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CONNECTIONS

2018-2019, Winter - Issue 8

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

UPCOMING EVENTS

Pre-College Planning Presentation

Tuesday, January 15
7:00-8:30pm BHS Cafeteria

Penguin Plunge Info Meeting

Tuesday, January 15
3:10-3:20pm, Room D206

BHS GAP Fair

Thursday, January 17
6:00-8:30pm
BHS Gym

Early Release

Monday, January 21
12:00 Dismissal in honor of
MLK Day

Parent Coffee Series

Friday, January 25
7:45-8:45 am
Location, TBD

***Come meet with us regarding
PLP's.***

Winter Ball

Saturday, January 26
8:00pm-11:00pm
Hilton Hotel
60 Battery St

*****Tickets in the café at any
lunch period for \$15.00!***

BTC Open Lab Visits

Thursday, January 31
9:30-10:45am @ BTC

BTC Open House

Saturday, February 16
9:00am-12:00pm @BTC

11th Grade ACT @ BHS

Wednesday, February 20
8:05am

Panel discussion on Proficiency Based Learning

Wednesday, February, 20
5:30-6:30 pm
BHS Cafeteria

Burlington Register Receives Recognition Award in Montpelier!

Montpelier, VT
Thursday, December 13

The Vermont Press Association honored *The BHS Register* staff with a special recognition award: "For its fight against censorship and dedication to the First Amendment in service to the community and state."

Students were warmly welcomed into the fold by journalists from all over Vermont. Halle Newman, BHS senior and co-editor of *the Register*, accepted the award on behalf of the *Register* staff.

"In the past few months, we've learned the power of a story firsthand. In an era where those in power openly attack the freedom of the press, there is nothing more important than standing up for the right to publish and share information. After this experience, we can say with confidence that the future of journalism looks bright in Vermont. This is a place where people stand up for each other," Newman said.

Great job, Register Reporters! The future is bright indeed!



Administrative Corner, *Principal Noel Green*

Happy New Year and Welcome Back. We are anxious to get back to work for semester two. The majority of our students had a strong first semester and we expect an equally strong second semester. We welcome back Social Studies teacher Francesca Dupuis and Assistant Principal Lauren McBride from maternity leave! This is important because they are two of numerous supports to students. Our teachers are vital in this regard as they are often the first line of support when students arrive to class everyday. We recognize that all of our students did not have a great first semester and there are numerous reasons for this.

Along with teachers please know that students can access support at school from their teachers, advisors, guidance counselors, student support center staff, school social workers and school administrators. Every student should have at least one adult in the building that they can go to for support.

On the Friday before the break, we hosted a parent coffee meeting to talk about these and other types of supports for students in the wake of tragedies. We had over 25 in attendance which is the largest group I have seen here at BHS! We had a great dialogue that will hopefully lead to more. I mention this as the prelude to an invitation to the next meeting on Friday 1/25. The topic will be Personalized Learning Plans (ACT 77 PLP). Please join us so that you can learn more about what a PLP is and what BHS is doing to support students as they create and maintain their plans.



UPCOMING EVENTS

Important Info regarding the BUSES

AM Bus #34 has been
overcrowded and the
bus company GMT
Rides is concerned.

**PLEASE TAKE #33
in the morning if you
are able.**

Thanks for helping us
all stay safe!



PARENTS!

Please note that Ms.
**Molly Roach is our
new attendance coor-
dinator.**

Call 864-8411, x1 or
email
mroach@bsdvt.org
with any attendance
notes or questions.

*Follow BHS on
Facebook!*

ACT @ BHS, Wednesday, February 20

As part of our support for students displaying college and career readiness, we will be offering the ACT to 11th graders at BHS on Wednesday, February 20. The exam will be administered starting @ 8:05 that day. In early February, 11th graders will receive more information regarding this exam, including completing the required pre-registration process, during Advisory. This exam will be paid for by the BSD.

More information for students and families regarding preparing for the ACT is available @:

<http://www.act.org/content/dam/act/unsecured/documents/Preparing-for-the-ACT.pdf>

Students will be encouraged to bring their own calculator to this exam. A basic 4 function calculator will be made available to students in the testing room.

Thank you!

Winter Ball Coming Up! Come dance the night away!

Student Planning Cordially invites you to the BHS Winter Ball. Please remember that suspensions and excessive absences may disqualify you from attending. Speak with Ms. McBride if you have any questions.

Saturday, Jan 26th

Hilton Hotel

8:00 PM—11:00 PM

Cost \$15.00 per person

Tickets on sale 1/18 through 1/24 in the cafeteria during all lunches but please **email Mr. Williams if you can't get your ticket during those times.**

Guests are welcome as long as they are preapproved. The forms can be found in the main office and must be turned in by Wednesday, January 23—no exceptions.

Hope to see you all there!

Student Parking issues—IMPORTANT, please read

The BHS Admin team wants to be sure that you all know the rules for student parking. Students, there is a form that you need to fill out to be parking at BHS. Your parent needs to sign it and there is a \$30 fee to get the pass. You should be parking in the **Upper Lot Only**, not the lower lot at all; that is the teacher lot. We will be more diligent about ticketing and towing from this point on due to some incidents that have happened recently.

If your car gets towed, call Handy's towing at 802-862-0656. Thank you for being responsible.

Panel Discussion on Proficiency-based Learning

What: Panel discussion with college admissions officers on proficiency-based learning

When: February 20th, 5:30-6:30pm

Where: BHS Cafeteria

Who: Students and families

Please join us for a panel discussion with area college admissions officers on the impacts of proficiency-based learning on the college admissions process. Families will have the opportunity to hear from admissions officers as well as ask questions. Coffee, tea, and refreshments will be available. Questions? Contact Jocelyn Fletcher Scheuch, jfletche@bsdvt.org



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A message from BTC Culinary Arts

Happy New year from BTC Culinary Arts!

The BTC Champlain Cafe will re-open for lunch on Friday, January 18th. Our menu will feature the cuisine of Hawaii, as it became a state 60 years ago. The menu will be sent out next Monday, January 14th, and can be accessed through our website, Facebook and Twitter at that time.

Additionally, here are the upcoming menus for your planning:

Upcoming BTC Champlain Cafe Lunch Menus

January 18th - Hawaiian Menu
January 25th - Lunar New Year Menu
February 1st - Super Bowl Menu
February 8th - Heart Healthy Menu
February 8th-14th - Valentine's Day Sale
February 15th - Presidents' Day Menu
February 22nd - Mardi Gras Menu
March 8th - TBD
March 15th - Irish Menu

Hope to see you there!

Some very important BTC dates

If you or anyone you know is interested in enrolling in BTC for next year to engage in specialized, experiential learning, please note the following important dates.

Thursday, January 31 from 9:30am-10:45am BTC Open Lab Visits
Saturday, February 16 from 9:00am-12:00pm BTC Open House

Come and check it out to see if it is something you are interested in!

More News from BTC

Tech @Work

We look forward to our next in the series of Tech@Work at BTC with metal fab artist, Sabrina Fadiel joining us on December 18 in welding! The Tech@Work Series brings professionals to our programs that expand the "traditional" ideas of who works in the field!

Tech @Work is a collaboration between VT Works for Women & BTC. Lieutenant Tara Thomas will speak in the Criminal Justice classroom 1/8/19 from 11:10-11:40 and 12:15-12:45.



NEWS AND
EVENTS

Check out these awesome
Track Photos!



Runners waiting for their
next race.

Find us on Facebook
at Burlington High

BHS Indoor Track Results from 1.5.19

Vermont Indoor Track makes some noise in the New Year, with the first meet of 2019 starting off with some blazing times and impressive jumps and throws.

The day began in the northeast kingdom, with the Martin brothers traveling out to St. Johnsbury for the Weight Throw and Shot Put events. Vaughn placed 5th with a 34'10", and Isaac continued to improve, with a throw of 32'9.5" over a foot and four inches further than just a week ago. This moves Isaac into 12th place in the state, and in position to compete at the State Meet.

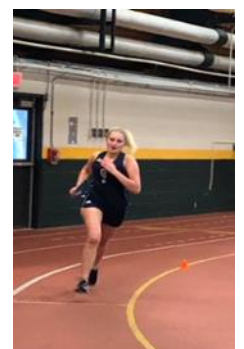
Burlington continued to uphold the bar the Martin brothers set, and many athletes branched out and challenged themselves bumping up in distance, like Bassiru Diawara running his first 600 in a 1:44 and finishing in 8th. Kent Ford dropped down to the 600 from running 15's and 3k's this season and dropped two seconds from last year's time and finished in second place. Kent dropped further down and staking his claim as a sprinter with a 6th place finish in the 300.

The meet ended eight hours after it began, with the BHS boys team running an extremely competitive 4x4 team that placed them second at the meet and in the state for Division I as well. The quad of Bassiru Diawara, Alden Follett, Janvier Ntakirutimana, and Kent Ford, all competing for the third time of the day, dug deep and demonstrated to a full field house the strength and dedication of the BHS seahorses.

Notable Results:

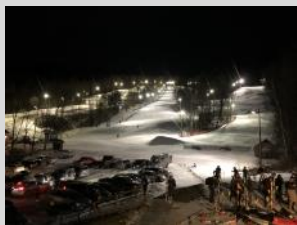
- Wondur Summa came back after taking a meet off to run the 1k for the first time of the season and won in a convincing 2:45. Not to be outdone, fellow Assistant Captain Janvier Ntakirutimana dropped 7 seconds in the next heat, ran 1:53, and moved to 7th in DI.
- Freshman Olivia Calderin continued to stake her claim among the top sprinters in the state with a 5th place finish in the 55.
- Senior Captain Kayley Hays dropped six seconds in the 600 and finished 7th, as well as ran the anchor leg of the 4x200.
- Freshman Seth Harte finished 6th in the 600 and ran a 1:42
- Fellow Freshman Lamija Semic tallied another point and scored 6th in the 1k her first time running the race.
- Senior Captain Giselle Rainville made significant improvements in her 1500, finishing in fourth, and dropping 6 seconds from her previous time running the 15.
- Soph Wyatt Harte likewise continued to improve in the 1500 and scored a 6th place finish in the process of dropping 5 seconds off his previous time.

Burlington will return to competition next week at both Dartmouth, NH on Friday and Sat, and at UVM on Sunday.





SCHOOL NEWS AND OTHER INFORMATION



Night 1 of BHS Alpine on-snow training is in the books!

PARENTS!

Please note that our next Parent Coffee Series meeting is next Friday, January 25 at 7:45am and we will be talking about Student Personal Learning Plans.

Join us for some coffee and a lively discussion. Location, TBD.



Follow us
on
Facebook!

BHS Debate Team Upcoming Tournament

Come support the BHS Seahorse Debate Team!

Saturday, January 26 at BHS
9:30 AM—2:30 PM

They have been doing amazing work in their tournaments and it is bound to be a great time! Hope to see you there!

Winter Governor's Institute Weekends

At the end of this newsletter, please find a flyer about this winter's Governor's Institutes weekends. These are amazing opportunities to explore a subject area with like minded students from throughout the state. Graduates of these programs routinely talk about how much fun they are in addition to how much they learn. It is important to apply early as they fill on a first come, first served basis. While the stated fee for the weekend is 295.00, much financial aid is available. More information is available at <https://www.giv.org/winterweekendtuition/> . Registration opens December 10th and **ENDS January 15**. See your School Counselor for more information.

ATTENTION Visual Arts students!

Vermont Afterschool is seeking art form you to be hung in the Vermont State House for the entire month of March! Do you have anything you want to submit? Do it! See the attached flyer for details.

Celebrating the holidays in Ms. Allyn's Health Class

Laura Allyn decided to celebrate with her class by teaching them healthy cookie recipes. The class worked together and made many different delicious flavors and then invited the BHS staff to stop by for a taste test! What a treat for all!

Here is a picture before the staff showed up to taste.

Thanks, Ms. Allyn and class!



What do you want to do after school? Want to learn / make / do something new? Let's talk! Stay tuned for the weekly email to see what activities are happening each week.

Flyers are Included at End of This Newsletter!



Burlington High School

Please join the BHS School Counselors for an
**INFORMATIONAL PRE-COLLEGE PLANNING
PRESENTATION** for 11th grade students and families

When: Tuesday, January 15, 2019, 7:00-8:30 PM

Where: Burlington High School Cafeteria

Who: BHS School Counselors and 12th grade students
presenting to 11th grade students and families

What: We will present on the following topics:

Preparing for College
Admissions Tests
Resources for College Search Process
College Applications and Deadlines
Dual Enrollment/Early College
Community Service, Internships and Job Shadows
Panel of 12th grade students

LET US HELP YOU LEARN ABOUT THE COLLEGE APPLICATION
PROCESS!

Burlington High School
52 Institute Rd
Burlington, VT 05408



Burlington USA Gap Year Fair 2019 -- Exhibiting Programs
Pre-register for free: usagyfburlington2019.eventbrite.com

Exhibitor/Program	Website
AFSNext	www.afsnext.org
ARCC Gap	arccgap.com
Art History Abroad	arthistoryabroad.com
Center for Interim Programs	www.interimprograms.com
CET Academic Programs	www.cetacademicprograms.com
CIEE	ciee.prod.acquia-sites.com/go-abroad/high-school-study-abroad/gap-year
Class Afloat - West Island College International	www.classafloat.com
Cross-Cultural Solutions	www.crossculturalsolutions.org
Dynamy Internship Year	dynamy.org
EF Gap Year	efgapyear.com
EF International Language Campuses	livethelanguage.com
EnRoute Consulting	www.enroutegapyear.com
Expedition Education Institute	www.getonthebus.org
Global Leadership Adventures	www.experiencegla.com
High Mountain Institute	hminet.org/gap
Irish Gap Year	irishgapyear.com
LeapYear, Naropa University	naropa.edu/academics/bachelors/leap-year/index.php
NOLS	NOLS.edu
Nomad Planet	www.nomadplanet.com
Outward Bound	www.outwardbound.org
Oyster Worldwide Ltd	www.oysterworldwide.com
Pacia Life	www.pacialife.com
Place Corps	www.placecorps.org
Rustic Pathways Gap Year	rusticpathways.com/gap-year
Seamster	seamster.com

Burlington High School
52 Institute Rd
Burlington, VT 05408



The Experiment in International Living	www.experiment.org
The Leap	www.theleap.co.uk
Thinking Beyond Borders	www.thinkingbeyondborders.org
Up with People	https://upwithpeople.org/
Verto Education	vertoeducation.org
Where There Be Dragons	wheretherebedragons.com
Winterline Global Education	winterline.com
Year On	www.yearon.com
Youth International	www.youthinternational.org



USA GAP YEAR
FAIRS

**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 17, 2019

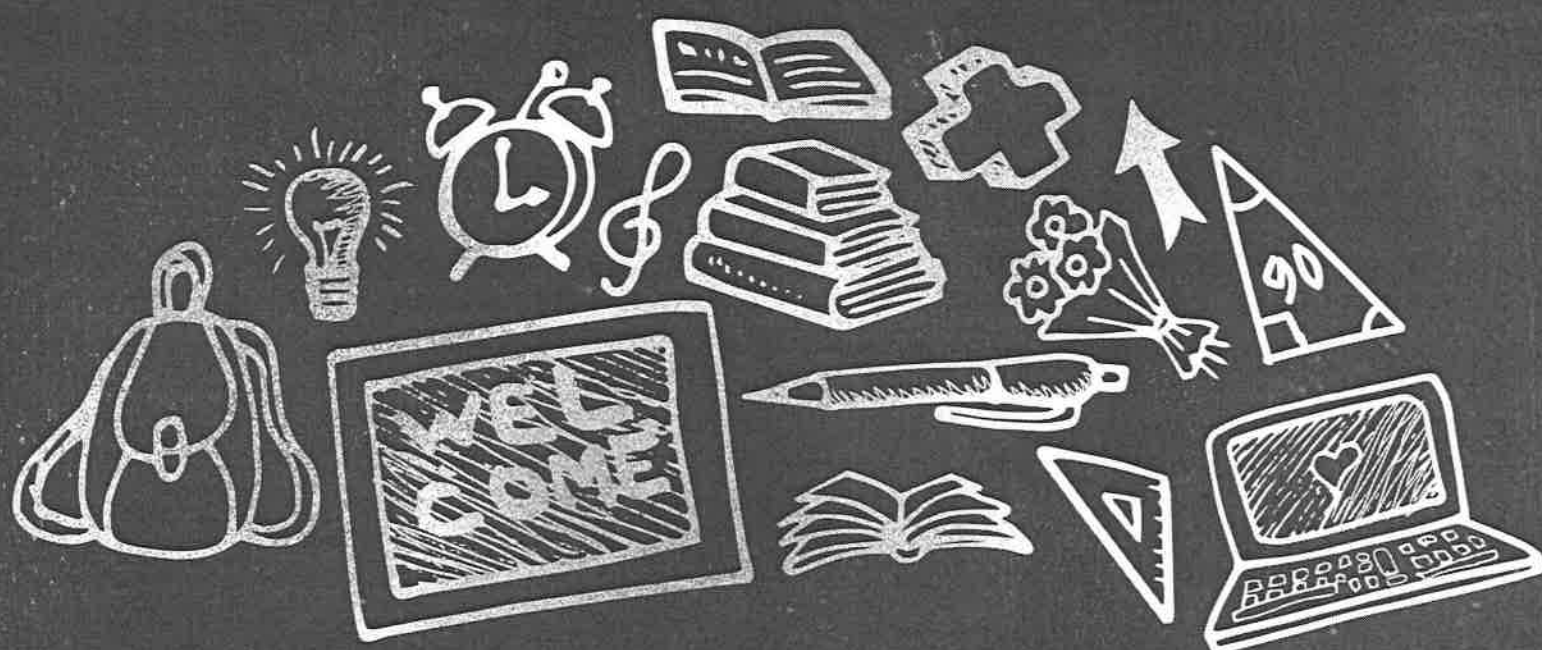
Burlington High School

52 Institute Rd

Burlington, VT 05408

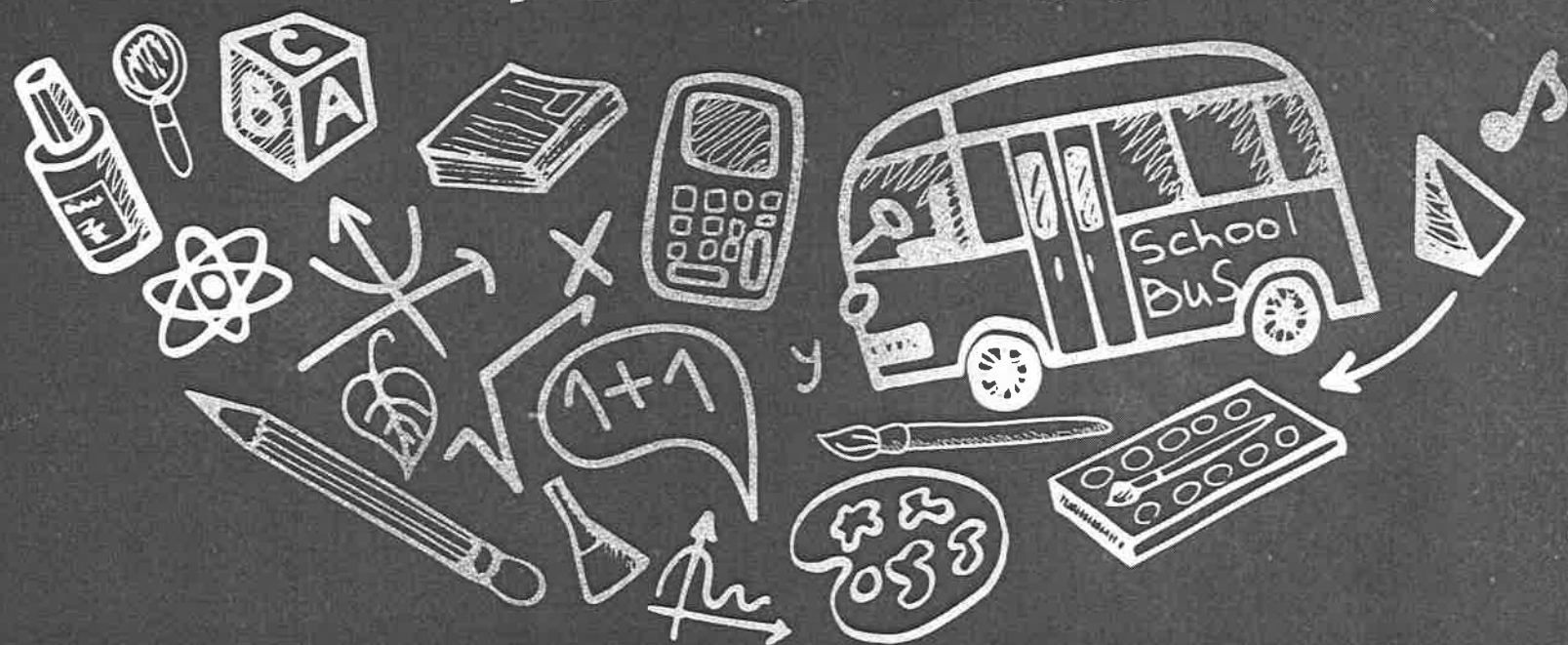
Speaker: 6:00-6:45 PM | Fair: 6:45-8:30 PM

Pre-register for free at usagapyearfairs.org/fairs



BURLINGTON TECH

OPEN HOUSE



SATURDAY, FEBRUARY 16TH 9AM-12PM

MEET THE TEACHERS + REVIEW THE
CURRICULUM + CHECK OUT OUR CLASSROOMS
+ TOUR THE CAMPUS + MEET OTHER PARENTS

BURLINGTON
TECHNICAL CENTER

BURLINGTON TECHNICAL CENTER
52 INSTITUTE RD. BURLINGTON, VT
WWW.BURLINGTONTECH.ORG | 802-864-8426



INFORMATIONAL MEETING FOR 2019 PLUNGE

TUESDAY, JANUARY 15

3:10-3:20 PM, ROOM D206

**Contact Ms. Meleody Greer, Mr. Mike Leonard,
or Josh Scheidt**

BHS TEAM PAGE IS ACTIVE:

<https://give.specialolympicsvermont.org/team/195507>

PLEASE CONSIDER JOINING OR SUPPORTING!

PROCEEDS BENEFIT BHS UNIFIED PROGRAMS

PENGUIN PLUNGE IS SATURDAY, FEBRUARY 2





is seeking ART from you!

CALL OUT TO ALL YOUTH

We need your voice! Vermont Afterschool is seeking **visual art** highlighting **Youth Expression and Youth Rights** in the third space. The *third space* is any time you are outside of your house and outside of school.



GUIDELINES

- artwork can be 2D or 3D but not more than three inches off wall
- artwork must be submitted with application form on back
- artwork can be from youth of all ages and abilities who participate in out-of-school time and afterschool programs

LOCATION

All chosen artwork will be exhibited in the State House during March 2019!

QUALIFYING ARTWORK

The exhibition will be on display for the month of March with a closing reception for artists and their families in the State House cafeteria on March 28th.

For **2-D work** please mail submissions to:

Vermont Afterschool
123 Ethan Allen Ave
Dupont Hall #309
Colchester, VT 05446



For **3-D submissions** or questions please contact:

Alissa Faber | alissafaber@vermontafterschool.org | 802.448.3464

Complete this form and attach it to artwork.

Artist's full name: _____

Address: _____

City, State and Zip: _____

Phone: _____

Email: _____

Age as of March 2019: _____ Grade as of March 2019: _____

School Name: _____

Afterschool or Out-of-school time Program

Name: _____

Artwork Title: _____

Corresponding Youth Right(optional): _____

Artwork Height: _____

Artwork Width: _____

'Twas The Season to Prevent Impaired Driving

Above the Influence Members Raised Awareness about the Dangers of Drunk and Drugged Driving During National Impaired Driving Prevention Month

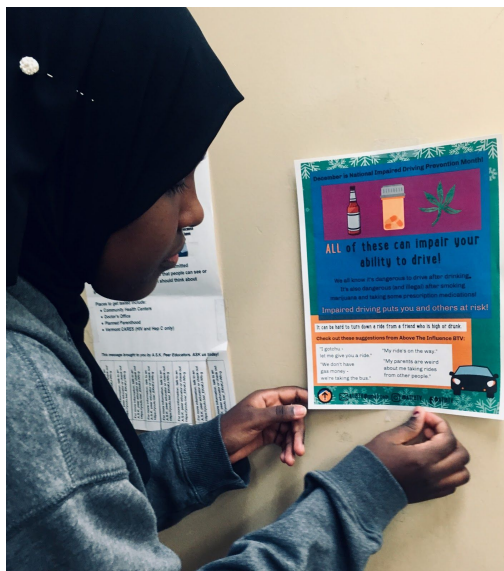
December was National Impaired Driving Prevention Month. In the United States, drunk-driving deaths have decreased dramatically in the last three decades. However, drunk-driving crashes still claim more than 10,000 lives per year (National Highway Traffic Safety Administration). Every day, an average of 29 people --one person every 50 minutes-- die in alcohol-impaired vehicle crashes. Between Thanksgiving and New Year's, twice as many people die in alcohol-related crashes. The National Association of Drug Court Professionals describes this time period as "one of the deadliest and most dangerous times on America's roadways due to an increase in impaired driving."

Above the Influence (ATI) members observed the month by designing posters emphasizing the danger of driving under the influence of alcohol, marijuana, and prescription drugs and taking rides from impaired drivers. The posters included tips on how their peers could turn down a ride from someone who is under the influence of drugs or alcohol. ATI members made the following suggestions:

- "I gotchu - let me give you a ride"
- "We don't have gas money - we're taking the bus"
- "My ride's on the way"
- "My parents are weird about me taking rides from other people."

Fifteen percent of Burlington High School students report having taken a ride with a driver who had been drinking alcohol and twenty percent report having taken a ride with a driver who had been using marijuana (YRBS, 2017). Check in with your student to see if they have thought about how they would respond to an impaired friend (or any impaired person) offering them a ride. **Advance planning and practice can help keep your student safe!**

For more information on preventing impaired driving, visit ghsp.vermont.gov/programs/impaired-driving. For information about how to have conversations with your kids about substance use and making healthy decisions around substances, visit parentupvt.org.





Parenting in a Digital World

THE BASICS OF RAISING
STRONG DIGITAL CITIZENS

The digital world is constantly evolving with new social media platforms, apps, and devices, and kids are often the first to use them. Keeping up the latest technology can be challenging but even the most digitally phobic among us can still parent successfully in a digital world.

Want to know the best way to protect your kids online? Talk to them. While kids value the opinions of their peers and may tell you your input isn't welcome, on the issues that matter most parents are the #1 influence on their teen's decisions.

Talk Early



As soon as your child starts using a phone, mobile device, or computer - even if it's just to watch a video or play a game on your phone, it's time to talk to them about online behavior and safety. With your child, explore this online safety guide, designed for kids, from the Federal Trade Commission: bit.ly/HeadsUpFTC

Talk Often



Use everyday opportunities to talk to your teen about being online. Listening and taking their feelings into account will keep conversations productive. Many students access technology to seek healthy support, advice, health information, and understand identity. This article on teen social media safety has some specific, clear language for applying your family's already existing values and structure to online activities, including a straightforward way to talk about sexting and pornography: bit.ly/talkpointssm

Set Clear Expectations



Be clear about your expectations and how they apply in an online context. Communicating your values openly can help your kids make smarter and more thoughtful decisions when they face tricky situations. Be specific about what's off-limits — and what you consider to be unacceptable behavior. Working with your child, create a contract outlining your expectations & clear consequences. Here's an example: bit.ly/agreement4phones.

Keep Learning



Work hard to keep the lines of communication open, even if you learn your kid has done something online that you find inappropriate. Make sure that Internet "incidents" are an opportunity to communicate, reflect, and learn - not a platform for lecture.

ParentiN
BURLINGTON

For support raising healthy teens visit parentinburlington.org



The Greater Burlington
Multicultural Resource Center

Dr. Martin Luther King, Jr. Remembrance

**Sun, Jan 20, 2019
3:00pm**

**First Unitarian
Universalist Society
152 Pearl Street**

FREE

Tickets available at
Fletcher Free Library, City Market,
and Peace & Justice Center

MLK Gospel Concert

Sat, Jan 19, 6:00pm
First Congregational Church, 38 South Winooski Ave
featuring the Newark Boy's Chorus
and the Montpelier Community Gospel Choir
Buy Tickets at FlynnTix.org

**Info: 802-657-4219
www.gbmrc.org**