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# CONNECTIONS

2018-2019, Fall - Issue 3

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

## UPCOMING EVENTS

### BHS College Fair

10/11 Thurs, 4:30-9pm,  
BHS Cafeteria, see flyer

### Teen Book Club

#### Meeting

10/14 Sun, 2pm & 10/29  
Mon, 3:10-4:10pm,  
Fletcher Free Teen Space,  
see flyer

### ParentIN Meeting

10/16 Tues 6:30-8pm, see  
article pg. 3 and flyer

### Volunteer Fair

10/17 Wend, 6-8pm,  
Fletcher Free Library,  
see flyer

### Parent Teacher

#### Conferences

Oct. 18 and 19, see details  
on pg. 2

### BHS College Essay

#### Writing Workshop

10/20 Sat, 9-3pm, BHS  
rooms C207 and C209, for  
seniors, see flyer

### VTeen 4-H Science

#### Pathways Café

10/20: What's Buzzing in  
Entomology, University of  
Vermont, 5-7 pm, see flyer

### Early Release

10/25 Thursday at noon

### Parent Coffee Series

10/26 Friday, 7:45-8:45am,  
BHS Aviation Room

## BHS Scholarships' Bowl Coach

The BHS Scholars' Bowl team began its season Saturday, turning in a solid showing against a strong field in the Sue Pasco Opening Tournament at Essex High School.

Burlington's top team of Zoe Koeninger, Anna Halladay, Vilena Lee and Isidora Bailly-Hall, overcame a slow start by winning five of its last seven matches to finish with a 5-4-1 record. The team placed fifth in a 14-team tournament that included the state's top programs.

Elliott Montroll, Hessain Tamang, JP Bailly-Hall, Leo Neumann, Rory Stein, Miles Ellis-Novotny and Theo Ellis-Novotny also competed, as BHS fielded three teams in the tournament. BHS B won four of its 10 matches, while the BHS C team, composed entirely of ninth graders in their first high school tournament, improved scored a late victory over South Burlington's B team.

The Scholars' Bowl team's next tournament is October 27 in Hanover, NH. The team practices Mondays and Wednesdays after school in Room B201. Newcomers are always welcome to join.



## Administrative Corner

### *Principal Noel Green*

Believe it or not, the end of quarter one is just around the corner! Here at BHS, teachers and students have settled into their daily routines, and teachers will soon be reporting out how students are progressing academically. Our hope is that families and guardians have been able to stay informed about their student's academic progress and attendance via email through PowerSchool. This information will be helpful as we look ahead to our upcoming conferences with teachers.

Speaking of conferences, next Thursday and Friday, Oct. 18 and 19 we will be hosting our Parent/Teacher Conferences. In preparation for the conferences, please develop questions that you want to ask teachers, as this time is designed to be a two way conversation. The following link provides examples of questions to ask <https://www.verywellfamily.com/questions-to-ask-at-a-parentteacher-conference-620921>. We look forward to seeing many of you over the course of these two days.

At the beginning of the school year, I communicated the importance of school and class attendance. I would like to repeat that strong class attendance is the number one indicator of academic success at BHS. Students cannot learn if they are not in class. How do you know if your student is struggling with attendance? The initial feedback will come through the school's "robo-call" that will alert you to an unexcused absence in one or more of your student's classes during the course of the day. If you need additional information or support with the robo-calls, please contact Jenna Morrissey in the front office for assistance. Additionally, if your student is struggling to attend class our faculty and staff will be in touch with you directly to communicate any concerns and collaborate collectively on how to support students in increasing their attendance. Finally, we encourage you to be aggressive and access PowerSchool to check on your student's attendance and discuss any issues, stressing the importance of attendance with them directly.



## UPCOMING EVENTS

### Parent Teacher Conferences Oct. 18 & 19

*Parent Teach conferences will be held at BHS on Thursday, Oct. 18 from*

*3-7:30pm, and*

*Friday, Oct. 19, from 7:30-11am. Advisors will be reaching out with reminder.*

*Thursday, Oct. 18 will be an early release day at noon for BHS students, and there will be no school for students on Friday, Oct. 19.*

**Follow BHS on  
Facebook!**

## The Champlain Café — A Student-Operated Business



The Champlain Cafe, located next to the Burlington High School Cafeteria in Building A, opened for lunch this year on Friday, October 5th. This student-operated business is part of the Burlington Technical Center Culinary Arts Program. The opening menu theme was Vermont Garden Harvest, highlighting the use of produce grown in local gardens and farms. We also featured produce harvested from the Burlington School Food Project.

Students did a great job, especially our first year students who are new to the Champlain Cafe operation. Students prepared meals for the same amount of guests on our first day, matching the 2016 record. This is due to our loyal customers who include faculty and staff from the Burlington School District and members of the community. We thank everyone for their support.

The Champlain Cafe will open next on Oct. 26th and Nov. 2nd for take out due to schedule changes. We will be closed Oct. 12 and 19, and Nov. 9. However, we will be selling Halloween baked goods for pick up on Oct. 30 and 31. Please stay tuned for our offerings. Our full service restaurant will return on Nov. 30.

Please follow us on Instagram, Facebook and Twitter. Our weekly menu and baked goods, available for the holidays, will be posted to Facebook and Twitter and can be accessed via our page on the BTC website. This will be linked to a Google form for reservations and orders.

*BHS Students  
participating in  
Culinary Arts  
Program at the  
Burlington  
Technical College*



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

On Saturday, Oct. 6, 1,332 runners from 98 different teams ran at the Thetford Woods Trail to compete on the 5k circuit. The races were competed in waves, with ten sections that built into the fastest races of the day.

The day began with BHS sophomore, Litza Mauck, finishing 2nd out of 135 runners in the first high school race of the day, and every 30 minutes, fresh runners took the course against runners from all over New England. The girls went on to place 7th out of 47 teams and were led by a top 25 finisher from Quincy Massey-Bierman (21st out of 621), Emma Barker (29th), Isabel Vivanco, Giselle Rainville, Grace Adams-Kollitz and Brynn Allard for the top seven runners.

An afternoon of races culminated with a final impressive performance from Simon Kissam (third place out of a total 711 runners) and the boy's team finishing 3rd out of 51 teams. Wonda Summa (14th) Kent Ford (25th), Ethan Goldsmith, Ethan Treadwell, Davis Rock-Jones and Wyatt Hart rounded out the top seven finishers.

The Cross Country team will travel to the Burnt Hills Invitational in Saratoga, NY, for a freshman 3k and varsity 5k race on Saturday, Oct. 14.



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## FASFA is the Key to Financial Aid

Seniors and parents/guardians: There's money waiting for you for college and career training if you complete your FAFSA now.

When it comes to financial aid for education and training after high school, the sooner you file the better. The FAFSA is the key, the gateway, to all financial aid— federal Pell Grants, the Vermont State Grants, many scholarships, institutional aid, work-study programs and loans. If you decide not to fill out the FAFSA, you are very likely going to overpay for your education. The average eligible student will receive \$5,400 each year to help pay for their education.

If you fill out the FAFSA before Nov. 30, nine Vermont colleges have an extra incentive — an additional \$1,000 FAFSA scholarship drawing when you apply to one of these schools: Bennington College, Castleton University, Community College of Vermont, Northern Vermont University, Saint Michael's College, Southern Vermont College, Sterling College, University of Vermont or Vermont Technical College.

The FAFSA is easy to complete and takes about 30 minutes. There's even an app for the FAFSA so you can fill it out on your phones, if you want.

First-time filers may have questions or need additional assistance. VSAC will offer financial aid forms workshops at BHS on Oct. 25 and Nov. 15 from 6-8pm. FAFSA Fridays are back, families can call or make an appointment with a VSAC counselor for individual assistance. Call 833-802-VSAC for more information.

VSAC is sponsoring a FAFSA Completion Challenge with all public and private high schools in Vermont. Every high school that has 70 percent of their seniors completing a FAFSA will be entered into a drawing for \$1,000 for a school-approved senior class activity. It would be great if Burlington High School wins this year. Have questions? Call VSAC: 833-802-VSAC.

## ParentIN Event *Update*

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 date for this event is October 16 from 6:30-8pm at the Hunt Middle School, 1364 North Ave., Burlington.

## Save a Life — Donate Blood

BHS is hosting a Red Cross Blood Drive on November 17th. Students who are 16 and 17 may donate with permission from a parent or guardian. Our goal is to have 55 donations. Potential donors can register online starting in mid-October. More details to follow.







## 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  
room D210 or email  
shaiduck@bsdvt.org.*

### **BHS Expanded Learning**

#### **Rowing**

BHS Rowing team had a great race the weekend of October 5. They finished 1st, 5th and 2nd in Novice, Intermediate and Experienced, respectively. Coach Ben Mayock says, "Everybody rowed their hearts out and left it all on the course." *Big Congrats!*



#### **Spectrum Youth Jobs Workshop**

Are you looking for a Job? Do you feel overwhelmed about how to start looking for a job? Come to the 3 week Spectrum Youth Jobs Workshop! Topics will include job searching, filling out applications and interviewing skills. All youth who complete the 3 week workshop will receive a \$25 gift card. The workshop will meet for three Wednesdays in October on the 17th, 24th and 31st, from 3:30-4:30pm, in room C104.

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? If yes, join the Health Education Resource Opportunity, also known as HERO!

HERO participants receive:

- ◆ Priority admission and a full scholarship to MedQuest Health Careers Exploration program
- ◆ Scholarships to other health related summer enrichment programs
- ◆ Job shadows in health care settings
- ◆ Health professional certifications including basic first aid
- ◆ Personalized support for health career and college planning
- ◆ Great evidence to be used in students' PLP's

The HERO club is FREE and open to students in grades 9-12. Orientation will be Nov. 9, 2018. If you are interested contact Sheryl Haiduck, room D210, or email at [shaiduck@bsdvt.org](mailto:shaiduck@bsdvt.org), or contact Carlinne DeLima, Health Careers Counselor, at [cdelima@nvtahec.org](mailto:cdelima@nvtahec.org).

**Coming Soon:** Girls Who Code, Chess and Spoken Word/Poetry club!

Be on the look out for the weekly Expanded Learning Opportunities email: What's up this week?

### **Informational Meeting — YES Utah Trip**

There will be an informational meeting for the YES Utah Trip to Best Friends Animal Sanctuary and the National Parks on Tuesday, Oct. 16 at 3:10pm in Room D206. If you are interested in this trip but can not attend this meeting, please see Mrs. Colburn or Ms. Morrison in D204 as soon as possible. Space is limited.

**Flyers are Included at End of This Newsletter!**

# BHS

# COLLEGE FAIR

**Thursday, October 11, 2018, 4:30–9:00**

**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:

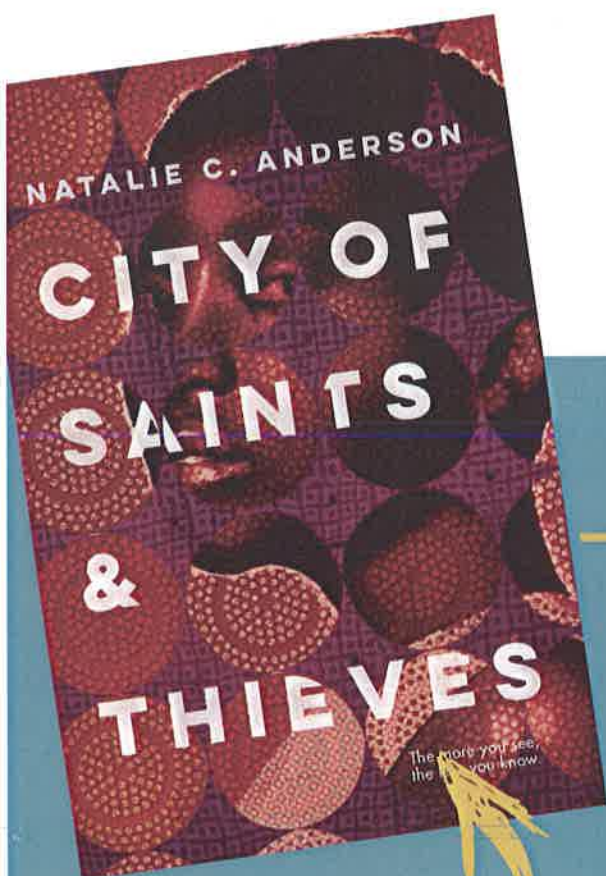


# hey!



It's the new

## TEEN BOOK CLUB!



October's  
book!

Read "City of Saints & Thieves"  
before the meeting

**Sunday October 14th, 2pm**

OR

**Monday October 29, 3:10-4:10pm**

### HOW IT WORKS

1. Grab a copy of the book. Limited copies will be available the Fletcher Free Library front desk and at the BHS library.
2. Come to the meetings to get a copy of the book, have some tea or hot cocoa, play games, and vote on future books!  
If you missed the meeting,
3. Read and repeat!

*If you can't make a meeting and want to be part of the Teen Book Club, let Abby, the Teen Librarian know!*

[fletcherfree.org/teenbookclub](http://fletcherfree.org/teenbookclub) | [awanserski@burlingtonvt.gov](mailto:awanserski@burlingtonvt.gov) | 802.540.2546



# HOW ARE YOU FEELING?

Addressing adolescent anxiety, depression  
& other mental health concerns.



**ParentiN**

**October 16  
6:30 - 8 pm  
at Hunt Middle School**

Learn about the latest research &  
connect with local resources.

# YOU MAKE BURLINGTON BETTER

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



DATE: OCTOBER 17

PLACE: FLETCHER FREE LIBRARY

TIME: 6-8PM

# VOLUNTEER FAIR



BURLINGTON  
PARKS  
RECREATION  
WATERFRONT







# BURLINGTON HIGH SCHOOL

## College Essay Writing Workshop!



### **Please Note**

9am- 10am: General Session on how to approach the college essay. This will include an overview of the process, a Q&A and student exemplars.

10am-3pm: Students will have the opportunity to meet with teachers individually in 20 minute sessions.

12pm-12:30pm: Lunch Break

\*Students will need to sign up for these individual sessions prior to 10/20 in the guidance office. On a first come first serve basis- with a cap of 30 students.

\*The general session from 9am-10am will not require a sign up.

\*Sessions will be instructed by 3 English teachers.

\*This is 1 of 3 workshops. The next one will take place on 10/27.

**For Seniors in the college process**

**9AM-3PM**

**Burlington High School  
Rooms C207 & C209**

**SATURDAY**

**OCTOBER**

**20TH**



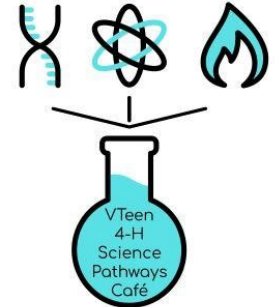


# VTeen 4-H Science Pathways Café



## 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.



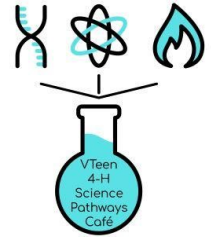
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education 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!!**

# **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 FALL and WINTER Concessions**

**Cnt: Jennifer Woods**

**Email: [jenniferwoods173@gmail.com](mailto:jenniferwoods173@gmail.com)**

### ***Help with Music and Choral Dept.***

**Cnt: Suzanne Garrity**

**Email: [suzannemgarrity@gmail.com](mailto:suzannemgarrity@gmail.com)**

### ***Help with Sponsorship/Advertising***

**Cnt: Chris Hood**

**Email: [chood@cssu.org](mailto:chood@cssu.org)**

### ***Help with SEAHORSE PRIDE Lawn Signs***

**Tammy Kuypers**

**Contact: [kuypers5@yahoo.com](mailto:kuypers5@yahoo.com)**

### ***Help with Student Activities and Academics***

**Email: [seahorsepride@gmail.com](mailto:seahorsepride@gmail.com)**



**SEAHORSEPRIDE**

**ARTS**

**ACADEMICS**

**ATHLETICS**

**STUDENT**

**CENTERED**

**SUPPORT!**