



Noel Green, Principal, [ngreen@bsdvt.org](mailto:ngreen@bsdvt.org)  
Christine Stone, Office Manager, [cstone@bsdvt.org](mailto:cstone@bsdvt.org)

# CONNECTIONS

2018-2019, Fall Issue 2

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

## UPCOMING EVENTS

### College Information

#### Night

9/27 Thur 6:30-7:30 pm,  
BHS Cafeteria

### Picture Retake Day

10/8 Monday

### Pathways to College & Career Conference

10/9 Tues 12:30 -5:00pm,  
see flyer for details

### Pre-Act

10/10 Wend, Grade 10

### PSAT

10/10 Wend, Grade 11

### BHS College Fair

10/11 Thur, 4-9pm, BHS  
Cafeteria, see flyer

### ParentIN Meeting

10/16 Tues 6-8pm

### Women Can Do

10/11 Thur, see flyer

### Volunteer Fair

10/17 Wend, 8pm,  
Fletcher Free Library, see  
flyer

### VTeen 4-H Science

#### Pathways Café

10/20: What's Buzzing in  
Entomology, University of  
Vermont, Davis Center,  
Mansfield Dining Room,  
5-7 pm, see flyer for de-  
tails and additional events

## SLP's and 9th Grade Humanities Team Up

Emma Nelson and Kelsey Shannon presented ways in which a community supports each other's differences through language. Nelson and Shannon presented to Andrew LeValley's 9th grade English classes to show students how to interact with each other using restorative and supportive language — a team effort to build a healthy, equitable classroom and school wide culture.



## Administrative Corner

*Principal Noel Green*

Greetings BHS Community,

We have had an eventful past two weeks. Per usual, there were many moments where our students shined and made the BHS community proud. The Student Planning Committee did a great job with spirit week, culminating with a well-attended dance. Our athletic teams continue to thrive and many are on course to make deep runs into the playoffs. Last week, BHS hosted an all school assembly that allowed our students to hear first-hand accounts of the destructive force of WWII Atomic bombs. Our school community was attentive and displayed the utmost respect listening to the survivors stories and accounts from the past.



We, like other school communities, occasionally face challenges, and we have certainly been put to the test in the two weeks since our first newsletter. As I enter into my third year as a member of this community, I still consider myself relatively new. I have learned that this community is strong and resilient when challenged with difficult situations. However, I remain impressed and inspired by the resilience and strength of our community when challenged by difficult situations.

I would like to ask the members of this school community to help us stay focused on our most important goal, which is to provide the best educational experience to all students. My job is to ensure this happens in and outside of the school building. My compass in this regard is guided by the premise that at BHS, myself, our faculty and staff are responsible for preparing all 950 students for life after high school. Finally, I pledge to continue to work together and make decisions that put students success at the forefront.

Please read this newsletter thoroughly as there is so much for us to share with you and much to look forward to in the coming weeks.

Go Seahorses!



## Burlington Students Travel to "The Other Side of Impossible"

This July, adult leaders and student members of Burlington School District prevention groups - Above the Influence BTV and BE Above BTV - traveled to Smithfield, Rhode Island to attend the Youth to Youth Eastern States Conference. Youth to Youth (Y2Y) conferences bring together teens 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!

*Above the Influence BTV and BE Above BTV students pose for a picture in their conference t-shirts. Photo by Tara Rueckert*

"The Other Side of Impossible" was the theme of this year's conference. At the conference, teen attendees were asked to set goals outside of their comfort zone and were given opportunities to achieve them. Habiba Ibrahim, a BE Above member and Hunt Middle School 8<sup>th</sup> grader, achieved her goal of "stepping outside of (her) comfort zone and meeting new friends." She said that "the people at conference were actually really chill. We got really close. I would totally go back again."

Ayan Mohamed, an Above the Influence BTV and Burlington High School 9<sup>th</sup> grader, said the following about the conference: "I've never had a great, great day until I was (an attendee)...I was exhausted at the end of every day of the conference because of how much fun I was having and how much I was learning."

Tara Rueckert, an Above the Influence advisor, 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."



## Cross Country Team Goes to the 44th Annual Manchester Invitational!

On the first day of fall, the Burlington Men and Women Cross-Country teams loaded the bus before sunrise and traveled down to Manchester, NH, the location of the 44th Annual Manchester Invitational and scheduled location of the New England Championships later this fall.

On an ultra-competitive day, the Men's team finished 15th out of 40 teams in the Varsity Large-School division, led by Simon Kissam with an 11th place overall finish, and Kent Ford, who joined Simon under the 17 min. mark for the 5k.

*The team will race next at the Woods Trail Invitational hosted by Thetford Academy on Oct 6th.*

The Woman's side finished 14th out of 37 teams, and were led by a trio of Isabel Vivanco, Quincy Massey-Bierman and Emma Barker finishing in close succession.

The day began with a freshman 2.1 mile showcase, and Burlington Freshman had the opportunity to race against other 9th graders. The trio of Nancy McNichols, Ella Mason and Olivia Kinner got the first race on the hilly course, before Charlie McCleary, Kaj Yagoda, Jeremey Riley, Liam Morton, Cole Ewoldson, and River Bumpas performing well on the Men's side (with freshman Binod Sarki in the JV 5k).



## SCHOOL NEWS AND OTHER INFORMATION

### **National Merit Scholarship Competition**

*Four BHS students were recognized as semifinalists as part of the National Merit Scholarship Competition. Please congratulate them when you see them.*

#### **Congratulations to:**

- ◆ Emmanuel Dodson
- ◆ Anna Halladay
- ◆ Simon Kissam
- ◆ Elliott Montroll

### **ParentIN Event**

ParentIN will host an event this October to help support parents who may be struggling with speaking to their children about mental health issues. As you know, the 2017 YRBS shows alarming rates of self-harm, depression and suicide ideation among Burlington School District students.

We are modeling our event off a presentation and panel discussion that was held at ADL in Essex, in June titled: "Adolescent Depression, Anxiety, and Other Mental Health Concerns: What Does the Research Tell Us about How We Can Best Help Our Teens?" The tentative date for this event is October 16 from 6-8pm. A meeting location to follow in a later communication.

### **Burlington Partnership for a Healthy Community From Mariah Sanderson**

On July 1st, it became legal for adults 21 and over in Vermont to possess up to an ounce of marijuana, and grow marijuana in their homes. With increased access to marijuana comes increased challenges for keeping kids safe. It is more important than ever for parents and caregivers to be informed and have conversations about the effects of cannabis on growing children. Take a look at the flowchart handout included at the end of this newsletter for information about the new law and what is and is not legal. See the ParentIN website, at [parentinburlington.org/parents-be-in-the-know-about-marijuana](http://parentinburlington.org/parents-be-in-the-know-about-marijuana), for tips on how to get a conversation started with your child. In addition, an interview template is provided, at [parentinburlington.org/marijuanatalk/](http://parentinburlington.org/marijuanatalk/), about how parents can talk to their middle schoolers about marijuana and other drug use.

In the throws of our country's opioid epidemic, more and more stories emerge from individuals who have been personally touched by this issue. Too often we see other families struggling, but do not reach out because we think we will say the wrong thing or don't know how to start the conversation. I wanted to share this post I recently read that encourages us to embrace those difficult conversations. "You don't have to be specially trained or be affected by this issue personally to support a friend in need. You don't have to know exactly what to say. You only have to be willing to be there." For more information contact Mariah Sanderson directly at [mariah@burlingtonpartnership.org](mailto:mariah@burlingtonpartnership.org).

***Burlington School Apparel is here!  
The online store is open. Orders can be placed at  
[seahorsepride2018.itemorder.com](http://seahorsepride2018.itemorder.com)***







## SCHOOL NEWS AND OTHER INFORMATION



*Have an idea for an afterschool activity? Let's start one! I'd love to hear your idea and help get it off the ground! Students, Faculty and Staff! Come and see me, Sheryl Haiduck, in the BAS office (D building, top of stairs) or email [shaiduck@bsdvt.org](mailto:shaiduck@bsdvt.org).*

### School Club News & Events

- ◆ Homework Help Center meets in the library on Monday - Thursday from 3:05 - 5:00pm beginning Monday, September 10. The Homework Help Center is a quiet place to get school work done and to get help from tutors. This year we will have a dedicated English Language tutor, as well as a math tutor! Please have your ID number to sign in for attendance.
- ◆ Acting Out, a Theater Troop for English Language Learners, meets on Tuesdays at 3:30pm in Room B-212. This is a great opportunity to improve your speaking, reading, writing and listening skills in a fun environment! No experience necessary! See Ms. Evans for more information.
- ◆ Unified Bocce begins on October 3 and Unified Bowling begins October 31.
- ◆ Are you interested in medicine and health care? Do you enjoy learning about science, technology and engaging in hands-on activities related to health and medicine? Are you curious about the many career opportunities available in health care and medicine? Join the Health Education Resource Opportunity, also known as the HERO club! An informational orientation meeting will be held on November 9. Stay tuned for more information!
- ◆ Coming later this fall: Champlain Longboat Rowing, Spectrum Jobs Training Class.

### Picture Retake Day is October 8, 2018

Absent on Picture Day? You can still order with your Picture Day ID at [mylifetouch.com](http://mylifetouch.com). The Burlington High School Picture Day ID is VJ178023Q1.

### Please See These and More Flyers and Handouts!



Learn more about ways to volunteer for City departments, programs and events!



# BURLINGTON HIGH SCHOOL

## Guidance Case Load Redistribution

Tim Wile	<ul style="list-style-type: none"><li>• Macias Seniors</li></ul>
Karen Prouty	<ul style="list-style-type: none"><li>• 10th- 11th graders</li><li>• Last name A - Ba</li></ul>
Tony Settel	<ul style="list-style-type: none"><li>• 10th - 11th graders</li><li>• Be - La</li></ul>
Lise Bruder	<ul style="list-style-type: none"><li>• 10th - 11th graders</li><li>• Le - T</li></ul>

**Hello BHS Senior Students!**

**The Guidance and Counseling Department has some  
updates for you!**



**We are eager to help support you with the College Application**

**Naviance and Common Application**

**Join us for senior meetings that will offer information and support.**

**Auditorium**

**Morning meetings: 8:15-8:45**

**October 3, 17 and TBD**

**Guidance office**

**September 21<sup>st</sup> drop in**

**Auditorium**

**Afternoon meetings: 1:00-1:30**

**September 24    October 9, 18 and 29**

**PLEASE BRING YOUR CHROMEBOOK**

**Mrs. Prouty, Mr. Settler, Ms. Addams and Mr. Wile**

# Pre-ACT and PSAT/NMSQT FAQs



## Pre-ACT

### **Who takes the Pre-ACT?**

BHS students in tenth grade are taking the Pre-ACT.

### **When is the Pre-ACT being given?**

Wednesday morning, October 10, we are administering tests. Tenth-grade students are taking the Pre-ACT and eleventh-grade students are taking the PSAT/NMSQT. Breakfast is available from 7:30AM-8AM. Students are to arrive no later than 7:50AM. **Testing starts at 8:05 and will end by 11:35AM.** All other students (grades 9 and 12) are expected to arrive to start classes in the afternoon at 12:30PM. Lunch will be available starting at 11:30AM. All students that are not taking tests or enrolled in a BTC program are expected to attend their tech class as usual.

### **What is the Pre-ACT?**

This is a pen and paper standardized multiple-choice assessment. The PreACT simulates the ACT testing experience within a shorter test window on all four ACT test subjects: English, math, reading and science.

### **Why are students taking the Pre-ACT?**

This standardized test helps us to gauge total school performance and helps students to prepare for the experience of taking the ACT. This test provides information regarding their future performance on the college entrance exam (ACT). More information can be found here: <http://www.act.org/content/act/en/products-and-services/preact.html>  
This test has no direct implication on college admissions. The scores are not shared with colleges. They are tools to monitor where we are as a learning community and prepare students for future learning and testing.

### **Are calculators required for the Pre-ACT?**

Calculators are not required for the test. Many students do not use them. Students who wish to use calculators should bring their own. ACT advises that calculators "are allowed but not required" on the math section. Only certain calculators are allowable. A basic four-function calculator will be available to use in the classroom. The up to date calculator policy can be accessed at:  
<http://www.act.org/content/dam/act/unsecured/documents/ACT-calculator-policy.pdf>.

No INTERNET capable devices are allowed.

### **How do we best prepare for the Pre-ACT?**

The long-term preparation for standardized assessments in English, math, reading and science begins in kindergarten and continues throughout school. The Pre-ACTs are a precursor to the ACT. Information on additional preparation for the ACT assessments can be found at: <http://www.act.org/content/act/en/products-and-services/the-act/test-preparation.html>

The best short-term prep is a good night's sleep and a healthy breakfast. We suggest that students bring sharpened no. 2 pencils (mechanical pencils and ink pens are not allowed). We will have pencils available for use.

### **Results?**

By the end of January, BHS will receive Pre-ACT results and make them available to parents and guardians.

# **PSAT/NMSQT**

## **Who takes the PSAT/NMSQT?**

BHS students in eleventh grade are taking the PSAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

## **When is the PSAT/NMSQT being given?**

Wednesday, October 10, we are administering tests in the morning. Eleventh grade students are taking the PSAT/NMSQT and tenth grade students are taking the Pre-ACT. Breakfast is available from 7:30AM-8AM. Students are to arrive no later than 7:50AM. **Testing starts at 8:05AM and will end by 11:35AM.** All other students (grades 9 and 12) are expected to arrive to start classes in the afternoon at 12:30PM. Lunch will be available starting at 11:30AM. All students that are not taking tests or enrolled in a BTC program are expected to attend their tech class as usual.

## **What is the PSAT/NMSQT?**

This is a pen and paper standardized assessment. The PSAT has two sections: Math and Evidence-Based Reading and Writing. There is no essay component. This test is administered by the College Board and cosponsored by the National Merit Scholarship Corporation (NMSC).

## **Why are students taking the PSAT/NMSQT?**

This standardized test helps us to gauge total school performance and helps students to prepare for the experience of taking the SAT. Millions of U.S. students take the PSAT/NMSQT each year. The scores from the PSAT/NMSQT are used to determine eligibility and qualification for the National Merit Scholarship Program. Scores are also used in consideration of other scholarships outlined here:

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/scholarships-and-recognition/scholarship-partners-programs>

The PSAT/NMSQT prepare students for the SAT and also help us to gauge total school performance. More information can be found at: <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10>.

Additionally, after taking the PSAT/NMSQT, students may access focused support from the Khan Academy, based on their results. Additional information can be found at: <https://www.khanacademy.org/sat>.

This test has no direct implication on college admissions. The scores are not shared with colleges. They are tools to monitor where we are as a learning community and prepare students for future learning and testing.

## **Are calculators required for the PSAT/NMSQT?**

Calculators are not required for the test. Many students do not use them. Students who wish to use them should bring one of their own. A basic four-function calculator will be available to use in the classroom.

They are permitted on a section of the PSAT but not necessary. Allowed are:

- Graphing calculator (most models permitted; see *Official Student Guide* for list: <https://collegereadiness.collegeboard.org/pdf/official-student-guide-psat-nmsqt-2017.pdf>)
- Scientific calculator
- Four-function calculator

No INTERNET capable devices are allowed.

## **How do we best prepare for the PSAT/NMSQT?**

The long-term preparation for standardized assessments in Math and Evidence-Based Reading and Writing begins in kindergarten and continues throughout school. The PSAT/NMSQT is a precursor to the SAT.

The best short-term prep is a good night's sleep and a healthy breakfast. We suggest that students bring sharpened no. 2 pencils (mechanical pencils and ink pens are not allowed). We will have pencils available for use.

## **Results?**



By the end of January, BHS will receive PSAT results and make them available to parents and guardians.



# SAVE THE DATE!

For the 2nd Annual

## PATHWAYS TO COLLEGE AND CAREER CONFERENCE

October 9th, 2018  
@ 12:30pm - 5:00pm

Location: Champlain College 375 Maple Street, Burlington VT

Events Include:  
College Essay Writing, Financial Aid & Admissions  
Process Workshops and More!!

Contact your school counselor to register today!

Register @: <https://tinyurl.com/y7hddjrb>



# BHS COLLEGE FAIR

**Thursday, October 11, 2018, 4:00–9:00**

**You're Invited**

Please join us for our First Annual College and Military Options Fair.

Hosted by the BHS Guidance Department in the BHS Cafeteria

Colleges attending include but are not limited to:



# WOMEN CAN DO!

An EXPO promoting STEM  
& Trades opportunities



## HOW DO YOU WANT TO CHANGE THE WORLD?

Discover the possibilities at **WOMEN CAN DO!**

**Women Can Do** is packed with hands-on workshops in science, technology, engineering, math, and skilled trades professions.



### FOR MORE INFO:

See Mrs. Skoglund in A-320

[cskoglun@bsdvt.org](mailto:cskoglun@bsdvt.org)

[vtworksforwomen.org/womencando](http://vtworksforwomen.org/womencando)



**VERMONT  
WORKS  
FOR WOMEN**

**Thursday, October 11**  
(Blue Day)

See Mrs. Skoglund  
in A-320 to Register

**Deadline is September 21**





# VTeen 4-H Science Pathways Café



## Save the Dates!

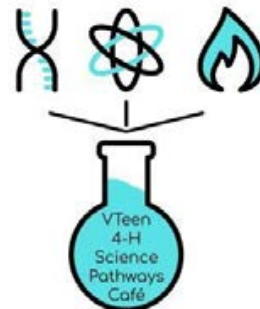
University of Vermont, Davis Center, Mansfield Dining Room, 5-7 pm

FREE pizza and drinks

Open to all youth in grades 7-12; **registration required**

Registration will be available at [www.uvm.edu/extension/youth/announcements](http://www.uvm.edu/extension/youth/announcements)

"Like" us @[www.facebook.com/VTeen4HScienceCafe](https://www.facebook.com/VTeen4HScienceCafe)



### **FALL 2018**

#### **September 22: The Science of Stress**

Learn about clinical psychology and current research on the intersection between behavior, stress and the autonomic nervous system (heart rate, blood pressure), HPA-axis (cortisol), and some epigenetic indicators of physical health. In layman's terms—what happens to your body when you are stressed out!

Presenter: Allie Sullivan, UVM PhD Student in Clinical and Developmental Psychology

#### **October 20: What's Buzzing in Entomology?**

Love bugs? So do we! Come learn about the roles insects play in society, the environment, and emerging technologies. In this cafe we will introduce some of the many fields within entomology and take a closer look at our current research on agricultural pests.

Presenters: Yolanda Chen, PhD and Graduate Students Andrea Swan & Elisabeth Hodgdon, UVM Insect Agroecology and Evolution Lab

#### **November 10: Location Matters: The Power of GIS and Maps in Decision-Making**

If you've ever used Google Maps for directions, you know the importance of location! A Geographic Information System (GIS) is an important tool for mapping and analyzing real-world problems. GIS helps us to visualize data on a map in order to detect patterns and relationships we might not see by looking at a spreadsheet or a chart. In this cafe, students will learn about the basics of spatial analysis, including the science of geography, the art of cartography, and how location helps us to make smarter decisions.

Presenter: Jennifer Santoro, PhD Student, UVM Rubenstein School of Environment and Natural Resources

Cafes are more than just listening to a presentation.  
All cafes include **hands-on activities** related to the topic.

**- MORE ON THE BACK! -**

**What is a Teen Science Café?** It is a free, fun way for teens to explore science, engineering and technology with local scientists, engineers and technology experts. Teens participate in informal discussions and hands-on activities to learn about different topics. And, there is always free food! Planned and run by teens for teens.



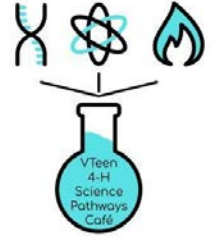
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

**Questions?** Contact [lauren.traister@uvm.edu](mailto:lauren.traister@uvm.edu)  
**[www.uvm.edu/extension/youth](http://www.uvm.edu/extension/youth)**





# VTeen 4-H Science Pathways Café



## WINTER 2019

**February 2:** Check back—speaker & topic will be announced soon!

## SPRING 2019

### **March 30: All in the Genes**

Each of us has a blueprint for making a complete human being in each one of our cells. That information is called your genome. Your genome makes you unique, drives much of your appearance as well as your health risks. Come and learn how we are using genome information in health care, and learn how just one letter change in someone's genome can cause disease.

Presenter: Debra Leonard, MD, PhD, Professor & Chair of Pathology and Laboratory Medicine, UVM Larner College of Medicine

### **May 4: Cancer Treatment Discovery! Form Fits Function**

This café will be an interactive journey highlighting targeted cancer treatment development. By using organ specimens and virtual histologic images, participants will be challenged to recognize morphologic differences in tumors and will use their own discoveries as the spring board for developing unique ideas for new cancer treatments. Real examples of recent cancer treatment discoveries will be used to enhance the students' self-discovery.

Presenter: Rebecca Wilcox, MD, Associate Professor of Pathology and Laboratory Medicine; Director, GI/Liver Pathology; Vice Chair of Pathology Education Department, UVM Larner College of Medicine



We listened to your feedback.... NEW THIS YEAR!!

Some of the café presenters will offer a follow up lab to go **more in-depth** on their topic. These will be offered only to teens who have participated in the café. There will be a first-come, first-served sign up after the initial café and will have limited spots available.

**Wednesday, October 3 @ 6:00-7:00 pm (Session 1); 7:15—8:15 pm (Session 2)**

Science of Stress Lab (6 students each session)

**Monday, November 5 @ 3:30—5:00 pm**

What's Buzzing in Entomology Lab (12 students)

**Saturday, December 1 @ 1:00—4:00 pm**

Location Matters/ Intro to ArcGIS Computer Lab (30 students)

**And More Will be Added!!**



[www.uvm.edu/extension/youth](http://www.uvm.edu/extension/youth)

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

# YOU MAKE BURLINGTON BETTER

# VOLUNTEER FAIR

Learn more about ways to  
volunteer for City departments,  
programs and events!



DATE: OCTOBER 17

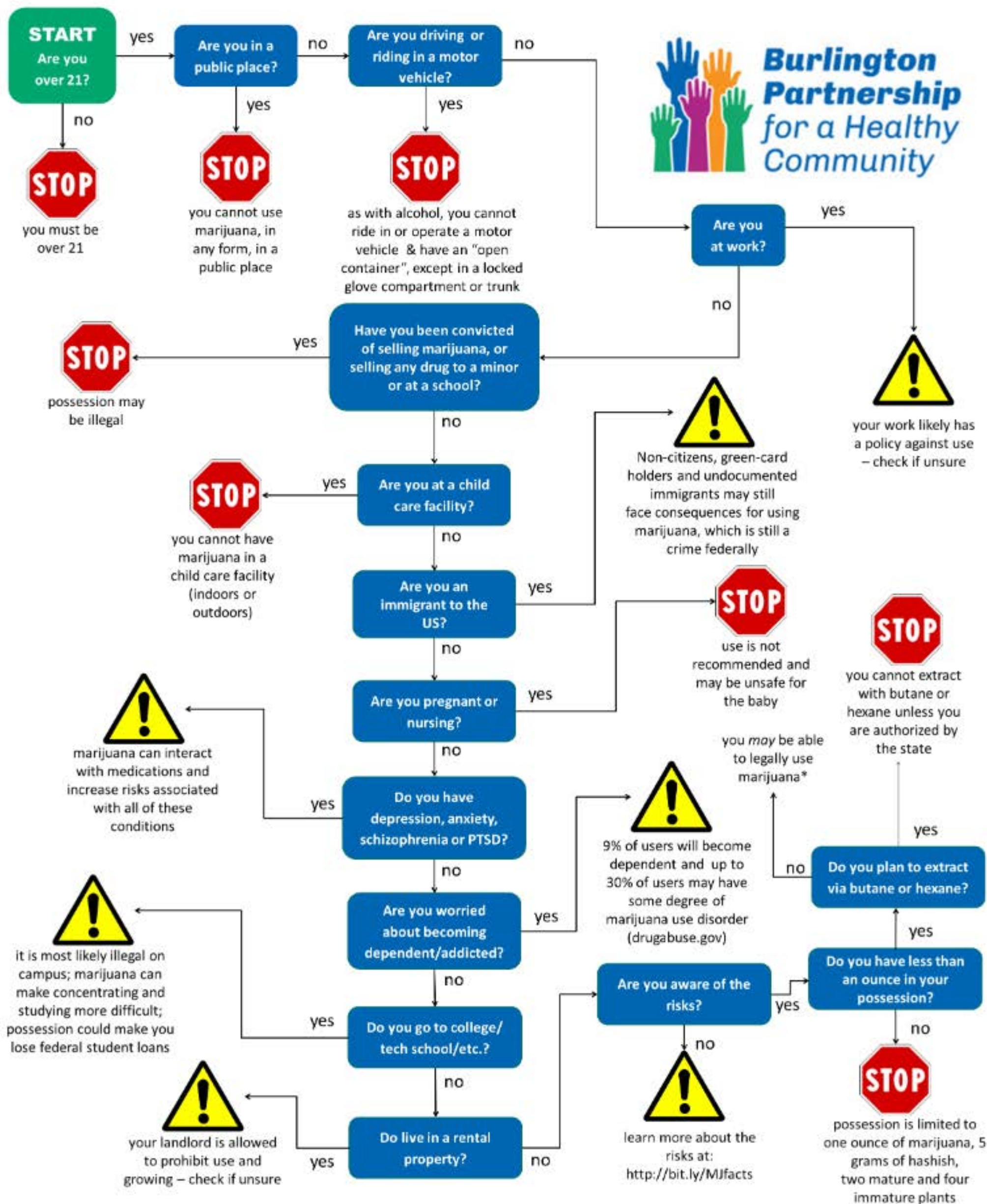
PLACE: FLETCHER FREE LIBRARY

TIME: 6-8PM





# CAN I USE MARIJUANA IN VERMONT?



**Burlington  
Partnership  
for a Healthy  
Community**



your work likely has a policy against use – check if unsure



Non-citizens, green-card holders and undocumented immigrants may still face consequences for using marijuana, which is still a crime federally



use is not recommended and may be unsafe for the baby



you cannot extract with butane or hexane unless you are authorized by the state



marijuana can interact with medications and increase risks associated with all of these conditions



9% of users will become dependent and up to 30% of users may have some degree of marijuana use disorder (drugabuse.gov)



it is most likely illegal on campus; marijuana can make concentrating and studying more difficult; possession could make you lose federal student loans



your landlord is allowed to prohibit use and growing – check if unsure



learn more about the risks at: <http://bit.ly/MJfacts>



possession is limited to one ounce of marijuana, 5 grams of hashish, two mature and four immature plants