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CONNECTIONS

2018-2019 Winter - Issue 12

52 Institute Road
Burlington, VT 05408
<https://bhs.bsdvt.org>

UPCOMING EVENTS

SBAC Testing and FitnessGram for 9th graders

Tuesday, 4/2; Thursday, 4/4;
Tuesday, 4/9; Thursday, 4/11;
8:00—11:00 AM

****All other grades come in at
11:00 AM on these days.****

Career and Job Fair

Friday, 4/5, 11:00am—
3:00pm during school hours
BHS Lobby

Spring Break—No School

April 22—April 26

**Follow BHS on
Facebook!**



BHS and BTC students celebrate Holi

A BIG shoutout to Ms. Blethen, Ms. Fankhauser, and the international Club for sponsoring the BHS Holi Party last Wednesday! Check out these beautiful, happy, colorful faces!



SBAC Day and Fitness Gram Schedule

Tuesday, April 2; Thursday, April 4; Tuesday, April 9; Thursday, April 11
(Fitness Gram) Tuesday, April 16

Block 2 11:05-11:55 AM

Block 3 12:00-1:15 PM

Block 4 1:20-2:10 PM

Block 1 2:15-3:05 PM

****Only 9th graders come in for the morning; all grades will attend in the
afternoon.****

****BTC classes are in session as usual.****

Block 3 Lunch Schedule

Lunch 1 12:00-12:20

Lunch 2 12:27-12:47

Lunch 3 12:55-1:15

****Lunch will be Grab and Go on Lines 1 and 2.****



UPCOMING EVENTS

Community Job Fair!

**Tomorrow,
Friday, April 5.**

**Here at BHS
from 11—3 in
the BHS Lobby.**

**Bring your
Chromebook and
apply for summer
jobs, internships,
and training
opportunities right
HERE in Burlington!**

Meet these employers:

Parks and Rec

VT Youth Conservation
Corps

Dept of Public Works
CEDO

Spectrum/Americorps

Dept of Labor

Shaws

Hannafords

Market 32

Lowes

Chipotle

VYCC

VNA

Husky

Aspentri Health



BSD Community Health and Wellness Fair Coming to BHS

Please join the District Equity and Access Leadership Team (DEALT) for a Community Health and Wellness Fair at BHS on Tuesday, April 16th from 5-8 pm. All are welcome!

Nearly 50 health and wellness organizations in the greater Burlington area will be in attendance with information on health topics, community resources, games, activities, and prizes. Several brief presentations will be available for those who are interested in learning more about maintaining healthy lifestyles and supporting those of family, friends, and partners.

A free community meal will be provided for all attendees with vegetarian and gluten-free options available, and 50+ organizations, presentations on health topics, free acupuncture, massage, guided mindfulness, yoga, and giveaways!

Please join us in partnership with our community health and wellness organizations in supporting a healthy community!

Facebook: <https://www.facebook.com/events/366835290837208/>

Web: <https://www.bsdt.org/2019/03/26/community-health-and-wellness-fair/>

Halle Newman chosen as the 2019 VT HS Journalist of the Year!

On February 15, 2019 The *BHS Register* was honored "For Its Outstanding Journalism and First Amendment Advocacy" by The New England First Amendment Coalition. The editors attended the New England Newspaper and Press Association conference in Boston to accept the honor on behalf of the Register.

Then BHS Register editor Halle Newman, class of 2019, was selected as the 2019 Vermont High School Journalist of the Year for her in-depth reporting and her courageous and reasoned stand against censorship!

And on March 20, BHS register editors Halle Newman, Nataleigh Noble, Jenna Peterson, and Julia Shannon-Grillo led a session on navigating censorship and advocating for student voice at the annual Columbia Scholastic Press Convention at Columbia University. We are all so proud of you, Register reporters!

In this picture, they are meeting Stephen Engelberg founding managing editor of ProPublica from 2008-2012 who gave them a shout out!



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 **Student Lot Only** (closer to North Ave), not the lower lots closer to the school; those are the teacher lots. 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 BHS citizens!



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Hey, students!

The YMCA is
hosting Kids Day
on Saturday, May
11 on Burlington's
waterfront. Volun-
teers are needed
from 11am - 3pm.
If you are interest-
ed, then please let
Ms. Dupuis know.

BHS Spectrum Sleep Out Raises Over \$10,000 for the Homeless

About 45 kids spent the night out on the BHS field on Thursday, March 28 to raise over \$10,000 for Spectrum Youth and Family Services. It was about 40 degrees and windy at first. Fortunately, it didn't start to rain until dawn. Spectrum representatives brought a former client and now a board



member to share her story of homelessness and being shown the respect and support she needed to get back on her feet—profound and inspiring.

Thank you, Francesca Dupuis, for organizing and Ms. Bowen and Mr. Williams for helping chaperone the event. And many thanks to all the brave BHS kids who helped support this important cause!

Go, Seahorses!

The Results Of the Junior Iron Chef Competition Are IN!

At the Junior Iron Chef VT at the VT Expo, our BTC High School team **won top honors** in the AM division. All three students are also BHS students. The award was "Crowd Pleaser" which went to the team that best impressed the judges with their dish - flavor, textures, cooking technique. The dish was VT Roots which consisted of many locally grown vegetables including baby watercress from Richard Meyer's food science class. Special thanks to Sarah Heusner and many others for their support preparing for this event.

BHS Slice, Dice, and Spice Team

Jake Bergeron, BHS junior
Mathieu Huynh, BHS Junior
John Nguyen, BHS Junior



Champlain Café Upcoming Schedule for the Rest of the 18/19 Year

April 5th and 12th	Closed due to Skills USA Competitions
April 19th	Homemade Pasta Menu
April 26th	Closed due to Spring Break
May 3rd	Cinco de Mayo Menu (last day of service for this year)

Thank you for supporting our student run café!



BHS Digital Sign is Broken Beyond Repair

We wanted to let you all know that the Digital Sign by North Ave is totally dead. We are considering our options at the moment and will update you when we know our next steps. We are keeping in mind the generosity of the family who donated the sign 10 years ago and want to do our best to uphold the memory, so that is being taken into account as well. Thank you for reading it and inquiring about it!

NEWS AND
EVENTS

***Our New style
REPORT CARDS
will be mailed
out this week.
The report card
now includes
HOWLs (Habits
of Work and
Learning) for
every student.
Look for them in
them in the mail!***



***Find us on Facebook at
Burlington High School***

More Pictures from Our Holi Celebration!



SBAC Happening at BHS for 9th Graders

On Tuesday, April 2nd, Thursday, April 4th, Tuesday, April 9th and Thursday, April 11th at 8:05, 9th Graders will be participating in the mandatory SBAC English/Language Arts and Math Exams. 9th Graders will be expected to report to their testing classroom by 8:05 with their fully charged Chromebook and a pair of headphones. Students should bring a book or additional work to do in case they finish their exam early.

Thank you very much for your help in making sure that 9th Graders come to the SBAC ELA Exam on Tuesday, April 2nd @ 8:05 with their charged Chromebook, a pair of headphones, and any addi-

SENIORS! Get your Senior Shirts!

Senior long sleeved shirts and sweatshirts will be ordered by April break. Shirts will be white with navy writing and sweatshirts will be navy with white writing. Both items will have a "19" on the back with students' names. **Shirts will cost \$15 and sweatshirts will cost \$25.**

If you are interested in ordering a senior shirt or sweatshirt, then please meet me in the [Library at 1:15 this Friday, April 5 or next Friday, April 12](#). **Cash** (exact amount) **or checks are needed upon your order**. Checks can be made out to BHS Student Planning.

Quincy Massey-Bierman Wins 2 Silvers in US Nationals!

Our own Quincy Massey-Bierman raced in the US National Competition a couple weeks ago in Anchorage, Alaska and came home with 2 silver medals! One in the classic sprint race of 1.4 km and one in the team relay (three girls each racing 3 km). The event includes Nordic ski racers from all over the U.S.! This is Quincy's second year competing in this event and her first two podiums.

Go Quincy! BHS is proud!





NEWS AND EVENTS

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Help Needed at After Prom from Families of Juniors and Seniors

The BHS Junior/Senior After Prom Party will be held on Saturday, May 4th at Sparetime Entertainment after the prom at ECHO. The After Prom is **free and open to ALL BHS juniors and seniors** (and prom dates), including BHS students not attending the prom. Local food establishments will be donating food for the event.

The time, effort and funds needed to hold an event of this size are substantial so Seahorse Pride is asking for your help. The Seahorse Pride After Prom Committee is sponsoring an After Prom from After Prom to about 3:00 a.m. This event is designed as a safe, substance and alcohol free environment for students after the Junior/Senior Prom. There is no entrance fee for students and their guests and this event is funded ENTIRELY through fundraising activities, business donations and generous donations from our BHS community.

We are asking for your help in the form of cash donations, gift certificates or merchandise. Or if you would like to help us organize the After Prom, please contact us at seahorsepride@gmail.com

Thank you in advance from the Seahorse Pride Committee!

Check Out the Pictures from Unified Basketball's Home Opener!

And a great time was had by all! Go, BHS Unified Team!



Anna Halladay Composes a Score for a Film in Film Festival

Article in Seven Days, written by Dan Bolles:

This weekend, the **Montpelier Chamber Orchestra** will perform new original scores to a trio of classic silent films as part of the annual **Green Mountain Film Festival**. The works were penned by locals, including professional composer **Erik Nielsen** and two student composers, **Anna Halladay** of Burlington and **Drew Frankenberg** of West Rutland. Titled New Music at the Movies, the concerts happen on Friday, March 22, at **Essex Cinemas** and Saturday, March 23, at College Hall Chapel, **Vermont College of Fine Arts**, in Montpelier.

Anna, you make BHS Proud!

Click this link for more info:

<https://www.sevendaysvt.com/vermont/at-the-green-mountain-film-festival-new-music-for-silent-classics/Content?oid=26607948>





SCHOOL NEWS AND OTHER INFORMATION

*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.*



BHS Expanded Learning Opportunities News and Events

By this point in the school year most (all?) of you know that you can get help with academics in the Library after school on Mondays through Thursdays. Homework Help remains one of the most attended after school activities at BHS, with an average daily attendance of 27 students during the month of February. **BUT** did you know that The Library is also open on Fridays after school? The Library on Fridays is home to Open Make Lab and Chess Club and starting April 5 and running the entire month of April -- Camp NaNoWriMo, a writing club (see flyer at the end of this newsletter). Come check it out!

HERO (Health Education Resource Opportunity) students had a great time on their (very long) day trip to Massachusetts General Hospital in Boston. HERO students are already planning for the summer - many will spend 3 days at UVM where they will have the opportunity to shadow different jobs at the hospital. They even get their own set of scrubs to wear and keep!

Always dreamed of recording your own song? Come check out Electro Hip Hop on Wednesdays in F 204. Learn your way around a recording studio!

Lots of fun Spring activities coming your way - Ultimate Frisbee has already started, Rowing will begin sometime between April 10 - 15 (depending on lake conditions) and new this year - Netgeneration, a fun tennis program!

For more information on what's happening before and after school keep an eye out for the weekly email and check out the bulletin board outside the main office!

City Hall Internship Opportunity this Summer

We are trying to spread the word about the **City Hall Summer Internship Program**! This year's program features **entry-level internship opportunities** targeted at **high school and college students** looking for exposure to local government and it's related departments! As part of our Equity Strategy and in congruence with the [My Brother's Keeper](#) initiative, CEDO is dedicated to addressing barriers for **1st generation and youth of color** in educational and professional settings. To foster this **professional development**, we are also developing programming throughout the summer to guide interns through their internship experience and help them get the most out of their summer. In the past, this has included intern orientation, an introduction to state government structures, Department Head presentations, Pizza with the Mayor, and more!

We also offer a **\$500 stipend** for all full-summer interns who complete the program.

For more information and to apply, please visit:

<https://www.burlingtonvt.gov/CEDO/City-Hall-Internship-Program>

BHS Scholars' Bowl Team Won the Vt State Championships!!

Did someone say state champs? The BHS Scholars' Bowl Team are state academic champions after winning the Vermont-NEA Scholars' Bowl at the State House in Montpelier on Saturday, March 30th. Burlington has now won the state tournament six times with the most recent title coming in 2016. The Scholars' Bowl Team will now look to head to a national level tournament later this spring! The competing team for BHS included seniors Zoe Koeninger, Anna Halladay, Vilena Lee and Simon Kissam, juniors Isidora Bailly-Hall and Isabella Farkas, and sophomore Wyatt Harte. As state champion, they receive an all-expenses-paid trip to nationals in Atlanta.

CONGRATS to our AMAZING Scholars' Bowl Team!



Flyers are Included at End of This Newsletter!



SAVE THE DATE!

Friday, April 5, 2019

11:00am - 3:00pm

Burlington High School Lobby

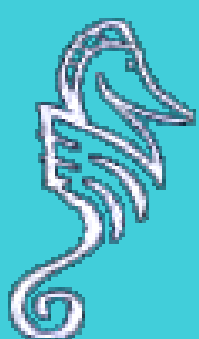
Wondering what to do this summer?

JOBS FOR YOUTH FAIR

SUMMER JOBS, INTERNSHIPS, AND APPRENTICESHIPS



Jobseekers 16 and up!



**BURLINGTON
HIGH SCHOOL**



**BURLINGTON
PARKS
RECREATION
WATERFRONT**

BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT NEWSLETTER

Term: Juniors, Spring | Issue 2 | Date: April 1, 2019

IN THIS ISSUE

- School Counseling Message
- Important Dates
- CWS Job and Career Fair
- Canadian Colleges Fair
- Selective Colleges Admissions
- Paying for College
- Standardized Tests
- Future Look: Options
- Homework Help
- College Exploration
- Dealing with Stress

WELCOME TO BHS!

Welcome to BHS Class of 2019!

Welcome to the second of our newsletters for students and their families - from the Guidance and School Counseling Department.

We are here to support you with any questions or challenges that you may face this year and look forward to working with you. We encourage you to stop in to see us.

BHS COUNSELING DEPARTMENT MESSAGE

WE WANT TO SEE YOU! Junior year is almost over...are you ready for your last year of high school? Whether you already have a good idea of what your plans are for after high school, or feel clueless about it, the guidance office school counselors want to meet with you to discuss your future plans. Look out for workshops offered later in the school year and/or schedule time to check-in with your counselor in the Guidance office.

REFLECT We are over halfway through the spring semester of your Junior year. Have you made the academic effort in high school that you should have? Are you pleased with your effort and results? What to do? It is never too late to improve your academic record. Start now! Set new goals for the second semester and make them happen. If you need help in a class, ask your teacher. Continue this effort in your senior year. Many colleges and employers are impressed by an improving academic record.

DREAM Many people allow life to happen to them rather than taking time to soul-search, dream and plan about the life they'd like to live. We all have choices and those choices can influence our future. Think about the choices you have made recently...do they lead towards your dream? Take the time to think about some goals that support your dream. Where do you see yourself in 10 years?

KEY DATES

CVU College Fair/ Consider Canada College Fair - April 8

VSAC Paying for College Night
April 10

Creative Workforce Job Fair - April 11

Spring Break - April 22 - April 26

SAT / ACT / TOEFL Spring Tests
April, May, June

Admissions to Selective Colleges Presentation - May 1

Final Exams - May 21-24

School Year Ends - June 12



LEARN ABOUT JOBS/CAREERS

CWS 2019 Networking & Hiring Event
at The Courtyard Marriott Burlington Harbor
25 Cherry St.

This free event will be a great chance to meet the following employers and training programs to learn about their job/career/training opportunities and interview on the spot if you are interested.

Home Depot, Hotel Vermont/Courtyard Burlington Harbor, Community Kitchen, Resource, The Vermont Agency of Transportation, Sodexo, VYCC, UVM Medical Center, Howard Center, Community Kitchen, Vermont Air Guard, Janitech, Westaff, City of Burlington and more.



CANADIAN COLLEGE FAIR

Canadian universities can offer an international experience while being relatively close to home. Canadian universities offer what most US universities offer but at a less expensive price. Learn more about studying in Canada - come to the Canadian College Fair at South Burlington High School on April 8th from 6:30pm - 8:30pm. There will be a panel discussion about studying in Canada from 6:30 - 7:00pm, followed by a time to visit with college representatives. Check it out!

SELECTIVE COLLEGES ADMISSIONS PROCESS

Navigating the Selective College Admissions Process

A Presentation by Peter Wilson, AB, MBA,

Director of Admissions, Deputy Dean and Chief of Staff -- The University of Chicago

Learn more about the admissions process at selective colleges and the unique opportunities that will make your college a perfect fit! This event is designed to address some of the things that a broad range of highly selective colleges look for in their applicants, as well as ways that students can make the most of their time in high school. This event is open to students and families in grades 9-11. May 1st, 7-8 PM, Burlington High School Auditorium



PAYING FOR COLLEGE

By following these tips, you can increase your chances of tapping into scholarships that may be available. Fill out the FAFSA (www.fafsa.ed.gov). Fill out the VSAC grant application (www.vsac.org). Fill out the CSS / financial aid profile – administered by the College board and used by almost 400 colleges to award financial aid from sources outside of the federal government. Remember not all colleges require the CSS profile so please check the website to see if your college requires it. www.collegeboard.org. There is a fee to send your CSS Profile report to colleges. Students who are from low income families will receive a fee waiver. For more information go to <http://student.collegeboard.org/css-financial-aid-profile>. Research and apply for private scholarships. These scholarships are listed in the Guidance and Counseling office. Supplement with loans if necessary. Repeat these steps every year.

TEST INFORMATION: SAT, ACT, TOEFL

It is a good idea to register to take a standardized test (ACT, SAT or TOEFL) in the spring of this year if you are college bound. Colleges across the nation accept these tests, though the TOEFL is for students who's native language is not English. It is important that you register for the test well in advance because test centers fill up quickly. On-line registration is the easiest.

To register for the ACT, visit <http://www.act.org>

To register for the SAT, visit <http://www.sat.org/signup>.

To register for the TOEFL, visit <https://www.ets.org/toefl>

Some colleges require that students submit SAT subject test scores. Subject tests measure a student's depth of knowledge in a specific subject area such as English, History, Math, Science and Languages. Colleges that require subject tests tend to be among the most selective in their admission criteria. Students who need to take these tests usually do so at the end of their junior year after completing a course most relevant to the content of a Subject Test. If you have questions about Subject Tests or SAT/ACT tests, please consult your counselor.

Students who qualify for free and reduced price school lunch are eligible for other benefits. These include: fee waivers to take tests like the SAT, ACT, TOEFL and AP exams and waivers for college application fees. Fee waivers are located in the guidance office.

Students with disabilities and health-related needs can apply for accommodations when taking these tests. Please see your counselor for information on this process. Keep in mind applications for accommodations need to be completed approximately two months before the test date.

Many colleges no longer require standardized test scores. You can find a list of these colleges at www.fairtest.org.

Test taking strategies - The more you know about these tests, the more likely you will put forth your best work.

To learn more about how to best prepare for the SAT go to www.collegereadiness.collegeboard.com

Take the practice test and receive personalized practice at www.khanacademy.org/sat

UPCOMING SAT AND ACT TEST DATES:

SAT test given on May 4 -- registration deadline April 5

SAT test given on June 1 -- registration deadline May 3

To register: www.sat/collegeboard.org/register

ACT test given on June 8 -- registration deadline May 3

ACT test given on July 13 -- registration deadline June 14

To register: www.actstudent.org

for either test, you must use the Burlington High School code: 460085

PLEASE SEE MR. SETTEL IN THE GUIDANCE DEPT. FOR TOEFL INFORMATION - TEST DATE IS 5/1 FOR THE WRITTEN VERSION. THE ELECTRONIC VERSION IS OFFERED EVERY TWO WEEKS

FUTURE LOOK

There should be a healthy balance of living in the moment and setting goals for what's ahead.

The end of Junior year and the transition to your Senior year is a big transition time. It is a time of increased responsibility and freedom in the school and the beginning of the post-secondary planning process. Whether you imagine going into the military, traveling, engaging in an apprenticeship, getting a job, going to college or have no idea what you will do after graduation, this is a time to explore and gather information to help inform your later decision.

Have you checked out the VSAC (Vermont Student Assistance Corporation) website (vsac.org)? On-line tools are available to help you explore both career and college interests. Try "Start Where You Are", "Roadmap to College" or the "Career and College Planning" site to get started!

Consider a job shadow, an internship or a community service experience. Participation in any of these activities allows you to learn more about yourself, your strengths, and what you may choose to do in the future. Perhaps you'll find a career area or potential college major that intrigues you!



EXPLORING WITH NAVIANCE

Have you explored Naviance? Naviance, our web-based college and career exploration website, is available to all BHS students and their parents/guardians. Use this link to go to the website: <https://student.naviance.com/burlingtonshs> Meet with your school counselor to obtain an access code and begin to explore career interests and college possibilities. This dynamic site allows students to explore career interests and job outlooks, to do college searches and to communicate easily with their counselor to facilitate post-secondary planning.

INTERESTED IN A COLLEGE COURSE FOR THE FALL SEMESTER?

Did you know that as a Vermont high school student, you have the opportunity to take two free college courses! Test the waters with "Introduction to College Studies" at CCV (Community College of Vermont) or jump right into a college course at UVM, Champlain, St. Michael's, CCV or VTC (Vermont Technical College). See your counselor for more information.

ON-LINE COURSE OPPORTUNITIES

Another way to explore your interests is to take courses outside of the BHS curriculum. The VTVLC (Vermont Virtual Learning Cooperative) offers students from across the state the opportunity to access on-line courses. Stop in guidance or visit vtvlc.org for more information.

HOMEWORK HELP

Call Back

Teachers at BHS have call back hours from 3:05 to 3:45 every day except Wednesday. This is an opportunity for students to connect with your teacher to clarify assignments and obtain additional help. Email your teacher to set up an appointment or drop by their office.

Afterschool Homework Club

Need some extra help completing assignments? Come to the after school homework club. This club meets in the library every day except Wednesday until 5:15.

Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help! Help is available in the Library everyday from 12:00pm - 3:00pm.

WHAT SHOULD I LOOK FOR IN A COLLEGE?

Finding the best college for YOU requires that you engage in some reflection to learn about yourself, your needs, and values. While your school counselor, teachers, and parents can guide and support you in this process, ultimately the decision about where to attend college is YOURS. Taking charge of your own college search process will result in the best college decision/match for you. Take a couple quizzes on college planning websites such as Naviance, VSAC, or College Board to help clarify your college needs. Think about when and how you do your best work. What makes you happy? Do you want a rural or urban campus? What size student population-large, medium, or small-fits your needs? Do they offer the majors you wish to explore? What co-curricular activities are important to you? What are the housing options? How about the food? What about distance from home-can you drive home or must you fly? Have you had a discussion with your parents/guardians about finances? Create your own list of other questions that are important for you to have answered. Remember...there are many factors to consider as you do your college research ... for best results, be sure to start with learning about yourself!

CREATE A LIST OF POSSIBLE COLLEGES...

Once you have reflected on your needs and values, start to create a list of colleges you would like to explore. Check out college-planning websites such as those mentioned above where you can plug in your desires (size, location, etc.) and a list of colleges that match will be generated. Attend college fairs-SB will be hosting a Canadian College Fair (April *) and CVU will be holding a college fair for local high schools (nprif S). Talk with friends, teachers, and your school counselor-they can be great sources of college ideas at this stage of the process. Visit colleges' websites to learn more about particular schools. Many colleges now offer virtual tours.

Many of the colleges that are on your initial exploration list may not be the colleges you eventually apply to. Your goal is to investigate many colleges and create your ultimate list based on what you learn. Remember this is your process!

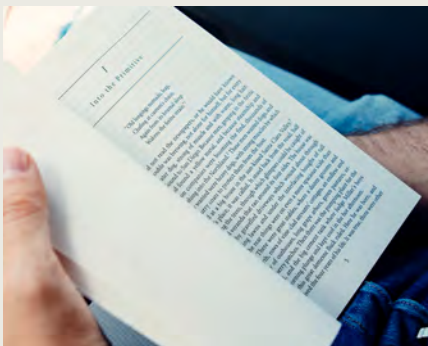
VISITING COLLEGES

The best way to learn about a college is to visit and April break is a great time to get a jump start on visiting colleges! Exploring different colleges as a junior allows you the opportunity to figure out what you are looking for in a college environment. Take a tour, meet with an admissions officer, talk with current students and attend Open House programs (if offered). The more colleges you visit, the more you will be able to make informed comparisons and ultimately make the right college choice for you! Ask lots of questions about the school. At the conclusion of each visit, jot down some notes about your initial impressions. If you are visiting many campuses, it is very easy to forget some of the details!

If travel is not an option, take advantage of visiting the wide variety of local colleges right here in your backyard. That will give you a gauge for your college research.

LOCAL COUNSELING RESOURCES

While BHS school counselors are always willing to assist you when school is in session, we also want to make you aware of First Call for Children and Families for those who reside in Chittenden County. First Call provides 24 hour crisis and counseling support and is an excellent resource if you are concerned about the safety or immediate well being of your child. You may reach them at 488-7777. The Northwestern Counseling and Support Services offers similar services to families who reside in Franklin or Grand Isle County. Contact them at 802-524-6554.



STRATEGIES FOR MANAGING STRESS



It is not uncommon for students to experience stress with upcoming mid-year exams coupled with the holidays. Sometimes, family issues and calendars that are over scheduled can contribute to feeling overloaded. Academic pressures are additional stressors that students experience.

Stress may appear as increased physical illness, "shutting down," increased irritability, feelings of worry, difficulty eating and sleeping or difficulty concentrating. What can students do? Exercise, eat a proper diet, get enough sleep, engage in family activities, journal, practice mindfulness and make time for relaxation.

What can parents do ? Be available to talk with your teen and listen to their concerns. Encourage the healthy activities mentioned above.

ANNOUNCEMENTS-HELPFUL LINKS

Please Note You Can Find Useful Info in the BHS Student Handbook as well as on our school calendar, both can be found on the BHS Website...

<http://bhs.bsdrv.org/>

Link to Handbook:

<http://bhs.bsdrv.org/resources/student-handbook/>

Link to School Calendar:

<http://bhs.bsdrv.org/calendar/>



Dear Families of BHS Juniors and Seniors,

March 2019

The Seahorse Pride After Prom Committee Needs Your Help!

The BHS Junior/Senior After Prom Party will be held on Saturday, May 4th at Sparetime Entertainment after the prom at ECHO. The After Prom is **free and open to ALL BHS juniors and seniors** (and prom dates), including BHS students not attending the prom. Local food establishments will be donating food for the event.

The time, effort and funds needed to hold an event of this size are substantial so Seahorse Pride is asking for your help. The Seahorse Pride After Prom Committee is sponsoring an After Prom from After Prom to about 3:00 a.m. This event is designed as a safe, substance and alcohol free environment for students after the Junior/Senior Prom.

There is no entrance fee for students and their guests and this event is funded ENTIRELY through fundraising activities, business donations and generous donations from our BHS community. The success of After Prom relies on our ability to keep students entertained and motivated to stay for the duration of the party. A wide variety of activities are offered to keep the students engaged, having fun and making fabulous memories with their friends and prizes galore will be awarded throughout the night.

We are asking for your help in the form of cash donations, gift certificates or merchandise. Or if you would like to help us organize the After Prom, please contact us at seahorsepride@gmail.com.

Thank you in advance for your support,
The 2019 BHS Seahorse Pride After Prom Committee
seahorsepride@gmail.com.

BURLINGTON HIGH SCHOOL GUIDANCE
AND COUNSELING OFFICE PRESENTS:

**Financial Aid and Managing
College Costs with **Soren Dews**
from VSAC**



**April 10, 2019
6:00-7:30**

**Burlington
High School
Cafeteria**

JUNIORS,

are you thinking about
applying to college next year?

**VSAC's Financial Aid and
Managing College Costs** is intended
to provide a general overview of the
idea of paying for college, the roles
you and your families play, and
the options you have for
financing your
education

COMMUNITY HEALTH & WELLNESS FAIR

Tuesday, April 16, 2019

From 5 to 8 pm

At Burlington High School

FREE event open to all Burlington families

Come learn about the health and wellness supports available in the greater Burlington area!

50 community partners providing

Health Information,

Games, Activities,

& Prizes

Presentations on

Art, sleep, anxiety, substance use, school services, restorative practices & more!

FREE community meal provided by



DEALT

District Equity & Access Leadership Team

Vegetarian and gluten-free options available

Visit www.bsdtvt.org for more information

Camp NaNoWriMo

Calling all teen storytellers!

Join your friends and finally write that novel,
screen play, graphic novel or whatever.

Snacks, writing tips, and emotional support provided.

Free and open to all tweens/teens

The whole month of April

Mondays 3:30 @ Fletcher Free Library

Fridays 3:30 @ Burlington High School Library



**Fletcher
Free
Teen Space**

For more info contact
802.540.2546 or apasquen@bsdvt.org



CASTING CALL

Jackson Stone and Kassim Ibrahim are local filmmakers collaborating with King James to create a television series.

Summer of 2019 is coming, we need inspired actors, actresses and crew.

This is a short action and drama film that takes place in Burlington, Vermont and NYC. We will be taking a trip to New York, New York for 48 hours. Food will be provided on each recording day which takes place twice a week for 5 hours at a time.

If you are an ambitious person who would like to take part in this film feel free to email or call.

Kassim Ibrahim: Kassim.ibrahim@mymail.champlain.edu

Phone number: (802)-258-8543

Jackson Stone: jackson@videographerofvermont.com

Phone number: (802)-551-1608



CreativeWorkforceSolutions
An initiative of the Agency of Human Services

Please Join Us

For the

CWS 2019

Networking & Hiring Event

Open to the public

On Thursday April 11, 2019 from 1-3pm

At

The Courtyard Marriott Burlington Harbor

25 Cherry Street

Connect with these local employers and training programs

Home Depot, Hotel Vermont/Courtyard Burlington Harbor,
Community Kitchen, Resource, The Vermont Agency of
Transportation, Sodexo, VYCC, UVM Medical Center, Howard
Center, Community Kitchen, Vermont Air Guard, Janitech,
Westaff, City of Burlington and more.

This free Event will be a great chance to meet these employers and
training programs to learn about their job/career/training
opportunities and interview on the spot if you're interested.



2019 Conference
Rotary Youth Leadership Award



Rotary District 7850 - Northern NH, VT, & Quebec

Challenge Yourself!

Service, Leadership & Community

WHO: Sophomores

**WHEN: 8AM Friday, June 21, 2019 –
1PM Sunday, June 23, 2019**

WHERE: LYNDON STATE COLLEGE

APPLY: <http://rotary7850.org/SitePage/ryla>

CONTACT: Jesse Beck jbeck@fffinc.com



CITY HALL

SUMMER INTERNSHIP PROGRAM

WHAT'S IN STORE FOR OUR INTERNS?

The internship program offers first steps towards building successful careers in public service through exposure to local government and professional development. In the past, internship projects have focused on sustainability, food nutrition, literacy education, diversity, economic development, housing, neighborhood planning, policy and public affairs, social media and communication, and more!

Application Deadline: **March 31st, 2019 • 9:00pm**

**TO APPLY, SUBMIT A RESUME, COVER LETTER, AND ONLINE
APPLICATION AT:**

<https://www.burlingtonvt.gov/CEDO/City-Hall-Internship-Program>

COMMUNITY FORUM ON SUBSTANCE ABUSE

Connect

| Learn

| Take Action

Why do so many
kids JUUL at
school?

Why does it smell like
marijuana everywhere I
go in Burlington?

What are we
doing about the
opioid crisis?

**WHAT'S ON YOUR
MIND?**

APRIL 11, 2019

6 - 8PM

Burlington High School

FREE DINNER