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2018-2019, Winter - Issue 9

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

Noel Green, Principal, ngreen@bsdvt.org

## UPCOMING EVENTS

#### 8th Grade Info Night

Monday, Februrary 4 6:30–8:00 PM 6:30 Dinner in the Café 7:00 Overview in Auditorium 7:30 Q and A back in the Cafe

#### Student Job Workshop

Wednesday, February 6 Wednesday, February 13 Wednesday, February 20 Last workshop TBD 3:30-4:30 PM C102

#### BHS Principal Hiring Com-

munity Forum

Tuesday, February 12 Staff - 3:30-4:30 Families - 5:30-6:30 with food! BHS Cafeteria

#### BTC Open House

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

11th Grade ACT @ BHS

Wednesday, February 20 8:05am

\*\*Stay tuned for the Revised schedule! All other BHS students come in at 12:30.\*\*

# Panel discussion on Proficiency Based Learning

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



#### Mr. Green meets with BHS Nepali students and their families

Our principal, Noel Green, with the help of our Nepali multi-lingual liaison, Lal Pradhan, and our Director of Programs for English Learners, Miriam Ehtesham-Cating, hosted a well-attended Nepali student and family meeting the other night. They spoke about high school and teenagers and the many challenges that teenagers and their families face in and out of school today. Parents had many questions about grades and procedures and things of that nature which Mr. Green was able to answer for them. This is one of the ways in which we at BHS are engaging in communication and building relationships with our families. We believe that we are all a team and when parents and teachers are aligned, then the student has the best chance of success and that is our main goal.



Thank you to all the families who were able to attend this event! We look forward to the next family nights, TBD.



#### Administrative Corner, Principal Noel Green

It can't be February already?! Well, it is and we are moving at warp speed! Be sure to stay connected so that you don't miss out on anything. February means that we are beginning our planning for the end of this year and next school year. Specifically, we start planning for graduation at this point and YES Program planning has occurred all year. Course registration for grades 9-11 begins next week as part of our planning for next school year and we will do our best to support students throughout this process.

I will continue to highlight our efforts to strengthen our relationship with families and the community. I look forward to every opportunity to interact with our stakeholders as it allows the opportunity to disseminate information and respond to concerns. Thank you to the parents that attended our most recent parent coffee as we talked about Personalized Learning Plans (PLP). Gayle Botelho lead us through an informative presentation that outlined the numerous supports in place for our students in regard to them managing their PLPs.

My next opportunity to interact with families will be on this coming Monday evening as we host the 8th Grade Information evening. 9th Grade Counselor Lise Bruder and the Guidance Department have put together a great evening. Our goal is to welcome these families to the high school community and provide them with much-needed information about course registration and the overall high school program.

Onward we march. Thank you for your support. Let's go Seahorses!



#### 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 coordinator.

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!

#### Important information on Juuling and Vaping

At BHS our staff and students are reporting an alarming number of our kids, across social groups, are using e-cigarettes and other nicotine vaping products, particularly Juul.

This is not only a local problem. National data is showing that e-cigarette use among highschool aged children has skyrocketed by more than 75% between 2017 and 2018. According to the Surgeon General's Office, they have "never seen use of any substance by America's youth rise this rapidly." Nicotine addiction is a lifelong battle, with expensive and grave consequences. What we do to interrupt youth use of nicotine-containing products is important.

Please read the letter from our principal to learn more about how you can help which is attached at the end of the newsletter.

#### 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 learningWhen: February 20th, 5:30-6:30pmWhere: BHS CafeteriaWho: Students and families

Please join us for a panel discussion with area college admissions officers on the impacts of proficiencybased 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, <u>ifletche@bsdvt.org</u>



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#### A message 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

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!

#### **BHS Scholar's Bowl Team Qualified for the State Finals!**

The BHS Scholars' Bowl team qualified for the state finals on Saturday, turning in an excellent performance in the Vermont-NEA Scholars' Bowl playoffs at Montpelier High School!

The BHS A team of Zoe Koeninger, Isidora Bailly-Hall, Anna Halladay, Simon Kissam and Bella Farkas finished with a 4-1 record in the competition featuring 21 schools from around the state. Burlington scored wins over strong teams from Essex and Middlebury in winning its first three matchups before falling to South Burlington in Round 4. The team then bounced back with a comeback win over Burr and Burton in the final match to lock up one of the top four seeds for the state finals on March 30th.

Burlington's second team of Hessain Tamang, Wyatt Harte, J.P. Bailly-Hall, Miles Ellis-Novotny, Theo Ellis-Novotny and Leo Neumann also fared well, winning four of their five matches to claim second place in the large-school JV competition.

The Scholars' Bowl team will be hosting a trivia night fundraiser at Hotel Vermont on Monday, February 4th, to raise money for a possible trip to nationals. The team's next competition is the Vermont History Bowl at BHS on February 16th.



#### NEWS AND EVENTS

#### SAVE THE DATE!

Our annual One Act Play Festival will take place on three nights:

Wednesday, Feb 20 Thursday, Feb 21 Friday, Feb 22

> @7PM in the Auditorium.

Come see the student written and directed plays and support our Drama Club.

You will be WOWED for sure!!

#### BHS is so PROUD

of 2 of our freshman for being chosen as finalists in Bernie Sanders' State of the Union Essay contest!

Congrats to Seth Harte and Collin Chutter-Cressy! Great work to you both!

Thanks for representing our community!



### BHS Personal Learning Plan (PLP) Updates

Students in grades 9 -11 are required to have a Personal Learning Plan (PLP). The PLP serves many purposes for students at BHS. One of these purposes is directly connected to the BHS Graduate Expectations (GXs). Students graduating in the year 2020 and thereafter are required to demonstrate their evidence of learning in each of the 5 BHS Graduate Expectations(GXs): Critical Thinking & Problem Solving, Curi-



osity & Creativity, Cultural Understanding & Civic Engagement, Personal Development, and Effective Communication.

During the next 8 weeks students at BHS will experience a concentrated effort to help support documenting their GX Learning. Teachers in content areas have been assigned a timeframe to help provide PLP support in their classes. First up - Health, Phys Ed, and World Language Departments. Starting the week of February 4th Health, Phys Ed and World Language teachers will engage in conversations with students in their classes around PLPs and help support any documentation of work that has occurred in their classes.

Take some time to check out your student's PLP. If they haven't already, please ask your student to share their PLP google site with you.

Please look for more PLP updates in the next newsletter!

#### FREE BHS T-shirts at Basketball Games!

F-R-E-E!! THAT SPELLS FREE!! Calling all BHS SEAHORSE FANS! We will be doing a **BHS T-SHIRT TOSS** at half time!

BHS Girls Basketball vs. BFA on February 11 at 6:30 PM BHS Boys Basketball vs. SB on February 18 at 6:30 PM

Be the lucky one to catch a BHS T-shirt :-) See you there!

#### Fun was had by all in the Library making buttons!

A button maker was set up in the library last Friday and all students and staff were encouraged to come in and make a personalized pronoun pin in support of our trans and non-binary students. I saw many They Them Theirs pins; He Him His pins;

She Her Hers; and many more.

Thanks to our awesome librarians for keeping our library fun and inclusive for all! All Are Welcome here at BHS!







#### SCHOOL NEWS AND OTHER INFORMATION

Congrats to Bety Mayani who won BFP

Athlete of the

week for scoring

a 3 to win the

game last week!

Yay, Bety! BHS is

proud of you!

Great job!

#### BHS Debate Team had a great tournament!

The BHS team did very well given the size of this tournament--28 teams! Jackson Elder and Alden Wheeler won first place for the novice team, and Jackson Elder and Julia Shannon-Grillo both won speaker awards in the tournament.

Everyone did an excellent job. Go Seahorses!



#### Athlete of the Week from BHS/Colchester Hockey Team

The votes have been tallied and the winners of the **Vermont Varsity Insider Athletes of the Week** honors are ... Madison Chagnon of Burlington-Colchester girls hockey and Braylen Parent of Missisquoi boys hockey. Chagnon earned more than half of the votes among the girls nominees with a whopping 52.94 percent.

**Madison Chagnon, Burlington-Colchester girls hockey**: Chagnon helped spark the SeaLakers to a rally past Stowe with a goal in their 2-1 win. She also produced a two-goal, two-assist



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.



performance in a 6-1 rout of Middlebury as Burlington-Colchester improved to 5-1-1 on the season.

Burlington/Colchester's Madison Chagnon (4) shoots the puck during the girls hockey game between Northfield vs. Burlington/Colchester at Leddy Ice Rink on Saturday afternoon January, 27, 2018 in Burlington. (Photo: BRIAN JENKINS/for the FREE PRESS)

## BHS Afterschool Updates—Check it out!

Have you ever thought about what you'd do if someone gave you \$300 to help your community? Have you ever received a grant? Or applied for one? What is a grant anyway?

The Vermont Youth Council's Youth4Youth Grants are available to young people to fund ideas that will help promote youth rights across the state. Grants from \$100 - \$3000 are available and the application is now open!

Last call for Young Vermont Artists! Would you like to see your artwork hung in the VT State House for the month of March? VT Afterschool is seeking visual 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. It would be great to see BHS represented at the State House!

Looking for a job? The Jobs Workshop is back! The 4 week workshop begins on Wednesday, February 6. All youth who successfully complete the 4 week workshop will receive a \$25 gift card!

Do you sing in the car? Sing in the shower? Have you always wanted to sing with other people but were too embarrassed? Come join the Amateur Singing Club! Tuesdays in C-102 from 3:15-4:15. All are wel-come!

Flyers are Included at End of This Newsletter!



# 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



# College Admissions & Proficiency-Based Learning: A Panel Discussion with Admissions Officers

When: 5:30-7:00 Where: BHS Cafeteria Who: BSD Families & students

On February 20th, BHS will be hosting a panel of college admissions officers to discuss the admissions process and the impacts of proficiency-based learning on that process. The goal is to get open and honest dialogue between families and college admissions officers about the impacts of any change made due to PBL.

#### Want to ask the panelists a question?

Follow the link by using the QR code or go to:

https://tinyurl.com/BSDcollege-PBL



**Questions?** Contact: Jocelyn Fletcher Scheuch, <u>jfletche@bsdvt.org</u>



# YOUTH 4 YOUTH GRANTS

# Youth empowering youth to improve their communities

- Applicants can apply for any amount from \$100-\$3,000
- --- Submit application by February 10, 2019
- Young people across the state will vote for the winning projects
- Winning projects will be awarded on April 12, 2019 at a ceremony at the State House

## Grant application: vermontafterschool.page.link/Y4Y

# YOUTH AMBASSADORS 2019

# An event for young people at the Vermont State House

- Attend Afterschool & Summer Learning Day on February 14, 2019
- Tour the State House
- Meet afterschool peers from across VT
- Participate in a youth voice workshop
- --- Meet and chat with policymakers
- Eat lunch at the Vermont History Museum

## Register online: tiny.cc/afterschoolday2019

# CALL FOR ARTWORK

## A showcase of youth artwork during March 2019

- Artwork can be 2D or 3D and from young artists of all ages and abilities
- Artwork must be created outside of school and home in the "third space for learning" (i.e. afterschool art class, photography club, pottery studio, etc.)
- -- The exhibition will be on display March 2019 in the State House cafeteria
- --- There will be a closing reception for artists on March 28, 2019

## Art submission form: vermontafterschool.page.link/CallForArt





# YOUTH DECLARATION OF RIGHTS VERMONT YOUTH HAVE THE RIGHT TO:

#### **EDUCATION**

- Access free classes on Basic Life Skills (signing a lease, budgeting, taxes, resumes, etc.)
- Equal opportunities and experiences in arts education before, during, and after school
- A post-secondary education no matter their financial situation
- A student-directed, safe space for afterschool support and community engagement free of charge
- -- Time outdoors during the school (or work) day

#### **EQUALITY & JUSTICE**

- --- Explore their identities in a safe environment
- Education on gun safety and to live in a gun-aware community that is educated and aware of proper gun usage
- Have their voices heard in legal decisions that affect everyone
- Be protected in all of their life circumstances, be able to have their own privacy in their environments, and to have a private profile
- -- Education on anything concerning self-defense

#### **HOBBIES & ENTERTAINMENT**

- Free WIFI in or out of school or work for educational purposes
- Access free entertainment and opportunities to try a variety of activities
- Important people in their lives who spend time with them, and who teach them to do things safely (mentors)
- --- Live with and be supported by caring adults
- Provide input to the state when rules and regulations are developed that affect youth

#### **HOME & SHELTER**

- --- Access an affordable shelter with heating and electricity
- --- A safe place with a caring family and a bed
- --- Access clean, weather-appropriate clothing
- --- To be protected from abuse of all kinds

### MENTAL HEALTH

- --- Have access to affordable mental health care
- A personal break to handle their mental situation
- Choose their own identity, whether that be sexual orientation, religious identification, and/or gender identification
- --- Have people in society who support their mental well-being

#### NATURAL ENVIRONMENT

- --- A healthy environment that provides the basic necessities to all life
- --- Know about the environment, and what is being done to it
- ---- Have a say about what happens to the environment
- --- Safe recreation in the outdoors and in their communities

#### PHYSICAL HEALTH

- ---- Hygienic products, clothing, and utilities suitable for all climates and environments
- Have access to outdoor recreational and natural spaces (e.g., parks, fields, courts, lakes, pitches, trails, paths, etc.)
- Safe and affordable health care that covers medical treatment, preventative care, reproductive health, vaccines, and intervention in the name of physical safety
- Have sports and recreational resources for the purposes of promoting physical health and activity
- Access to sustainable sources of clean water and food (fresh and healthy)--enough for at least two meals a day

#### SOCIAL SUPPORTS & CONNECTIONS

- Express themselves through feelings, speech, clothing, actions, creativity, and more
- ---- Have support and education from friends, family, and community
- Have access to healthy food and water
- Connect to each other through technology and transportation
- --- Be respected and heard
- --- Be engaged in community
- A respected voice in making decisions that affect how they live

#### **WORK & TRANSPORTATION**

- Choose a safe and healthy job, while making a fair wage
- Accessible, reliable, and affordable transportation regardless of economic circumstances



# 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.



#### **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:

**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!



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:\_\_\_\_\_

# IMPROVING OUTCOMES FOR LGBTQ+: A FREE TRAINING

Presented by the Pride Center and Outright Vermont

& Sponsored by the Chittenden County Opioid Alliance





Chittenden County Opioid Alliance



#### FEBRUARY 8, 2019 | 8:30 - 1 LOCATED AT THE FIRST CONGREGATIONAL CHURCH IN BURLINGTON

This event is open to the public. Please register at: https://www.eventbrite.com/e/improving-outcomes-for-lgbtqtickets-54883532122





January 16, 2019

Dear parents and caregivers,

Our school is working with our local substance abuse prevention coalition, the Burlington Partnership for a Healthy Community (BPHC)<sup>\*1</sup> to bring the **widespread** student use of **e-cigarettes**, **vaping products**, **and JUUL products** to your attention.

Here in Burlington, students are reporting that an alarming number of their peers, across social groups, are using these products, especially JUUL. This is not ofnly a local problem. Data\* shows that e-cigarette use among high-school aged children nationally has skyrocketed by more than 75% between 2017 and 2018. According to the Surgeon General's Office, they have **"never seen use of any substance by America's youth rise this rapidly."** (\*Center for Disease Control and the Food and Drug Administration)

Starting this February, BPHC will be launching an informational campaign for 6th-9th graders to increase their understanding of the health risks of JUUL and other e-cigarette product use. We also want to share some information with you, so you'll have the facts and resources you need to support your children to make healthy choices.

#### This is what we know about these products:

1. All JUUL, and most other vape products, contain nicotine. One JUUL "pod" contains the same amount of nicotine as an entire pack of cigarettes.



Centers for Disease Control and Prevention (CDC)

#### 1 JUUL POD = 20 CIGARETTES WORTH OF NICOTINE

2. Youth exposed to nicotine at an early age are more likely to become addicted to both nicotine and other substances. Research shows that youth who use these products are more likely to start using combustible (traditional) cigarettes (National Academy of Science, 2018).

#### TEENS WHO VAPE ARE **4X** MORE LIKELY TO START SMOKING CIGARETTES

3. These products are not safe, especially for youth. When compared to cigarettes - the #1 cause of preventable death and disease (still!) - researchers *think* e-cigarettes are safer, but they will still have harmful health consequences (we do not have data on the long-term impact yet).

<sup>&</sup>lt;sup>1</sup> BPHC is a substance abuse prevention coalition in Burlington that works collaboratively with the BSD to provide youth empowerment opportunities for middle and high school students and prevention resources for parents with the goal of preventing youth substance use.

#### THE AEROSOL THAT USERS INHALE FROM AN E-CIGARETTE CONTAINS HARMFUL CHEMICALS SUCH AS: NICOTINE (ALL JUUL PODS CONTAIN NICOTINE), HEAVY METALS, ULTRAFINE PARTICLES, CANCER CAUSING CHEMICALS, DIACETYL (A FLAVORING CHEMICAL LINKED TO SERIOUS LUNG DISEASE)

4. Research shows: Youth love flavored products. Youth love technology. Youth use social media a lot. E-cigarettes are a dangerous combination of all three. Not only is the product interesting to them, they use social media to teach each other about it, make it seem cool, and give tips about hiding and buying it.

Nicotine addiction is a lifelong battle, with expensive and grave consequences. What we do to interrupt youth use of nicotine-containing products is important. **Here are ways you can help:** 

**Educate yourself** - Most high school youth and many middle school youth are already aware of these products. Adults need to catch up so we can have informed conversations with them. We've listed a few places to learn more at the end. Or just go to <u>burlingtonpartnership.org</u>.

**Get them help** - If you are concerned that your child may already be using vaping or nicotine products, there are trained drug & alcohol counseling BSD staff who can help. Contact:

Hunt Middle School: Sunnie Lobdell - <u>slobdell@bsdvt.org</u> or 802-865-5378 EMS Middle School: Angela Halsted - <u>ahalsted@bsdvt.org</u> or 864-8486 ext. 41010 Burlington High School: Michael Hill - <u>mhill@bsdvt.org</u> or 864-8581 (Mr. Hill facilitates a weekly Not on Tobacco Cessation Group at the high school for youth trying to quit using tobacco/nicotine products)

Students can also access the free Vermont quitting resource 802 Quits by calling 1-800-QUIT-NOW or visit 802Quits.org for help.

BPHC works with local youth to support the Burlington community in limiting advertising of and youth access to substances. If you, or your children, are interested in learning more or getting involved, please reach out at 802-652-0997, mariah@burlingtonpartnership.org, or learn more at burlingtonpartnership.org

In partnership,

Noel Green - Burlington High School Principal Mattie Scheidt - Hunt Middle School Principal Megan McDonough - Edmunds Middle School Principal Mariah Sanderson - BPHC Coalition Director

#### A few good resources (find more at <u>burlingtonpartnership.org</u>)

- 1. Partnership for Drug Free Kids How to Talk with Kids about Vaping <u>drugfree.org/article/how-to-talk-with-your-kids-about-vaping</u>
- 2. US Surgeon General Know the Facts website <u>e-cigarettes.surgeongeneral.gov</u>
- 3. ParentIN Burlington a resource available to parents and caregivers focused on THIS community. Join our social media pages to get access to the latest research, tips, and local events to help support your teens to make healthy decisions. <u>parentinburlington.org</u>