Bierman who just won the 3-race Tour de Chittenden this week. The team has great depth this year, earning Team Placings of Second for the Varsity Girls at the U-32 Skate race and Second for Varsity Boys in the Stowe Classic race. With 1 In February we look to our home race (this Saturday, 2/3, at Sleepy Hollow Touring Center), 2 races at the stunning Rikert Nordic Center near Middlebury (including the Eastern Team Qualifier), and state championships (Skate 2/22 at Craftsbury, Classic 2/26 at Prospect Mountain). Spectators always welcome!

Questions contact head coach Kirsten Berggren at kirsten.berggren@gmail.com

The BHS Student Activity Leadership Council focuses on developing student leadership skills, promoting student voice, and encouraging positive school spirit. Transformed from the Captain's Club to include student leaders from the many activities in the school, the council meets regularly to discuss qualities of effective leaders as identified in research and best practices and how students demonstrate these qualities in school activities.



EVEN MORE ATHLETIC UPDATES!

The BC SeaLakers for girls ice hockey is combined by Burlington/Colchester High School. We had a rocky first start of the season but right now the second half of the season is starting out great with two wins. We beat Northfield 8-1 on Saturday the 27th and beat North Country/Lyndon 8-0 on Monday the 29th. We have 4 games in 7 days so we are just hoping everyone stays healthy. We had a few injuries and sicknesses in the beginning of the season and hoping to continue to stay strong with everyone back and healthy for the second part of the season. Like the Burlington Free Press said we are "emerging to start being a threat for D1 in the second part of the girls ice hockey season." The girls are connecting well and coming together as a team for their 4th year together as a co-op and will continue to grow into a strong team for the next 4+ years. We hope to finish strong in the tournament ranks and make a good run for the play-offs.

VOLUNTEERS NEEDED

We are in need of parent volunteers during our busy lunches. Are you free 10:45-12:45pm any day of the week? Come join us as we offer students support, positive engagement and a friendly smile. No experience needed! A helping hand to guide student through their fast paced lunch. Positions in the Cafeteria & Library
Come Join Us One Day A Week!
Email: seahorsepride@gmail.com

CHAMPLAIN CAFÉ SUPERBOWL MENU

This week's Champlain Cafe menu features foods indigenous to New England and Philadelphia as they are homes to the teams playing in the Superbowl this weekend. We will accept reservations until Thursday, February 1st at 10:00 am. For a link to the menu or to make reservations please click below:
https://docs.google.com/forms/d/e/1FAIpQLScTxEsIEJD1_nByZBatqVmyWihdxM-qTnCFWXikVenAU_lpQA/viewform?c=0&w=1



FROM THE HEALTH OFFICE

The Cold vs. The Flu

Colds are caused by viruses, which are extremely small infectious organisms (much smaller than bacteria). There are over 200 viruses that cause the common cold and symptoms can last up to 2 weeks. Cold season runs from September until March or April, so we usually catch most cold viruses during these months.

Cold symptoms-usually last 7-10 days

Runny nose (first, a clear discharge; later, a thicker, often colored one)

Sneezing

Mild fever (101–102 degrees Fahrenheit [38.3–38.9 degrees Celsius]), particularly in the evening

Decreased appetite

Sore throat and, perhaps, difficulty swallowing

Cough

On-and-off irritability

Slightly swollen glands

Pus on the tonsils, especially in children three years and older, may indicate a strep infection.

"Flu" is the short term for influenza. It is an illness caused by a respiratory virus. The infection can spread rapidly through communities as the virus is passed from person to person.

Flu Symptoms-all flu viruses cause a respiratory illness that can last a week or more.

A sudden fever (usually above 101°F or 38.3°C)

Chills and body shakes

Headache, body aches, and being a lot more tired than usual

Sore throat

Dry, hacking cough

Stuffy, runny nose

There are similarities between the common cold and the flu, but the flu tends to be more severe. A cold has potential for complications such as ear infection but the flu has the potential for serious complications such as bronchitis or pneumonia. It is important to talk to your doctor's office if you suspect you have the flu.

FROM THE GUIDANCE DEPARTMENT

Reminder that AP Exam Payments are due today January 31, 2018. If you have not sent in your payment or need to your bill resent to you, please email Brittany Langevin at blangevi@bsdvt.org

PSAT Scores for Juniors are available on College Board: www.collegeboard.org

SAT/ACT

Below are the Spring SAT/ACT Dates held at BHS.

ACT EXAM DATES 2017-2018 Burlington High School Center Code 186090 Test Dates:	SAT EXAM DATES 2017-2018 Burlington High School Center Code 460085 Test Dates:
June 9, 2018	March 10, 2018
	May 5, 2018



8TH GRADE INFORMATION NIGHT RECAP

On Wednesday January 24 BHS held its 8th Grade Parent Information Night. Approximately 175 guests attended for dinner, information and some great performances by the BHS Dance Team as well as the Burlingtones. The evening was designed to introduce families to the school, our staff and elements of our programming. Families heard about the BHS philosophy and some key terms that pertain to high school programming, including: Proficiency Based Learning, Graduate Expectations aka "GX's", Personalized Learning Plans and Advisory. Updates were given on the sequence of programming in Math and Science for Freshman beginning in Fall 2018. General information was also provided on course registration and the process 8th graders and staff will be involved with in the coming months. After a presentation in the auditorium, families met with staff in the cafeteria for informal question and answer opportunities and general information gathering. Thanks to our Multilingual Liaisons interpretation was provided for our ELL families. Thanks to all who helped to make this evening happen and to all those who attended.



Families and students will be invited back in late May for our annual 8th grade "Step Up Evening". Stay tuned....



JOIN BHS UNIFIED BASKETBALL !

**ALL GRADE LEVELS, ALL ABILITIES
WELCOME**

**PRACTICES WILL BEGIN IN
MID-FEBRUARY**

**SEVEN-GAME SEASON BEGINS IN
MID-MARCH**

PLAYOFFS BEGIN IN MAY

**BE A PART OF A TEAM THAT IS
INCLUSIVE, DYNAMIC, AND FUN**

**FOR MORE INFORMATION CONTACT
COACH MIKE LEONARD**

mleonard@bsdvt.org





International Club at the March for Our Future And at ECHO on Martin Luther King Day

The International Club has been very busy this January. We attended the Martin Luther King celebration at Echo where we were able to spread our message of ALL ARE WELCOME. We helped children color our image of ALL ARE WELCOME, and even raised some money for the club. We also attended the March for Our Future in Montpelier on January 20th where we witnessed our fellow classmates MC the event. A big shout out to the Social Justice Club for hosting the event.

In March, we will be hosting an Immigration information session at BHS with Vermont Legal Aid and Senator Leahy's office.

The club meets on Wednesday Afternoon in D200 - new members are always welcome. Contact sblethen@bsdvt.org for more information

CYBER CHALLENGE FOR HIGH SCHOOL GIRLS

Governor Phil Scott announced a new cybersecurity training partnership between the State and the SANS Institute.

GirlsGoCyberStart, a free online game of discovery, provides Vermont high school girls interested in a cybersecurity career, with a tool to learn basic cybersecurity skills and test their cyber aptitude. An introductory practice version of GirlsGoCyberStart will be available January 29 - February 16 and the full-scale program will run from February 20 – 25.

“I am pleased to announce this partnership with the SANS Institute, which gives Vermont’s high school girls the opportunity to explore and excel in cyber, at no cost to them,” said Gov. Scott. “Growing Vermont’s workforce is a priority for my administration, and targeting cyber workforce specifically is critical to our future success in the increasingly important cybersecurity sector. This is a great way for us to expand our talent pipeline by engaging young people interested in learning about cybersecurity and directing them to the appropriate training and career coaching.”

Students from Vermont who excel in the CyberStart program will have the opportunity to share in \$150,000 in scholarships for further cyber education, and ultimately an additional \$500,000 in scholarships for college and graduate-level training and preparation for highly sought-after industry certifications. Vermont students will be competing with students from fifteen other states for these scholarships. The scholarships are sponsored by the SANS Institute.

“The GirlsGoCyberStart program is an exciting opportunity for girls who are interested in cybersecurity, but not currently engaged in formal cyber training, to test their cyber acumen and potentially earn scholarships for advanced industry-relevant training and certification,” said Secretary of Agency of Digital Services, John Quinn. “We are pleased to have the opportunity to partner with the SANS Institute on this extremely important initiative.”

“This initiative aligns perfectly with our efforts to expose students to careers in high-demand fields, and to allow them to explore jobs that may be a good match with their talents and interests,” added Secretary of Education Rebecca Holcombe. “By providing scholarships, the SANS Institute will also help ensure that girls with the potential to succeed in cybersecurity can access the requisite training and education, regardless of their financial circumstances.”

When asked why SANS is partnering with Vermont in GirlsGoCyberStart program, SANS Director of Research, Alan Paller said, “Because the nation desperately needs more highly-skilled cyber professionals, and we have new evidence that CyberStart radically improves the quality and preparation of people entering the cybersecurity field. Further, the two best cyber intrusion analysts I have ever met were named Vicki and Judy, but women are woefully underrepresented in the technical side of cybersecurity. By opening CyberStart to tens of thousands of high school girls we may be able to help the nation identify the next generation of talented people who will excel in this critical field.”

For eligibility and CyberStart information, please visit <https://www.girlsgocyberstart.com/>.



A unique semester experience for BHS students exploring real world issues in Burlington.

This Fall, BHS is launching a new program for interested students in grades 10-12: the ***Burlington City & Lake Semester [BCL]***. The program takes students out of the classroom and into the city to study real world issues and take action to improve our community.

The City & Lake Program

BCL is about responding to our community's needs and opportunities. Potential projects:

- Creating a short documentary film about Burlington's people and neighborhoods to share with families moving to the city.
- Studying Lake Champlain health with scientists and presenting results to the City Council.
- Collaborating with a professional artist to create art for one of the city's public parks.



Schedule and Credit

BCL students will meet downtown all day on Blue Days and at BHS for one block on White Days. Students earn Social Studies, English, and General Electives credits in the program. Students can enroll in three other classes at BHS on White Days (e.g. Math, Science, Foreign Language, Art).



Core Themes

Sense of Place - Community & Identity - Civic Engagement - Social Justice - Sustainability

Our Mission

BCL empowers young people as citizens, students, and community members through authentic, collaborative real-world learning experiences in and around the city of Burlington.

Learn more and apply by February 22 at btvcityandlake.org.



Questions? Contact us!

Dov Stucker: dstucker@bsdvt.org

Peter McConville: pmcconvi@bsdvt.org

Burlington High School - 52 Institute Road

photo credit Sean Beckett/UVM PLACE Program





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!

Email us, let us know how you would like to help out BHS:
seahorsepride@gmail.com

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

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.bsdvt.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!!